



# *Relaxation Amidst Action*

## *A few simple techniques for daily life*

As we whizz from one work to another, from one destination to another, how do we find time to exercise? how do we catch ourselves back and re-find our energy in the midst of action? The following exercises are suggested for such moments of busi-ness. Try them.

### WHILE WALKING

#### **Chakraman Kriya**

While walking the gaze should focus on a distance of about 4 feet in front (neck straight). The energy that comes out of the eyes goes back into oneself, making an energy circuit through the earth. The level of energy in the mind is enhanced.

The mind should be completely neutral. Imaginations and thoughts deplete energy.

The mind should be fully alert and awake. One should not get involved in the thoughts which arise on the mental screen - rather, one should only witness them.

The feet should be kept fully on the ground and then lifted up fully.

### WHILE CLIMBING STAIRS

#### **Prana Jagrati Kriya**

Normally when we climb the stairs, our breath becomes short and we feel tired.

While placing the foot on each step, one must exhale.

The latent life energy that is present in the Mooladhara chakra (at the base of the spine) gets activated.

The breath does not fall short any longer, there is no tiredness, rather one feel more energetic.

### WHILE TRAVELLING

#### **Madhya Drishti Kriya**

As we look out of the window and focus on one particular object or scene, the energy travels out from the eyes and this causes fatigue. Instead of focusing on one particular scene, if one practises focusing on the totality of the landscape or the scene - in the sky (empty space), then the energy circuit is complete and one does not feel tired.

### WHILE STANDING FOR LONG HOURS

#### **Pada Santulan Kriya**

By doing this kriya one does not feel tired. The whole consciousness should be focused on the soles of the feet. One would feel the weight shifting at times to the right, at times to the left.... gradually, it will become balanced.

The breath should be centred in the Manipura chakra (focused on the navel centre); the eyes should be focused on the sky.

### WHILE DRIVING

#### **Nabhi Shwasan Kriya**

Normally one feels tired after driving. Generally while driving one breathes through the chest. This means that the lungs contract and expand quite often and this makes one feel tired quickly.

One can practise Nabhi Shwasan when the vehicle stops at a traffic light. Exhale and contract (pull in) the navel centre. Inhale deeply so that the navel centre comes out. Keep the eyes on the empty sky. Exhale.....

### WHILE STUDYING FOR LONG HOURS

#### **Kampan and Nayana Vishram Kriya**

Begin by shaking the hands vigorously. Then rub the two palms together and place them on closed eyes, taking care to let the centre of the palm touch the eyes. In the centre of the palm there is the chakra of pure energy. By shaking the hands we first get rid of the impure energy that has collected around this chakra. Next, we activate the pure energy of the *hasta* chakra - and when we place our palms on our eyes, it is this pure energy that travels into the eyes directly and rejuvenates them.

Also: Neck Rotation and Shashankasana



WHILE WATCHING TV OR COMPUTER SCREEN  
FOR LONG HOURS

**Swa Kendran Kriya**

When the consciousness is fully focused outward - on the television, then it disperses itself and one feels tired. When the consciousness is focused on oneself as well (i.e. both inward and outward), then the energy circuit is formed and one does not feel any fatigue.

Close your eyes for a brief while and become aware of the body, the thoughts, the breath. Centre the breath in the navel chakra. Now open the eyes and watch the screen while continuing to maintain an awareness of oneself as well as the screen.

WHILE SITTING FOR LONG HOURS

**Gau Mudra Asana**

There are times when one has to sit for long hours and the feet go off to sleep (pins and needles). By doing Gau Mudra Asana one can avoid this happening and not feel tired.

🙏 **Swami Vidyanand**

*A Doctor's Advice*

I knew a doctor who was a neuropath and treated illnesses of the stomach. He used to say that all illnesses of the stomach came from a more or less bad nervous state. He was a doctor for the rich and it was the rich and unoccupied people who went to him. So they used to come and tell him: "I have a pain in the stomach, I cannot digest", and this and that. They had terrible pains, they had headache, they had, well, all the phenomena! He used to listen to them very seriously. I knew a lady who went to him and to whom he said: "Ah! Your case is very serious. But on which floor do you live? On the ground floor? All right. This is what you have to do to cure your illness of the stomach. Take a bunch of fully ripe grapes (do not take your breakfast, for breakfast upsets your stomach), take a bunch of grapes; hold it in your hand, like this, very carefully. Then prepare to go out - not by your door, never go out by your door! You must go out by the window. Get a stool. And go out by the window. Go out in the street, and there you must walk while eating one grape every two steps - not more, yes, not more! You will have stomach-ache! One single grape every two steps. You must take two steps, then eat one single grape and you should continue till there are no more grapes. Do not turn back, go straight on till there are no more grapes. You must take a big bunch. And when you have finished, you may return quietly. But do not take a conveyance! Come back on foot, otherwise the whole trouble will return. Come back quietly and I give you the guarantee that if you do that every day, at the end of three days you will be cured." And in fact his lady was cured!<sup>1</sup>

☺ **The Mother**

<sup>1</sup> The Mother *Collected Works of The Mother* v.5 pp.123-24