



Warm-Up, Liven-Up

By Clinton J. Choate, L.Ac

The following morning warm-up movements are designed to gently awaken the nervous system, enliven the glands, flush the lymphatic system, stimulate facial and brain rejuvenation, rotate all body joints and stretch and tone all major muscle groups. Emphasis is placed on using systematic, gentle and tonifying energetic flows to assist the movements, making them more enjoyable and alive. Once the movements begin a dynamic flow is established throughout the body, which continues until the end; and while different areas of the body become a focus there are no isolated moves. Rather, one experiences focused moves that invite the rest of the body's participation. Like Ta'i Chi Chuan, these moves are designed to systematically open, energize and integrate the whole being. Keeping one's attention focused "in the moment" is the master key that slowly opens the physical vessel to receive the blessings of spirit: joyful, peaceful, harmonious energy emanating deep from within.

Preparation and Essential Elements of Practice

1. Wear loose comfortable clothing preferably made of natural fiber and remove anything that restricts blood or energy flow such as tight belts, watches and jewelry.
2. Refrain from eating a heavy meal beforehand or drinking too much liquid.
3. Allow your mind to become calm and present in the moment by softly focusing your attention on the movements, sensations, and breath. This soft awareness will increase the benefit of the exercise as it mobilizes and directs more energy for the moves.
4. To enhance relaxation and openness maintain a soft visual gaze as if looking far ahead with eyes either open or slightly closed.
5. Challenge your range of movements but do not overexert, stress or strain. Do not allow the movements to become mechanical and routine as they will lose their fresh vitality and become dull as will your mind.

6. Movements are done slowly and continuously, with transitions flowing as a bridge between the moves. Once you begin strive to connect each move to your breath and to each other movement.
7. Coordinate the movements with the breath as much as possible. As a general rule when the arms move away from the body one exhales. When the arms are brought back towards the body one inhales. When the torso or arms flex downward one exhales and when the torso or arms return upward one inhales.
8. Sink your weight down from the center of your soles to ground yourself. Knees remain softly flexed and buoyant. Head is held up as if suspended from the crown, allowing the chin to fall towards the chest and the breath to travel more easily into the lower abdomen. The spine will naturally straighten, the pelvis tuck forward and the torso feel comfortably open, situated on a firm foundation provided by the hips and legs. The shoulders are relaxed with arms hanging loosely at sides. Keep a little open space in the armpit by imagining holding an egg there; to tight it breaks, to lose it falls out.
9. If possible schedule your exercises between 6 am and 9 am. This is a time when the clear energy available is optimal. It is also a time when your mind is fresh, allowing for easier concentration.
10. Strive to acquire as sense of balance, grace and poise during the movements. Flexibility with strength, relaxation with alertness, inner spaciousness with substance, mental clarity with joyfulness, are descriptions of some of the benefits one achieves with consistent effort.

General Considerations in Class Settings

1. Once the “Divine Light of Heavenly Protection” is invoked through lighting incense, the exercise space becomes a sacred place to work on our physical, mental and spiritual cultivation. As such we should enter the space gently and with a sense of quiet receptivity. A nod of the head and a twinkling smile are sufficient to acknowledge each other if you so chose. After a closing salutation at the end of the class quiet socializing is appropriate.
2. If you are thirsty or need to use the bathroom please do so before the exercises. Once you begin it is a time to focus on the movements and to remain in sync with the group’s energy. Should you develop an urge to use the bathroom during the exercises please break away from and re-enter the group slowly and smoothly.
3. For group exercise sessions try to be on time so that we can all begin together. If you do come late please join the group movements at that time rather than trying to catch up.
4. If you sneeze while exercising know that you will be silently blessed by the group’s harmonizing energy. Vocal blessings are not necessary during this time.
5. If you are unable to do an exercise please assume the neutral standing posture: feet parallel and shoulder width apart, knees softly flexed, head erect, relaxed breathing into the abdomen. At this time you can maintain a soft awareness of the movements until you are ready to physically resume.

6. Please refrain from using cologne or perfume before the morning exercises. The fresh morning air carrying a hint of fragrance from flowers or incense will be enough to delight and refresh.

Movements

1. Twist and Turn

Rotating the torso to awaken the spine.

Sink your weight with knees softly flexed, feet are about shoulder width apart and parallel. Gently extend head from the crown to allow the chin to rotate downward, neck muscles relax and breath to naturally flow into the lower abdomen (see Appendix A). Begin to rotate the waist from left to right while allowing the arms to be loose and floppy. The weight shifts from the left foot to the right foot each time the torso twists left and right. Make full swinging movements from and around the centerline; arms follow the waist and alternate swinging in front of and behind body, head moves with the body. Allow hands to form a loose fist as the arms swing and tap the body first in front and then in back, paying attention to the lower back taps which help wake-up the adrenals. As one rotates the spine in this manner the entire nervous system is gently awakened and energized.

