

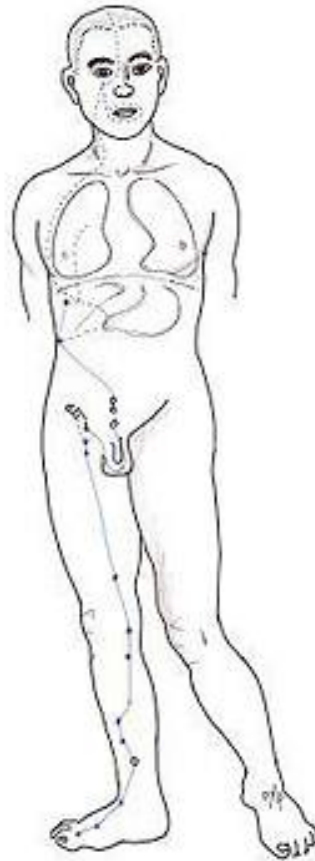
Align With Spring Handout

Be like a tree in pursuit of your cause. Stand firm, grip hard, thrust upward, bend to the winds of heaven, and learn tranquility

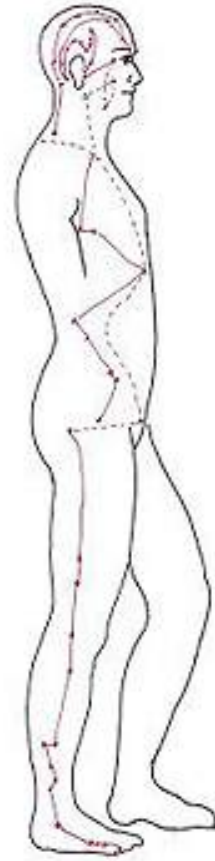
Meridian Sweeping

Start at the sides of the eyes, go over and down the back of the ears and back up the head to the forehead, back over the head to the top of the shoulders, down the sides of the body and legs and out the fourth toe. Go up the inside of the big toe, up through the groin to the ribs, then up the inside of the body and out the top of the head.

Liver and Gallbladder meridians relate to extension movement of the both lateral and medial side of body, mainly the lower body. Movement of the hip, knee and ankle joints which extend the lateral side of hip, knee and ankle, extend Gallbladder meridian. Movement of the hip, knee and ankle joints which extend the medial side of the hip, knee and ankle, extend Liver meridian.



Liver Meridian
肝經



Gallbladder Meridian
膽經



Heaven and Earth

Stand with feet a little more than hips width. With your arms outstretched “dig” into the Earth 3x while pulling the Earth energy into your core. Then take outstretched arms above head and pull down Heaven energy into yourself.

Side Stretching

With one arm, reaching up, palm up, and the other arm down, palm down, stretch to the side on the exhale, returning to center on the inhale.



Temple Bell

This is where you simply do a standing , gentle spinal twist to the left then to the right (or opposite) swing your arms when you twist left to right.

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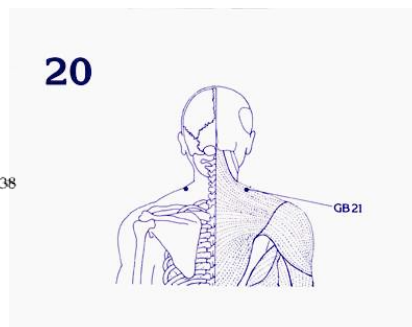
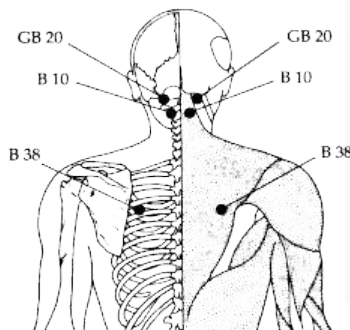
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Point Holding for Anger

•GB 20-Gate of Consciousness, located below the base of the skull, in the hollow between the two vertical neck muscles.

•B 10-Heavenly Pillar, located a half-inch below the base of the skull and half-inch outward from the spine, on the rosy muscles.

•GB 21-Shoulder Well, located on the top of the shoulder, two finger widths from the side of the neck. •PG-Inner Gate, located in the middle of the inside of the forearm, three finger- widths from the wrist crease.



