

BALANCE HOOK UP - Wayne Cook Posture

(Developed by Wayne Cook, as taught by Donna Eden
– www.learnenergymedicine.com)



Purpose: To calm anxiety, agitation, racing thoughts;
to balance left and right hemispheres; to get ‘back into your body.’

Use when:

- Feeling anxious, agitated
- Having racing thoughts, busy mind
- Not able to relax or sleep

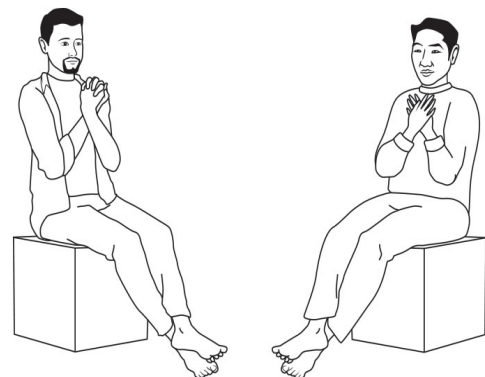
Common experiences:

- Feeling calmer & more relaxed
- Feeling more centered & grounded
- Feeling more connected & ‘in your body’



Steps:

1. Place left ankle over the right ankle.
2. Simple pose put the right hand on center on center of chest and the left hand on top and proceed to step 6.
3. Extend both hands in front of you, palms facing out, thumbs down.
4. Cross the right hand over top of the left, interlace the fingers
5. Fold clasped hands down and then fold inwardly and up to rest on the chest
6. Place your tongue on the roof of the mouth on the in breath, then place it on the floor of the mouth with a long out breath
7. Focus on your breathing until you feel calm (2 to 15 minutes)



Follow along with the video:

<https://youtu.be/rmkG1P7THIE>

Terms of Use

The information on this page is educational in nature and is provided only as general information for stress reduction. It is not intended to create, and does not constitute a professional relationship between Resources for Resilience project team members or the Association for Comprehensive Energy Psychology (ACEP) and the viewer. It should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature whatsoever. <https://www.r4r.support>