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# **E.M.T.**

## **ENERGY MANAGEMENT TOOLS**

### **ENERGETIC SELF CARE**

## **CORE HEALTH INSTITUTE**



**Do what you know**  
**Live what you speak**  
**Be who you are**

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## INTRODUCTION

After twenty years as a therapist, and thirteen years as a teacher of therapists, I have designed a program for people who are willing to take responsibility for their own well being. During this workshop, we will invite you to access your own inner healing potential by experiencing the body's innate intelligence and learning to work with it. You will learn Energy Management Techniques to protect you and those that you work with. I hope that you will experience and enjoy the exquisite interconnectedness of all life and the value of your own heart..

The program is designed to support those of you who;

Choose the full realization of your enormous potential as a human being

Choose to encourage those around you to realise their full potential.

Choose to take full responsibility for your life experience and your health.

Choose to continue to grow and develop in an ongoing process of discovery and awakening

Choose to clear up the obstacles from the past and move on.

Choose to make wise life-supporting choices in your daily life style.

Choose to experience wellness in all aspects of your being.

Choose to experience a harmonious connection to The Source of the universe as well as to the earth on which we dwell, with all its life forms.... To take their place between Heaven and Earth.

Choose to explore the various paradigms of wellness from the East as well as the West.

Choose joy, gratitude and integrity in your relationships

Choose to be ever faithful gardeners of the spirit, who know that without darkness nothing comes to birth, and without light nothing flowers.

Know that whatever we encounter in existence is maintained through invisible connecting threads of the unified field of Life.

Know that Love of the self for its inner Soulmate, the innate nature of the self, sustains its existence, and is the cure for all outer directed strivings and addictions. The nature of the self is pathetic when alienated from the Soul. ...

Choose to have a good time

*Welcome,*

*Esther*



## **ON THE BREATH OF DAWN**

**THERE IS A SECRET WAITING FOR YOU  
ON THE BREATH OF DAWN,  
DON'T GO BACK TO SLEEP**

**ASK FOR WHAT YOU REALLY WANT  
DON'T GO BACK TO SLEEP**

**PEOPLE ARE MOVING BACK AND FORTH  
ACROSS THE THRESHOLD  
BETWEEN THE WORLDS**

**THE DOOR IS ROUND AND OPEN WIDE**

**ASK FOR WHAT YOU REALLY WANT,  
DON'T GO BACK TO SLEEP!**

**J.RUMI**

## HARA BREATHING

The Japanese concept of *Hara* or *Dan Tien* in Chinese refers to the centre of our Being. The location in the body is the belly. It is usually focused in the area below the navel and above the pelvic bone, called the *Sea of Qi*, as well as between the navel and the second lumbar vertebrae in back, which is called the Life gate.

In Japan, a person of good character learns from childhood to walk, sit, lie, and live from *Hara*. Centring in the *Hara* is the secret of longevity, wisdom, strength, and beauty, in the social life, martial arts, and healing arts of Japan. It is a training of awareness, submission, and simple beingness.

All actions, especially Breath begin and end in *Hara*-the Sea of Life Energy. Negative emotions can be transformed there. Fresh reserves of energy and wisdom can be accessed there, at all times.

### PROCEDURE

Sit, stand, or lie with:

- The upper body completely relaxed,
- Shoulders dropped, arms and fingers relaxed
- Align the spine and the head
- Lower the chin, relax the jaw
- Rest the weight evenly on both feet and the chair, if sitting
- Bend the knees slightly, if standing
- Sustain slight strength in the lower trunk and Hara area to support the frame

### INHALE

- With relaxed diaphragm, allow a full breath to drop toward the abdomen, filling the lungs without tension
- Beginners must practice to unlearn reverse breathing in which the chest lifts up on inhalation

### EXHALE

- Slightly tighten the Hara area below the navel to slowly release the breath **completely.**
- Beginners must constantly relax the upper body, thereby reprogramming old habits of defensiveness and tension in the diaphragm and shoulders.
- With practice there is eventually a connection to the Life Source itself and a sense of 'being breathed', of submission to and connection with Oneness.

For a full treatise on the Hara please see:

- Karlfried Graf Von Durkheim, 'Hara ,The Vital Center of Man'
- Kiko Matsumoto,'Hara Reflections on the Sea'
- Ken Dychtwald ' Bodymind

## F/O Frontal/Occipital Holding

### **Technique:**

You simply hold: -Your forehead (Frontal area)  
-The back of your head, just above the neck, (Occipital area),  
-Breathe slowly and deeply with the diaphragm.

**Time:** 3 minutes

**F/O** is a very effective but completely safe way to deal with stress. It can be used in any situation to help bring clarity and light into the picture. It can help you center, help clear your head, and can be used on yourself or on others.

All movements are natural responses from the body in dealing with stress.

### **Why it works-a simplified explanation**

The **C.I.A.** (Central Integrating Area) of the brain, located behind the ear on the dominant side, which is usually the left side, dominates brain function when we feel stressed or unsafe. It limits access to the creative C.A.T (Conscious Associational Thinking area). fore-brain, and limits our reaction patterns to what we have done in the past to survive; In fact it limits our ability to even perceive anything new. We can only see, hear and feel what has been formerly useful for basic survival-nothing new. CIA is usually in control because we are more and more threatened by environmental factors each day.... And we are using the most primitive part of the brain to deal with them.

