

EXERCISES

These exercises may bring you comfort and relaxation. Try them and see what fits you best. To benefit optimally from them it is important to be aware of your body doing them. During the exercise never force anything, sense your breath and your body and stop when you have had enough. Please enjoy.

A. SUPPORTIVE BASIC EXERCISES

Visualising

1. Visualise 2 rivers streaming from the earth through your soles, merging in your pelvis and flowing through your spine and head in the air. *Sense what happens.*
2. Visualise a tree with a thick trunk with many branches and twigs. Imagine the trunk of the tree in your spine from where its roots ramify in your brain and its branches stream out to all parts of your body, legs, feet, arms, hands fingers and toes, into your belly and chest and all over your skin. Now, let light flow through the tree and branches. *And sense in your body what happens.*

Centering exercise

This exercise needs to be performed SLOWLY while you have got your attention focused on your breathing and body. Sense what happens all the time.

Only stretch the muscles needed and sense whenever you stretch other muscles.

Position: Stand upright, knees relaxed, sense your feet on the ground, and sense the link between your crown and tailbone

- Stretch your arms horizontally sideways
- Turn around slowly with your arms sideways, first to the right - lower your arms 10-15 seconds pause
- Raise your arms sideways again and turn around to the left - lower your arms - 15 seconds pause
- Repeat this 4 or 5 times
- When you feel well about this, try again but this time close your eyes. N.B. when you feel dizzy, open your eyes
- Afterwards crosswalk 5 times (walk on the spot and place your right hand on your left knee while lifting your left foot, and place your left hand on your right knee while lifting your right foot)

- 1 **Position: sitting on the ground:** place the soles of your feet against each other and place your hands along your sides on the ground. Sitting on one buttock, swing from one buttock to the other and use your hands to support your body.
- 2 Say “in relation to”, put tips of little finger and thumb together and touch with both fingers successively the tip of your nose, both lips, your throat, your nipples, and navel. Stimulate with the tip of your left thumb successively your right-hand palm, all your fingertips, the sole of your feet in the middle and the tops of all your toes. Repeat this with thumb tip and little finger tip of right hand together for your left hand palm and fingers (you did this already for both of your feet) Stroke with thumb tip on little finger tip your other arm, the inner side of the arm from elbow through the palm to the thumb, and make at the same time rotating movements with your forearm in all directions. Rotating your forearm, repeat the strokes from the elbow to all fingertips. Change arms and repeat the same exercise for your left arm. *Sense what happens.*
- 3 Jaw. Massage softly your jaws with your thumbs, mouth slightly opened.
- 4 Visualise your corpus callosum (the thick beam nerve connection between the two hemispheres) and let it be flooded with white light. *Sense what happens.*

NB. After having completed one or more exercises: put all of your fingertips and thumb tips together and put your hands in this position over your navel.

N.B. the following exercises can be supportive for adults and children. They may serve as a means,

- to recharge energy
- to strengthen Compounds in the brains and between the body and the brains
- to dissipate stress
- to Improve the sensing of the body
- to feel more confident

which results in more ease at learning and processing and integrating information -

- 1 During much cognitive-brain work, drink just water when you are thirsty
- 2 Massage with so called neutral fingers, that is either with your thumb or with two fingers on top of each other, for example index finger on top of middle finger of the same hand. Do all positions while you put successively your right hand and your left hand on your navel.
 - a. navel plus, spot beneath your clavicle on both sides (K27)
 - b. navel plus upper- and lower lip
 - c. navel plus tailbone and bilateral the spine at sacrum
 - d. navel plus the bone behind your ears
 - e. hold navel and tap softly on the breastbone on the thymus clockwise
 - f.
- 3 **Unfold your ears** Put your ear in between your thumb and forefinger and massage your ear by pulling firmly your ear from inside outwards. Start in the middle of your ear direction outwards and up to the edge . Then treat all of you ear to this firm massage, starting again and again at the middle and going outwards 180 degrees, until you have completed the form of a half moon .

- 4 General meridian strokes** rub with the palm of your hand along your body
- From pubis to lower lip
 - from tailbone via your back and head to your upper lip
 - from your armpit along the underside of your arm through your fingertips and top of your arm to your crown, do both arms
 - from the mid-sole of your feet via the inside of your legs up to your collarbone, on both sides
 - with two hands starting at your brow from your forehead over your head, through your neck, shoulders and alongside your spine and the side- back of your legs and outer- side of your feet, to the tip of your toes.

- 5 To abduct stress:**
- massage your jaws on the joints with your mouth slightly open and yawn.
 - massage your jaws while letting your eyes rotate to the right and to the left. To facilitate this you may track with your eyes the line of a circle on a piece of paper on the wall.

- 6 Crosswalk**
- forwards
 - sideways
 - backwards
 - in combination with rotating eyes to the right and to the left

- 7 Streaming** Doing this exercise you let your intention shift your weight. Do not push your muscles, do not force anything and take your time. When you succeed in keeping your attention focused in your body, a world of experience will open up.

Starting position: standing, knees relaxed.

- Feel your spine and feel the position of your head straight on the spine.
- Feel your feet on the ground
- Focus your attention on the spot below your navel, the chi spot and keep it there.
- Keep in contact with your breathing.
- While inhaling bring some space in between your arms and your sides, palms open backwards and relaxed
- Sense yourself standing, your weight right in the middle and feel equal weight in both feet/legs.

