

Mindful Work

'Lightening thoughts' yoga

If you can find a quiet 10 minutes in your day, this Kum Nye yoga exercise called '**Lightening thoughts**' is highly recommended.

This exercise relieves tension in the neck, head, and shoulders, and lightens the fixed quality of thoughts and images.

Avoid if you are pregnant or have had any kind of neck injury.

When you first practice this, use our guided audio file (mp3):

*Throughout the exercise **breathe very slowly and evenly through both nose and mouth.***

*Sit with hands on knees. With your mouth slightly open, very slowly **lower your chin** toward your chest; then very slowly **lift the chin** until it points toward the ceiling.*

Repeat this several times.

*Now very slowly, **move your head** round to the right, and then to the left. Repeat several times.*

*Close your eyes and slowly **rotate your head** clockwise, as if drawing a perfect circle with the top of the head. Relax your neck and shoulders – they should not move with the head. Make the circle as large and full as you can without straining. If you experience discomfort, move your head back and forth very slowly, allowing the muscles to loosen and lengthen.*

*You may **notice a thought** related to the tightness. Slow the speed of the rotation down with mind, breath, and senses until the movement is almost imperceptible. **Be aware of your whole body**, even your toes and fingertips.*

***Notice any feelings** at the base of the skull and throughout your body. Allow that feeling to expand so it becomes larger than your body.*

Do the rotation three or nine times in a clockwise direction. Then three or nine counterclockwise rotations. Remember to breathe evenly through both nose and mouth.

On the last rotation, move your head more and more slowly until it finally stops moving. Then sit quietly in the sitting posture for ten minutes, continuing to expand your feelings and energy.

Source: Tarthang Tulku, Kum Nye Relaxation