

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

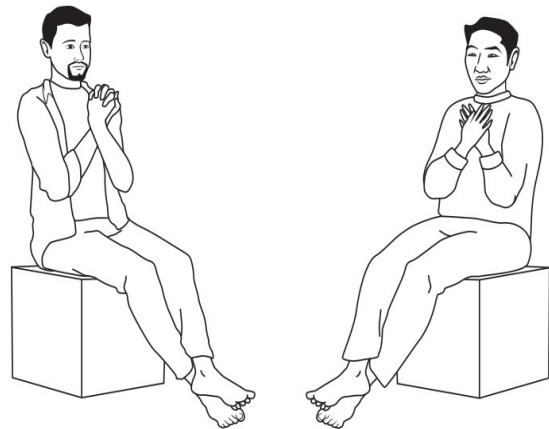
Common experiences:

- 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>

Optional: Try doing the **Bilateral Box Breathing** while holding this position for deeper relaxation and focusing the mind.

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