**An alternative: When we do F/O we stimulate neuro vascular points that increase blood circulation to frontal and occipital portions of the brain.**

In the fore part of the brain, are 2 areas called C.A.T. This area of the brain creates new response patterns. When connected to the occiput it takes into consideration, and integrates both past experience, and present factors. It can override the limiting function of the CIA, and short circuit the stress reaction. It's the objective area of the brain, open to new sensations and information and able to creatively react to the present situation

Both areas are non-emotional. This doesn't mean the emotions aren't there or are suppressed, just that they are not controlling the situation.

Deep breathing brings oxygen into the body, releases toxins, and gets the energy flowing. By breathing and holding your head in this manner, you short circuit the influence of the CIA, draw energy away from the animal survival parts of the brain and regain access to the forebrain and visual areas that allow clear sight and creative perception of the situation at hand.

We can use this technique to keep ourselves clear and to help us to 'centre' and clear stress reactions after situations like accidents or exams. It can also be used to prepare for a potentially stressful encounter. There are no counter indications. ***Please use it and teach it to all you meet. It is a safe and useful tool.***

*Salma Omland instructor in One Brain Kinesiology*

## Deep Breathing

**Deep breathing is a good relaxation skill** This exercise will show you how to breathe in a way that slows down the pace of your body and promotes general relaxation.

**Correct deep breathing should be done with your belly muscles.** The idea is to let your stomach go out as far as possible as you inhale. In this way you will fill your lungs more completely. Try one breath this way before doing the exercise. Put a hand on your abdomen and, as you inhale deeply, feel your stomach expand as though it were being filled by a balloon. Now, let the air out and feel your stomach return to its normal position. As you do the exercise, pause comfortably at the end of each exhalation until you feel ready to take the next deep breath. You can achieve even greater relaxation if you close your eyes during deep breathing and let your mind focus on a restful scene or a word like "calm" or anything that gives you a feeling of mental quiet.

**Breathe in deeply, letting your stomach expand until your lungs are filled.** Now, pause for a moment and then exhale until you have emptied your lungs. Pause for a moment. Now, take another deep breath in, filling your lungs from the bottom. Hold a moment...and now let the air flow out, focusing your mind on restful thoughts. Keeping the pace regular, again breathe in deeply...hold a moment...and now let the air out, feeling more and more relaxed. Take another breath in ...hold it for a moment...now gently breathe out, letting the tension escape from your body. Once more breathe in...pause a moment... Now, exhale, feeling deep relaxation. Continue this exercise with your eyes closed

## Deep Breathing and Muscle Relaxation

**This exercise combines deep breathing and muscle relaxation.** ask your buddy or someone else to read it to you. Ideally your buddy will read it slowly, with a low voice tone to encourage relaxation.

**Close your eyes, take a deep breath and let your body become as relaxed as possible.**

**Now, I am going to name different parts of your body.** As I do this, focus your attention on each area and just let the muscles there relax even more completely as you take a deep, quieting breath. As you let the air out, allow all your remaining tension to flow away.

**First, focus attention on your forehead.** Take a deep breath in and, as you release the air, let the muscles there relax completely. Think about your eyes, take a deep breath in and relax your eyes as you exhale. Now, your jaw muscles: take a deep breath in and, as you breathe out, let your jaw relax completely. Now, your neck: take a deep breath in and, as you exhale, let any tension in your neck muscles flow away.

**Now, your shoulders: breathe in deeply and, as you breathe out, let your shoulders droop and relax completely.** Your right arm: breathe in deeply and, as you exhale, let all tension flow from your right arm. Your right hand: breathe in deeply and, now breathing out, let your hand relax. Your left arm: breathe in deeply and, now breathing out, let your arm relax. Your left hand: breathe in deeply, then exhale, letting your hand relax.

**Your stomach: breathe in deeply and, as the air flows out, let all tension leave your stomach.** Your buttocks: breathe in deeply and, as your breath flows out, let your buttocks relax. Your right leg: breathe in deeply and, breathing out, let your leg relax. Your right foot: breathe in deeply and now breathe out, letting your foot relax. Your left leg: breathe in deeply and, breathing out, let your leg relax. Your left foot: breathe in deeply and now let the air out as your foot relaxes.

**Now, take another deep breath feeling calm throughout your body, as you exhale.** Take another deep breath and relax further as you exhale. Now, breathe deeply again several times and each time you exhale, allow any remaining tension to flow out. This ends the exercise. Now open your eyes. Stretch your arms and legs, and get up when you are ready.

