

Harmonic Movement

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A collection of stretches for balancing and releasing from Yoga, Chi Kung, Do-In, Polarity, Orthobionomy, Alexander Technique, Trager, Brain Gym, Feldenkrais, ElectroMagnetic Field Balancing, Energy Healing, and Reiki

Intro (All Standing)

1. Three Taps

- ◆ Purpose: *Stimulates the K-27 points on the kidney meridian, the thymus gland, and the spleen neurolymphatic points. The first one increases your energy, if you feel drowsy, increases alertness and the ability to focus and seats the Energy Body in correct polarity. The second stimulates and strengthens the immune system and increases your energy and vitality. The spleen tap increases your energy, strengthens your immune system, balances your blood chemistry, synchronizes body's rhythms and counters dizziness.*
 - Firmly tap with finger tips for 30 seconds in each hollow below collar bones. Then move to the middle of the breast bone on thymus and repeat. Finish tapping on spleen points located on edge of rib cage below nipples.

2. Balancing Vertical and Horizontal Alignments

- ◆ Purpose: *Strengthens all vertical alignment energies including the grounding cord, hara line and spiritual cord. Open the heart and chest and aligns the thymus to the energy of the Beloved (that quality of the Divine that is unconditional love). Stretches spine and abdominal muscles.*
 - Stand and hold hands parallel to Earth. Feel a magnetic connection with the Earth grids.
 - Inhale and pull energy up from Earth with your hands to the chest. Exhale and push down.
 - Repeat three times.
 - Bring hands to shoulder level, facing upward.
 - Feel hands calibrate to heavenly energies.
 - Inhale hands up toward heaven, straightening arms over head.
 - Exhale, turn hands facing down and pull energy down thru crown, head and heart.
 - Repeat three times.
 - Bring hands in front of heart in prayer position but without touching. Inhale.
 - Exhale and open arms to the side, stretching the spine up and back while opening heart and chest. Do not drop head on back of neck.
 - Pause in open position sending gratitude from your heart out to the Universe for this day. Bring hands back in front of heart before inhaling.
 - Repeat three times.

3. Heaven and Earth Stretch

- ◆ Purpose: *Clears energy fields. Stretches spine, ribs, shoulders and sides of body.*
 - Stand with hands touching in prayer position in front of heart.

- Inhale. Exhale and stretch left arm over head with hand bent at 90 degrees; right arm stretches toward ground with hand bent at 90 degrees. Do not bend to either side. Keep head looking forward. Breathe normally through stretch.
- Repeat on other side.

4. Stretch Back/Swing Down

◆ Purpose: *Stretches arms and shoulders, spine, hips, and hamstrings. Gets blood moving in body. Pace is fairly quick without long pauses at end of the stretch. For a cardiovascular effect do for three minutes.*

- Begin with hands in prayer position at heart.
- Inhale and bring hands up and behind head, stretching back and up.
- Exhale forward with arms swinging down. Continue the movement by swinging the arms up and behind the back as far as they will go. Keep the knees bent throughout then straighten as the arms get to the end of their arc.
- Begin inhaling and while straightening the body move arms up and behind the head to begin the cycle again.
- Repeat 3-7 times.

5. Chi Kung Hip Pivot

◆ Purpose: *Opens hip joint. Stretches all muscles around hip joint. Stretches and twists the spine. Opens the belt channel at the waist so that energies can move easily from lower to upper body and back down.*

- Place right foot behind left foot. Left foot is in straight line, right foot opens out to the side just a bit. Bring open hands to either side of waist and drop awareness to your belly button.
- Inhale and moving only the right foot rotate around left foot with hands sweeping air in front of you. Right hand is active and continues to move after right foot stops, sweeping around and down toward left hip.
- On the exhale lift right foot and rotate it back to starting position. Left hand is now active and sweeps back across the body toward the right hip.
- Pace is slow with tai chi like movements. Allow the center of your weight to shift with the movement of your legs (from back to front to back).
- Repeat several times. Switch sides with left leg behind right and repeat.

6. Squat

◆ Purpose: *Stretches all major muscle groups of the body. Grounds. During this exercise, we work with the Energy Body and request out loud certain self-adjustments to be made so that the structural alignment of the body is reestablished.*

- Open legs to shoulder width or more. Squat down with heels on floor. If needed, use chair or bed to balance.
- Begin working with the Energy Body. Say, "I ask to to clear, connect and balance my grounding cord and hara line to the center of the Earth and beyond. I ask to balance and stabilize my hips, hip stabilizers, and spine stabilizers. I ask my hips to rotate back, if they

have rotated forward, or rotate forward, if they have rotated back. I ask to clear, release, straighten, lengthen and balance my dural tube. I ask to release all restrictions and adhesions in the body including scar tissue. I ask to clear, balance and stabilize all meridians both within and around the body, figure 8 horizontal loops, and all rhythms, elements and doshas.”

