



## Rishi Isometrics

The Rishi Isometrics are an advanced system of exercises practiced by holy men high in the Himalayas. These exercises, which almost anyone can do (they are really easy and consist of five exercises), will provide the main health benefit of Hatha Yoga but are more efficient and dynamic. If you are on the right path, your daily practice includes something to stimulate the endocrine system. These asanas also strengthen the five main organs that maintain our life. The Rishi Isometrics have a marvellous effect on the neck and shoulders. Energy cannot flow through tense muscles. There are in each of us muscles which have been contracted for so many years we have long forgotten how it felt to relax. When the tensions finally let go, you get a startling rush of energy. The Rishi Isometrics use the principle of dynamic tension to energize the body. Rather than relaxing into a position as in Hatha Yoga, you work one muscle against another isometrically. When muscles are tense, the flow of blood is restricted. When this tension is relaxed, (coordinated with the breath) the muscle receives a sudden rush of oxygen-rich blood, loaded with prana (life force). These movements are particularly beneficial in removing waste products in the lymph system. Any movement of muscles squeezes these vessels, pushing the material toward the heart for removal. This set of exercises focuses on those areas in the body where lymph nodes are most numerous: the throat, underarms, and the groin. It wrings out the static contents of the nodes. Aerobics and weight lifting are too strenuous and put stress on the body which simply isn't necessary. You can get more energy flow by doing very gentle movements. The intention is that of bringing consciousness inside the body becoming sensitive to every bodily function being offended by any toxicity or obstruction and working to purify every organ and system to allow it to function optimally. The movements cleanse the etheric body, stimulating certain nadis or energy paths and sub-chakras. If you have heart problems or high blood pressure, build up to this movement very gradually. Keep the jaw relaxed.