## MIDLINE CONNECTIONS

**Purpose:** Using certain acupoints in body to send electrochemical impulses to your brain and release neuro transmitters

**Effect:**

- Energising and restorative when tired
- Increases vitality
- Supports immune response when stressed
- Connects Central Regulating Channels
- Balances sides of body
- Grounds energies into legs and feet-

**Time :**15-30 seconds each

**1. 3 STEP MIDLINE INTEGRATION:**

**Hold Navel :** with all fingers and thumb as if plugging them into a socket (It will suffice to just hold over navel if you want to be inconspicuous)

**Hold Above and Below Lip:** Thump or rub these points while holding navel

**Hold Under Collarbone, next to Breastbone (KI 27's):** These points are called Kidney 27 in Chinese meridian system. You can hold them alone with fingers of opposite hands, or use thumb and fingers to stimulate them while holding navel. They effect nerves along spine and correct meridian energy flow when you are tired, restoring energy if you must continue even though your body is sending messages that it is time to stop. If you don't feel energised after stimulating these points, you probably should stop!

**Hold Sacrum:** while holding navel with one hand, rub up and down on the sacral bones at the base of the spine, to ground your energies and help you contact the earth, when feeling 'up tight and unsupported'

.....

**2. Thymus Thump-** To boost immune system and stimulate energy Tap area over thymus gland in middle of sternum using four fingers of each hand.(To boost thymus gland function and support immune system.

**3. Diaphragm thump-**To balance blood chemistry, boost energy, release tension-Tap area on ribcage under breasts with palms or several fingers while breathing deeply through nose and vigorously out through mouth. Follow by F/O (Good for PMS and when feeling irritable, nauseous from hunger, dizzy or confused)

**4. Zip Up-**Move hands from pelvis to hairline, as if zipping up a jacket,and up back of neck and overhead, as if zipping a hood, while intending to be safe from influences coming from outside. Do this for children in shopping malls!



## JAPANESE DO-IN TAPPING SELF-MASSAGE

Time 5-30 minutes

Rub hands to gather Qi,

With loose fists tap with comfortable strength:

1. Your head (Tap from corners of eyes around ears & pull ears)
2. Your neck (Press under jaw, pinch neck muscles, bend neck)
3. Along shoulders (Use loose fist, if you need more power here)
4. Between and under shoulder blades (Push elbow back with opposite hand)
5. Down outside of arms to hands (Pull & push fingers & wrists)
6. Down inside of arms to fingers (Up only on outside to shoulders)
7. Repeat 5 & 6 on opposite side:
8. Across your chest
9. Down your sides, raising your arms, & along diaphragm
10. On buttocks
11. Down the outsides & backs of legs. Down insides of legs-to clear energy
12. On tops and bottoms of feet (Massage legs, ankles, feet & toes)

Now rub hands together and then rub kidneys on lower back, to warm and strengthen them

Massage abdomen

Stamp heels to ground yourself & to release tension into the earth

Always finish by gathering Qi and storing it with intention in the Hara.

Men: Place right hand over left under navel

Women: Place left hand over right under navel

Breathe Deeply & Feel Connection to your Core

(Note: The steps in parentheses can be added for longer version)

## PRESENCING AND QI REGULATION

These exercises are based on connecting our active consciousness or Shen to the Source or Jing spring of innate body wisdom patterned into the core of our somatic functioning, the original pattern that forms and sustains the homeostasis of our Being, so that we can consciously cultivate the healthy flow of Life Energy or Qi.

### Presencing

Using the breath, our connection to the autonomic system, we relax deeply and take our non-judgmental attention to each aspect of body-mind, and we just watch or observe how we 'are' there. We move from head to toe. The attention is like sunshine, the breath is like the fresh spring breeze as we open the windows in the often rather abandoned house of our Somatic Being.

Energy flows where attention goes. We can clear/cleanse or invigorate/nourish any area by breathing out or in respectively with clear intention

### Breathing out,

we can intend/command release of sick, stale or stagnant energies, as we discover them, out through the soles of our feet-three meters into the ground.

We can also use movements like plucking the skin, tapping the body with hands or rice bag, shaking out the limbs, or stamping the feet to release unwanted 'information'.

Thick or unsavory fluids in the mouth should be spat out or swallowed with the intention that sick, stale or stagnant energies, be sent three meters into the earth.

Imagining "1000 hands" helping you to brush away stagnant Qi, brush gingerly, all over body with the back of your hands, as if brushing off dust.

### Breathing in,

we can invite in fresh invigorating energies manifesting as symbols, forms, colors, sounds scents, and/or lights as we choose, from the sea of Qi that surrounds us.

Stretching arms upwards fully, with fingers in palm of the hand, and feet pressing down, the way a baby stretches, also invigorates.

We raise Qi by raising our hands, those with normal to high blood pressure should not allow elbows to go higher than the shoulders. Low blood pressure will respond to raising arms higher regularly, with intention.

## Presencing and Chi Regulation page 2

### Gathering and Storing (the space between the breaths)

This is the most important step as Qi stored here protects our precious Jing and is available as nourishment for life activities. There are many ways to gather and store Qi, we can use any combination of the following. We always end with the last step (in bold below)

We rub hands together vigorously and place them on the lumbar region to nourish the Kidneys

We can also store the “nectar of heaven” that is generated when we do Qi Gong practices, by swallowing the clear saliva with the intention of storing the Qi in the Hara. Qi of thick mucus is sent down through the feet into the ground.