- To come out of the squat, straighten your legs while bending at the waist. Let your upper body weight stretch the back and hamstrings. Slowly roll up until straight. Keep knees softly bent throughout.

7. Hook Up

◆ Purpose: *Brings core energy into the center of the body and seats it in the spine. Has a centering, calming effect on the emotional body and clears the mind. Connects and runs the microcosmic orbit allowing the two midline energy channels called the governing and central channels to connect and clear. Opens the connecting channel of energy between the chakras. Connects left and right brains with opposite sides of the body improving coordination and harmonizing energies. Stretches the shoulders through the shoulder blades as well as down the sides of the hips. It is particularly beneficial for relieving the sciatica nerve if it is feeling pinched.*

- Look straight ahead and find a focal point for your eyes. Keep focus soft.
- Cross one leg over the other. Optimally place the crossed foot fully on the floor. If this is too much of a stretch, rest your weight on the arch of your foot.
- Stretch hands out in front of you, palms facing each other. Cross hands at wrists, rotate hands till palms face each other and interlace fingers. Bring interlaced hands to the chest.
- Lightly touch tip of tongue behind upper teeth.
- Breathe through your nose and out your mouth. Hold the position for several breaths or until you feel energy move into center of body. Release.
- Repeat by crossing legs and hands the opposite way.

8. Moon Pose

◆ Purpose: *Opens and stretches rib cage and sides of body. Stretches and opens feet and calves. Improves balance. Improves breathing through opening the rib cage and releasing the diaphragm.*

- Stand with feet shoulder width apart. Inhale and bring arms over head while moving up on tip toes.
- Exhale coming back down fully on feet while keeping arms overhead. Stretch arms up and to the right, on an angle to where the ceiling and wall meet. Keep right leg and side strong, activated and lengthened. Don't collapse the rib cage on the right side.
- Inhale and stretch up on toes.
- Exhale coming back down on feet with arms down to side. Rest for a breath cycle.
- Repeat other side.

Legs (Sitting/Lying)

1. Figure 4 Sitting Stretch

- ◆ Purpose: *Stretches glutes, hamstrings and quads as well as hips. Helps release and open lower back.*
 - Sit with legs stretched out in front.
 - Bend knee and place foot as high as possible on groin of opposite leg.
 - Inhale and straighten back.
 - Exhale and lean forward from the hip over straightened leg with hands reaching comfortably to knee, lower leg or foot.
 - Breathe normally and hold stretch until slight release is felt. Repeat other side.

2. Leg Stretches Lying On Back (Use belt)

- ◆ Purpose: *Stretches hamstrings, groin muscles, glutes and hips.*
 - Lying on your back bend left knee and place foot flat on floor.
 - Bring right leg toward your chest and place belt around ball of foot.
 - Stretch upward, pushing through heel toward ceiling. Straighten left leg for a deeper stretch.
 - Holding the belt in the right hand, open the right leg out to the side.
 - Switch hands as you cross right leg over left hip. Leg can be extended or bent at knee.
 - Release belt and move right foot down toward left foot. Straighten arms overhead.
 - Move into Alexander Roll Over (see below).

3. Alexander Roll Over

- ◆ Purpose: *Creates a full body stretch from legs through hips, spine, shoulders and arms.*
 - With right leg still crossed over left hip stretch right foot toward wall. Allow the weight of the leg to begin to roll the whole body over face down. After the initial stretch to start the movement, stay relaxed through the whole body and let gravity do the work.
 - To finish lift right shoulder up and rotate back. If needed to roll back started, push slightly with right knee. Allow your body to roll back on your back. Again just push enough to get the movement started. Let gravity do the work.
 - Repeat entire sequence from #2, with left leg.

4. Pigeon

- ◆ Purpose: *Stretches deeply glutes, piriformis, hamstrings and muscle attachments at the sitz bones. Helps stretch and release muscles that affect the low back and possible sciatica pain.*
 - Sit on your knees, with hands on floor on either side of knees.
 - Cross your right leg in front of the left knee.
 - Stretch left leg back.
 - Bend forward using your hands to support you.
 - If possible, move from hands to elbows for a deeper stretch. Hold until release is felt. Repeat other side.