2. Priming the Pump

Dropping onto heels to pulse energy up spine

Bring feet closer together. Keep shoulders relaxed as you move your arms forward and backward. Inhale as the arms swing back, weight shifts slightly forward and elbows lift as if being pulled upward. Exhale as elbows drop back down and arms swing forward. Continue swinging back and forth a few times and then begin to lift the heels as the arms make the backward swing. When the elbows lift on the backward swing it is as if they simultaneously pull up the heels. On the return swing forward the heels drop back to the ground with a tap rather than a slam. For added effect one can lift their entire body off the ground on the back swing. Keep arms, elbows and breathing as before. Do this a few times and slowly come back to a gentle swinging and heel tapping.

3. Tapping Awake

Tapping the body to stimulate flows

3.1 Bring feet closer together. Keep shoulders relaxed as you move your arms forward and backward. With arms still swinging, but without lifting, begin striking the back of the thighs under the buttock on the forward swing and on the backward swing tap at the inguinal groove.

On the forward swing the knees flex and the torso sways backward. Use the back of the hand on the forward swing and on the backward swing use the back of fingers and base of palm of a soft fist to tap on the groove. On the backward swing the knees straighten slightly without locking and the torso sways forward again. The hands are bouncy as they strike the body. Do this several times.

3.2 Tap from the inguinal groove with soft fist around the waist and over the hips to the lower back. Allow hands to pivot so tapping is only with the forefingers and thumbs of the loose fist. Tap across the lower back and up along sides of spine to the ribs, then over and down sides to lower back again. Repeat this circular tapping a few times and then begin bending the torso over as you tap down along the back and outside portion of the legs with loose fists. As you reach the ankles bring the loose fists across the midline in an X pattern and begin tapping up the inside of legs with the outside of the hands in a scissor-like pattern. Begin raising the torso and continue tapping up until you reach the groin.

3.3 Standing erect as in starting posture raise the left arm from the elbow until it is above shoulder level. Keep your shoulders relaxed. Begin tapping in the center of the armpit with a loose fist of the right hand. Explore this area, also known as the “cave of the heart”, with circular taps and then tap downward along the side of the torso to the waist, allowing the left arm to slowly lower again. Continue tapping around the waist to the midline and gently tap up the Kidney channel, which is a line slightly left of the midline. As you move up and over the chest rotate your left arm so the palm faces up and begin tapping down the inside of the arm to the fingers. Turn your hand over and tap up along the top of the arm to the shoulder. Reach up and over the shoulder to the upper back (trapezius) as you continue the tapping. Spend a few moments exploring here to release muscles of this area, ones that typically store tension. Tap back down to the upper chest and move along the lower border of the collarbone towards the center. Once at the sternum remain there for a few taps to stimulate the thymus, an important gland supporting our immune system. At the sternum switch to the left hand and continue tapping along the upper chest to the right armpit as you raise the right arm from the elbow. Repeat the entire sequence as on the left.

3.4 After tapping along the right upper back and shoulder move to the outer lower border of the collarbone where it meets the right shoulder, and with finger pads of the left hand press in and make small circular movements as you explore along this area to the sternum. Switch to the right hand and continue with pads of fingers moving along the lower border of the collarbone to the left shoulder. Take your time and press in firmly but gently. This movement promotes lymphatic drainage, opens the chest and further releases the upper body.

3.5 Once the right-hand reaches the shoulder grasp the fleshy part of the upper left part of the chest. Make a circular kneading/squeezing action with thumb and fingers to help continue lymphatic drainage towards the armpit and relieve congestion in this area, an area especially

prone to lumps and bumps in females. Lightly grasp the left arm and with the thumb pressing on the inner side slide the hand downward a few times in a milking action. With the left hand make the same kneading and milking action on the right chest and arm.

4. Facial Rejuvenation

18 Steps to Refresh your Face and Outlook

See appendix B

5. Moving Head 5 Ways

Turning head to clear path to the summit

5.1 Begin by dropping the chin to the chest and making slow counterclockwise circles with your head rising up and over your shoulders. Explore the end points of your range of motion as your head moves up smoothly to the left and around the back. Continue rolling the head over the right shoulder and the chin falls towards the chest again on the downward arc. As the head moves up and around again begin extending from the top of the head (crown) upwards and tugging the shoulders downward. This helps to elongate the cervical spine on the rotations and prevent crunching or grinding of the vertebrae. Invite your body to participate in all neck rotations and take your time to stay focused on the movements. Make 5 circles in each direction.

5.2 Come to center with head held erect. Gently thrust chin outward and downward and then draw the chin in towards the chest and up again in a circular movement. The body follows in an undulating wave with the knees bending on the forward movement of the chin and rising again as the chin draws back inward and upward. Remember to exhale as the chin moves outward and inhale as it moves back in towards the chest. Savor the stretch with slow and focused movements. Besides opening the upper thoracic and cervical spine this movement helps to open and energize the body's major energy centers, often referred to as chakras or tantiens.

