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## “8” shaped walk maintain good health

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### Abstract

We all know that Yoga is a great technique used to do breath control and adoption of specific bodily postures. Yoga is widely practiced for health and body relaxation. Similarly Healthy 8 is a walking technique introduced by the Siddhas in India a few thousand years ago. Every one knows that regular walking is a great way to keep one's health fit but walking "8" shaped will give you tremendous health benefits. This is considered to be a supreme walk. Large amount of Oxygen will be inhaled during this walk. Phelgm in the lungs will come out slowly. Body gets energized due to huge quantity of oxygen consumption. One will feel energized the whole day. As per the guidance given by the siddhas, 6 to 8 feet wide and 12 to 16 feet long. Directions North "N" to South "S". By doing this "S" will be aligned to South direction. Start walking from No. 1 and walk towards 2, 3, 4, 5, 6 and come back to number 1. Basically complete the "8" shaped walk. Continuously walk 8 for 10-15 min. After completing 15 min, walk towards 1-6-5-4-3-2-1 for another 10-15 min. Walk at your normal speed. Walking every day can greatly improve your health, help you lose weight, and get you feeling more confident about yourself and your body. It is an essential part of your physical and mental health. Daily walking in 8 will make you feel better and become more productive and happy.

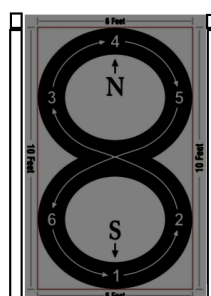
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### Introduction

Walking is one of the best exercise and will maintain good health. We should walk with free mind without any distraction. If it is done properly excellent health will be maintained. In this modern world Morning walk is becoming fashion and many of the people walk chatting with friends in person or through mobile. Walking with talking.

"Walking" is a common recommendation by any health care professional as one of the best exercise that can help us to maintain good physical and mental health. But in our busy daily schedules, many of us have an excuse to skip this walking. However, we try to compensate by doing a heavy walking or other exercise during weekend!. It may be a justification from our point of view, but the body still needs a daily exercise routine to maintain a proper health. So what's the alternate? Good news is, there is an alternate solution available from our ancient practice called "8 Walking" invented by Tamil Siddars (Yogis). Western world call it as "Infinity walking". Among the walking exercise best walking exercise is "8 shape walk method". It is supreme of all. This is one of the best methods which give miraculous benefits as suggested by the Yogis and Siddhars. It should be practiced daily for 15-30 minutes.

Only at the time of driving license we think about 8 and drive the vehicle in the 8 shape circle and get license. Driving in the 8 shape line by vehicle we get the driving license. But if we walk in the 8 shape line we will get the life long license for good health. We will see the method of 8 walk, how it should be done properly, and what are all the benefits.



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A simple example would be to walk around a circle about 6 foot in diameter, it can get bigger or smaller and you can also walk in a figure 8. It can be done along with specific Pranayama and breathing patterns for focused and long lasting health benefits. It is most beneficial method of walking for our health. It is just walking on the figure '8' in the length of approximately 12-16 feet width 6-8 feet. We have to walk both clockwise and anti clockwise.

- Mark an Eight (“8”) shaped pattern on the floor with 6 - 8feet width and 12-16 feet in length North to South.
- Start at the position marked as “1” in the picture and follow the “8” pattern.
- Proceed from start position (“1”) and continue in the sequence 2, 3, 4, 5 and return to 1.
- One complete round is generally counted when you come back to the start position (“1”).
- When you walk, observe your breath and go with the flow – Don’t walk too fast or too sloppy.

Practice this in the morning or evening, in empty stomach. Preferable timing is 5 to 6 AM/PM. Start walking from south to north direction in clockwise for 15 min and then anticlockwise for 15 min. Total 30 min is good enough for a daily routine, but you can increase the timing based on your comfort. Preferable to walk on a bare foot (without shoes) and concentrate on the 8 shape while walking.

As you walk in South – North direction, i.e. towards and against the earth’s magnetic field, the body get energized and activates chakras and all internal organs for normal functioning. Due to 8 shaped walking style, all your body parts like legs, ankles, knees, abdomen, hip, hands, shoulders, neck, head etc. moves in a twist and turn pattern. So it gives a very good physical movement to all parts of the body when compared to regular walking. As you walk on bare foot, there will be pressure created at different points in your foot due to the contact with ground and thereby activating all internal organs. Within few weeks you see relief from any chronic disease (foot has the reflex acupressure points that are linked to the internal organ).

**Acupressure points**



As you need to concentrate on the 8 shape while walking, possibly you will avoid chatting with friends or use of mobile and that will ensure proper breathing.

During walk in the 8 shape our entire body (hip, abdomen etc.) is twisted and all our organs are activated. At the end of thirty minutes of 8 walking stuffy nose is cleared and feel free breathing from both the nostrils. In the mean time we can feel the cough in the lungs and sinus cavity get dissolved. The phlegm is eliminated either by spitting out or getting assimilated into the body and your asthma is reversed. As five kilogram of oxygen is inhaled due to complete respiration, phlegm in the lungs is released. Intake of five kilograms of oxygen energizes the body.

Practicing this for half an hour twice a day cures foot cracks, all types’ pain and knee pain. Shoulder, neck, back, lumbar, knee, heels, cervical and lumbar, spondylitis, sciatica, disc prolapsed, paralysis, depression, epilepsy, migraine, diabetics B.P, thyroid, kidney and gall bladder stones, asthma, sinusitis, piles, colitis, nervous debility, sleeplessness, Heart diseases, kidney problems are benefitted through this “8” walking. Practicing this exercise regularly, brings back youth to us and reverses all our diseases. Practice “8 walking” and enjoy the good health, it can help you to keep your body and mind healthy. Happily practice “8” shape walk” and enjoy good health without any disease.

Always seek the direct advice of your own doctor in connection with any questions or issues you may have regarding your own health.

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