

## Physical Exercises

You may do the following simple physical exercises to prepare your physical and energy bodies for the strong amount of spiritual energy, which will be generated by the meditation.

These exercises are designed in such a way that even older people can easily do them. It is advisable for people with back problems to be careful when doing bending or stretching exercises.

### Exercises to do Before Meditation

Rotate your eyes in circles 12 times clockwise, then 12 times counter-clockwise.

#### Neck Exercises

Turn your head to the right, then to the left. This is one count. Do this 12 times.

Tilt your head backwards then bend it forward. This is one count. Do this 12 times.

Arm Rotations - Extend your arms in front of you, then swing them upward over your shoulders towards the back, and return them to the original position. This is one count. Do this 12 times, and then do another 12 counts in the reverse direction.

Upper Body Twists - Twist your upper body to the left, then to the right. This is one count. Do this exercise 12 times.

Hip Rotations - With your hands on your hips, rotate your hips 12 times to the right, then 12 times to the left.

Semi-Squat Exercises - Slightly bend your knees and rhythmically move up and down. Let's do this exercise 50 times.

Bending and Stretching Exercises - Raise your arms over your head, arch your body and tilt your head back-wards. Bend your body forward. Simultaneously bend your knees slightly while extending your arms to touch the floor with your fingers. This is one count.

Knee Exercises - Rotate your knees 12 times clockwise and 12 times counter-clockwise.

#### Feet Exercises

Point your toes forward, then backward. This is one count. Do this 12 times with the right foot then 12 times with the left foot..

Rotate your right foot 12 times clockwise, then 12 times counter-clockwise, then 12 times clockwise. Do the same for the left foot

You may do these exercises one to three times before the meditation.

## Exercises to do After Meditation

Shaking - Standing on your toes and shake your body for 60 times. The purpose is to rapidly shake off the excess energy generated by the meditation and also the used-up energy.

Jumping Exercises - Stand with your legs together. Jump up and raise your arms and clap your hands, simultaneously landing on your feet with your legs open. Then jump again, this time with your hands on your hips, and your feet together.

Eye Rotations - Rotate your eyes 12 times clockwise, then 12 times counter-clockwise.

Bending and Stretching Exercises - Raise your arms over your head, arch your body, and tilt your head backwards. Bend your body forward. Simultaneously bend your knees slightly while extending your arms to touch the floor with your fingers. This is one count. Do this exercise 12 times.

Upper Body Twists - Twist your upper body to the left, then to the right. This is one count. Do this exercise for 12 times.

Hip Rotations - With your hands on your hips, rotate your hips 12 times to the right, then 12 times to the left.

Massaging - It is advisable to massage your body after the meditation. This will avoid or minimize congestion and facilitate the smoother flow of energy in your body. You may massage your body systematically from the head down. Start with the scalp, the scalp, the back of the head, face, neck, shoulders, arms, trunk, liver and kidney. Put special emphasis on the liver and kidneys, because they are unusually susceptible to energy congestion. Then massage your legs. This will help stimulate and facilitate the free flow of energy in your body.

"It is important to do physical exercises before and after meditation... to clean the energy centers and the energy channels, so that higher energy, generated by the meditation, can easily flow through your physical and energy bodies with minimal obstruction."

- Grand

Master Choa Kok Sui