5.3 Come to center with head held erect. With eyes looking ahead move the head from left to right as far as comfortable. Inhale as the head moves to the left and exhale to the right. After a few rotations reverse the breathing. Remember to take your time and elongate the spine by extending upward from the top of your head (crown).

5.4 Come to center with head held erect. Keeping the arms and shoulders relaxed, bend torso laterally to the left as you exhale and slide fingers of the left hand down the thigh to knee if possible. Once at the bottom allow gravity to pull the torso and head to the side and remain there for a moment. The left ear almost touches the left shoulder. You should feel a nice stretch of the upper cervical and lower lumbar spine while at the bottom. Slowly inhale as you come

back to center, straightening back up completely before continuing the same movement to the right. Make the stretch with slow, easy and smooth movements.

5.5 Come to center with head held erect. Drop the chin to the chest and roll the head towards the left shoulder as you inhale. Keep inhaling as your head moves in an arc toward the left shoulder. When the ear is directly over the shoulder relax the neck and jaw and gently hold the breath for a moment. You should feel the stretch going down the right side of the neck to the upper lobe of the right lung. This opens and energizes a major center for the nerves and blood vessels traveling down the arms and up into the head (brachial plexus). This stretch is particularly beneficial for those suffering from peripheral neuropathies such as carpal tunnel. To obtain the most beneficial result, the stretch should feel deep and slightly achy as it opens into the area. Exhale as the head rotates back towards the center. Keeping the chin down continue the movement to the right in the same manner. Do this movement several times in each direction.

6. Shoulder Rolling

Releasing constraint by swimming in the sea

6.1 Step forward with right foot as you dip right shoulder down and forward in a circular motion. As the shoulder moves around to the top of the arc shift most of your weight back on the left foot but keep your right heel in place as you rock back. Continue moving the shoulder around the circular arc while the arm follows loosely. Imagine your hand gripping a crank handle and as it rotates it lifts your shoulder. As you return to the starting point of the circle begin to shift weight again to the right foot. After 6 revolutions bring right foot back parallel to left. Immediately step out with the left foot and begin the same rotation motion with the left shoulder for 6 revolutions.

6.2 Allow both hands to come together at the center of waist with palms facing body and while inhaling begin raising them along the midline. When the hands reach the collarbone allow shoulders to rotate and hands to slide across upper chest to sides of torso. Begin flexing the torso forward as hands touch and trace down along sides of abdomen to waist. Continue tracing past the waist and along the outsides of the legs as the torso bends further. Remember to exhale as the torso bends forward and inhale as the torso returns upright. When the hands reach the ankles sweep them around to the front of the legs and while maintaining contact trace the path up to the center of waist where the movement continues again 3 more times.

6.3 As hands sweep up the torso on the fourth pass and the shoulders begin to open, begin to simultaneously point the left and right elbows into an expanded arc. Continue making circular motions of the shoulders with both elbows pointing in an arc moving from front

towards the back for 3 rotations. Then reverse the motion with elbows tracing an arc from the back towards the front for 3 more turns. Arms and hands are relaxed and remain around the upper chest level for these rolling moves.

6.4 With backs of fingers together, fingers pointing downward and hands forming a loose fist at center of chest, begin a backstroke swimming motion first rotating the right shoulder by pointing the right elbow into an arc for one turn. Immediately begin rotating the left shoulder in the same manner when the right hand circles back to the chest. Continue for 3 rotations of each shoulder.

6.5 With backs of fingers together at center of chest begin the front swimming stroke, alternating from right shoulder rolls to left shoulder rolls, each for 3 rotations. This is the same as the previous move except swimming in the forward direction.

6.6 With backs of fingers at center of chest allow arms to sweep up and open in a flowing motion until they reach high above the head. After reaching high above the head extend arms, turn the palms outward, dorsoflex the wrists and extend fingers upwards. Continue downward along side of the body while exhaling downward and pressing with some force from the center of the palms outward. You should feel a relatively strong stretching sensation from the center of the palms along the inner forearm to the armpit. As the palms reach waist level relax the hands and allow arms to sweep to the center of waist. Continue the graceful sweep up and outward again while inhaling. At the top most extension begin exhaling and as before press outward from the palms until they reach waist level.

7. Pressing Upwards to Receive Heaven's Blessings

Releasing the Shower of Light

7.1 Interlace the fingers at the waist with palms facing upward. Inhale as hands are raised to the chest level and then rotate wrists so palms face upward. Continue pressing upward to a complete extension with hands directly overhead. Tilt head slightly upward and roll eyes upward to look at backs of hands. Allow elbows to relax and hands float down slightly and then press up again at middle, relax elbows again, hands float down and then press upward to the right once or twice, relax elbows again, hands float down slightly and then press up towards the left once or twice. Finish by coming back to the center and pressing up again. Release fingers and spread arms to the sides with palms facing outward. Allow arms to slowly descend to waist level while gently pressing out from palms.

