

# **ENERGY BALANCING TECHNIQUES**

## For Rapid and Powerful Change

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*Learn to dance with your energy* by balancing your body's energy system for optimum health, joy and vitality. Your body is engineered so that if you tap into its healing force, that force will lead you towards better health and well-being.

It is important to identify the energies that operate within your own body as well as the energies that surround you. By also determining the impact of the environment on your own energy field by doing these exercises you will learn how to unscramble and bolster your own energies for your own health and healing.

The body is designed to heal itself. Stepping back into the body helps the body to **re**-remember the balance. Below are some exercises demonstrated at the Open House to boost your immune system, which helps to balance and increase energy.

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**Bilateral Integration:** Cerebral Hemisphere Integration: The objective is for the energy to flow bilaterally. The proper hemispheric control of the brain crisscrosses. The same applies to the energy flow within the body.

**Cross Crawl Integration Exercise** (Infants energies flow up and down until they learn to crawl.)

- 1) Touch your right elbow to their left knee (raising knee up from the floor)
- 2) Alternate opposite arm and knee contact
- 3) Inhale deeply through the nose and exhaling though the mouth
- 4) Continue with Cross Crawl for 1-minute
- 5) This can be done standing or sitting

Doing the Cross Crawl Integration Exercise helps to:

- Strengthens and harmonize energies
  - Promotes healing and increases vitality
  - Think more clearly
  - Feel more balanced and enhances coordination
  - Minimize learning challenges
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**The Three Thumps:** There are certain points on the body, when tapped will affect one's energy field in positive ways. By tapping on three specific points a sequence of responses are activated that will restore sluggishness, increase vitality and keep the immune system strong. All three points help to balance and stimulate the immune system as well as boost one's energy system. Practice theses at lease once daily.

***K-27 Thump:*** Tapping or thumping on the K-27 Kidney meridian points send signals to the brain, adjusting energies so one can feel more alert and perform more effectively. Tapping or thumping the K-27 points helps to:

- Energizes if feeling drowsy
- Increases focus and concentration
- Boosts clear thinking
- Increases strength and vitality
- Strengthens immune system
- Improves focus and memory
- Keep energies moving forward

Location of K-27 point: This point is found just beneath the collarbone about 1-inch to the right and left side of the sternum. Cross your hands, palms against the chest, tap or thump simultaneously on both sides for 10-15 seconds.)

***Thymus Thump:*** *The thymus is the immune system's surveillance gland.* If one overrides the thymus's intelligence by ignoring the body's needs, the thymus's surveillance mechanism becomes confused. By stimulating the thymus gland you will help tune it and awaken it to work for you. This helps if one is catching a cold, fighting infection, or if the immune system is otherwise challenged. Stimulating the thymus also helps to:

- Boost the immune system
- Increase strength and vitality
- Reduces fatigue and stress
- Stimulates and restores energy levels
- Increases T-cells and white blood count

Location of the Thymus Gland: The thymus is located about two inches below the collarbone in the center of your chest, on your sternum. Exhale deeply each time you thump this point (Thump for about a minute, approximately 80 times).

***Neuro-Lymphatic Reflex Points (NLR):*** The job of the neuro-lymphatic system is to keep the lymph, blood and meridian energies flowing. By massaging these points toxins are moved out of the muscles, sending fresh energy through the body. If one's lymph system isn't flowing well their energy flowing well isn't either. One might feel ill, or have no energy at all. Rubbing the NLR points helps to:

- Increase energy level
- Balance blood chemistry
- Strengthen immune system

Location of Neuro-Lymphatic Reflex points (sore spot): This may be difficult to find. Found on the upper-middle portion of either sided of your chest. Find the sore spot and begin rubbing it up-and-outward. (10-15 seconds).

**Over-Energy Correction:** This is a powerful brain balancing technique. This technique can also be used for general balancing of body and mind; it is also a great relaxation exercise, especially when the person's mind is on the go.

- Place left ankle over the right ankle
- Bring right hand over the back of left hand (place in lap or rest on upper chest.)
- Breathe in through the nose, rest tongue against palate behind top front teeth.
- Breathe out through the mouth, rest tongue against the bottom of the mouth. (Continue about 3-5 minutes)

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**Separating Heaven from Earth:** This technique helps one take back the control in their life, such as when they feel stressed or over emotional. This is an excellent exercise to be used anytime you start feeling poorly, threatened by a cold or flu, or if you feel ache, dragged down with no energy. This exercise is a powerful stretch that releases excess energies and toxins from the body. It helps to:

- Brings fresh oxygen to the cells and opens meridians for better energy flow
- Activates immune function and strengthens T-cells
- Expels toxic energies, including energies picked up from others and releases emotional chaos
- Stimulates fresh energy flow through the body and joints
- Aligns body, mind and spirit
- Helps reduce insomnia

Most people collect too much energy rather than have too little. We need to empty ourselves of this surplus or it becomes sludge-like in our system.

