

Facial Hypertonics

By Donna Chalmers

One of the things I find helps people's faces to stay young looking is staying grounded. When you are not grounded you may have the following symptoms:

- 1) feel detached
- 2) feel "fuzzy", unclear
- 3) have a hard time making decisions
- 4) indecisive
- 5) unfocused
- 6) blurred vision
- 7) breathing is shallow and laboured
- 8) fatigue even on waking
- 9) low energy levels

The earth has an unlimited amount of energy available, all we have to do is plug into it. When we do, the lights can turn on – the power is now getting from the street to the house, so to speak. If the house is wired correctly, the lights and power will work in every room or in every part of our bodies. We've all heard the footsteps of children, well grounded, playing above our heads, or picked up a small child to be amazed at how heavy they are. When you are grounded you feel that attachment to the ground – your feet and legs will even feel heavy. This connection we have to our earth is what gives us our spunk and vitality. It is the source of the fountain of youth. The main powerhouse! In order for our faces to look young and be healthy, we need to be able to stay connected to this energy all the time. Unfortunately, daily stresses seem to cut us off from our source of renewal and soon we loose touch with our reality.

The earth's energy enters our bodies through our feet standing firmly on the ground and using our breath we are able to connect to earth and its unlimited energy source. The gait points between our toes (TFH I) allow energy to come in and through. I use top and bottom and in between and give them a good massage. The lymph will feel squishey here, almost like a webbing between the toes. This can be very painful to rub and sometimes brushing can occur if energy has been shut down for some time. It is a god idea to rub

the right foot with the left hand or opposite sides as energy runs in figure 8s, circles and spirals.

We want there to be some separation between the toes, getting the lymph moving so the body can absorb and eliminate. Massaging it will help to break apart stuck energy. Muscle testing can help identify what gaits are not working. We can then check for a strong crosscrawl. This is a great exercise to do in the morning as it will help you to wake up and stay grounded for the day. So I don't advise it in the evening unless you plan to be awake or go dancing. When you feel grounded you will feel heavy, your legs and feet feel attached to the ground.

It is most important that these gaits be on and open for energy to be absorbed into your body through your breathing. Breathing is the most important means, next to grounding, for absorbing earth energy, as it is the pump that takes energy in and up into our bodies. If breathing is so important to our health and vitality, we must do everything possible to increase our lung capacity and breathe in fresh air. By using easy Hyperton-X techniques and releasing blocked emotions we can eliminate the stress in our faces that make us look older than we really are.

A hypertonic muscle, by medical definition, is "a muscle over resistant to stretch." By Frank Mahony's definition it is "a muscle in an over-protective state symptomized by one or all of the following: pain, restricted range of motion, and/or weakness, due to muscle proprioceptors being in a confused state." Using muscle testing we can test the facial muscles for any stress that might be held in your body. This is a really easy to do technique on yourself and can be something that you can continually work on to release stress and reduce the signs of aging for the rest of your life.

Water is another factor in the process of aging. We need 8-10 glasses of water per day to prevent dehydration. As we consist of over 50% water, the face can be one of the first places to show this dehydration. Using muscle testing we can tug on the hair and test for water.

The muscles *epicranius*, *frontal belly*, and *corrugator supercillii* play an important part in staying grounded and looking great. This frontal lobe area used in stress release techniques (TFH) help to keep us grounded in present time where we can easily grow and allow new changes to happen and old unwanted patterns to release.

Procedure –

Stand on your feet: do you feel connected? Could someone easily push you over and take you off your feet? Check for water.

1. Muscle test for gaits on.
Muscle test for each individual gait.
2. Rub between toes on switched off gaits while client holds frontal lobes.
3. Re-check each gait and re-check crosscrawl. If not strong you might find more emotions on line.
4. Check facial muscles using muscle testing.
ON muscles are fine.
Off muscles need emotional release.

5. Find emotion from TFH 5 element emotion chart.
6. Visualize breathing in through the gait points into your body, up into your lungs and exhaling out through the held muscle. At the same time move the muscle back into its original position and mentally exhale and release all the emotion. Be sure to breathe out all the air.
7. Do 3 or 4 times. Movement will become smoother and muscle stronger under your fingers.
8. Re-check emotion and muscle.
9. If not clear, you might need to age recess re: car accident, operation, stroke.
10. Homeplan.

