



Dr. K's Guide to Mental Health

Practice | Namaste Expansion | Notes

In this practice, we'll increase our subtle awareness of things. This practice allows many people a sensation of prana. Yogis in ancient India would notice particular sensations and as their awareness and ability to detect improved, they developed a language to describe their experiences.

This is a practice that works to boost your energy, give you a sensation of energy, and can prepare you for deeper, esoteric, and unscientific practices like energy healing. It also acts on the Anahata Chakra and can cultivate compassion, empathy, and self-forgiveness.

Practice Instructions:

- Start by adopting a namaste position
 - Position your forearms parallel to the ground and place your palms together
 - Feel that tension in your arms and a bit of stretch in the wrists
- Now pull your palms apart ever so slightly
 - Notice two things:
 - The sensation of pulling (the gravity between your palms)
 - The sensation of heat or warmth
- Pull apart a bit more
 - See if you feel the gravity or the warmth
- Slowly expand your hands apart, either in chunks or gradually
 - See what you can feel
 - There may be a point at which you no longer feel the gravity or the cushion of warm air
- Then bring the hands together
 - Focus on the warmth. When does it return? Does it get more intense?
- Continue to slowly expand and contract the space between your hands
 - Try to increase your awareness of the sensation
 - Notice that as you pay attention, you may be able to find it even more
- Practice for a few minutes or longer
- When you're done, place your hands on your knees with your palms facing up
 - Try to find that warmth emanating from your hands
 - Feel the relaxation and breathe