

ENERGISING

... while Lymphacising™

Step 1



Master Position - Health Bounce

Stand on the XenPod with your best posture, facing the tag, feet handwidth apart. Keep knees straight at all times. Bounce 2 times per second, maintain a relaxed posture. Step breath: sniff in through the nose, puff out through the mouth. Work up to 20 sniffs and 24 puffs.

For the correct speed of your bounce, think of the "tic-toc" of a clock.

Relaxes, regenerates, activates cells, circulates fluids.

Step 2



Hip Alignment

Maintain relaxed upright posture. Place left hand on your hip. With the right hand, make light, fast upward stroking movements from the thigh crease upward. Do this while step breathing. Switch hands, then use both hands: stroke both buttocks upward.

Activates the cranial-sacral pump and movement of cerebral spinal fluids. This balancing of the hips creates the basic posture for structural alignment.

Step 3



Left-Right Switch-On

Place the left fingertips around navel. They remain still. Place the right hand on sternum, extending thumb and fingers to K27s and lightly rub the K27s back and forth between thumb and the fingers. Switch hands.

Steps 3 through 5 are the "switch-ons." They open energy flows, balance the 14 acupuncture meridians, and feed our 7+ chakras.

Step 4



Up-Down Switch-On

Keep the left fingertips around navel. With the right index and middle finger, lightly rub top and bottom lips. Switch hands.

Activates top and bottom energy flows of the body.

Step 5



Front-Back Switch-On

Keep the left fingertips around navel. The right hand fingers rub the coccyx (tailbone). Switch hands.

Steps 3 through 5 activate the basic 12 organs and all 14 acupuncture meridians into their corrected 2-hour maintenance cycles.

Step 6



Spine Alignment

With the right thumb and the index, hold the "knobs" on the base of your skull. Place the left hand flat on the tailbone area. Maintain relaxed upright posture. When your arms tire, rub them down, then try again. For more advanced option, rotate your upper body to either side for increased spinal flexibility. Switch arms when they tire.

Creates energy flow up and down the spinal muscles, releasing spasms and increasing rib-vertebrae movement.

Step 7



Master Position

Hold your hands over the kidneys and adrenal glands. Bounce as in Step 1 to harmonise the previous 6 Steps. If you feel any stress, for example pain, tightness or ache, use your hands over that area to shift these cellular stressors. You may also lightly stroke over the painful area. Hold this position as long as you wish.

Adjusts alkalinity, plasma pH (7.35 -7.85 pH). The adrenals control cellular communication with fluid flows, temperatures and viscosity.

Step 8



Regeneration Time (2-15 minutes)

Lie down. Hold fingers over navel: they will move up and down with each in/out breath. The diaphragm never stops moving. Cross arms over your chest to expand and contract ribs. Sway knees r/l as far as you can to reach full motion. Tilt pelvis up/down. Sit up and bounce, do full body twists, extending your range on the out-breaths. Stand, stretch, go and "be you."

Allows all systems to realign with the new posture, the lymph system to slow-down and the body to "relax, release, and receive."

Step 9



Meditation

Use the meditation of your choice.

Meditating gives you the energy of intuitivity and insights which come through stillness of mind, body and soul. A straight spine, being aware of your breath in any position will connect you with the passions needed for full awareness of your unique earthly journey.