Now hold the intention in your body to let energy flow into your right leg, like water, sense how your weight flows of itself to your right leg, which will be getting heavier while your left leg will be feeling lighter. Keep your attention focussed in your body. As soon as your weight is centered in your right leg, your left foot will come off the floor naturally. Raise your left foot, stretch your left leg sideways and put the heel of your left foot on the ground keeping your weight in your right leg, then put your whole left foot on the floor toes facing forward parallel to your right foot. Having both feet on the ground now put the intention into your body to let your entire weight stream to your left leg. Let it happen.

Feel how your weight flows effortless from right to left, and that your left leg is feeling more heavy. Repeat this procedure, but this time from left to right. Repeat again a couple of times and end up with your weight in the middle on both feet

8 Stressrelease

- a. Put the fingertips of both hands on your forehead just in between your hair implant and your brow until you feel a soft pulse in your fingertips.
- b. put one handpalm on your forehead and the other handpalm on the back of your head, and breath quietly into your belly. When stress is dissipated one often starts to yawn

9 Wayne Cook Posture

Do this exercise 4 times sitting, and find out which position you like best

- a. Cross arms and legs right over left
- b. Left over right
- c. Left foot over right foot and right arm over left arm
- d. Right foot over left foot and left arm over right arm

When you cross your feet, your thighs stay just beside each other on the chair.

- Cross your feet,
- stretch your arms right over left horizontally in front of you,
- place your palms upon each other and twist your fingers,
- by bending your elbows and turning your twisted fingers inside you bring both hands to your chest and put them there.
- At each inhalation you put your tongue against your front teeth on the brink of your palate, exhaling you release your tongue. Close your eyes and stay for at least a minute in this position.
- Then unwind yourself, put the fingertips of both hands together and put your hands as a pyramid over your navel. Stay in this position for one minute.

B. EXERCISES FOR EYES

These exercises help to relax the muscles of the eyes which can be very nice also for children when they are learning to read. Sense your breathing during the exercises.

1 Globally watching

- a. Sit upright, relaxed, eyes closed.
- b. Open your eyes and put your attention in the back of your head.
- c. Being there, let light and the world outside enter without focussing your eyes on anything particular. Everything is equally important. Actually you are with your attention inside in the back of your own head which makes you see everything from the outside entering inside.

2 **Flashing** Sit upright with your hands on your open eyes, so that everything is dark. In a flash you take your hands away, briefly, and immediately put them again against your eyes. Repeat this several times. Next you let your eyes track very slowly to the right and left while you “flash”.

3 **Massage** the edge of your skull on the back of your head, first just like that and then successively

- a. while rotating your eyes clockwise
- b. anticlockwise
- c. with eyes open
- d. with eyes closed

Massage the muscles beneath the edge of your skull down your neck, up and down.

Massage with your thumbs soft and firm the edge of your eye sockets , around your eye brows.

5 Put the palms of your hands on both your eyes. There should be no light visible, and stay like this, relaxed for as long as you like.

EXTRA EXERCISES FOR RELAXATION BALANCE AND QUIETNESS

1 **The lemniscate:** endless movement

- Make successive lemniscate movements with legs and knees together, hips, shoulders, pelvis and torso with focus on your spine.
- Take care to situate the crosspoint of the lemniscata always on the midline in front of your body or in your body.
- Do this exercise also with your arms in front of you: Stretch your arms horizontally in front of you with both palms joined together, thumbs crossing. Draw a lemniscate with your out stretched arms. Start to move your arms from the midline in front of your body up to the right, down to the right in a circle up to the front midline and through the middle up to the left, down to the left and up again and follow with your eyes your fingertips.

2 **Balance and relaxation** Sit upright on a chair with a straight back and your knees bend at 90 degrees. Sit still and do not move anything. Breathe your own pace and listen to your breathing without changing anything whatsoever. Just sense and let your attention in yourself follow your breathing. Let your breath show you the way and feel how your body relaxes naturally.

3 **Strength exercise**

- Sit upright with a straight back, close your eyes, relax with your back straight and place your attention from the top of your head into your belly, just under your navel.
- Go inside with your attention in that spot in your belly. Do not let yourself be distracted by anything.
- Imagine that your strength is there, your centre.
- Bring your breath in that spot, with every exhalation you go there.

Variation

Breathe in that spot and let it grow bigger and bigger with every exhalation, until it takes the space outside your body, outside the room, outside the building, let it expand to all of the earth, into our solar system, still expanding into the galaxy. Let it pulse with your breath like your heart. After a while you let it contract again within the boundaries of our solar system, our earth, your country, building into your room, body and back into your belly. Finish this exercise by putting the fingertips of both your hands together over your navel.

4 **The lemniscate and reading** Except for integrating movements in our body, in our cortex, hips and shoulders, the lemniscate can be used to release stress, for example reading texts or doing sums and counting. Draw with pastel felt-tip pen on transparent foil the size of your book a lemniscate with the crosslines in the middle. Whenever you read or study, place the foil on your text.

These exercises are taken from Aikido, Edu-kinesiology, Touch for Health, Applied.Kinesiology, H.A. Bates and a variety of healing techniques.

Disclaimer: The practise for movement is not responsible for any inconvenience or damage that the person may suffer doing the exercises.