### Closing acupoints

We Close and Seal the aura and acupoints by rubbing hands together and dry washing the face,

running fingertips through the hair,

massaging and pulling up and down on the ears,

massaging the neck and shoulders,

tapping down the arms; front and back,

tapping down the ribcage and the abdomen and down the legs, front and back.

Shake out arms and legs and release any leftover stagnant Qi deep into the ground, stamping if necessary, slowly come back to stillness

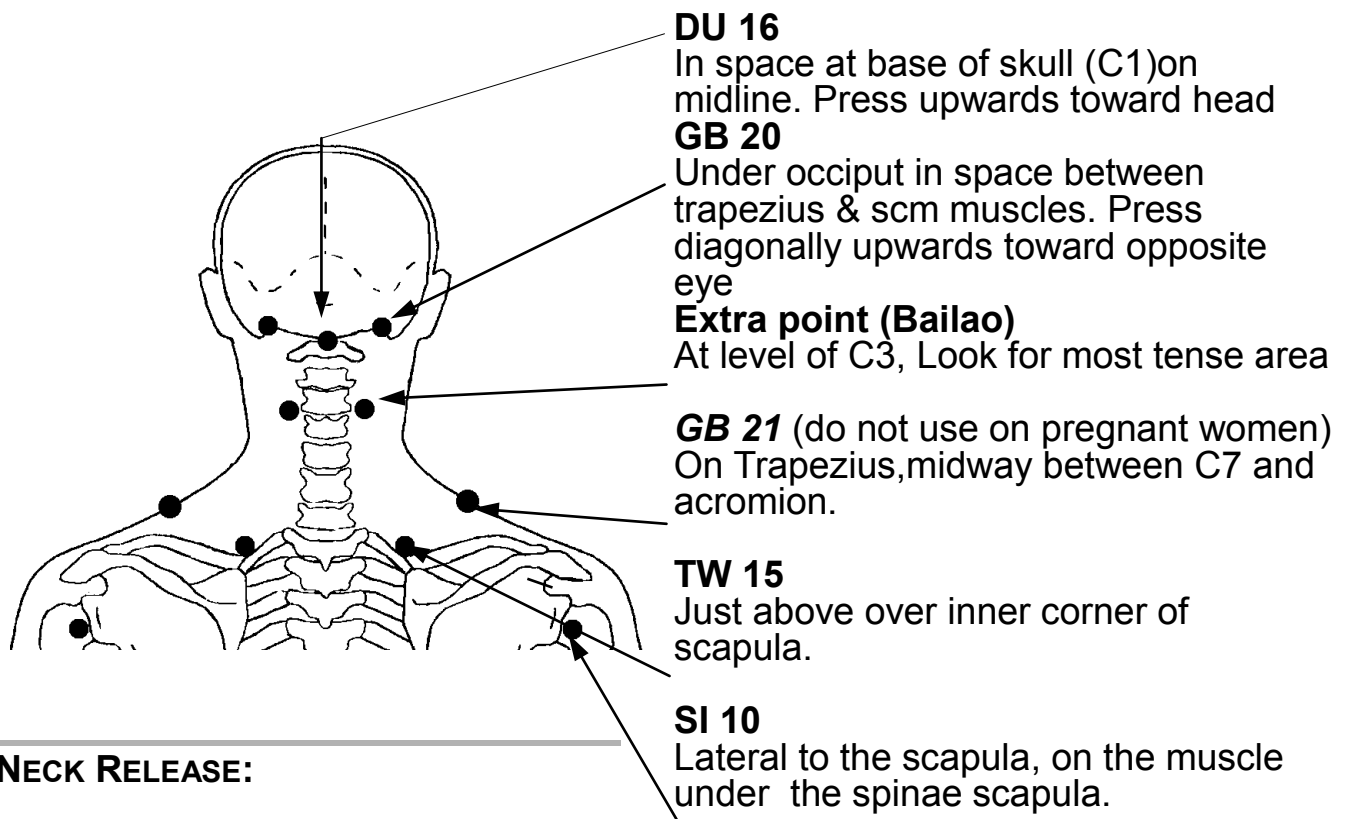
### Final closing and storing

**Breathing in, we raise and gather Qi by raising the hands to shoulder height on inhalation, and we Push down and Store Qi, with intention, by lowering the hands on exhalation, concentrating feeling a Qi ball in our hands, and pushing it into the area on the level of the (Hara or Lower Dan tien) area, three fingers below the navel.**

**Women place right hand first and cover with left hand.**

**Men place left hand first and cover with right hand. Do this three times.**

# NECK RELEASE/BALANCING



## NECK RELEASE:

1. Sit at the head of client
2. Hold the above bilateral points  
In the following order:

SI 10 - TW - 15 - GB 21 - Bailao - GB 20 - DU 16 (Right Hand at mid-line)