Homing thought

Surfers have been known to dig their hands down in the sand and “hold on” so that the waves above them do not overtake them. In the same way a homing thought can help ground, support, protect from stress and other negative energies, and help create a positive thymus outlook. A homing thought is something that makes you feel alive, safe, grounded, or supported. This could be a thought or picture of yourself in “flow” of an activity that energizes you or it could be yourself in a landscape that makes you feel the most alive. It also could be a life purpose statement.

Holding CV17 and GV20- Thymus and Crown with Thought

With one hand on the center of the breast bone and one hand on the crown of the head, center yourself while thinking your homing thought.

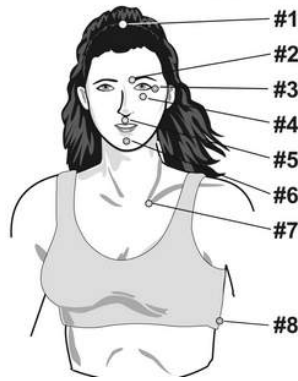
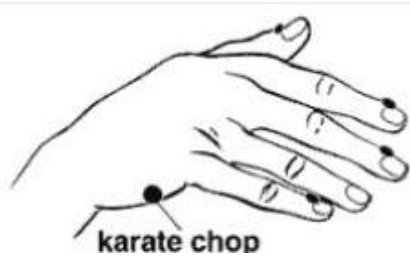
Tapping with Affirmations

Affirmations for Wood types: I have a clear vision of what I want. I easily move toward my goals. I am both flexible and firm. I see the opportunity for growth in every obstacle. I easily forgive.

With tapping you want to say the affirmation at each point once. Find one that resonates with you, or create your own. You can tap 5-7 times or more repetitions at each point if it feels good (using two to three fingers and a light pressure). Start by tapping on the karate chop point and say the affirmation one time. Then continue to tap the crown of the head, brow point, temple, under eye, under nose, middle of chin, collar bone point, then under arms saying the affirmation just once at each point.

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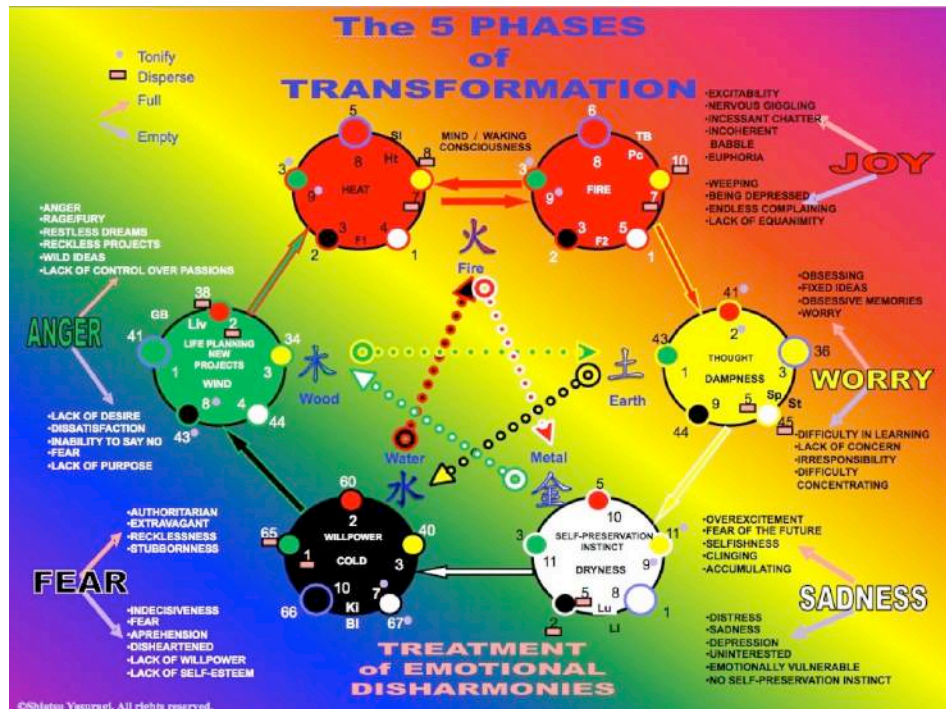


Angry Eyes Punching Out with Lion's Breath

Assume the horse stance, feet flat on the floor, shoulder width apart, with toes turned out 45 degrees. Relax the knees, keep them slightly bent. Pull in the buttocks, tipping the pelvis slightly, drop the shoulders, straighten the spine, and pull the abdomen in slightly. Let the body's center of gravity drop. With your hands in fists by your waist, inhale, open your eyes wide, and clench your teeth, tighten your arms, and exhale as you slowly punch straight out in front of your body. Keeping your fists clenched, inhale as you slowly bring your fist back to the waist. Repeat or add on Lion's Breath



Lion's Breath relieves tension in the face. Inhale through the nose. Exhale through the mouth, making a "ha" sound. As you exhale, open your mouth wide and stick your tongue out as far as possible towards your chin. Inhale returning to a neutral face.



