



## *The Power Pack*

*Dr. Janet Taylor*

### 1. Connecting Heaven and Earth

\*Expels toxic energies, stimulates fresh energy through joints, resonates with and metabolizes all other energies in the body bringing them into harmony. Activates spleen\*

Place palms of hand on thighs. Inhaling, bring arms out to side, over head and hands together like holding a large ball. Exhaling, bring ball in front of chest. Inhale right hand pushing up while left hand pushes down to the side. Exhale hands back together in front of chest holding ball. Inhale left hand pushing up while right hand pushes down to side. Repeat at least 5 times.

### 2. Three thumps

\*Activates the thymus, thyroid, spleen /pancreas for immune enhancement \*

Make a fist using either hand, and thump several times over the k27 point located on top of the ends of both clavicles (collar bones) under the neck where there is a notch. Move fist (or use three fingers of both hands) between breast area on sternum (breast bone). Thump six times, using three fingers of each hand, thump on the side of the ribs, at the bra line.

### 3. Spinal suspension

\*Wards off fatigue, stretches spine, opens shoulder blades , affects all (energy centers) chakras and meridians\*

Stand with your feet wider apart than your shoulders. Point your feet forward on the ground parallel like on a railroad track. Bend your knees and align them directly above your ankles. Bend over at the waist. Place your hands just above your knees locking your elbows, arms straight. The position feels like sitting on an invisible chair.

With your head forward and bottom sticking out, keep your spine straight. Take a deep breath while holding the position, exhale while you bend your right shoulder towards the left knee. Inhale as you straighten back to the original position. Exhale as you bend your left shoulder towards your right knee. Inhale as you straighten back to the original position. Do this at least for one minute feeling the cross over stretch across your back.

#### 4. Wayne Cook posture

\*Increases a sense of order, clarity during overwhelm; helps to better comprehend the world; learn and think more clearly; untangles inner chaos\*

Standing up, cross one ankle over the other. With arms stretched out in front of you, back of hands together, cross one arm over the other, clasp hands together, pull hands toward the chest twisting them for comfort and lay them on the chest, little fingers touching the chest and elbows down. Take six deep breaths. Unravel hands, arms, legs.

#### 5. Neurovascular reflex points

\*Enhances mental clarity, put one more in NOW, prevents and relieves headaches and distress.\*

Lay one hand across your forehead. Lay the other hand on the back lower part of the skull (occiput). While doing so, repeat an affirmation of your choice that makes you feel calm and stress free such as “All of life comes to me with ease, with joy and with glory”. Repeat a second time.

Move the hand from the forehead to the top of the skull. Place the palm on the top of the skull fingers pointing to the back. Keep the other hand on the occiput. Repeat the affirmation again twice.

Move both hands and lay the palms above the ears, fingers wrapping around the side and top of the skull. Repeat the affirmation again twice.

#### 6. Neurolymphatic massage points

\*relieves tension and muscle pain, detoxifies the body, increases energy and relaxation\*

Using a chart showing all the neurolymphatic massage points, rub all the front points and all the back points on the body.

Anterior or Front: Rub firmly the K27 point located on the two ends of the collar bones below the chin where the notch is. Move 2” out to the side of K27 in a line directly above your nipples and rub. Move underneath the armpits and rub, making a half moon motion up and down.

Go back to the collar bone area and slide fingers an inch just below the collar bone into the rib notches on each side of the breast bone/sternum. Rub. Move down an inch to the next notch. Rub. Keep moving downward until you are at the end of the breast bone on either side. Rub. Place the fingers of each hand at the bottom of the sternum, rub up to the top and down to the bottom of the breast bone several times. Rub back and forth under each breast making a half moon. Trace the diaphragm and bottom border of the ribs starting at the bottom of the breast bone all the way to the sides of the

body back and forth. Rub in small circular motions on the side of the body where you ended on the ribs. Find the top of your hips. Rub them. Find your belly button and move 1 inch to either side. Rub those points. Move straight below those point about 2 inches down and rub. Move again straight down 2 “ below those points and rub. Rub on both sides of the pubic bone.

Place the palms of your hands on the side of your hips where the leg bone fits into the hip socket. Rub in circular motions. Move down the outside of the leg about 2” and rub again. Two more inches and Rub again. Two more inches and rub again. Finally you should be at the knee where you will rub again. Take your hands off your legs and place them at the original site and repeat the circular rubbing a second time down to the knees.

Place your fingers of both hands on the inside front of the thighs on either side. Rub up and down in a 6 inch long area half way down your inner thigh. Reach further back on the inside of the thighs parallel to the place you just rubbed and rub up and down in a six inch long area. Finally, move just below the areas you have rubbed and rub up and down on the lower inside of the thigh just above the knee.