Sacrum and Spine (Sitting/Lying/On Side)

1. Rubbing/Slapping

- ◆ Purpose: *Begins to release restrictions held in the sacrum (triangular-shaped bone at the base of the spine) and opens energy channels for Kundalini energy.*
 - Still in kneeling position reach back and rub and slap the sacrum for 30-45 seconds.

2. Clock Movement

- ◆ Purpose: *Releases sacrum from hips, allowing it to straighten and drop down. Opens sacroiliac joints. Releases the dural tube inside of the spine from any restrictions with the vertebra. Increases the craniosacral fluid flow from sacrum to head.*
 - Lie on back with knees bent.
 - Drop your awareness to the low back, sacrum area.
 - Imagine a clock on the sacrum with 12:00 at the top toward spine, 3:00 on the left, 6:00 toward the tail bone, 9:00 on the right.
 - Using your feet to shift your body begin to slowly rotate around the face of the clock.
 - Rotate once clockwise, once counterclockwise. Notice what numbers, if any, you skip over.
 - Move into next exercise

3. Side-Lying Shoulder and Hip Opening

- ◆ Purpose: *Opens shoulders and hips with isolated movements. At the same time it massages the middle of the back with a wringing motion.*
 - Roll onto your side. Place a pillow under your head. Arms are chest high, straight out in front of you. Hips and legs are in a straight line with knees bent.
 - Slide your top arm forward then slide your top hip back. Keep the movements only in the shoulder and hip.
 - Slide your top arm back as far as possible without bending elbow. Slide your top hip forward.
 - Repeat 10-12 more times.
 - Move into next stretch.

4. Side-Lying Spine Stretch

- ◆ Purpose: *Stretches spine, shoulders, hips and legs.*
 - Straighten top arm and top leg toward opposite walls. Hold the stretch while breathing normally.
 - Roll over to other side and repeat #3 and 4.

5. Clock Movement

- ◆ Repeat #2 noticing the difference in the way the sacrum moves.

More Spine

1. Rock and Roll

- ◆ Purpose: *Massages muscles alongside the spine and upper back. Increases mobility in spine.*
 - Still on your back, bend your knees to your chest. Grab behind knees. Tuck chin to chest.
 - Keeping spine curved, begin to roll back onto shoulders then up to hips.
 - Repeat several times

2. Cat/Cow

- ◆ Purpose: *Stretches the spine. Stretches abdominal muscles. Strengthens stomach muscles. Opens the shoulder blades.*
 - Come onto all fours (like a cat)
 - Inhale and stretch top of head and tail bone away from each other at an angle toward ceiling.
 - Exhale and arch your back like a hissing cat, sucking up stomach muscles. Let head drop toward floor.
 - Repeat 3-5 times.

3. Opposite Leg/Arm Stretch

- ◆ Purpose: *Stretches small spinal muscles with opposite leg and arm. Opens shoulders. Strengthens stomach muscles, back muscles. Connects right brain with left side; left brain with right side for improved coordination.*
 - In same position as cat/cow with eyes looking at floor, inhale.
 - On the exhale lift left arm and right leg. Stretch toward opposite walls.
 - Release and inhale. Repeat opposite side.

4. Downward Dog with Calf Stretches

- ◆ Purpose: *Stretches spine, shoulders, hips, legs. Stretches calves, first loosening then pumping lymph from lower legs. Pumps craniosacral fluid in spine.*
 - In same position as Cat/Cow, curl your toes under.
 - Straighten legs while keeping feet flat on floor.
 - Alternately lift one heel up while pressing the other heel down.
 - Hold and lengthen the stretch by imagining the hips being lifted toward the ceiling.

5. Child's Pose

- ◆ Purpose: *Relax completely to deepen benefits of stretches.*
 - Release Downward Dog stretch and come down onto your knees. Buttocks are down on feet, head to floor. Arms are either in front of you or back along side legs.
 - Relax deeply for 30-60 seconds or more.

Shoulders and Arms

1. Drum Neck/Shoulders/Arms

- ◆ Purpose: *Opens up energy channels, stimulates lymph nodes and glands, massages neck, shoulders and arms.*
 - Sit comfortably on floor with legs crossed in a semi-lotus.
 - Make a loose fist and begin to drum the sides of the neck, shoulder and down the arm. Open the hand to reach back of arm. Include the armpit.
 - Repeat other side.