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Qi Tantrum/Spontaneous Movement

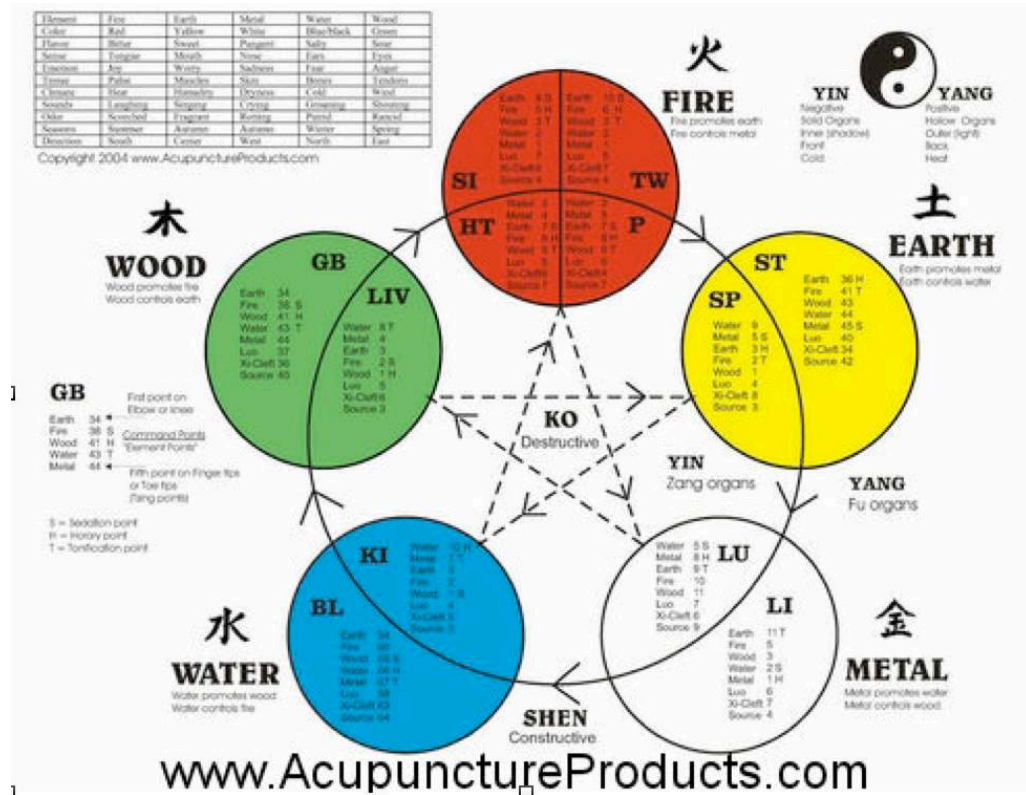
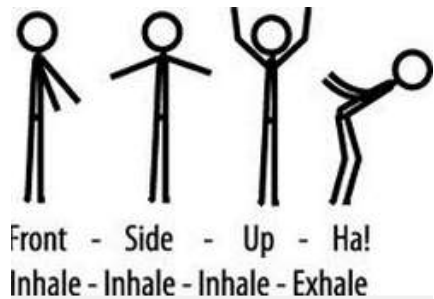
Do this when either you have a lull in your energy or you would like to release frustration or anger. Start standing up and move your body all over in a fast motion spontaneously. This can release stress and negative emotions as well as activate chi, prana, and your LifeForce. Shake or move your body for one full minute. At the end of the minute, rub your hands together & practice “pulling” the positive energy you just accessed between the palm of your hands. Then listening to your intuition, place that energy with with your hands on any part of your body that needs extra attention, care, or healing.

Holding Little Finger

Use your left hand to grasp your right middle finger, breath deeply with your eyes closed. Switch hands after a minute. This stimulates points that release anger and resentment.

Breath of Joy

Dip your knees and sip your breath in with each movement- 1) arms swing to cross in front, 2) arms swing outward, 3)Arms swing upward. Then exhale as 4)arms go forward and down as you bend forward, dropping your head and rounding your back exhaling



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