A GUIDED PRACTICE WITH DR. DHARMA

Brain Energy Practice

About twelve minutes. Seated in a chair.

Press play and follow along. Dr. Dharma leads every part. This page shows you what is coming, so nothing takes you by surprise.



Dr. Dharma, from the video

Watch the video

1. **Tune in** at the start
   Hands together at the center of your chest, eyes closed. He chants *Ong Namo Guru Dev Namo* three times and tells you what it means: "I bow before my highest self." Then a few slow breaths to settle.

2. **The jump-start** at 2:45, about 3 minutes
   Shape your hands like claws. Raise your arms to about sixty degrees, the height he shows. Cross them above your head, right over left, then left over right. Close your eyes and breathe with the movement. To finish, he has you tighten both arms like a strongman, then stretch up and let go.

3. **Touch the thumbs** at 5:40, about 3 minutes
   Move your hands apart and back together, as he shows, and touch your thumbs each time they meet. Eyes closed, attention at your forehead, breathing steadily. There is no chant in this one.

4. **Close** at 9:25
   He sings *Long Time Sun* and ends with a blessing. Sit and listen, or sing along.

Three things he says as he teaches

- **Do not over-breathe.** Keep the breath easy. If you feel dizzy, stop and breathe normally.
- **Go at your own pace.** He says more than once to slow down if you need to.
- **A chair is fine.** Sit tall, feet flat on the floor.

"Become one with your best self."
Dr. Dharma, in this video

Next practice: Move, Breathe, and Settle In
A longer session, about 28 minutes, with a meditation at the end.

The Four Foundations of a Sharp Mind
His free guide to four daily habits, with a one-week checklist.

All four practices
Watch any of them, any time, at drdharma.com.



What Dr. Dharma takes every morning

Brain Caps and Memory Caps, together. He has taken them every day since 2002. That pair is the Core Regimen. $79.95 a month, ships free, with a free bottle of Inner Healing in your first box. You have 60 days to decide, and the guarantee honors an empty bottle.

See the Core Regimen or call (800) 651-5650. A person answers, Monday to Friday, 9 to 5 Pacific.

Dharma Singh Khalsa, M.D. Board-certified anesthesiologist. Chief resident at UC San Francisco. Author of *Brain Longevity*, *Meditation as Medicine* and *Food as Medicine*. Questions? Write to info@drdharma.com or visit drdharma.com.
This practice is not a substitute for the advice of your doctor. Talk with your physician before starting any new movement or breathing practice, and stop if anything hurts. The statements about Dr. Dharma's formulas have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.