2. Sitting Arm and Shoulder Stretches

- ◆ Purpose: *Stretches and rotates shoulders in all directions. Stretches muscles in upper chest.*
 - Bring hands to a prayer position in front of heart. Inhale.
 - Exhale and interlink fingers. Extend arms in front of chest while rotating hands out.
 - Inhale and stretch arms over head with hands still linked.
 - Exhale and drop arms behind back. Link and lift behind you.
 - Bring hands back in front to heart and repeat two more times.

3. Wrist Stretch thru Arms

- ◆ Purpose: *Stretches wrists and elbows muscle attachments to release carpal tunnel.*
 - Extend right arm in front of body at chest height with palm facing out, fingers pointing toward the ceiling.
 - Grasp your right-hand fingers and bend back toward your body forming a right angle at the wrist. Feel the stretch from the inside of the wrist up thru the elbow.
 - Rotate right arm so that fingers point to the floor.
 - Grasp fingers and pull back toward your body forming a right angle at the wrist.
 - Repeat on left arm and hand.

4. Hands

- ◆ Purpose: *Massages hands, strengthens fingers, opens up energy channels in hands and joints. Helps prevent arthritis.*
 - Bring hands into prayer position at the upper chest. Push in and down with hands to the solar plexus. You should feel a stretch through the wrists.
 - Seesaw each pair of fingers back and forth while pushing and resisting.
 - Massage web of thumb and all over hand including between each finger. Rotate all fingers.
 - Pinch the edge of each fingernail and flick off.
 - Open hands with palms up. Place the index finger of your right hand into the palm of your left hand. Grab index finger and hold tightly as you turn hand palm down and pullout finger.
 - Repeat with each finger.
 - Repeat with other hand.

5. Modified Spinal Twist

◆ Purpose: *Twists the spine like a corkscrew to further open up range of motion. Stretches neck.*

Massages inner organs.

- Place your right hand on the left knee and the left hand behind your left hip.
- Lengthen the spine and begin to turn toward your left with your head as though to look behind you.
- Use your right hand to gently increase the stretch. Hold until you feel a slight release.
- Gently bring head back around then follow with torso until you're facing forward again.
- Place left hand on right knee and right hand behind right hip.
- Repeat looking behind the right shoulder.

Head and Neck

- ◆ Purpose: *Opens energy channels thru neck and head. Clears and balances cranial bones. Relaxes and rejuvenates eyes and ears. Brings energetic stimulation to brain.*

1. Neck Rolls

- In a sitting position, drop head gently toward the chest. Begin to slowly rotate head in a circle. Stop at any place that needs an extra stretch. Do not let head drop toward the back of the neck.
- Repeat in the other direction.
- Add an extra stretch when head is dropped gently toward chest by interlinking fingers behind head and allowing the weight of the arms to stretch back of neck.

2. Pull Hair

- Pull hair gently at roots to stimulate scalp. Use fingertips to massage if your hair is nonexistent or in a braid.
- Drum lightly over skull with fingertips. Keep loose wrists.

3. Massage Base of Skull

- Place fingers on back of head with thumbs on nape of neck (protrusions where head meets neck). Massage along the edge of the bone.

4. Squeeze neck

- Place one hand on back of neck at base. Place other hand over it. Squeeze and knead from base of neck to base of skull. Switch hand positions and repeat.

5. Forehead Press

- Turn palms of hands toward face with fingertips touching. Place forehead against taut fingers and move head back and forth to massage forehead.

6. Squeeze Eyebrows

- Pinch and roll eyebrows from the center out to the edge. Repeat several times.

7. Hold Oh-my-God points

- Press and massage the neurolymphatic points located above the center of the eyebrows. Say “*I ask to clear all neurolymphatic and acupuncture points in the body.*”

8. Eye Exercises

- Press fingertips into bony ridges above eye. Hold for 10 seconds. More lightly press the bony ridges below the eyes. Hold for 10 seconds.
- Squeeze and pinch corners of eyes at the base of the nose.
- Inhale and press palms into eyes. Move eyes around against the resistance. Exhale and rest eyes. Repeat two more times.
- Lightly brush eyes with fingertips from inner corner to outer.

- Cup eyes with palms, blocking out light. Rest eyes for a couple of minutes while sending golden energy with your intention through your eyes.

9. Drum Cheekbones/ Jaws

- Use your fingertips to drum on face paying special attention to cheekbones and jaws.
- Place your fingertips lightly on cheek bones and pretending that they are magnets lift the cheek bone up and toward the sides of the body. Say, *“I ask to balance, stabilize and remove all restrictions within all cranial bones.”*
- Lightly place your fingertips on the jaws. Allow the weight of your arms to gently traction the jaw joint open.

