

...and needs. After working with the exercises for a while in a focused way, you may gradually begin to improvise using the sequence as a framework from which to explore your own creative movements.

Movement Sequence to Activate and Balance the Endocrine System

1. Lying on your back with knees bent and feet flat on the floor, initiate a rotational movement in the coccygeal body which swings the tail upwards in a small arc toward the pubic bone then downward to the floor. Gently press the toes and balls of the feet into the ground as the tail lifts up, keeping the abdominal and thigh muscles relaxed; the lower back should feel lengthened and pressed closer to the floor. The pressure through the feet supports the tail as it lifts. Repeat this movement several times. (Fig. 8.12)

2. Initiating in the same way with the coccygeal body, develop this movement by reaching the tail up and out toward the knees; then rotate and reach through the gonads, small intestine center, and adrenals sequentially, so that the pelvis tilts up and is then lifted off the floor, arcing the spine into a "bridge" position. Move as you exhale, breathing the energy down through the toes as the tail lifts, through the heels as the gonads and pelvis rotate and lift, and through the arches of the feet as the small intestine initiates, giving greater support; the energy from the adrenals radiates out through the

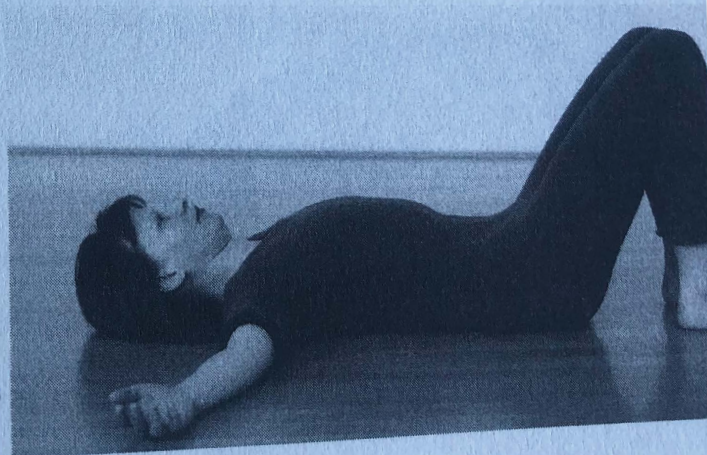


Figure 8.12
Initiate through the
coccygeal body.



Figure 8.13
Coccygeal body, gonads,
small intestine and
adrenals.

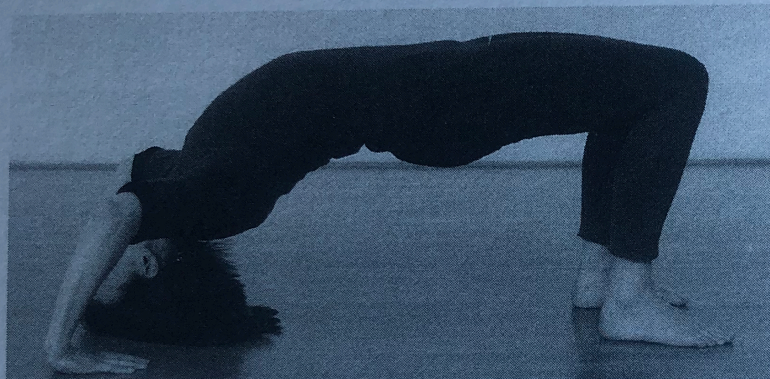


Figure 8.14
Pancreas through to
glands of the head.

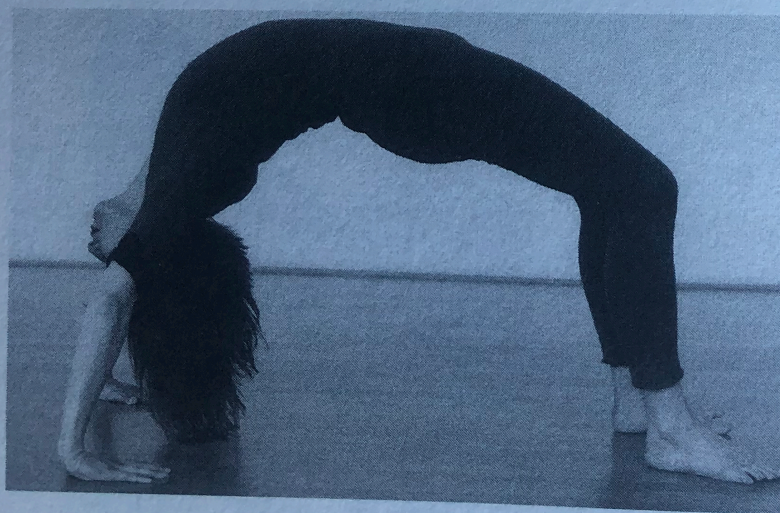


Figure 8.15 Pancreas to the hands and feet.

knees, which lengthen away. Come down again by reversing the order of initiation so that the spine lengthens sequentially back onto the floor. (Fig. 8.13) Repeat.

