



In yogic hindu tradition our ancient sages says before you get up in the morning, you must rub your hands together and place your palms upon your eyes.

The scientific reason being that there is a heavy concentration of nerve endings in our hands.

If you rub your palms together, all the nerve endings are activated and the system awakens immediately.

Instantly, a whole range of nerves connected with our eyes and other aspects of your senses, awaken. Before we move your body, our body and brain should be active.