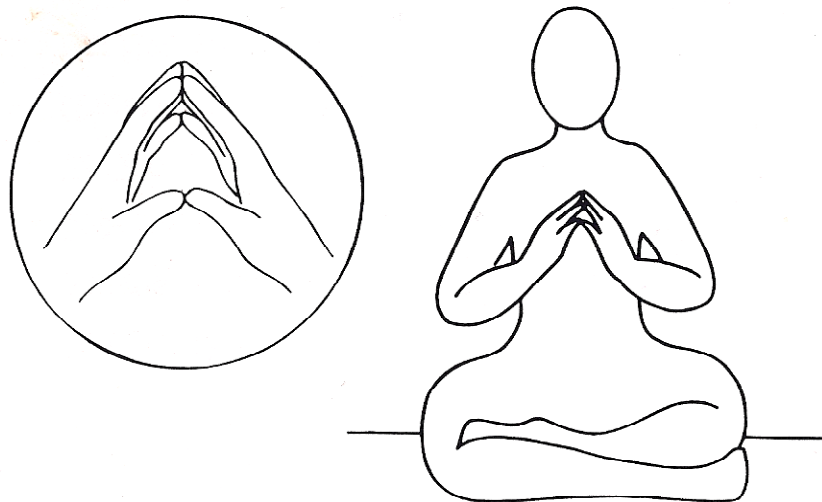


Stress Relief and Clearing the Emotions of the Past

1



Mudra: Put your hands at the center of your chest with corresponding fingers touching - there is a space between the palms - fingertips point up - making a tee pee with your hands - thumbs touch too.

Look at the tip of your nose and breathe 4 times per minute: inhale 5 secs, hold 5 sec, exhale for 5 sec.

continue for 3 mins and work up to 11 mins

(3 -11 mins)

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