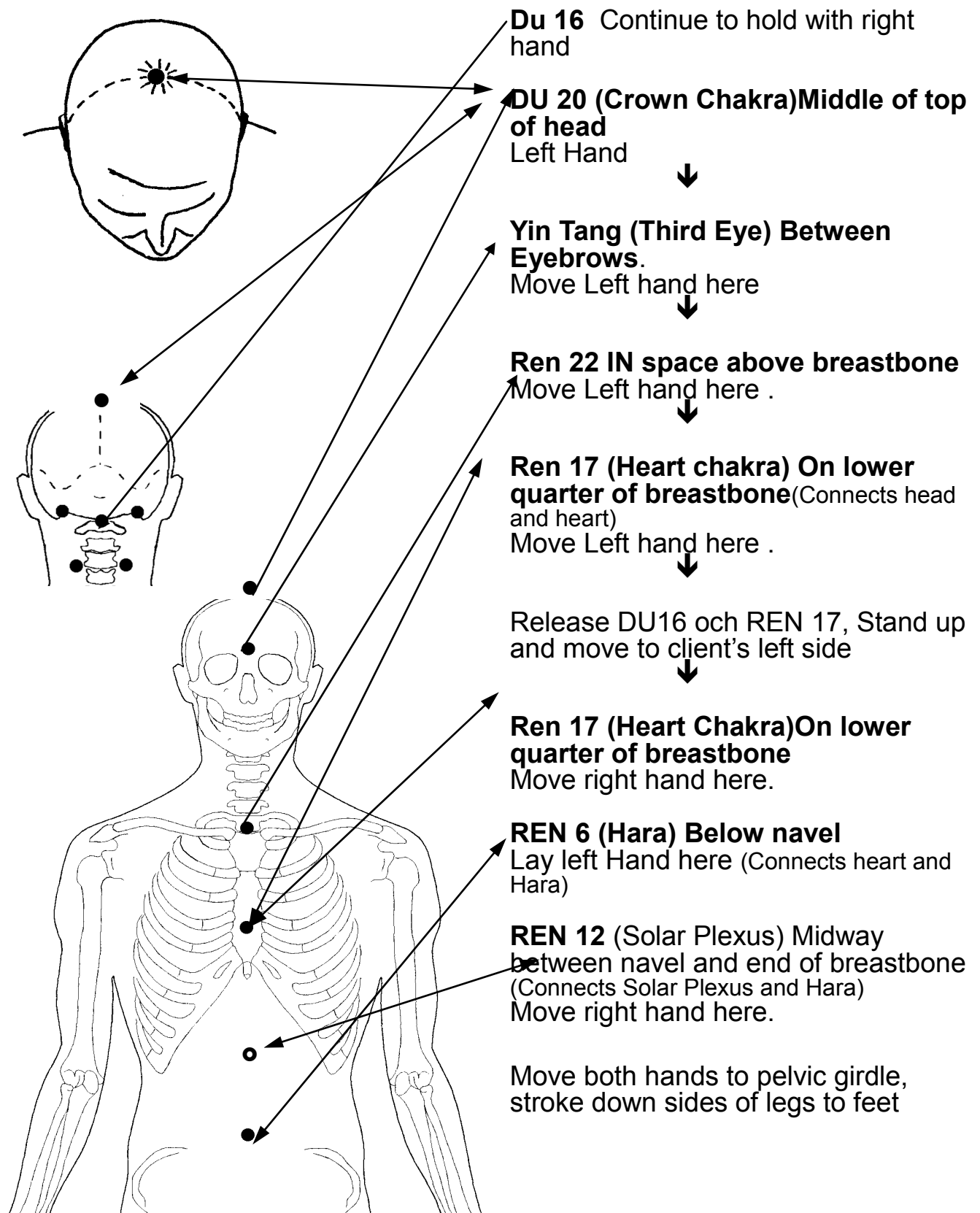
Continue with Midline points:



***DO not use on pregnant women***

GB 21, LI 4, ST 36, SP 6

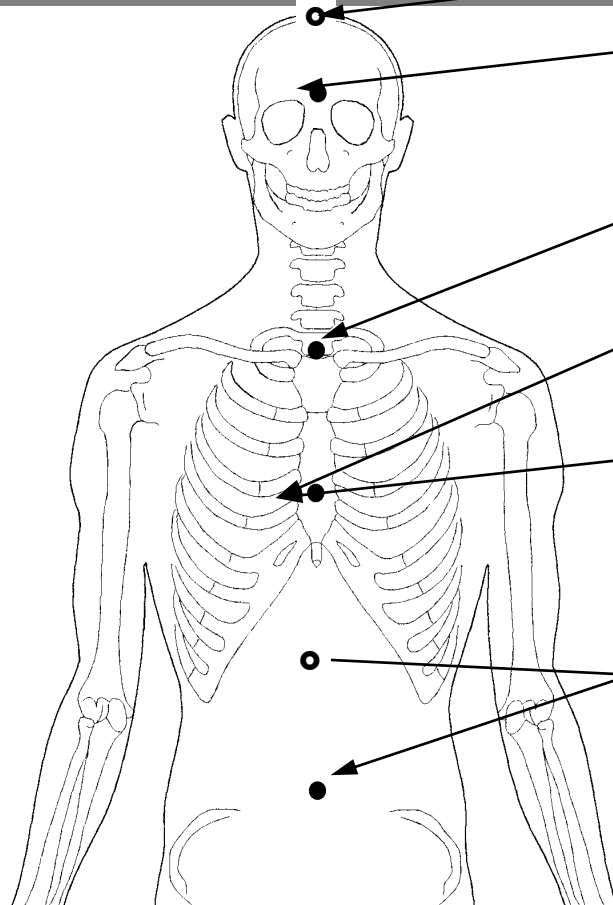
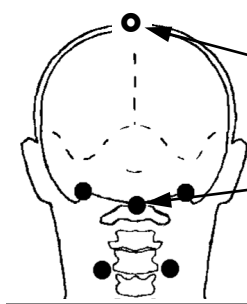
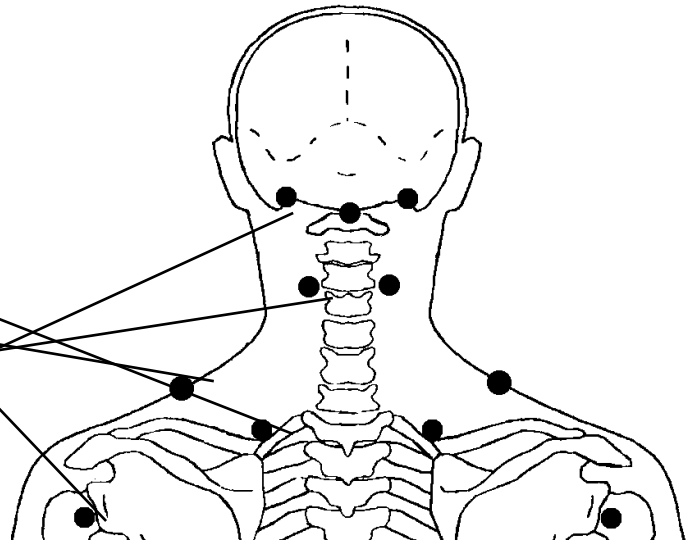
# NECK RELEASE CONT'D-MIDLINE



# COMPLETE NECK RELEASE/MIDLINE/GROUNDING

## Bilateral (L&R)

- SI 10
- ↓
- TW 15
- ↓
- GB 21
- ↓
- EXTRA(Bailao)
- ↓
- GB 20



### Hands

### Points

- R back of → DU 16 + (hold head)
- L → DU 20
- L → YIN TANG
- L → REN 22
- L → REN 17  
Release DU 16 and REN 17  
Stand on Client's left side
- R → REN 17 (Fingers facing upward)
- L → HARA (To connect heart & Hara)
- R → REN 12 (Hara & Solar Plexus)
- R + L → Legs and feet

# INTEGRATING TECHNIQUES

## Wayne Cook Posture-

Used by researcher Wayne Cook to treat dyslexia, and stuttering-Allows smooth flow of energy throughout body's meridian system, and integrates activities of fore and back brain

### Purpose:

- Improve mental focus and concentration
- Promote mental clarity
- Re-establish emotional balance
- Releases excessive anger, compulsiveness, obsessiveness
- Relieves confusion
- Establishes Energetic Integrity

**Time: 2 min.**

### Technique: 2 Steps:

Sit. Cross left foot over right knee. Place right hand over left tibia just above ankle bone.(fingers on top facing outward). Reach around toes, and grasp ball of left foot with left hand, covering toes of left foot with left fingers. Now breath in seven times through nose. Raise tongue to roof of mouth on inhale and drop on exhale.

Release circuit. Sit relaxed. Sit with fingertips of each hand touching same fingertips on opposite hand. Breathe seven times as above.

Can be followed by F/O or midline exercises

## **Lace Up**

A somewhat simpler posture with similar benefits for calming and integrating the nervous system

**Time: 3 min.**

### **Technique:**

- Sit. Cross left foot over right at ankles
- Extend arms at shoulder height straight in front of you.
- Cross right arm over left at wrist.
- Rotate palms so they are facing.
- Interlock fingers and keep them interlocked as you rotate hands down toward stomach, and then upwards towards chin.
- Breath deeply, in through nose and out through mouth, relaxing jaws

Can be followed by F/O or midline exercises

## Releasing Learning Stress:

'Being afraid that you can't learn creates stress that causes agitation or exhaustion. The mind doesn't stay focused. These techniques deal with the fear of failure without having to talk about it and they also help comprehension and concentration' (Donna Eden, Energy Medicine, Gordon Stokes, Without Stress, children Can Learn. They are good to use when everyone needs a break!

**Lazy Eights:** A technique used widely by Dr. Paul Dennison, the creator of Brain Gymn to support people of all ages with learning difficulties. There are many versions. The technique is open to playful innovation-so make up your own. The point is to promote coordination of brain halves and proprioception by establishing smooth graceful movements that cross the visual midline.

Technique:

Drawing 'lazy eights' - or infinity signs in the air by moving the eyes, the hands, the arms and hands, the hips or the whole body; even drawing with big free strokes with chalk on the blackboard.

