

Donna Eden's Memory Exercise

This exercise will help energy, oxygen and cerebrospinal fluid to flow more freely through the suture lines in your skull. Do it for a minute each day, e.g before starting work on a computer?



1. Put your left hand over your heart and your right hand on the right side of your head, palm next to your right ear, fingers extending upwards over your head.
2. In this position, take four deep breaths in through the nose and out through your mouth. Lift your body with the in-breath, and relax on the out-breath.
3. Now move your right hand to the back of your head and take four more deep breaths, lifting and releasing.
4. Next, place your right hand over the right side of your chest, and your left hand by your left ear, and take the same four breaths.
5. Finish by placing the palm of your left hand on your forehead with your fingers going up on top of your head and taking the same pattern of four deep breaths.

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