A GUIDED PRACTICE WITH DR. DHARMA

From Darkness to Light

About forty minutes. Slow, quiet and demanding.

Dr. Dharma calls this a self-healing set. It is three long holds with slow breathing, then a chanted meditation. Choose a private room. Lower your arms and rest whenever you need to.



Dr. Dharma, from the video

Watch the video

1. **Tune in** at the start
   Hands together at the chest, eyes closed. He chants *Ong Namo Guru Dev Namo*, then leads a few long breaths.

2. **Right hand above the head** at 3:05, eleven minutes
   Sit tall. Hold your right palm a few inches above the top of your head, facing down. Raise your left hand beside you, palm facing forward. Eyes closed, attention at your chin. Breathe in slowly, hold, and breathe out, each for the same count. He counts ten and says to work toward twenty.

3. **Arms straight ahead** at about 14:30, three minutes
   Both arms out in front of you, level with the floor, palms down. The same slow breath.

4. **Arms straight up** at 17:45, three minutes
   Palms facing forward, elbows straight. Then three strong breaths, stretching up as far as you can each time.

5. **The meditation** at 21:40, about twelve minutes
   Hands together at your chest, fingers interlaced, index fingers pointing up. Eyes closed. Chant *Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio* along with the recording. It is said "wah-hay goo-roo."

6. **Close** at 34:30
   A strong breath in, arms up, shake them out. He ends with *Long Time Sun* and a blessing.

Go gently. This practice can stir up strong feeling. Go at your own pace. If it becomes too much to hold alone, stop, and reach out to someone you trust or to a professional.

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 centered and still. Go deep within."

Dr. Dharma, in this video

Next practice: Brain Energy Practice
Twelve minutes, lighter, and a good one for the next morning.

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.