

# Energy Medicine #3α

## Wayne Cook Exercise (seated)

### *When to use:*

- Your brain feels scrambled and you can't articulate what you're thinking or feeling
- Can not get clarity on a situation
- Need to have a tough conversation with someone or are upset after one
- Untangle inner chaos
- Learn more proficiently

### *How to use:*

1. Cross your right ankle over your left knee
2. Right hand cups the arch of your foot and the left hand crosses over and grabs the top of your foot
3. Inhale through the nose and rock backward holding the breath for a moment before exhaling out the mouth and returning to your original position
4. Take 3-5 breaths repeating this slow rocking movement and repeat on the left side
5. Place both feet on the ground and connect your fingertips to form a triangle. Press your thumbs in between your eyebrows. Inhale lift and rock backwards like in previous steps. Exhale and return to center. Repeat for 3 breaths
6. Curl your fingertips in to the center of your forehead to separate your forehead into two sides. Inhale, press your finger tips in, and as you exhale press and drag your fingertips to your temples. Inhale holding at the temples and as you exhale trace your fingers behind your ears, down your neck, and ending at your shoulders. Drop your elbows to press into your shoulders and take a deep breath here to complete
7. Switch sides and repeat steps 1-6