7.2 Circle hands around waist to back and interlace fingers, palms facing upwards. Inhale deeply and on the exhalation bend the torso forward. The interlaced hands sweep upward over the back until they are over the head if possible. Keep the head down, neck and shoulders

relaxed. To assist the stretch while bent over wiggle your arms higher by shifting weight from left foot to right. After 30 seconds begin to raise the torso slowly on inhalation. To support the lower back as you return upright keep the fingers interlaced while firmly pulling the hands away from each other without actually releasing them.

7.3 Keep hands interlaced and exhale while dropping your head and shoulders forward. On the inhalation, with fingers interlaced, extend your head and chest upward as if a chord was attached to your chest pulling up at a 45-degree angle. Shift your weight forward and expand your chest as you draw your arms upward in back, fingers interlaced. Relax and come back to starting position. Continue move once more.

8. Freeing the Torso

Opening the Ark

Allow hands to separate and swing around waist to front at lower belly. Draw fist together loosely, rock forward onto the balls of feet and open your arms to the sides as if opening a large door. Use isometric force as you feel resistance from the opening movement of arms release the torso from the groin to upper chest. Release arms to swing back towards middle as you sink weight back on heels. Repeat twice.

9. Stretching Hamstrings

Bending the torso to follow the stream.

Slide both hands around the waist to the right hip and begin tracing the line from the hip down the lateral leg to the outside of ankle as you flex the torso forward. Try to extend from the waist as you flex downward to create more space during the stretch. At the ankle slide both hands around to the inside of the leg and begin the inhalation as you continue upward until reaching the waist. Maintain contact with your body as you slide hands from groin around waist to hip. Repeat the move 3 times on each leg, each time extending the stretch slightly more.

10. Tracing the Well

Rotating the hips to open the gate.

Standing with feet close together, slide hands around the waist to the hips and lower back. With palms placed there for support, fingers pointing diagonally towards sacrum begin rotating the hips in a circular clockwise motion. Maintain contact with the end points of your range of motion paying particular attention to opening the hips on the forward rotations. Repeat motion

5 times clockwise and then reverse for 5 times counterclockwise. Next open the legs to shoulder width or a little further and repeat the sequence to the left and right, each for 5 rotations.

11. Dipping into the Deep

Rotating the knees to strengthen the root

11.1 Place both feet together and both hands on your knees with palms facing down. The torso flexes forward at the waist. The objective is to massage the knee area in a circular motion downward along the outside and upward along the inside by moving the entire hand in a smooth rotation around both knees. This warms up the knees and also releases constraint in the Liver and Gallbladder meridians.

11.2 After 6 circles straighten your legs and press knees back into a hyper-extended position with 3 easy bouncing presses backward. Next squat down with knees touching together in a hyper-flexed position and make 3 easy bouncing moves up and down. Keep hands on knees to support yourself by pressing them inward against the knees. Elbows are winged forward to assist the supporting pressing action. Repeat pressing knees back while standing and the pressing together while squatting for 3 cycles.

11.3 From torso flexed forward position and hands on knees to support them, begin circling in a clockwise direction for 3 rotations. If you are able, and with each rotation, try to dip a little lower into the circle. Come back to starting position and continue in counterclockwise rotations.

11.4 From torso flexed forward position and hands on knees to support them squat or dip down and begin circling and opening knees from the inside to the outside for 3 rotations. Here, from the dipped down position the left knee circles outward towards the left while the right knee circles outwards toward the right. As you rise up the knees are drawn back towards each other. If you are able, and with each rotation, try to dip a little lower into the circle. Come back to starting position and continue the move by reversing the rotations. Here the left knee circles outward to the left first before dipping down and the right circles outward towards the right. Begin the dip down when the knees are furthest apart. At the lowest portion of the dip the knees begin to draw back towards each other. Do all rotations 3 times.

12. Rotating Wrists and Ankles

Opening the gates to find our way.

From upright position with arms hanging loosely at sides bend the left knee, sink weight on the left leg and imagine a root sinking deeply into the earth. Inhale as you raise both hands to chest

level with palms facing upward and simultaneously raise the right knee to hip level with lower leg hanging straight down. Once hands reach chest begin rotating hands in opposite directions from one another. Allow palms to rotate as the wrist rotate and fingers point upward, outward, downward and inward through the arc of movement. Simultaneously rotate the right foot in a clockwise motion while keeping leg loosely dangling from the knee. After nine rotations by hands and foot reverse directions for each. When finished come back to starting position and repeat sequence by exhaling while sinking weight on right foot. Remember to inhale while and lifting left leg and knee to hip level and both hands to chest level. Objective: Besides opening and strengthening our connections to the outer world, our hands and feet, this movement serves to strengthen our inner world by balance left and right hemispheres of the brain.

