

## A List of My Favorite Exercises

1: Blink your thoughts away. Tibetan lamas, Eckhart Tolle and others use voluntary blinks to break out of looping thoughts. “You can’t think when you blink!”

2: “Short moments of awareness, repeated, become continuous,” teach the [balancedview.com](http://balancedview.com) folks. What’s a short moment? 2 seconds? 4 blinks? Try it. Blink two times a second with eyes open or closed (same muscles) for 12 seconds (24 blinks). You just have experienced the state of ‘no thought’ that is your true self. This pure awareness underlies all thoughts, all dream and sleep states. According to some teachings, this pure awareness continues after death.

### To Warm The Third Chakra (Pit of Stomach)

3: Tracheal Resonance: purr until your toes and fingers tingle. I also use an in-out silent sigh: “Ah (in)-hah (out)”

4: “Sleep-Nurse on the Lily.” Babies nurse in their sleep on their soft palate and uvula. Reverse the tongue as a reminder to do it when you’re not talking or eating. Wow! Sucking on the soft palate and uvula is included in the Vigyan Bhairava Tantra list of Shiva’s recommended exercises (#52-C).

5: Combine #'s 1 and 4. Double-Wow!

**(Big discovery in 2015: [www.zapchen.com](http://www.zapchen.com) teacher Julie Henderson teaches many of these exercises – and more!)**

6: According to The Vedanta Society’s founder Swami Vivekananda, 12 seconds (24 blinks) of no-thought equal a ‘Dharana’ (concentration), 12 Dharanas (144 seconds) equal a ‘Dhyana’ (meditation) and 12 Dhyanas (1728 seconds – call it a half-hour) make a ‘Samadhi,’ total absorption in pure bliss. YUM!

(over)

## **The 2017 upgrade of No more hollow feelings**

The best simple exercise  
loneliness, depression, sadness,

### **The Akshobya Buddha**

Eyebrows slightly raised,

Eyes relaxed in a soft

Smile muscles dynamically balanced against slightly pursed lips.

(Probably sucking on his soft palate and uvula (sleep-nursing).

1. Copy the Akshobya's expression
2. Purse your lips slightly as if to kiss someone.
3. Hold that purse pose, and add a full smile.
4. 'Balance' the two sets of muscles isometrically, the kiss and smile muscles tugging lightly against each other. You also can

give the front chin muscle a little upwards tug. Easy does it.

The three-way balance is more important than the amount of pressure. When balanced, a rush of warm energy should move up your chest from the solar plexus. (At least it does for me!)

5. Start a nursing movement that includes sucking on your soft palate and uvula in what is called 'infant sleep-nursing.'

(see the many examples posted on YouTube.com)

6. Reverse your tongue as a reminder to keep a vacuum between the tongue and soft palate (when not eating, talking or sleeping).
7. Combine with the voluntary blink (see #1 on other side) and continue the suck-blink on or about your pulse rate.

On a final note: the easiest way is to go buy a lollypop! I can't be the only person in the world who goes into bliss doing this! Please!

For more information, see "Touching Nirvana:"

<http://www.raysender.com/touching%20nirvana%20singles.pdf>



## **Nursing On The Lily in the tummy ever!**

designed to dissolve  
– Churchill's 'black dog'

**581-618 C.E., China.**

the eyelids half-closed,  
peripheral vision