

Hemi Hook-Up

This posture is helpful for times when you are feeling overwhelmed, chaotic or overly-stressed. If you experience frequent hyper-arousal, you can use this posture many times per day to help re-train your system.

These Hook-Up postures were developed by Wayne Cook, an expert and pioneering researcher who spent 33 years studying the body's energy fields and their relationship to health.

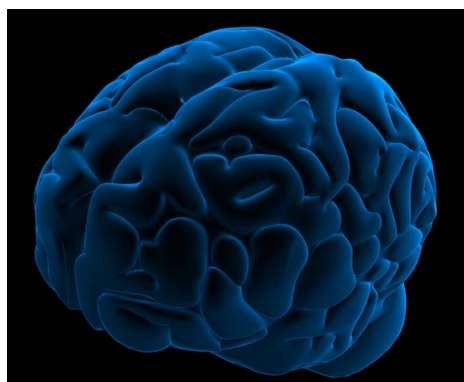
The Hemi Hook-Up posture can help you:

- Untangle inner chaos
- Calm the system
- Focus your mind more effectively
- Think more clearly
- Encourage relaxation and healing

The crossover action used in the Hemi Hook-Up affects the brain by balancing activity in the two hemispheres. This exercise is a simple way to relax and calm the system. It can serve as an effective and peaceful preparation for relaxation, meditation or sleep.

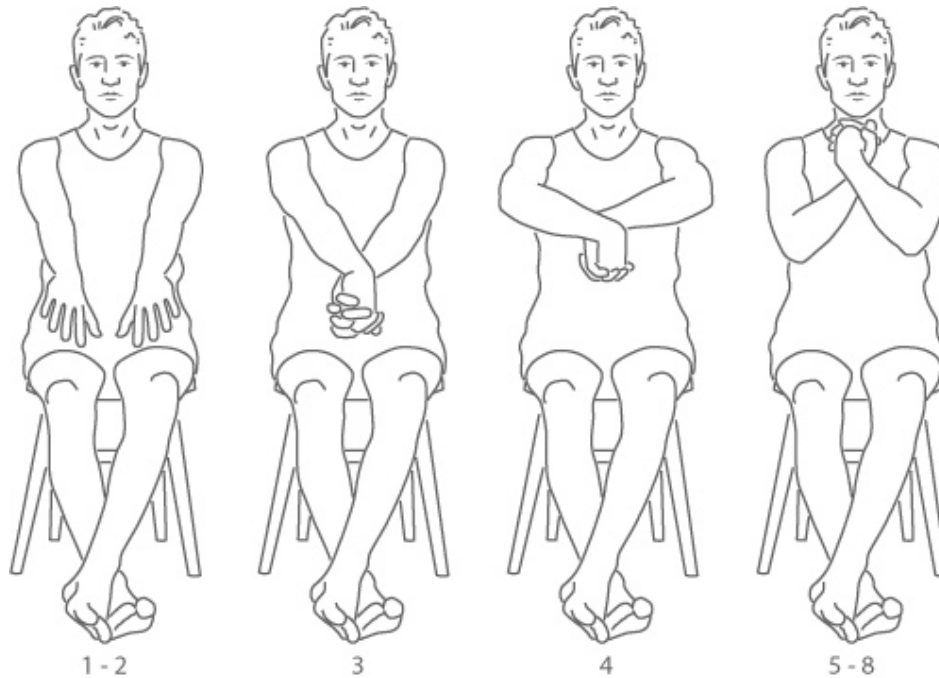
The Hook-Up can be performed while standing, sitting, or lying down. Hook-Ups are helpful if you practice them right after you wake up in the morning, whenever you face a stressful situation or to encourage a calm feeling at any time of the day.

Don't let the simplicity of this exercise fool you into thinking that it's ineffective. Give it a try and see what a difference it makes for you. Having a basic understanding of how your brain works and practicing whole-brain exercises can help to take some of the anxiety out of previously daunting situations and improve your overall capabilities. By consistently reducing the effects of stress we can encourage a state of self-healing.



Instructions for Hemi Hook-Up on next page...

Instructions for the Hemi-Hook-Up



1. Cross left ankle over right.
2. Extend both arms in front of you, hands back-to-back, thumbs pointing down.
3. Cross right hand over left at wrist, interlock the fingers and clasp the hands together.
4. Roll your interlocked hands down and back in towards your body.
5. Rest interlocked hands comfortably on your chest.
6. Rest the tongue softly on the roof of the mouth behind the front teeth.
7. Inhale slowly by nose and exhale by mouth.
8. Hold this pose, gently, and continue slow, deep breathing for 3 to 5 minutes (or as long as is comfortable).

Some people prefer to keep their eyes closed during this process.

This posture is very relaxing and easy to perform for anyone, whatever their level of ability. It can be used many times per day if necessary. Use it to calm and retrain the system.

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