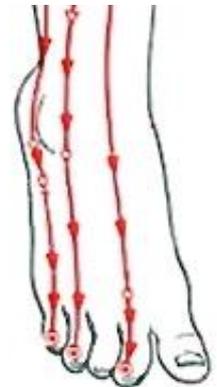
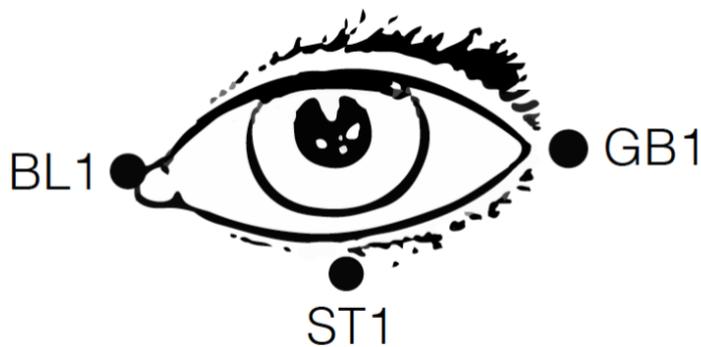


Three Yang Rivers Exercise:

Eye-opening journeys from eye to foot



The principle is to open each meridian in turn from eye to toe. The position of the legs and feet together with the attention to breath should accomplish the job. The finishing touch in each case is the point on the face, next to the eye. In each case this is the very first point on the meridian's pathway. By extending the leg and feet our intention is to open the entire length of the meridian from its source until its final point at the tip of the toes.

1. Bladder meridian, sympathetic nerves

Start by gently bringing your long or index finger to rest firmly at BL 1. Pressure is aimed into the space between eye and nose, towards the back-brain. Holding this point, you can then guide your awareness along the back of your body, starting at the back of your head and using the weight principle - gravity. Once you have led your attention all the way to your feet, extend your toes up towards your face.

This manoeuvre is designed to fully mobilise energy in the Bladder meridian and bring attention to the sympathetic branch of the ANS. Key words and phrases are: tension, adrenalin and cortisone, "watch your back" and being stuck in watchfulness.

2. Stomach meridian, parasympathetic nerves

After a few breaths, move your finger down to St 1. Hold gently, giving pressure aimed down towards the chest, belly and feet. Guide your energy slowly in phases down the entire frontal portion of your body. Once you have reached your feet, gently extend (not stretch) your toes away from your head.

This manoeuvre is designed to fully mobilise energy in the Stomach meridian and bring attention to the para-sympathetic branch of the ANS. Key words and phrases are: extension, resting, nourishment, gathering, a reservoir of nourishing energy in the breast, belly and thighs.

3. Gall Bladder meridian, ANS switch – the bridging mechanism

Move your hand slowly and very carefully to touch GB 1 outside the orbit of the eye, below the eyebrow, aiming in towards the eyes. Guide your attention along the outside of your body, emphasising eyes and ears, occiput and shoulder, rib cage and waist, hips, thighs and the outside of the lower legs. Once you have come to the feet, slowly roll your feet towards each other so that the big toes on each foot come close or even touch each other. You will probably feel a light stretch along the outside of your legs extending towards your hips. You may even extend this into the lumbar area through suggestion.

This manoeuvre is designed to fully mobilise energy in the Gall Bladder meridian and bring attention to the possibility of smooth and easy transition between the sympathetic and parasympathetic branches of the ANS. This means in practice an easy see-saw movement between directing energy and resources into the external world (sympathetic) and internal focus designed to facilitate relaxation, regeneration and the filling of internal energy reservoirs.

After a while, you may rest your hands beneath your occiput with light thumb contact at GB 20 and fingers overlapping or interlocking. Maintain the foot position with big toes in close proximity for as long as you are comfortable. Allow your entire body to relax and your feet to gradually drift back into a more natural position should they choose to do so.