**Technique:**

- 1) Stand with your hands in a cathedral position
- 2) Inhale deeply through your nose, and exhale through your mouth
- 3) Inhale deeply through your nose as you separate your arms from one another:
  - a) Reach one arm high above your head and flattening your hand back toward the Heaven
  - b) Stretch the other hand down, palm facing the earth
- 2) Release your breath through your mouth
- 3) Return your hands to the cathedral position
- 4) Repeat, switching the arm that rises and the arm that lowers
- 5) Do a couple more lifts on each side
- 6) Coming out of the pose:
  - a) Bring your arms down
  - b) Allow your body to fold over at the waist
  - c) Hang there with your knees slightly bent
  - d) Take two to three deep breaths
- 7) Slowly return to a standing position, stretching out the spine, and then rolling the shoulders back
- 8) Have your hands return to a cathedral position; take a deep breath

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**The Crown Pull:** This technique helps to open the neuro-vascular system, thereby bringing blood into the forebrain, which allows for more clarity of thinking. This helps to:

- Relieves headaches and lifts brain fog
  - Clears mental congestion and sharpens memory
  - Opens your crown chakra to higher inspiration
  - Enhances learning, focus and retention
  - Releases negative thoughts
  - Increases oxygen to brain when over thinking or working too much on a computer
- 1) Place your thumbs at the side of your head on your temples
  - 2) Rest your (curled) fingertips with pinky's just above the center of your forehead
  - 3) With some pressure slowly pull your fingers apart, stretching the skin just above your eyebrows
  - 4) Rest your fingertips at your hairline and repeat the stretch
  - 5) Place fingers at the center of your head, pushing down and pulling your hands away from one another.
  - 6) Rest fingers over the curve at the back of your head, using the same stretch.

- 7) Continue this pattern, fingers curled and pushing in and out at each of these locations:
  - 8) Finish off with massaging your neck and shoulders.
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**Wayne Cook Posture:** Effective for treating dyslexia and stuttering. The posture connects the energy circuitry. It helps a wide range of physiological and emotional (or psychological) problems, such as: disorganization, compulsivity, confusion, depression, obsession and anger.

This posture helps move the energies between the forebrain and the autonomic nervous system in a harmonious manner. It also helps to strengthen the body's energy integrity, by making it less vulnerable to outside influences, (pollution, toxin, etc.).

When energy is scrambled, speech, and thoughts are also scrambled. Your messages are not being received in the manner of which you are trying to convey; it gets caught up in this energetic chaos. Scrambled energy is contagious.

Make sure you do opposite crossing, such as: right arm over left, left knee over right. The Wayne Cook Posture helps to:

- Untangle inner chaos
- Think more clearly and positively
- Improves focus, comprehend and recall
- Learn more proficiently
- Create organizational thinking
- Grounding, calming and centering
- Restore inner peace
- Reduces left and right brain confusion (i.e. following directions, reading a map...)

### **Testing the Wayne Cook Posture:**

If you feel tired while reading or having difficulty comprehending the words, your energies are flowing backwards; they're scrambled making it difficult for you to read, make sense of new material, or perform simple tasks.

### **Wayne Cook Posture Technique:**

- 1) Place your right ankle over your left knee. Wrap your left hand around your right ankle and your right hand around the ball of your right foot
- 2) Inhale slowly through your nose. While lifting your body as you breathe in pull your leg in towards you, creating a stretch
- 3) Exhale slowly through your mouth, letting your body relax
- 4) Repeat this breathing and stretching three or four times
- 5) Switch to the other foot. Place your left ankle over your right knee. Wrap your right hand around your left ankle and your left hand around the ball of your left foot
- 6) Use the same breathing and stretching techniques. Repeat this stretch three or four times. Uncross your legs
- 7) Touch fingertips together in a cathedral position. Place your thumbs to rest on your 'third eye'
- 8) Inhale slowly through your nose as you gradually separate your thumbs across your forehead, pulling the skin
- 9) Exhale through your mouth while releasing your thumbs from your forehead. (You are opening the Neuro-Vascular System)
- 10) Bring thumbs back to the 'third eye' position. (Repeat again two more times)
- 11) Slowly bring your hands down in front of you, placing them in a prayer position
- 12) Surrender into your breathing with a couple of deep breaths