



Emotional and Mental Balance and Prevention of Early Menopause

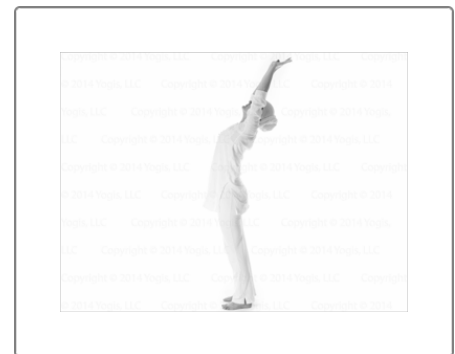
5 exercises 17 min - 17 min *I am a Woman - Creative, Sacred, Invincible*

1. Miracle Bend

Comments: *This exercise is called "Miracle Bend." It doesn't bend the human being, it bends the negativity in the human being. It adjusts the Navel Point and helps bring an emotional and angry person to calmness. If the spine were bent to 90 degrees and the breath was four times per minute, it would also totally calm a person. But that takes a very long time, whereas this exercise takes only a short time. There will be a strong and automatic tendency to shake in the posture.*

Miracle Bend (2 minutes)

1. In a standing position with knees and heels together, feet are flat on the ground, with the big toes pointing out to the sides for balance.
2. Arms are raised straight overhead, close to the ears with the palms facing forward. (The thumbs can be locked together.)
3. Keeping the legs straight, bend back from the base of the spine 20 degrees. The head, spine and arms form an unbroken curve with the arms remaining in a line with the ears.
4. Hold the posture and keep the breath long, deep and gentle.



Breath Long Deep Breathing

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2. Forward Bend

Comments: *The above exercises prevent menopause and "Woman's Disease," characterized by insecurity and emotional behavior.*

Forward Bend (2 minutes)

1. From this position, very slowly bend forward, keeping the arms straight and close to the ears.
2. Stay down and inhale.
3. Hold the breath as long as possible while pumping the Navel.
4. Then exhale and pump the navel on the held exhale.
5. Continue this process.
- 6.

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3. Hip Rotation

Comments: *This exercise hurts and works on an area that is never massaged and where you don't like to be hurt: the back of the spine. This exercise will raise the spirit, correct any victim mentality, and give the will to fight and not give in.*

Hip Rotation (2 minutes)

1. In a standing position, spread the legs as wide apart as possible without losing balance.
2. Bend the elbows, and have the forearms more or less parallel to the ground.
3. Begin rotating the hips at a moderate pace in as complete and large circles as possible. The direction can be either to the left or right.



4. Arm Rotations

Arm Rotations (1 minute 30 seconds)

1. Maintain the same leg position as in Exercise 3, but straighten the arms.
2. Begin a backward and alternate rotation of the arms, never bringing the arms more than 30 degrees in toward the body. The rhythm is one rotation of the arm per second.
3. While rotating the arms, bend forward from the waist half way, straighten up again, and then bend backward from the waist.
4. Rhythm: 15 seconds per complete cycle.



5. Deep Relaxation

Deep Relaxation (10 minutes)

1. Deeply relax. **LUCE SPENTA/ACCESA**

