

Energy Medicine

Wayne Cook Exercise (seated)

When to practice:

- 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 practice seated:

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



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Wayne Cook Exercise (standing)

How to practice standing:

1. Cross your right leg in front of your left and place your feet as close together as possible. Press into each foot equally and imagine a zipper between your legs to help with balance
2. Raise your arms parallel to the floor and cross your right arm over the left. Turn your palms to face each other and clasp your hands. Bend your elbows and pull your hands into your chest. Your elbows will drop and rest on your stomach
3. Inhale through the nose, lift towards the ceiling, and slightly rock backwards 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 hips distance on the ground and connect your fingertips to form a triangle
6. 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
7. 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
8. Switch sides and repeat steps 1-7

