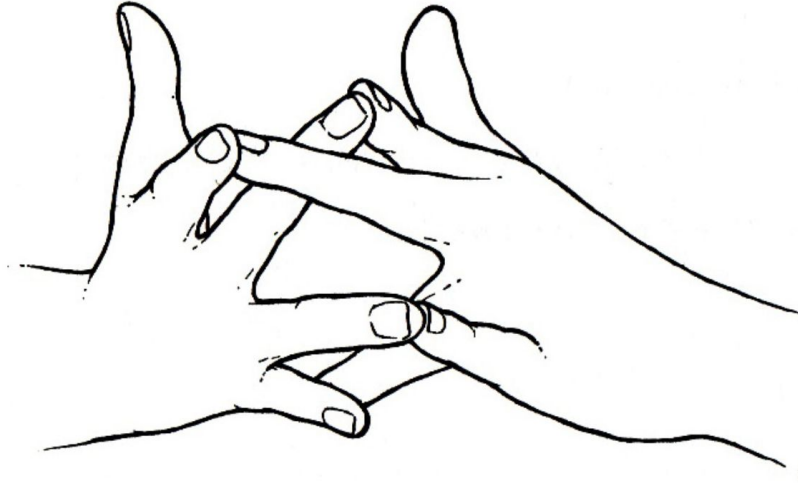


Mental Preparation

An essential part of any training for Mental Performance

CLARITY MUDRA



TECHNIQUE:

1. Little finger of the left hand touches the ring finger of the right hand.
2. The little finger of right hand touches the ring finger of the left hand.
3. At the same time, the middle fingers of both hands touch the index fingers of the other hand
4. The thumbs remain extended.
5. Breath slowly and work the fingers isometrically.
6. Affirmation: With each breath repeat the words “clarity - focus” out loud or quietly to yourself.
7. Duration: breathe 7 slow breaths

BENEFITS:

- Developing hand strength, precision, power, and wrist strength.
- Engage certain areas of the brain and exercise a corresponding influence on them.
- There is a direct relationship between individual fingers and the corresponding areas in the lungs.

NOTES:

- Spreading the fingers wide creates a reflex that causes the thoracic vertebrae to expand and, therefore, increasing the tidal volume of the lungs.
- Cerebral activity is activated and trained by touching and feeling especially with fingertips.
- At the beginning of a mudra practice, exhale vigorously 3 times, then let the breath become deeper and slower.