

Tuning up the Frontal Lobe

Sit in Easy Pose with your chin in and chest out. Extend both arms straight in front of you at shoulder level, parallel to the floor. Your right palm faces up. Your left palm faces down.

Do Breath of Fire for 11min

To End: Hold the breath for 15 seconds as you stretch your arms straight and elongate your spine. Exhale forcefully. Repeat this ending breath twice more. Relax.



COMMENTS:

The frontal lobe plays an important role in many of the qualities that shape how we move through life - our personality, decision-making, focus, motivation, planning, and ability to imagine possibilities and then act upon them. Chronic stress, emotional trauma, overstimulation, and long periods of passive engagement (screen time) can leave us feeling disconnected or numb, almost as though we are observing life rather than fully participating in it.

When the frontal lobe and our executive functioning are supported, we have greater access to intention, vision, discernment, and purposeful action. We can imagine where we want to go, create a plan, and follow through.

This meditation is traditionally used to stimulate and strengthen the frontal area of the brain, helping us reconnect with our sense of direction, commitment, and our capacity to consciously participate in creating our lives.

