

A List of My Favorite Exercises

That Keep My Well-Being Set in the ‘High Zone’

1. “Short Moments of No-Thought (Pure awareness),” suggested by www.balancedview.com

Comment: What’s a short moment? 2 seconds? 4 blinks?

2. Eckhart Tolle suggests voluntary blinks to break out of cycling thoughts. Some Tibetan lamas also use this method, and research shows that we stop thinking when we blink, but our brain stitches everything together so we’re not aware of it.

Try it. Blink two times a second with eyes open or closed (same muscles) for 12 seconds (24 blinks). You just have experienced the state of ‘no thought’ that is your true self. This pure awareness underlies all thoughts, all dream and sleep states. According to some teachings, this pure awareness continues after death.

3. Purring in and out (Tracheal Resonance).

I suggest learning how to purr. I’ve been purring for some 40-plus years and recommend it as one of my two favorite ways to totally relax. The other one, awarded the Blue Ribbon is:

4. The Sleep-Nursing mudra.

See the photo of the Akshobya Buddha on the other side. I call his facial expression “Nursing On The Lily,” caused by sucking on the soft palate and uvula, included in the Vigyan Bhairava Tantra list of Shiva’s recommended exercises (#52-C). Also, all babies do it, both awake and in their sleep.

(over)

The 2016 upgrade of No more hollow feelings

The best simple exercise
loneliness, depression, sadness

The Akshobya Buddha
Eyebrows slightly raised,
probably sucking on his



‘Nursing On The Lily’ in the tummy ever!

designed to dissolve
Churchill’s ‘black dog’).

581-618 C.E., China.
eyelids half-closed,
uvula (sleep-nursing).

Directions

- 1. Purse your lips tightly as if to kiss someone.**
- 2. Hold that pose, and add a full smile.**
- 3. ‘Balance’ the two sets of muscles isometrically, the kiss muscles and the smile muscles tugging against each other. You also can give the front chin muscle a little upwards tug. Easy does it. The balance is more important than the amount of pressure.**
- 4. When balanced, a rush of warm energy should move up your chest from your solar plexus. (At least it does for me!)**
- 5. Put on the breath as follows:**
 - a) at the top of the inhale, start the kiss.**
 - b) add smile and chin tug on exhale.**
 - c) relax on the inhale.**
- 6. Allow this to evolve (off the breath) into a nursing movement that includes sucking on the soft palate and uvula in what is called ‘infant sleep-nursing.’**
- 7. Kechari Mudra, stage 1: I reverse my tongue as a reminder to keep a vacuum between my tongue and soft palate when not eating, talking or sleeping.**

For more information, see “Touching Nirvana:”
<http://www.raysender.com/touchingnirvana.html>