13. Weeping Willow Shivers in the Morning Breeze

Letting go to receive the light

From standing position begin gently bouncing the body up and down, softly flexing the knees. Have the intention of letting everything go and keeping everything as loose as possible, especially the shoulders. Bounce up and down for a while and then let yourself be creative. While jiggling around you can rotate the waist a little or dip forward and backward a little. The idea is to find areas of constraint, congestion or discomfort and shake them loose. Do this for as long as it feels right. This is an especially good movement to put into the end of a busy workday to shake out stress before retiring for the evening.

14. Standing within the Light

Bathing in crystal clear purity

From standing posture, take a few deep breaths allowing the inhalation to expand into the lower abdomen. In this final move you will be refreshing yourself with an inner shower of cleansing light.

First affirm: *“I call on the highest, purest light to surround and protect me. Only the highest, purest energy is able to infuse my body with its cleansing light.”* Gently breathe through your nose as you inhale the light energy through the uppermost part of your body. Feel the sensation of this shower of light as it travels down through your head into your chest. Gently hold the breath for a few seconds and then gently exhale through a slightly opened mouth. Keep the jaw relaxed and the sound of exhalation barely audible as a SSSHHH at most. During the holding breath interval the light naturally spreads evenly throughout the body. Once the exhalation begins, visualize and affirm: *“All that is unnecessary or spent is now released back into the earth. The Earth openly, lovingly receives all my spent energy and waste, including my pain and suffering.”* You may stand for 5 minutes or count for 36 complete breaths. When you are ready to finish release the breathing pattern and stand quietly for another minute while you observe how you feel. Do

you feel more light and buoyant? Is your mind less noisy and your body your more relaxed? Observe without judgment and with practice you will undoubtedly receive the innumerable benefits of this internal shower of light: a cleansing and refreshing of body, mind and spirit.

End Notes

- The WarmUp - LivenUp movement series is much more than a set of calisthenics. The movements are designed to open and energize your body and mind so your inner light can spread its harmonizing and healing effects throughout the body, mind and spirit.
- Physical and mental blocks, constrictions, and pain can be thought of as a reaction of the body or mind closing down in an attempt to protect itself. Paradoxically, this limits the amount energy flowing through one's being and deprives one of fully connecting with the flow of life force energy that is always available, ultimately creating more pain. Once constraints and blocks are released, the body-mind is free to flow as easily as a soft summer breeze, bringing with it a sense of lightness and ease.
- "Standing in the Light", "Facial Rejuvenation in 10 Minutes", or the "Eye Exercises" in the following appendices can be done individually anytime you feel like refreshing your senses and harmonizing your energy.
- If time does not permit the full sequence shorten it by doing sections 1-3 and 10-12.
- Above all, each movement should be done slowly so you can relax and enjoy them.



Clinton J. Choate has maintained a private acupuncture practice in WLA for the past 15 years where he also teaches Ta'i Chi Chuan, Ta'i Chi Lite and 8-Treasures Qi Gong. He invites you to visit his web site at <http://www.clintonchoate.com> for more information on acupuncture, facial rejuvenation, and the classes he offers. He can be reached by email at clinton@clintonchoate.com or by phone at 310-277-3567.

APPENDIX A



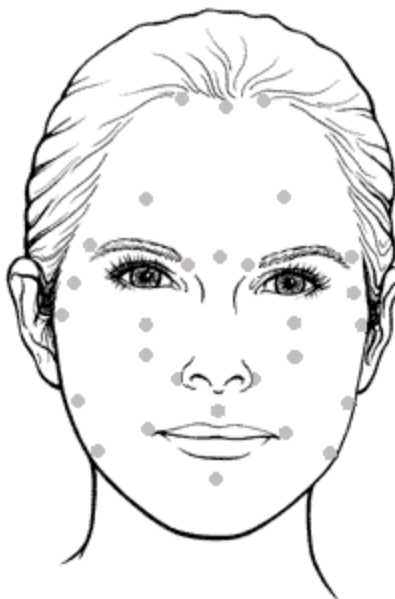
Standing Posture

1. Feet shoulder width apart and parallel, shoulders relaxed and slightly rounded forward.
2. Knees softly flexed with a sense of firmness yet buoyancy.
3. Weight is sunk down through middle of soles connecting deep into the earth like roots
4. Head feels light and extends upwards from the crown, allowing chin to fall naturally towards the chest and the neck to elongate.
5. Spine is open with a sense of being suspended from the top and floating in gravity.
6. Whole body is relaxed with a sensation openness in all joints; standing without effort
7. Slow and rhythmical abdominal breathing; entire torso feels open and resonant like a soft breeze flowing through a bamboo flute
8. Eyes half-closed and looking forward with a peaceful, soft visual gaze like looking off to the distant horizon.
9. Mouth is closed with jaw slack. Back of tongue is relaxed with front lightly touching upper palette.
10. Mind is quietly aware and attentive to sensations as they arise. Resist the temptation to follow the mind. Allowing the mind to settle into the moment is to journey to the depth of our being and our connection to the Source of all Life.

