



STRESS RELIEF AND CLEARING THE EMOTIONS OF THE PAST

Put your hands at the center of your chest with the tips of the thumbs touching each other and each of the fingers touching the corresponding fingers on the opposite hand. There is space between the palms. The fingertips are pointing upward. Look at the tip of your nose and breathe 4 times per minute: inhale 5 seconds, hold 5 seconds, exhale 5 seconds. Continue for 11 minutes or until you feel relief from the stress.

This meditation is especially useful for dealing with stressful relationships and with past family issues.