

POWER POINT* BALANCE STRETCH

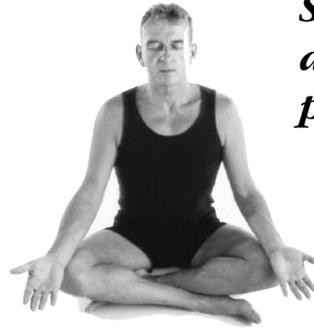
An Energy Medicine technique, combined with the Forward Bend (Paschimothanasana) yoga stretch. Opens, boosts, and balances the flow of energy throughout the energy body by:

- connecting all the major and several minor energy centers (“power points”).
 - stretching major meridian lines (primarily the Sushumna, or central vertical line).
- The process is self administered and used for self care.
 - The process is administered from a sitting position on the floor. It may be done, deeply and slowly, as a stand alone Energy Medicine technique (up to an hour!), utilized to begin a yoga session (<10 minutes), or as a pre-workout spinal stretch to warm-up for more strenuous physical activities (< 5 minutes).
 - The process may be used in it’s entirety to address the whole body, or used as a spot treatment to address particular areas of chronic pain or acute injury. Spot treatments are administered by focusing on, and holding, the point above and point below (or next in sequence) the area of concern.
 - As a modification of this process, organs of the body (eg: spleen, liver, lungs) can also be included and held as points to address specific needs of individuals.
 - For optimal benefit, give conscious attention to grounding, centering, and activating the flow of energy in the hands (using the Golden River Meditation or similar process), prior to, or as you are doing this stretch.
 - Focusing on deep, **rhythmic breathing** allows the body to relax and sink deeper and deeper into the position as you hold it. Focus on bringing the torso as far forward as possible, while keeping the knees and spine straight (as opposed to curving the spine and bringing head to knees).

- Each set of points is optimally held for a minimum of a minute and up to four minutes. As sensitivity to energy increases, points are held until pulsation and imbalance in the points settles into evenness between the points and a smooth flow of energy (moving like a wave back and forth between the two points).

*This process emerged from my yoga practice as I began to integrate Energy Medicine principles and techniques with the posture (Forward Bend) that I typically begin my standard meditation/yoga asana sessions with. My discovery and description of the POWER POINT BALANCE STRETCH was influenced by The CHAKRA CONNECTION (as developed and described by Brugh Joy in JOY’S WAY: A Map for the Transformational Journey. Boston: J.P.Tarcher Inc.)

Steps in the self administered process:



1. Centering (Easy Sitting Pose, Half Lotus or Lotus position).



2. Extend both legs in front of the body. Inhale as you slowly stretch up and raise hands above head. Exhale as you stretch

forward and down (with spine straight) to hold palms on **soles** of feet. Bend knees, if required to hold soles, until you are flexible enough to stretch down to hold soles with straight legs.



3. Stretch more deeply into the pose as you deepen the breath. Slide the hands up to the **ankles**. Hold both ankles and continue rhythmic breathing.



4. As you deepen the breath and stretch more deeply into the pose, slide the hands up to the **knees**. Hold both knees and breathe.



5. Slide hands up to hold both **hips**. Continue to sink deeper into the stretch with each exhalation.



6. Lean up to place right hand on Sacral chakra. Return to Forward Bend with LH on **Root chakra** (from back) and RH on **Sacral chakra** (from front).



7. Slide LH up to **Sacral chakra** (from back) and RH to **Solar plexus** (from front).



8. Slide LH up to **Solar plexus** (from back) and RH to **Heart** (from front).



9. Remain in forward bend. Slide LH up to **Heart** and RH to **Throat** (both hands from front).



A



B

10. Return to sitting position of choice. Touch **palms** together in prayer position in front of heart (option A) or touch palms together with arms extended down towards the feet (option B).



A



B

11. Hold both **wrists** (sitting position (option A) or forward bend position (option B)).

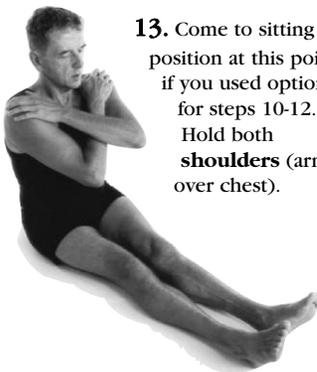


A

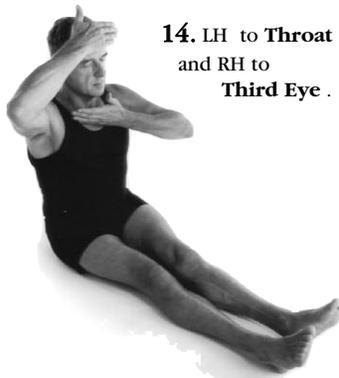


B

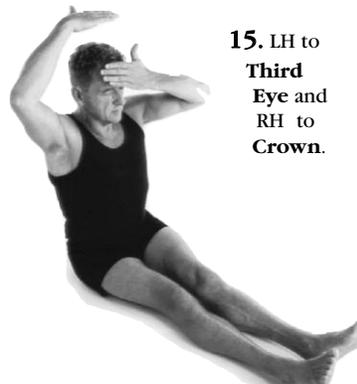
12. Hold both **elbows**. (sitting position (option A) or forward bend position (option B)).



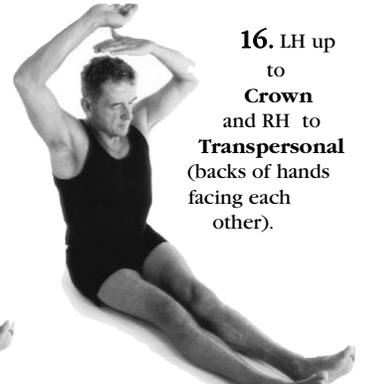
13. Come to sitting position at this point if you used option B for steps 10-12. Hold both **shoulders** (arms over chest).



14. LH to **Throat** and RH to **Third Eye**.



15. LH to **Third Eye** and RH to **Crown**.



16. LH up to **Crown** and RH to **Transpersonal** (backs of hands facing each other).

