

USE YOUR PALMS

Welcome!

Here I am giving out some techniques for using your palms for refreshing/energizing and healing yourself. -- Sri Sri Vedananda

Please read the disclaimer before going further

Getting started: Be seated. You may sit on the floor/cot with folded legs or in a chair/stool. Make sure your spine to be erect and relaxed. In the beginning, for some days, let the surroundings be calm so that it will not distort your focus.

Rub your palms against each other for a few seconds to warm them up. Then keep them resting on your thighs, with palms facing up. Now, close your eyes and focus your mind on your palms. Feel as if your entire body had vanished and only the palms are left. Intensify your focus. Try relentlessly till you feel a vibration on your palms.

Now, slowly open your eyes and lift your palms just little high above the thighs. slowly turn your palms so that your palms face each other from a distance. Again close your eyes and focus your mind on your palms. Without losing the focus, move both palms closer and farther, slowly – inch by inch. You will feel a small repulsion.

Repeat this for few days, till you are confident that you feel the repulsion almost instantly.

After this, your palms are ready.

Refreshing:

➤ If your eyes turn drowsy due to hard work, then sit down or lye on bed and relax. Now, close your eyes and focus on your palms. You will be feeling the vibration. Let it vibrate for few seconds and slowly place your palms over your closed eyes gently. don't press. Be gentle. Then, without losing your focus, slowly open your eyes within your palms' enclosure. You can 'See' only the darkness. Let your eyes relax in that darkness. Intensify your focus on the palms. Now, you will feel a vibration passing through your eyes. That vibration will relax your eyes. After enjoying the penetration of the vibration for few seconds, close your eyes and remove your palms. Slowly, open your eyes. Your eyes will feel refreshed.

➤ If your entire body feels tired, sit on a bed/cot with stretched legs and relax with closed eyes. Breath deeply, exhaling as far as you can. After 10-15 breath, focus on your palms. you will feel a vibration of your palms. Very slowly you're your eyes but don't star at anything. Slowly, move your palm over your legs – one leg one palm - (1 or 2 inches above the skin). Then, still focusing on

the palms, move your palms over your hands and body (left palm over right hand and vice versa, 1 or 2 inches above the skin). Then, move your palms over your face and place your right palm over the crown portion of the head. Intensify your focus and feel the vibration passing through your entire body within few seconds. Now, you will be feeling refreshed. Enjoy.

Please note that you can regain the sitting position and focus on your palms in between the three sessions.

Healing:

Sit and relax with closed eyes. Focus on your palms. Fill your heart with love and affection. Slowly open your eyes and see the edge of your nose. Then, move and place your palms over the affected part. The palm may safely be 1 inch above the skin. If the affected part is pointed – like a wound – just place your right hand and continue focusing on the right palm. If the affected part is stretched – like aching knee or a sprain, place your palms, one at either end and continue focusing both the palms. Within seconds, you will be feeling the vibration passing from your left palm through the affected portion to the right palm. Stay in that position for 5 minutes. The pain will start reducing. You can repeat it upto three times a day maintaining a gap of 4 hours between sessions.

Be Blissful

