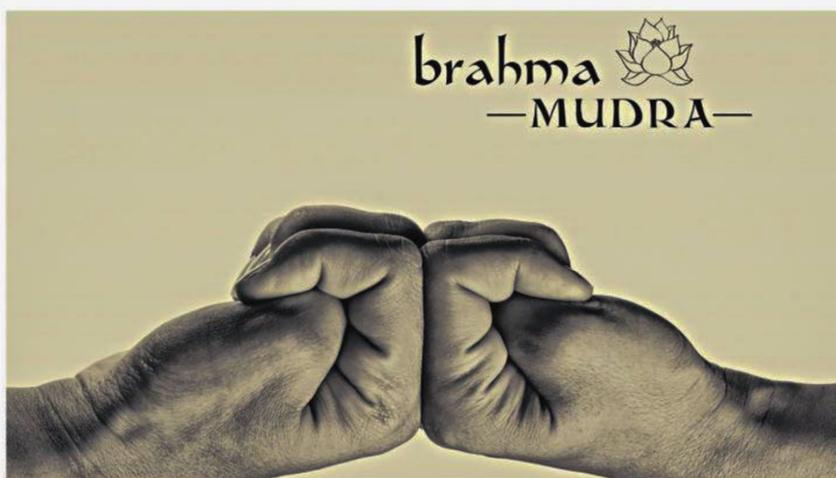


**KUNDALINI RISING**

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# The Brahma mudra



Externally simple, the Brahma mudra allows you to access deeper channels of inner focus. Everyone can do it, but its potency grows as students go deeper into their practice. It also allows for release in the neck and shoulders, and also strengthening of the retinas and memory. Through this mudra, we can cultivate a clear, calm mind.

This mudra can help you on a physical level with pain and stiffness in the head, neck, shoulders, and upper back, while optimising the overall functions of the neck. The Brahma mudra also helps cultivate psychosomatic harmony. It is useful for managing stress and mood swings, cultivating relaxation, instilling a sense of mental lightness and enhancing balance of our perspective in life.

**Method —**

1. Sitting in a meditative position, fix your gaze softly in front of you. Relax your neck and shoulders. Sit straight and tall.

2. Breathe in deep, and as you exhale, drop your

head back, extending through the back of your neck, instead of crunching it. Softly gaze at the tip of your nose.

3. Inhale, and come back to centre.

4. On your next exhale, drop your chin to your chest, extending the back of your neck.

Gaze at the centre of your eyebrows, the Ajna chakra, or third eye.

5. Inhale, and come back to centre again.

6. On the next exhale, letting your eyes lead, turn your head and neck to as far to the left as you are comfortable with.

7. Inhale, and come back to centre once more.

8. On your next exhale, eyes leading, turn your head and neck to the far right.

9. Inhale and come back to centre.

10. Take a few breaths here with the eyes closed, noticing the changes in your body.

The entire cycle should be done very slowly, each breath long and relaxed. Repeat a few times.



**Photo: Collected**

**LS SUGGESTS**

## Oroddho: Small steps towards a big difference

While the western world has equipped itself with support centres, certified counsellors, and group therapy sessions to tackle mental health issues, Bangladesh has yet to get over its taboo surrounding it. The stigma is so deeply enrooted that most prefer to suffer for years instead of seeking professional medical help. Oroddho is here to help change that!

An initiative by Awsaf Karim and Emad Khan, two medical students from Army Medical College Chattogram (AMCC), Oroddho Counselling is a web-based platform, where anyone suffering from mental health issues can receive professional counselling, free of cost. Whether its depression, anxiety, or suicidal impulses, Oroddho Counselling provides a safe haven for people to share their feelings and get proper help.

Starting their journey in July 2019, the team has already successfully counselled over 100 clients in their first month alone. Anyone in need of therapy can send Oroddho a message on their Facebook page; an anonymous counsellor is then assigned, who will provide counselling to that person for as long as it is required.

"We take the privacy of our clients very seriously. Many people are not comfortable opening up to friends or families for fear of being judged. So, we keep the entire counselling process anonymous to ensure that people can freely talk to us about anything," explained Awsaf Karim.

In fact, Oroddho team has also started their podcast, Radio Oroddho, which is available weekly on YouTube, Spotify, Apple Music, Stitcher, Anchor FM, and Google Podcasts. Through Radio Oroddho, Awsaf Karim responds to anonymous voice messages sent by sufferers of various health issues, and discusses how they can help themselves. Not only would these podcasts help others in dealing with similar issues, but also raise awareness on common mental illnesses.

With a mission to transform how psychiatry is perceived in the country, Oroddho Counselling knows that they have a tough job ahead of them and they are ready for it. If you, or anyone you know are need in of a counsellor, reach out to Oroddho through their Facebook page, <https://www.facebook.com/Oroddho>.

You can also send emails to [orodddho.123@gmail.com](mailto:orodddho.123@gmail.com) if you wish to have your mental health problem discussed on Radio Oroddho.

**By Adiba Mahub Prama**

## HOROSCOPE



**ARIES**  
(MAR. 21-APR. 20)

Don't be too hard on your partner. Plan a nice evening for two. Take time and think through the situation. Your lucky day this week is Friday.



**TAURUS**  
(APR. 21-MAY 21)

Seek out love. Creative endeavours will give you an outlet. You will meet progressive individuals. Your lucky day this week is Thursday.



**GEMINI**  
(MAY 22-JUN. 21)

Your will win hearts. Make notes regarding changes made. Pay attention to home improvement projects. Your lucky day this week is Tuesday.



**CANCER**  
(JUN. 22-JUL. 22)

Avoid being the centre of attention. Don't fall for damaging rumours. Start a small business on the side. Your lucky day this week is Sunday.



**LEO**  
(JUL. 23-AUG. 22)

Pursue unfamiliar grounds. Don't lose your temper at work. Don't push your opinions, or ideas on others. Your lucky day this week is Tuesday.



**VIRGO**  
(AUG. 23-SEP. 23)

Uncertainties regarding family are evident. Empty promises are apparent. Deception is probable. Your lucky day this week is Friday.



**LIBRA**  
(SEP. 24-OCT. 23)

Direct your energy into making all the right moves. Go after your goals. You are ahead of your time. Your lucky day this week is Tuesday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Communication will lead to clarity. Romantic relationships may develop. Be prepared to tell the truth. Your lucky day this week is Thursday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Enjoy socialising with others. Doubt could lead to insecurity. Changes at home may cause friction. Your lucky day this week is Sunday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Get involved in projects. Find time for travelling. Romantic opportunities will be plentiful. Your lucky day this week is Wednesday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Travel will be most enjoyable. Social evenings at your place will be highly successful. Deception is likely. Your lucky day this week is Monday.



**PISCES**  
(FEB. 20-MAR. 20)

Seminars will bring you in contact with the right people. Tempers will mount at work. Make changes in your friendships. Your lucky day this week is Monday.