

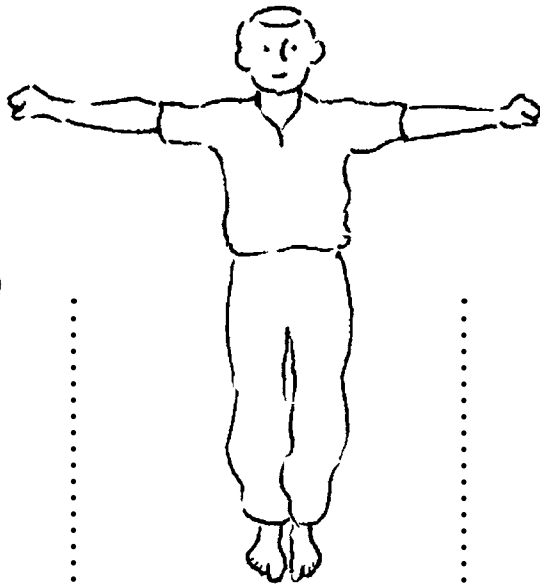
The Superconscious Living Exercises



1.

Walk vigorously in place, affirming repeatedly:

**I am awake and ready!
I am awake and ready!**



2.

Extend your arms vigorously to the sides, then front, then high overhead, affirming:

**I am positive! energetic!
enthusiastic!**

- Begin with your hands at the chest. Fling your arms out to the side with the affirmation, "I am positive!"
- Bring the hands back to the chest, then extend the arms vigorously in front of you with the affirmation, "energetic!"
- Bring the hands back to the chest, then fling them high above your head with the affirmation, "enthusiastic!"
- Finally, relax the arms at your sides.

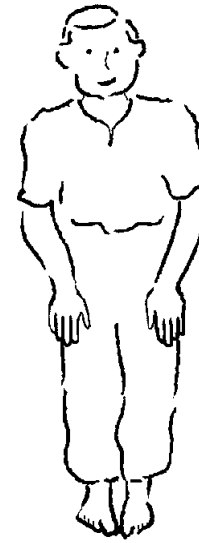
Repeat this exercise several times.



3.

Rap your knuckles lightly on the arms, affirming repeatedly:

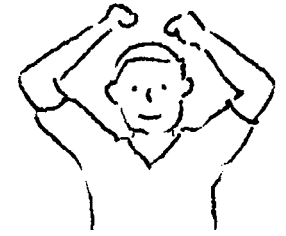
**I am master of my body!
I am master of myself!**



4.

With your palms, briskly rub your arms, legs, hips, chest, and other parts of your body while affirming repeatedly:

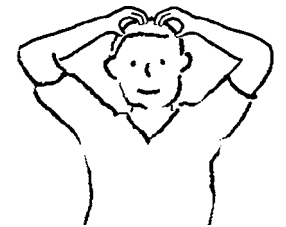
**Awake!
Rejoice, my body cells!**



5.

Rap your scalp lightly with your knuckles, affirming repeatedly:

**Be glad, my brain.
Be wise and strong!**



6.

Massage your scalp lightly all over with the fingertips, affirming repeatedly:

Awake, my sleeping children! Wake!

Courtesy of Ananda Sangha (www.ananda.org)
from the book, *Awaken to Superconsciousness*,
by J. Donald Walters (Swami Kriyananda)

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