**The Elephant** version involves using the outstretched arms like the trunk of an elephant to draw the infinity symbols with head and arms working to-

**Lazy eight eye Movements** Can be used to 'program into the nervous system' a new pattern of functioning, or simple to de-stress the system, by combining them with F/O

Time: 1-3 minutes

-Holding fingers 6-12 inches away from face, begin on midline and trace a lazy eight pattern following with only eyes, up to the right and then down, up over midline to the left, down and back again across midline to begin again. Continue until movement feels smooth and effortless. You can repeat any type of affirmation you would like to program into the system while doing this, so be aware of what you are thinking while doing it -the body will believe you.

-Draw a circle with eyes

-Return to midline, Close eyes,

-Do F/O and breathe deeply



## CROSS PATTERNING/ CROSS CRAWL

A technique to correct 'Homolateral Functioning'; which is a common cause of stress and learning difficulties, anxiety and poor performance, cross patterning integrates brain functioning, while you're having fun. It is great to do these movements to music with a 1-2 beat, allowing free expression, just remembering the basic pattern.

X - II - X.

Time: 3-10 minutes

Technique: This exercise also lends itself to endless creativity. The purpose is to cross the midline as well as coordinate full body movement.

Remember the pattern: X - II - X. Always begin and end by crossing the midline!

### X

First make movements that cross the midline such as marching in place:

- Lifting *right* arm and *left* leg simultaneously
- Then shifting to *left* arm and *right* leg.

You could also for example:

- Touch *right* elbow to raised *left* thigh and
- Then *left* elbow to raised *right* thigh etc.

### II

Second: Make movements that are homolateral or parallel, such as:

- Lift right arm and right leg at the same time,
- Then lift left leg and left arm at the same time.

You could also:

- Touch *right* elbow to *right* thigh,
- And touch *left* elbow to *left* thigh.

### X

Third: Repeat movements of first step. Crossing the midline, such as marching in place:

- Lifting *right* arm and *left* leg simultaneously
- Then shifting to *left* arm and *right* leg.

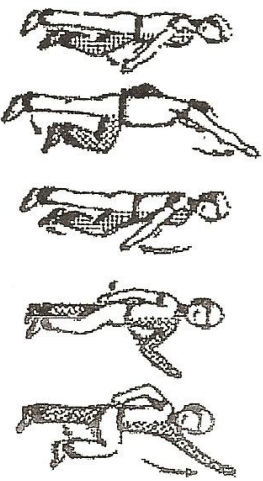
You could also for example:

- Touch *right* elbow to raised *left* thigh and
- Then *left* elbow to raised *right* thigh etc.

Remember the pattern: X - II - X. Always begin and end by crossing the midline!

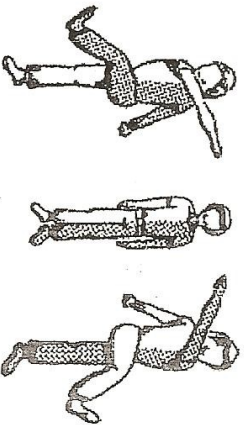
# CROSS CRAWL FOR BETTER HEALTH

A Cross Crawl movement is made when we move the opposite arm and leg together. This exercise helps us better integrate left and right brain hemispheres.

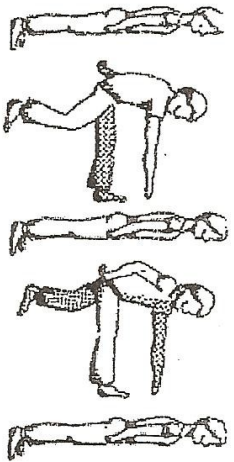


## WHY IT WORKS

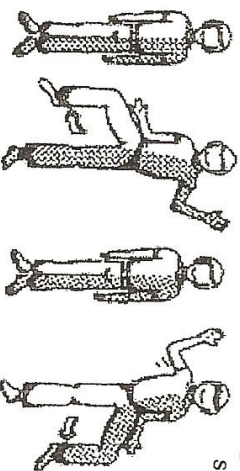
Because 80% of the motor neurons of the muscles on the left side of the body are associated with the motor areas of the right brain, and vice versa with the right side, we have a cross over effect in brain/body coordination.



Find some music that encourages cross crawl movement. Old style rock and roll and music with a steady beat, such as reggae, is most ideal as it is not too fast and allows easy cross crawl. Make opposite arm and leg movements, ensuring that the arms swing freely from the shoulders and the elbows bend. The head should remain still.

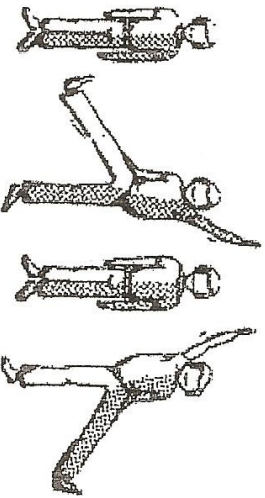


This has benefits on concentration, moving lymph, positively dealing with dyslexic problems and being better coordinated, focused and energized.

