

**TIPS AND TRICKS TO:**

**FOCUS**

**FALL ASLEEP**

**OPEN CREATIVE FLOW**

**OPEN YOUR HEART**

**Hi, Sat Nam, Namaste,  
I'm Zita Harkaran Vasilisinova**



I am a teacher, student, mother, wife and a relentless seeker of the truths of our human body, mind and soul.

I do my work through a website called  
[www.happyfreespirit.com](http://www.happyfreespirit.com)

I love, love, love to train people in the secrets of their body and mind in order to realize happier and more open life.

You can also find me on FB:

[www.facebook.com/zitaharkarankaur](http://www.facebook.com/zitaharkarankaur)

**Join Kundalini Yoga In-Depth FB group here:**

<https://www.facebook.com/groups/1467019020205554/>

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# Focus on your work

I use this little trick every time I have work to do but instead I would rather surf the internet or just read.

3 minutes of this exercise will give you focused energy for at least 2 hours.

## **This is what you do:**

Sit up straight

Open your mouth really wide

Bring the tip of your tongue to touch the upper palette but still keep your mouth wide open

Breathe through your nose.

3 minutes

# To fall asleep

Here is a little meditation that I recommend before you go to sleep, please do try it. Nothing but good can come out from it.

## **Four stroke breath for rejuvenation - To sleep like a baby.**

Sit straight in easy pose

Bring your hands in front of your chest with elbows bent

Keep the elbows next to your ribs

Palms are turned upwards, fingers are spread widely but are little cusped and pinkies touch.

Keep your hands relaxed

Eyes will look at the tip of the nose and beyond

## **Breath pattern**

Inhale through the mouth

Hold the breath for 2 - 3 seconds

Exhale in four strokes while mentally chanting Sa - Ta - Na - Ma

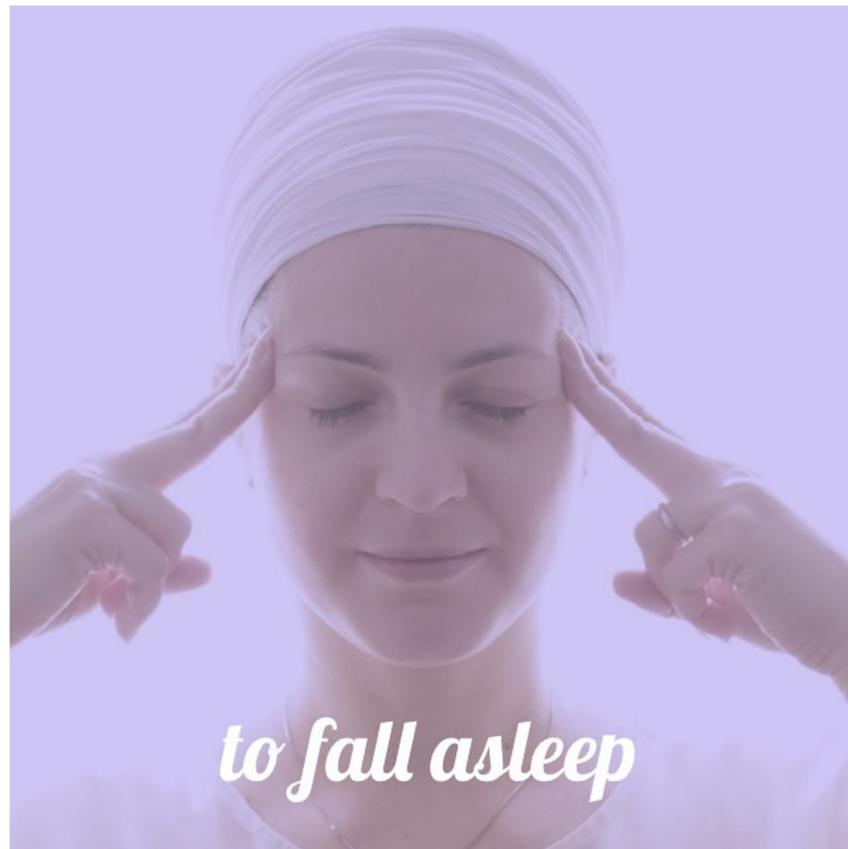
(Sa - infinity; Ta - Life; Na - Death; Ma - Rebirth) but translated together it means "I meditate on truth, the truth that I am" (love, love, love this translation)

Continue in this pattern for 5 minutes and maximum 31 minutes

To end, inhale hold the breath for 20-30 seconds raise your hands up.

Stretch every muscle. Exhale and relax.

# when in bed already



Put your two fingers at the end of your eye brows and keep holding until you become really drowsy. It will make you incredibly tranquilized and submissive - a perfect attitude to fall asleep.

Also:

make your exhales longer than your inhales.

This sort of breathing stimulates your parasympathetic nervous system which is responsible for relaxation.

# Awaken your creative power



**SAT KRIYA** Interlace your fingers with index fingers extended. Left thumb is on top for women and right thumb is on top for men.

Begin chanting **Sat** as you pull your belly in and **Nam** as you relax

Your eyes are closed and focused on your brow point

Sat means truth and Nam means name

**DO NOT Practice** when you are on your period or if you are pregnant.

This simple exercise, strikes up your passion and allows it flow upwards through all your chakras. It's powerful for balancing your energy.



*What it feels like being a human*

Human touch is very important to everything creative. You know those days when you just can't relate with others, you feel disconnected from yourself, your life and people around you. Nothing seems to inspire you enough and your work and what you create just feels dry as if it's missing something.

It's missing human touch. It's missing your heart. This mudra lets you connect with that human quality in you and makes everything you touch relatable and personal.

I know this is a strong image but the meditation is easy. All you need to do is put your hands like this so that your index fingers touch, keep your eyes open and relaxed and your hands at the level of your eyes. Do it for 11 minutes. Yourself will thank you for it :)



I MEDITATE ON  
TRUTH  
THE TRUTH  
THAT I AM

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