APPENDIX B

Facial Rejuvenation in 10 Minutes

Developed by Clinton J. Choate, L.Ac



*The dots represent points traditionally used for Acupressure Massage.
In the 18-Step sequence the entire head and facial features are stimulated for added benefits.*

Through a set of facial toning exercises that are fun, easy and amazingly effective, you will learn how to take years off your face, lighten your mood and outlook, improve your memory and sharpen your senses.

Drawing on the health benefits of acupressure stimulation and massage to increase energy flows as used in the Orient for thousands of years, and on the modern understanding of the vital importance glands have on body self-regulation and regeneration, the following unique set of exercises have been designed to revitalize and tone the face while energizing the mind and body.

It is advisable to have clean hands before you begin, as they will be used extensively for the facial toning exercises. Facial make-up should be minimized or omitted and earrings, bracelets, wristwatches and large rings taken off. Clothing should be loose and comfortable.

You should feel relaxed and comfortable with the movements at all times. The pace should be moderately slow with attention focused on what you are doing and how it feels. Your head is held up so the torso can be erect; if standing, your legs are about shoulder-width apart with weight evenly distributed and knees slightly bent. Your breathing should be deep and relaxed and your eyes closed.

Benefits of Regular Practice

- Brings Sparkle to the Eyes and Reduces Overall Stress
- Creates Fuller, Softer Lips and Reduces Facial Puffiness
- Firms Neck and Jaw Line, Softly Contours Cheeks and Plumps Sunken Areas.
- Increases Blood Circulation to Head, Face and Scalp & Restores Healthy Gland Function
- Promotes a Healthy Looking Complexion with a Softer, Tension-Free Appearance
- Tightens & Brightens the Skin, Smooths Fine Lines and Lessens Deeper Lines
- Promotes Skin Elasticity & Formation of Natural Collagen

18 Steps to Refresh your Face and Outlook

1. Warming the Portals

Rubbing thumbs across nose and cheeks to warm up sinuses.

Close your eyes and relax. Begin by rubbing the fleshy area at the base of your thumbs together to warm them. Place hands together in a prayer pose with base of thumbs at bridge of nose. As you rub down maintain light contact with the skin and allow your hands to spread outward and across the base of nose to the cheeks. As you return to the starting point maintain contact with the skin but lessen the contact pressure. Continue rubbing 36 times or until you feel the sinuses warm and comfortable.

2. Drawing the Bow

Strengthening nasal passages to bolster immunity and increase alertness.

Close your eyes and relax, then raise your right elbow to elevate arm with palm facing downward and thumb relaxed. Place index finger on skin above your upper lip and make light side-to-side sweeping movements. Continue this motion for 10-15 seconds paying attention to stimulate 3 important points, one on the side of each nostril (LI 20) and the other in the center of the midpoint between the upper lip and the nose (DU 26). The first 2 points help to open the nose and stimulate our first line of defense; the last point brings alertness to the mind.

3. Nosing Around

Circling the nose to energize the face and relax the heart.

Close your eyes. Make a loose fist and place the tip of your nose in the hole formed by the thumb and index finger. There should be enough space to loosely circle the tip of the nose. Move the arm and wrist as a unit as you begin to circle. Relax and circle until your nose tingles and becomes slightly numb as energy spreads into your face

4. Probing the Deep

Pressing into the orbit to brighten eyes and stimulate brain.

With the back of the first knuckle of your thumbs press into the upper and inner portion of the eye sockets just above the tear ducts (UB 1) resting backs of thumbs along the sides of your nose and cheeks. Make small up and down movements as you press in firmly to make contact with the bony structure of the socket. Besides bringing energy to the eyes, this movement stimulates the hypothalamus gland, the highest center of the autonomous nervous system, and the pituitary gland, which regulates growth and metabolism. Psychically it is a strong emotional release point. Do this for about 10 seconds and then move up to the next point at the inner eyebrow.

5. Opening the Axis

Pressing inner brow to energize body systems

With fingertips together, palms facing and slightly open press into inner brow point (UB2) with the first thumb knuckles, move hands up and down as pressure is applied. Stimulate point for another 10-15 seconds. This point stimulates the pituitary as well as the adrenal glands, our factories for steroid hormone production, adrenaline and the “master” hormones that control how the body copes with stress. As a set, this point in conjunction with the previous one activates the hypothalamic-pituitary-adrenal (HPA) axis. The hypothalamus in our brain, the pituitary gland below our brain, and the adrenal glands atop our kidneys form this trio. Together these bodies govern a multitude of hormonal activities in the body including key roles in memory and learning, mood regulation, musculo-skeletal health, immune system modulation and maintaining adequate ovarian and sex hormone levels among others.

6. Along the Ridge

Moving along the brow to release mental tension

With palms facing and thumb knuckles pressing into the inner brow, move hands up and down in small motions and inch along outward. Continue this movement past the brow line along the groove from the temple to where the ear attaches to the head. Do this movement along the brow lines 2 or 3 times to help release tension from worry and over-focusing. Working around

the eyes, eyebrows, and temples in particular helps to soothe away stress, relieve headaches and clear the sinuses.

