HOW TO RELAX YOUR MIND IN LESS THAN 10 MINUTES

AND THUS BE MORE RESTED & GET MORE DONE

(WHAT I DO)

BY MARGARITA LYANJK
Disclaimer

This suggestion is not a medical advice or recommendation.
I'm not a health care practitioner.
I simply tell what works for me in this moment in time,
although I do want you to benefit from it.

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Published by live on alive

Editor: Mariya Ivaniuk
Cover: Margarita Ivaniuk
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Prologue

How to relax your mind if you just don't have time for a nap or exercise? But need it fresh and well-functioning? Sounds challenging, but there is a way. It IS an exercise but not a fitness type one - you won't need to get off the chair to do it.

In addition to eating clean high-vibrational raw foods, this is one of the things that I do to maintain relatively clearly-working mind throughout the day. I've been doing it for around 10 years now. Sometimes I would go days or weeks without it. However, in the last year or so I do it at least once every day. You'll see why in a second. First of all, I got to know it when searching for ways to improve my vision naturally (which got worse within a month, after reading in the dark from a laptop screen - don't follow my example). So, well before I've gone raw. The exercise is called palming. After hours staring at the screen it really rests my poor eyes. It does so by relaxing the eye muscles and nerves. For some reason, only relatively recently I've noticed that it does more than just soothe my eyes. After doing it I feel more calm and peaceful, the thinking is clearer, that busyness feeling fades away, if I'm restless it makes me fall asleep faster. To put it short, it kind of "resets" my mind and I'm able to concentrate better. I'd say its effects are somewhat similar to a quick nap. When I looked into it deeper it turned out that Indians and Chinese, especially spiritual practitioners, practiced it as long as their cultures existed. There IS science behind it. It has to do with energy channels in your body, but let's skip the science.

Now, does western society have anything to do with palming? It does. Dr. Bates, for example, in his book "The Cure of Imperfect Sight by Treatment without Glasses " lists palming as one of core exercises when trying to improve vision. In fact, that's precisely how I learned about this exercise - from the Bates Method of correcting vision. Dr. Bates is a 19th century optometrist and, at the time, was regarded as one of the best eye specialists in New York. To develop the method as we see it today he spent decades studying the mechanism behind human visual processes. As you can guess, his method is still alive and used to this day. Albeit not by conventional health care – obviously. In addition, western society is also catching up on relaxing and other healing properties of palming on the mind and the whole body, not just the eyes.
How to do palming

Without further ado I'll get right into how to do palming.

You can do it anywhere. Either sitting or laying down (bear in mind that if you are doing it around people, they might question if you're okay :D). Although I find that it works better if you are in a quiet, slightly darkened place with fresh air, and sitting in a comfortable position. Having said this, it's vital that you enjoy doing it, so find best what works for you.

It will bring you that precious relief if you are mentally fatigued, overwhelmed with stress and a never-ending "to do list", anxious, can't fall asleep, or simply going through something unpleasant which you think can be alleviated with relaxation and rest. And last but not least, your eyes will thank you.

1. Close your eyes.

2. Rub the palms of the hands (make sure your hands are clean) against each other for 30 seconds or until they are warm or slightly hot.

3. Put your palms over the eyes so that the heels (bases) of the palms rest on your cheekbones. Fingers (except thumbs) on one hand should be crossed with your fingers on another hand. If you do these steps properly your eyes should be in complete darkness.

4. While sitting with your palms over your eyes, think about pleasant things. Such as magnificent views of nature that you've seen or would like to see in the future, or some magical moments in your life. Do it for 5 minutes if your mind needs a quick refresh. If you are mentally tired AND in the middle of a difficult task that needs to be done ASAP, turn it into a 10 or even 20-minute session. You can certainly listen to music or some audiobook while doing it - as long as they are soft in nature.
I think it's miraculous how fast palming can provide deep rest. I won't be surprised if this exercise becomes part of your daily routine. And also, I've noticed that the eyes and face look fresher after it. Plus, hard for me to explain, but facial features acquire some weird spiritual tone to them. It’s especially visible if you do the exercise for more than 5 minutes. Are you intrigued 😊?

Do you feel better after it? Please do tell. I'd love to hear.

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