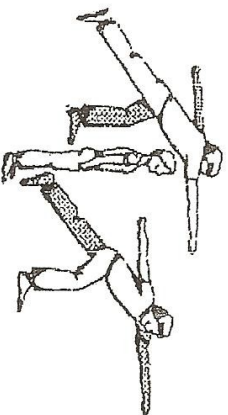


When we simultaneously activate the large muscles of the upper limb and opposite lower limb, we require a complex integration of the two hemispheres of the brain for this action to occur in a proper, coordinated fashion.

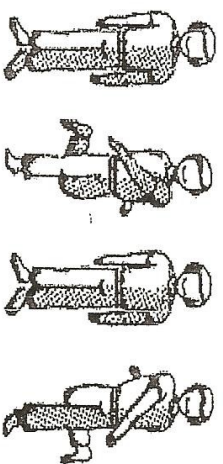
## CROSS CRAWL TO MUSIC



More neurons of the brain are involved in muscular activity than in any other function.



There are many other actions requiring integration of the hemispheres, such as concentration, fine motor control, alertness, and greater access to our intellectual processing and creativity.



It has been found that this exercise will help to restore a hemispheric integration pattern. Do this exercise whenever you need it, such as before exams or stressful events to give yourself a sense of control.



## PLEASE TOUCH ME



If I am your baby please touch me.  
I need your touch in ways you may never know.  
Don't just wash and diaper and feed me,  
But rock me close, kiss my face, and stroke my body.  
Your soothing, gentle touch says security and love.

If I am your child, please touch me.  
Though I may resist, even push you away,  
Persist; find ways to meet my needs.  
Your goodnight hug helps sweeten my dreams.  
Your daytime touching tells me how you really feel.

If I am your teenager, please touch me,  
Don't think because I am almost grown,  
I don't need to know that you still care.  
I need your loving arms, I need a tender voice.  
When the road gets rocky, then the child in me needs your touch.

If I am your friend, please touch me.  
Nothing lets me know you care like a warm embrace,  
A healing touch when I'm depressed, assures me that I am loved, and reassures me  
that I am not alone.  
Yours may be the only comforting touch that I get.

If I am your sexual partner, please touch me.  
You may think that your passion is enough,  
But I need your tender reassuring touch,  
To remind me that I am loved, just because I am me.

If I am your grown-up child, please touch me.  
Though I may have a family of my own to hold,  
I still need Mommy and Daddy's arms when I am hurt.  
As a parent the view is different, I appreciate you more.

If I am your aging parent, please touch me.  
The way I was touched when I was very young.  
Hold my hand, sit close to me, give me strength,  
And warm my tired body with your nearness.  
Although my skin is worn and wrinkled, it loves to be stroked  
Don't be afraid, Just touch me...

**Author Unknown**

# TEN MINUTE BREATH WORKOUT

## **Happy Baby Belly Breath**

1. Lie on back, knees bent, feet flat
2. Press sacrum against floor as you breath in. Expanding stomach & diaphragm
3. Press lumbar region against floor as you breath out. Contracting belly & diaphragm
4. Allow spine & neck to move freely so cranium & sacrum are released.

## **Ping Pong Breath**

1. Breathe in
2. Lock breath at throat - hold breath
3. Bounce breath up and down between chest & belly by pushing diaphragm up & down.
4. Release breath after a few bounces up and down
5. Repeat on diagonal (eg. upper right / lower left)

## **Spiral Breath**

1. Lie on back & Bend knees
2. Roll one arm up / one arm down
3. Inhale -Turn head toward hand that is rolling upwards
4. Exhale-Turn head back to center-Look at ceiling, knees up
5. Inhale-Turn head toward opposite hand, which now is rolling upwards
6. Continue from 2-4, while you inhale -Lower knees to side which is opposite the side head is facing, thereby stretching whole body on a diagonal.
7. Repeat whole movement from 2-5
8. Note: Breathe in as you stretch to side, Breathe out as you come to center

## **Flying Eagle**

1. Lie on back
2. Rock feet towards head & point toes in rapid succession
3. Allow whole body to follow movement of feet
4. Fly.. Fly.. Fly....

## **THIS IS THE HOUR**

*The Elders; Oraibi, Arizona; Hopi Nation*

**You have been telling the people that this is the Eleventh Hour.**

**Now you must go back and tell the people that this is the Hour.**

**And there are things to be considered:**

**Where are you living?**

**What are you doing?**

**Where is your water?**

**Know your garden.**

**It is time to speak your Truth. Create your community.**

**And do not look outside yourself for the leader.**

**This could be a good time.**

**There is a River flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold onto the shore. They will feel they are being torn apart, and they will suffer greatly.**

**Know the River has its destination.**

**The Elders say we must let go of the shore, push off into the middle of the River.**

**Keep our eyes open and our head above the water.**

**See who is there with you and celebrate.**

**At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.**

**The time of the lone wolf is over. Gather yourselves.**

**Banish the word struggle from your attitude and your vocabulary.**

**All that we do now must be done in a sacred manner and in celebration.**

**We are the ones we've been waiting for.**

*--- The Elders; Oraibi, Arizona; Hopi Nation*