7. Diving for Pearls

Probing the jaw to release tightness and preserve the teeth (3 sections)

7.1 With pads of first 2 fingers probe into the muscles at the junction of upper and lower jaws (ST 7) with small circular motions. Explore this area a bit then move downward along the lower jaw with small circular motions while pressing into the juncture at the tooth and gum with finger pads. When hands meet at the chin press both forefingers up and down at the center point between lower lip and chin.

7.2 With mouth closed draw lips back against the teeth to tighten corners of mouth and with pads of middle fingers press into the tightened muscles with circular motions upwards and outwards from the mouth for a few seconds. Then move back to the chin and grasp it with forefingers from above and thumbs below. Draw sides of knuckles of forefinger down and across chin in small circular motions a few times. Continue with this circular motion as you move back up along the lower jaw to the TMJ muscle, pressing as you go this time with the sides of the knuckles of the index fingers. Be careful not to drag your fingers across your skin as you move upward.

7.3 Hook tips of thumbs up into upper jaw just in front of the left and right TMJ at the tooth and gum juncture and rest your head on them. Pull arms into body as your head relaxes onto the thumbs. After each complete breath move along this line one thumb width at a time until you reach the nostrils.

8. Welcoming Fragrance

Pressing into nostrils to open breath and sinuses. (3-point sequence)

Press into the indentation at the corners of the nose (LI 20) with pads of middle fingers. Rest index fingers on middle fingers and make small circular motions downward and outwards for 10-15 seconds. Then move up the side of the nose about an inch to the next point (Bitong) where the bony ridge of cheek meets the base of the nose. Continue making the small circular movements for another 10-15 seconds but this time moving upward and outward from the nose. Next move laterally to the dimple in the cheekbone directly below the pupils (Sibai) and while maintaining contact with middle fingers at the point press in firmly and make small up and down movements. Be careful not to slide fingers over the skin

9. Brightening Eyes

Rounding the orbit to strengthen vision

Place the index finger at the lateral corner of the eye socket and middle finger at the inner corner. Gently pressing onto the bony ridge massage in a small circular fashion keeping fingers in contact with the skin. As the fingers circle allow them to gently contact the eyeball through the lower lid, taking care not to overly stretch the skin. Do this for another 10-15 seconds and then with either the pads of the middle fingers or the first thumb knuckles massage the eye through closed lids pressing in with small back and forth motions. Press in gently but firmly and long enough to see radiating points of light appear like a mandala of stars. Afterwards swipe the base of palms across eyes a few times from the inner to outer side. Rub palms together to warm and then cup the eyes with hands resting on face for a few seconds. Completely relax eyes. Eye movement exercises can be done at this time if you wish. (See Appendix C)

10. Warming the Ears

Rubbing the ears to energize body and mind.

Moving along the hairline comb the fingertips from front to back as you move down to the ears. Cupping thumbs behind the ears grasp both ears firmly with index fingers. Move hands in a circular manner away from the head as they slowly move down across the ears 2 or 3 times. End each pass down the ear by gently tugging on the earlobes a few times. The object is to warm up the ears with a fairly vigorous massaging action. Then with tips of forefingers massage and trace the crevices in the ear until you come to the ear canal. Press in and plug the canal as you move your hands up and down a few times, listening to the drum-like sound created deeply inside your head. This movement-sound directly stimulates the brain and sharpens hearing.

11. Patting in the Light

Patting light into the face to open the expression

Rub palms together to warm and bring energy to them. With palms towards face, fingers together, gently pat face with fingers moving from chin and mouth upwards over to cheeks and then outwards across cheeks to jaw and down again along jaw to chin. Spend a little extra time patting over the mouth each time to help release emotional tension that may be stored there. Make this circular pattern several times until you feel a tingling, expanding warmth in your cheeks and creating a rosy glow to your complexion.

12. Fountain of Joy

Lightly stroking the forehead to brighten our outlook

Let your arms swing loosely at your sides a few times in unison to relax your shoulders and then bring hands up to the forehead with palms towards face. Keeping fingers loosely together and with light upward strokes of the fingertips, move them in a radiating fan pattern from between the eyebrows to the temples and then back again, first to the left and then to the right. Continue alternating from left to right a few times as you feel the tension and worry lines washing away from your forehead. Lightly stroking the area between the brows in particular stimulates the third eye point enhancing one's "inner vision", as well as stimulating the pineal gland's production of melatonin, a powerful antioxidant and one of the body's important hormones regulating our sleep and wake cycles.

13. Raindrops on the Rooftop

Tapping fingers on scalp to vitalize spirit

Raise hands to hairline and place backs of fingers together at the midline. Moving your hands up and down begin tapping your fingertips on your scalp and work down to the temples and back up again. Continue the tapping sequence as you move from the front of the head to the back. Try to sequence the tapping of fingertips so the small fingers strike first, then ring fingers, middle fingers and lastly the index fingers. Thumbs are relaxed and strike with sides on each tap during the sequence. Move back to the front of the head at the midline and repeat the tapping pattern but this time with hands forming a loose fist primarily use the flat part between knuckles to make the contact. This exercise directly stimulates the brain and nervous system.

