

SHINE YOUR LIGHT

1. Activate (3 Minutes + 1 Minute rest)

- Sitting on your heels in Rock Pose. Eyes closed, focused between brows.
- Fingers interlaced, index fingers pointing up and touching.
- Arms raised above the head.
- As you chant *SAT*, scoop the belly button and diaphragm in and up.
- As you chant *NAM*, relax the belly and diaphragm.



2. Focus (3 Minutes)

- Sitting in Easy Pose with light neck lock.
- Arms forward, parallel to floor.
- Right hand in fist, thumb pointing up.
- Left hand wraps around right fist, sides of thumb joints touching.
- Eyes gaze through the V of touching thumbs.
- Breath: Inhale for count of 4, Exhale for 4, hold breath out for 12.



3. Shine (3 Minutes)

- Sitting in Easy Pose. Eyes closed.
- Fingers interlaced, index fingers pointing up & touching, thumbs on heart.
- Chant the mantra, feel the vibration rising up from heart to crown.

Shine Mantra:

Bountiful am I

Blissful am I

Beautiful am I.

