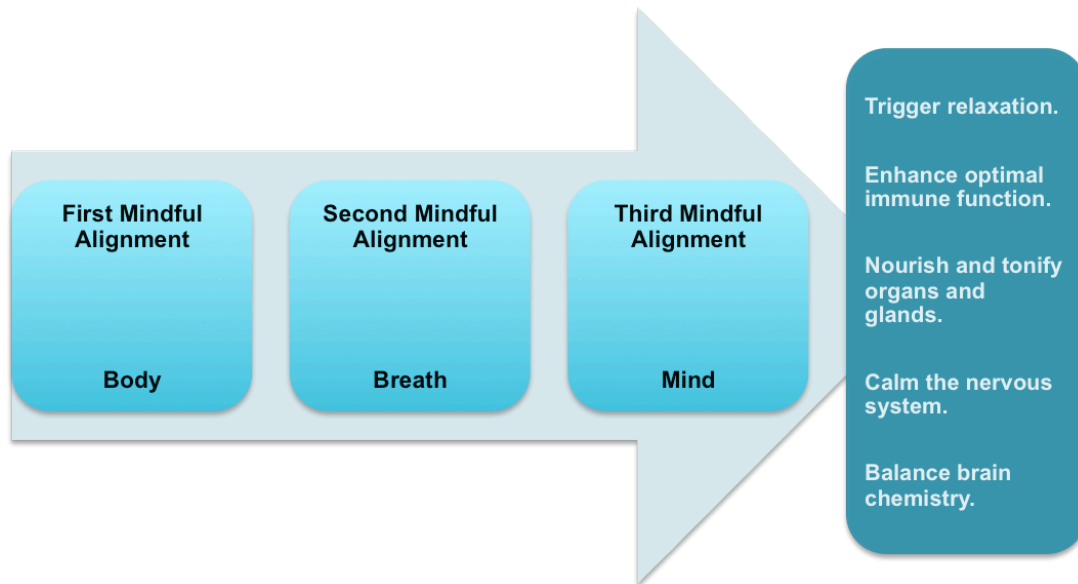


The Three Mindful Alignments

by Dr. Roger Jahnke and Rebecca McLean



First Alignment -- Adjust and regulate your body posture or movement.

Sit or stand upright, or lie outstretched. Visualize a connection lifting the top of your head into the heavens. Next visualize a connection from your sacrum to the center of the earth. The upward lift and downward pull opens the center of the body and fills the body with life-force energy. Aligning the spine creates spaces between the vertebrae, helping to release any compression on the nerves, which can cause pain or discomfort. Adjusting your posture allows for the space your organs need to function optimally and also optimizes the inner flow of blood and lymph.

Second Mindful Alignment -- Adjust and deepen your breath.

The breath is the most powerful tool for gathering life-force energy and mobilizes the body's healing and revitalizing resources. Plus it is the easiest to practice. Inhale slowly through your nose, and hold your breath for a count of one, one thousand; two, one thousand; three, one thousand. Allow your breaths to be deep, slow and relaxed, but not urgent. On the exhalation, relax even more.

Third Mindful Alignment -- Clear your mind.

An ancient healing proverb states, "When the mind is distracted, the energy scatters." Briefly, or for as long as you wish, focus your mind on something simple like clouds drifting across the sky, water flowing in a river, or as waves against the shore. Let go of any thoughts of the future and the past. Simply become mindful or present noticing with where you are, what you are doing, and what you are sensing.

To conclude the Three Mindful Alignments, smile gently to yourself. This gentle smile engages the limbic portion of the brain, the part of the brain and its neural structures that are involved in emotional behavior. This supports the brain chemistry for feelings of well-being.