14. Knocking on the Gate

Tapping along the neck to release tension and bolster the defenses.

As the knuckle tapping ends at the back of the head rotate hands outward so the fleshy side of the hand beneath the little fingers can chop down along the neck muscles. Continue chopping with a loose fist as you move from the base of the skull to the base of the neck and back again. When you reach the base of the skull again rotate hands back so the flat part of knuckles can tap along the base of the skull to the ears. Tap back to centerline at base of skull and then rotate hands to chop down the neck again. Do this sequence several times to release tension in the neck, promote blood circulation to the head, and to protect the area against drafts and cold. On cold or windy days you should also rub the side and back of your neck with the flat of your hand several times. Move hands up and down from beneath the ears to the midline of neck up and back in a diagonal fashion. Do this until the area is warm and comfortable.

15. Flapper wheel

Paddling neck to open voice, firm jaw and stimulate body

Let your arms swing loosely at your sides in unison a few times to relax your shoulders and then bring elbows up to shoulder level, palms facing downward, fingertips beneath the chin at the level of the collar bone. Begin to circle your hands and allow tops of fingers to strike your

throat from the base up to the jaw line in one continuous contact motion. Wrists should be loose so that hands have floppiness to them. Continue this movement as you rotate your head from side to side with eyes level. Pay particular attention to stimulating the area around the Adam's apple as this releases tension in our throat so we may more easily express ourselves. This action also stimulates the thyroid and parathyroid glands, which release key hormones for regulating body metabolism including uptake of calcium by the bones as well as toning neck to avoid sagging jowls.

16. Yawning Lion

Energizing and relaxing the face by opening eyes wide and thrusting out tongue.

Gather you energy for a moment and stand or sit comfortably erect. Form hands into a fist and bring them up to waist level by bending the elbow and keeping shoulders relaxed. Close fist tightly as you bring them towards navel. Let the head fall slightly forward as you scrunch up your face as tightly as you can. Next raise your hands upward and splay your fingers outward as you rock slightly forward and tilt your head and eyes upward. Continuing in one smooth movement to open your eyes as wide as possible, raise your cheeks high and wide, open your mouth wide and try to touch the tip of your tongue to your chin. Do this sequence 5 times.

17. Integrating Light

Standing still to feel energy spread from the center of head.

Standing with feet about shoulder width apart sink your weight slightly. Or you can sit comfortably with feet flat on floor as you extend your head upward from the crown as if a "skyhook" has been attached and is gently pulling on it. The chin naturally falls towards the chest and the breath falls more easily into the lower abdomen. Lightly place the front of the tongue behind the upper teeth on the palate and relax the back of your tongue and throat. Relax and breathe into the lower abdomen, expanding it like an inflating balloon. After a few breaths put your attention back on your head and feel the energy flush from the center outward until it fills the your head, face and neck. Let this energy continue to expand until it fills your entire body. Enjoy the relaxing glow it brings for a few moments.

18. Rounding the Horn to Arrive Home

Circling the Temples and Ears to Enliven Body, Mind & Spirit

Lightly cradle the forehead with the hands. Move hands upward and backward so the center of palms slides over the temples and down over the ears. Make slow and steady contact over the ears with palms and fingers until you hear a sound similar to that of ocean waves receding from the shore. Listen deeply into this sound. When the fingers slide past the ears bring the hands

back to the starting position and repeat the movement several times. Eventually you will feel a shiver up and down your spine like having a full and complete yawn, sending a tingling wave through your body. Allow this feeling to bring a smile to your face without moving your facial muscles or you can allow a serene smile to appear. This is called the "*inner smile*". Savor this feeling a few moments and then open your eyes. Try to carry this *inner smile* with you throughout the day by taking time to call it back now and then. Enjoy the peace of mind it brings and watch the loveliness of your face re-emerge.

APPENDIX C



Eye Exercises

1. Rub palms together to warm them and then cup eyes. With eyes softly closed or slightly open in darkened space of cupped palms begin the exercises. All movements are done 5 to 10 times each.
2. Roll the eyes slowly in a circle first moving clockwise for 5 rotations and then reverse direction. Be sure to look into the direction of the circling
3. Roll eyes upward and downward. Look strongly up through brow line and down through the cheeks.
4. Look strongly to the left and right
5. Look up at a 45-degree angle to the left and then down towards the right and then change to looking up 45-degrees to the right and down to the left
6. Rub hands together and cup eyes again. Release all tension in eyes by looking off into the distant horizon with a soft focus. Eyes slightly open or closed. Breath deeply into the lower abdomen until you can feel the eyes “uncross” towards the back of the head. Take a few more breathes and open eyes while still cupped by hands. Slowly lower hands to end the exercise.