10. Ears Openers

- Massage the edge of the ears, opening up the folded edge at the top and sides.
- Pinch and massage the tragus, the flap of cartilage in front of the ear opening.
- With the side of the hand push your ear forward, blocking the ear opening. Hold in place. Place your index finger on the middle finger and flick off, striking the bone behind the ear. It should sound like a sharp, metallic sound. Repeat other ear.
- Cup your ears and send golden energy into them.

11. Feet

- Extend legs in front of you. Drum down the legs, around the knees and to the feet.
- Pick up a leg at the ankle and shake your foot.
- Massage feet, wringing the arch, massaging around the ankle, between the bones on the top of the feet, the toes and between the toes. Rotate the toes and bend them back and forth. Press into the soft part of the feet at the base of the toes on the top of the arch.
- Repeat with the other foot starting with shaking your foot at the ankle.

12. Hold Wellspring Points

1. With soles of feet facing each other, hold the middle of the feet with your thumbs, just below the arch. You should feel a little indentation in this location. Say, *“I ask for vital well being to be anchored in every cell of my body. I ask to balance and fuse all Nature and Soul energies at each chakra.”*

Finishing

- ◆ Purpose: *To clear and balance all energy centers of the body, right and left brain centers, top and bottom of the body, left and right of the body, front and back. Also balances sympathetic and parasympathetic nervous centers. Anchors spiritual body through all levels with the requests that begin with "May I..."*
1. Recline with legs up on a bed or chair or lie on floor with pillow under your knees. Also possible to sit and do these. Hold each position for 2-3 minutes.
 2. Place both hands on either side of the head, fingers open over the crown. Say, *"I ask to clear, balance and stabilize my crown energy center on all levels. I ask that first golden then platinum light fill all the components of my brain, endocrine system, central nervous system and crown chakra."* To finish say, *"May I be filled with the light of the Divine."*
 3. Place one hand lightly on forehead and the other on the base of the skull at the back of the neck. Say, *"I ask to clear, balance and stabilize my third eye energy center on all levels. I ask to balance the front and back of the body, sympathetic and parasympathetic nervous systems, and reptilian brain with frontal brain. I ask to clear and refine all psychic energies. I ask to fill the 3rd Eye chakra first with golden then with platinum light."* To finish say, *"May I be filled with the wisdom of my soul."*
 4. Place hands on either side of the throat. Say, *"I ask to clear, balance and stabilize my throat energy center on all levels. I ask to balance giving and receiving, speaking and listening, and all other dualities within me. I ask to fill the throat chakra first with golden then with platinum light."* To finish say, *"May I speak from core essence without judgment or blame."*
 5. Place hands on chest. Say, *"I ask to clear, balance and stabilize my heart energy center on all levels. I ask to express appreciation and love to all those in my life, my family, friends, teachers both gentle and tough. I ask to express appreciation for this day. I ask to fill the heart chakra first with golden then with platinum light."* To finish say, *"May I receive the energy of the beloved."*
 6. Place hands on either side of the solar plexus (lower rib cage). Say, *"I ask to clear, balance and stabilize my solar plexus energy center on all levels. I ask to balance solar plexus with 3rd eye and the personal self with the Transpersonal Self. I ask to fill the solar plexus chakra first with golden then with platinum light."* To finish say, *"May I receive, honor and know my spiritual gifts, my soul's worth."*
 7. Place hands on low belly with fingertips touching the pubic bone. Say, *"I ask to clear, balance and stabilize my sexual/creative energy center on all levels. I ask to clear and refine all ancestral energies and that they support me in the forward movement of my life. I ask to clear and refine all sexual/creative energies. I ask to fill this chakra first with golden then with platinum light. I ask to release any energies that have been projected on to me or bring back any energies that I have projected onto others. I ask to release any hooks or cords on all levels. I ask to heal and release any somatic memories of sexual or physical abuse in this lifetime or in any other."* To finish say, *"May I be created in service to my Divine Purpose."*

8. Place hands on upper thighs or fingers pointing toward feet. Say, *“I ask to clear, balance and stabilize my base energy center on all levels. I ask to clear and refine all cultural, racial, and tribal energies. I ask to clear and refine the Kundalini energy and allow it to gently rise through my spine and into my brain. I ask to fill the base chakra first with golden then with platinum light.”* To finish say, *“May I honor Mother Earth and receive her nurturing.”*
9. Close with hands in prayer position at heart and state, *“As I intend it so it is. Namaste.”*