



1. Sit in Virasan and place the palms together at the sternum. Extend the left arm out to the side, 60 degrees above parallel, palm facing down, and move the left hand up and down at the wrist as fast as possible

1a) keeping the elbow locked. Coordinate the movement with Breath of Fire for 3 minutes. Change arms and continue for 3 minutes.

1b) Finally, extend both arms and resume the motion with both arms for 2 minutes. Close your eyes and visualize yourself flying high in the sky. Take yourself through the five elements and totally identify with each. First imagine you are ether, then air, then fire, then water, then earth, then ether again. Feel the difference between each, especially when you return to the ether. Spend about 15 seconds on each tattva. This exercise helps differentiate the left from the right hemispheres of the brain. Normally Breath of Fire creates a neutral state. Here, however, the movement of the hands creates that differentiation and synchronizes the hemispheres as well. Additionally, this exercise is said to balance the tattvas. For optimum results, practice it every day.

2. Sit in Easy Pose. Make fists of the hands with the thumbs tucked inside, and place them palm down in front of the chest at the level of the heart. Now, without moving the wrists, rotate the fists rapidly around each other in coordination with Breath of Fire for 1 minute.

Comments: As explained in Yogic philosophy, all living matter is comprised of five elements: earth, air, fire, water and ether. These are known as the five tattvas. Practice of this short kriya will bring the tattvas into a state of balance and will synchronize the hemispheres of the brain. This is a very powerful set of exercises to practice every day.

