

Balancing The Right and Left Hemispheres Exercise

This exercise is excellent for getting the spirit in the body and for aligning polarity. It is also good for clearing the mind when feeling overwhelmed or scattered. It is a good to get in the habit of starting your day with this exercise.

EXERCISE PROCEDURE:

- 1 Face East (if you are over 50 face North)
- 2 Connect your tongue to your soft palate (roof of your mouth)
- 3 Spread your feet shoulder width apart
- 4 Squeeze the right ear lobe with your left thumb (on the top of ear lobe) with the left index finger underneath the ear lobe.
- 5 Squeeze the left ear lobe with your right thumb (on the top of ear lobe) with the right index finger underneath the ear lobe.
- 6 The left arm must be on the bottom with the right arm on top.
- 7 Now you are ready to do the squats. You will do either 14 or 21 of them.
- 8 When squatting down, inhale simultaneously.
- 9 When standing up, exhale simultaneously.
- 10 If you are unable to do a full squat, then you can do semi-squats.
- 11 When finished release fingers from ear lobes.
- 12 Give thanks.



Squeeze right ear lobe with left hand.



Squeeze left ear lobe with right hand.



Hold both ear lobes with arms crossed (left arm on bottom).



Connect your tongue to your soft palate.



Do the squats while breathing in and out.


SPARK HOPE
HEALING