

[Releasing the Forehead](#)

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This practice cultivates letting go. It releases tension in the forehead so that you can inhabit the whole subtle core of your body.

Sit upright with your eyes closed. Silently repeat the words “om ah hung.” (If you have a mantra you prefer, that is at least three words long, you can use that.)

Visualize the words in your forehead as you repeat them silently.

Dissolve the images of the words.

Inhabit the whole subtle core of your body, living and breathing within the whole body.