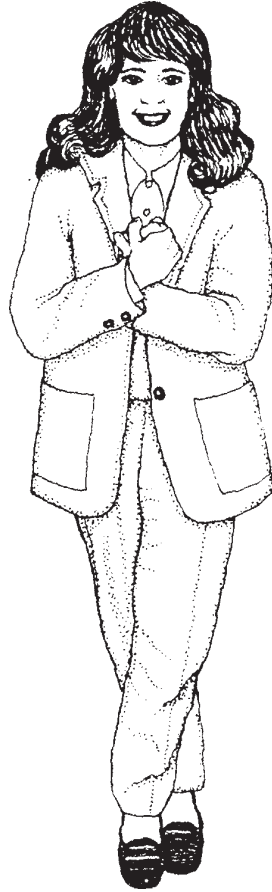


# HOOK-UPS

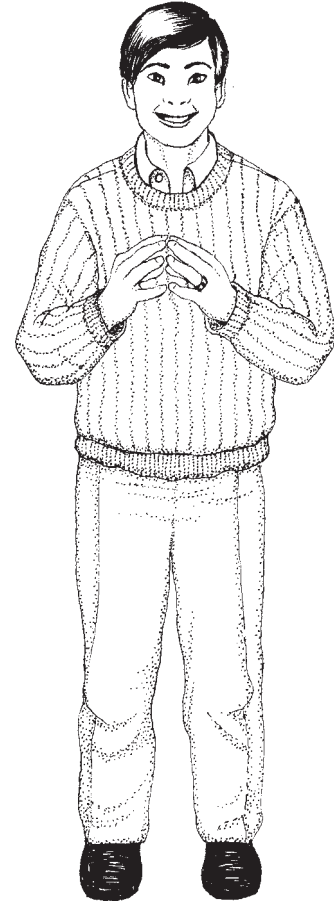


## PART I

**S**it in a chair or stand, crossing your left ankle over your right ankle. If it is more comfortable cross the right over the left ankle. Extend the backs of your hands in front of you: cross the left wrist over the right, interlace your fingers, and draw your hands toward your chest.

As you inhale, place your tongue flat against the roof of your mouth, about one quarter of an inch behind your front teeth. Drop your tongue on the exhale. You may choose to close your eyes and enjoy the relaxation. Hold for 30 seconds to one minute.

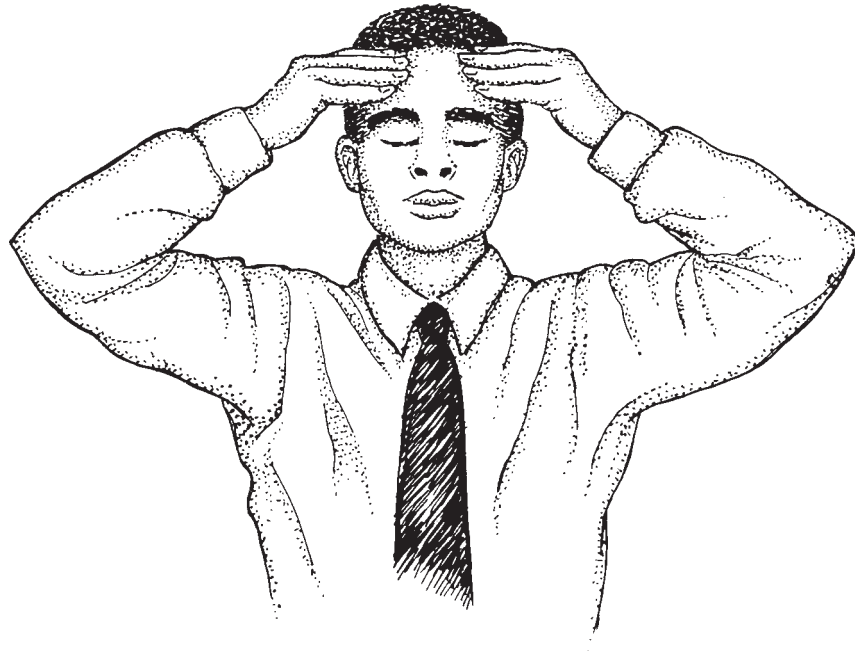
**H**ook-Ups is a variation of an exercise originally developed by Wayne Cook, an expert on electromagnetic energy. Part I connects all the energy circuits in the body at the same time and stimulates the movement of any blocked energy. Touching fingertips in Part II balances and connects the two hemispheres of the brain. This raises comfort levels in new situations, improving self-concept, and increasing a sense of personal space.



## PART II

**U**ncross your ankles, placing your feet flat on the floor. Release your hands and then lightly join the fingertips of both hands together, as though forming a teepee. You may find it even more beneficial to keep your eyes closed as you continue to lift your tongue on the inhalation and lower it on the exhalation. Continue for 30 seconds to one minute.

# THE POSITIVE POINTS



**A**bove the center of each eyebrow, and halfway to the hairline, you will find a slight indentation. Keeping three fingers together lightly place them on these indentations. Close your eyes and breathe deeply while holding the points for about one minute.

You can hold your own Positive Points or have a partner hold them for you. To release stress, hold the points while thinking of the stressful situation.

**P**ositive Points are acupressure points for releasing emotional stress. Touching these points diffuses the fight-or-flight reflex and transfers the brain response to the part of the brain that allows a more rational response.