



Eliminate Gastric Troubles

7 Exercises 18 min - 18 min *Reaching Me in Me*

1. Curling Fingers

Comments: *If it starts hurting in the middle, that is not a good thing. If it starts hurting at the beginning it is all right, but if it hurts at the end, go see your doctor.*

Curling Fingers (4 min)

1. Sit in Easy Pose with your upper arms resting against your rib cage and your elbows bent.
2. Your forearms are parallel to the floor and the palms of the hands are facing each other. Your thumbs are touching.
3. Open and close the fingers of both hands at the same time.
4. "Put your mind into it. You are dealing with mental energy as well as physical energy. Combine it."
5. Concentrate deeply and move only your fingers.

2. Leg Lifts - 6 to 18 Inches

Leg Lifts (3 min)

1. Lie down on your back.
2. Keep your head on the floor and raise your heels up six inches.
3. Put your fingers on your navel point.
4. Press hard on your navel with both hands as you raise your heels up to eighteen inches.
5. Relax the pressure and lower your heels back to six inches. It is a foot and a half game. Continue this movement.

3. Leg Lifts - 6 Inches to 80 Degrees

Comments: *Starting and ending the movement with the heels at six inches off the floor is to benefit the sciatica.*

Leg Lifts (2 min)

1. Stay in the same position as exercise #2, with your fingers on your navel and your heels at six inches.
2. With a heavy pressure on your navel, raise your heels up to eighty degrees (almost straight up, but not quite).
3. Relax the pressure and lower your heels to six inches. Continue this movement.

4. Leg Lifts - 0 to 90°, spread legs and return to 90°, then lower to ground

Leg Lifts (3 min)

1. Lie down on your back and put your hands under your buttocks, cupping them.
2. Raise your legs up to ninety degrees, spread your legs apart, bring your legs back together, and then lower them to the floor.
3. Continue this movement keeping your knees straight.

5. Leg Lifts - Alternating

Leg Lifts (1 min)

1. Still on your back, put your hands under your neck directly against the skin.
2. Make sure your hands are under your neck and not under your head.
3. Begin alternately lifting each leg up to ninety degrees and lowering it to the floor.

6. Leg Holds - Raise and Hold at 90°

Leg Holds (7 min)

1. Still on your back, raise both legs up to ninety degrees, keeping your knees straight, and your heels together.
2. Grasp your toes with both hands.
3. Stay in the position and chant: "Aap Sahaaee Hoaa, Sachay Daa, Sachaa Dhoaa, Har, Har, Har."

Mantra

Aap Sahaaee Hoaa, Sachay Daa, Sachaa Dhoaa, Har, Har, Har

7. Life Nerve Stretch - Legs Wide, Center

Comments: *Move your lower back to open it up and get rid of pain.*

Life Nerve Stretch (1 min)

1. Sit up and spread your legs as far apart as you can. Grab your toes.
2. Stretch your torso forward and down toward the floor. In this position gently and gradually stretch down farther for eight counts (about 3 seconds).
3. Then bring your torso up straight for one count. Bend forward again and continue.