Posterior (back):

Reach behind your skull and place your fingertips of both hands on the notch where your skull and neck come together. Rub the two points. Reach to the bottom of your neck on either side next to the bone that sticks out between the tops of your shoulders. Rub. Reach down the back about an inch on either side of the spine and rub again.

With your right hand reach under your left armpit reach all the way back to your shoulder blade or scapula. Rub the place where your fingers touch. Move your fingertips down to the bra strap line on the bottom of your shoulder blade and rub there. Switch to the other side, reaching your left hand under your right armpit reaching all the way back to your shoulder blade. Rub the place where your fingers touch. Mover your fingertips down to the bra strap line at the bottom of your shoulder blade and rub there.

To reach all the other 20 points on either side of the spine, back up against the corner of a wall. Lay the right side along your spine on the corner and rub up and down the sides of the spine along the wall bending your knees up and down. Do the same for the left side. When done, reach behind you and lay the palms of your hands on your lower back. Rub up and down covering your tail bone and sacrum.

## 7. Meridian massage (compliments of Arlene Green)

\*Enhances and energizes mental alertness, promotes relaxation, reduces pain and tension\*

1. Trace a line Up the front –(pubic to lower lip) 2. Up the back-with one hand, (tailbone, up the spine, over the head to upper lip)

To continue-- trace 3a, 4a, 5a, 6a, then 3b, 4b, 5b, 6b, then 3c, 4c, 5c, 6c as described below holding hands about six inches away from the body, palms pointing towards the body

3. Head to toes a. Down the front b. Down the back c. Down the sides

4. Toes to body- (come up inside legs) a. End on sides under arms b end on top of collar bones(K27) c. End under chest on bra strap line

5. Body to palms a. Little finger side b. Middle finger side c. Thumb side

6. Back of hand to side of head a. Little finger b. Ring finger c. Index finger

## 8. hook up

\*Stimulates the Yin yang acupuncture points, giving a tremendous burst of healing energy and centering one in the NOW\*

Place an index finger of either hand on your forehead between your eyebrows. Place the other index finger in your belly button. Make a slight pull of the skin upward on both points using your index finger while you close your eyes and take a deep breath. Relax the skin pull on the exhale.

## 9. Radiant circuit

\*Regulates all energetic and physiological systems including circulation, hormones and immune function. Emotions, weight, hormones, temperature, blood pressure. A Yin Yang regulator\*

Anterior: Place your palms over your eyes. Curl your fingers and place them between your eyebrows. Trace a heart on your face, coming up the middle of the forehead, arching at the hairline, tracing along the side of the face and ending on the chin. From the chin, pull straight down the mid neck to the top of the sternal notch(breast bone). Bend your elbows, cross your arms, laying the hands just below the shoulder. Pull the energy down to the elbow by sliding your hands down the arm to your elbow. Hold at elbows for one deep breath. Uncross the arms and place palm of the hands on either side of your breasts under your arms. With flat hands trace down to the inside bottom of the ribcage. Lay your fingers across the ribs and continue tracing down the middle of the

thighs to inside of the knees. From knees trace inside of the legs down to arches; Then over top of the feet to the opposite side and squeeze the sides of the feet.

Posterior: Lay palms of hands over your eyes, elbows out to the side and hold for one deep breath. Curl your fingers and place them in between your eyebrows, pull them across the eyebrows and slide to the temples. Trace around behind the ears and down the back of the neck. Hang on to or squeeze the tops of the shoulders with your hands for one deep breath. Bend your elbows, cross the arms taking a hold of the mid biceps with hands and squeeze for the length of one deep breath. Cross the arms even deeper and reach around to the back of the shoulder blades. With your fingertips trace a standing half-moon along the shoulder blades. Uncross the arms and reach behind the back where the bottom of the half-moon ended. Catch the energy and trace a straight line down the back, out at the hips, straight down with the hands on the sides and back of the legs to the outer ankle. Tweak the Achilles tendons.

#### 10. Heaven rushing in

\*connects with spiritual realm, Helps with despair, feeling alone, anguish over an illness\*

Take a deep breath in. Exhale fully. Inhale and circle your arms out to the sides and then over your head. Exhale and let them drop a bit to your side still keeping them spread open. Look to the heavens and gather in all the vast energy of love, of life, of animals, of whatever you wish to connect with. Allow your arms to accumulate this energy and scoop it into your chest, placing your hands over your heart. Bow your head in gratitude and feel the energy from your head to your toes.