3. (The following two exercises can be done at the end of the sequence if preferred.) From this “bridge” position, breathe into the pancreas and as you exhale, send the energy up through all the glands into the head and hands; with this impulse push yourself up to balance on your hands and the top of your head. (Fig. 8.14) If your back is limber and healthy, on the next exhalation send the energy out again from the pancreas through the hands and feet, and push up through the hands and feet into a high back arch. If this strains your lower back, omit this part of the exercise until greater flexibility is available. The

pancreas is the “keystone,” or highest point of the arch, and the hands and feet continue to support the pancreas by pressing into the floor. In this position think of lengthening the spine from both ends by *taking out the slack*, or rocking gently head- and tailward. (Fig. 8.15) Then slowly lower back to the floor from the head down to the pelvis and tail, lengthening through each gland in turn. Rest for a moment before repeating or going on to the next exercise.

4. Using the support of your hands if needed, reach the tail up and back over your head so that your feet

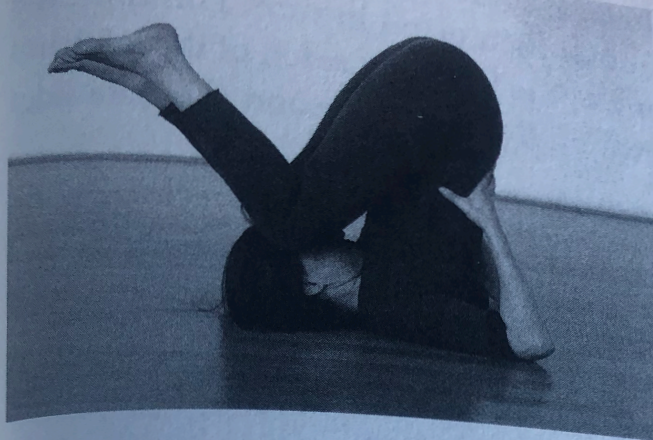


Figure 8.16 Adrenals.

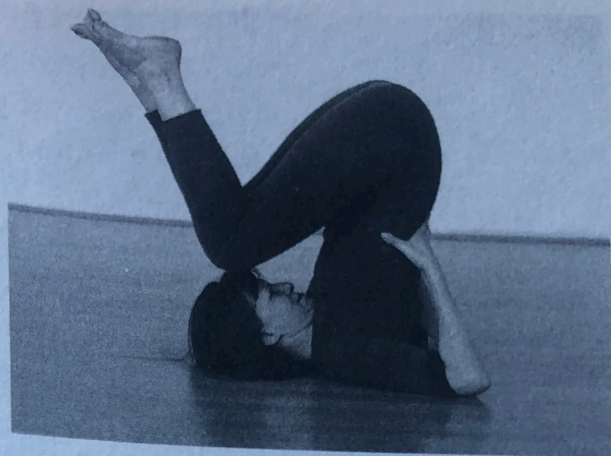


Figure 8.17 Gonads.

touch the ground behind, in the yoga “plough” position. Then initiate with a rotation of the adrenals to bring the middle area of the spine upright (Fig. 8.16), a rotation of the gonads to align the pelvis over the spine and shoulders (Fig. 8.17), and a reach of the coccygeal body forward and up toward the toes to lengthen the legs into a full shoulder stand. (Fig. 8.18) Reverse the rotations to curve the feet and knees back to the floor behind your head. Then from the pancreas reach through the legs to extend them fully out along the floor behind you. (Fig. 8.19) Release the pancreas and repeat the shoulder stand, initiating again with the adrenals, gonads, and coccygeal body. After a few such movements, unroll the whole spine back onto the floor and rest.

5. Rotate and reach the coccygeal body toward the right side, simultaneously extending through the toes of the left foot so that it reaches over the right leg toward the floor on the opposite side. Rotate each gland in the same direction, in sequence one by one from the coccygeal body up to the glands of the head, to take you onto a spiralic roll onto your front. The upper body, shoulder, arm, neck, and head should remain relaxed and be pulled through a diagonal stretch with each gland in turn supporting and initiating the movement of the spine. (Fig. 8.20) To return, initiate



Figure 8.18 Coccygeal body

with a rotation of the pineal and then move down sequentially, rotating and reaching through each gland in turn. This time, the roll begins with the turning of the head and reach of the left hand to the floor behind. Repeat on the other side and alternate sides several times.

6. Roll onto your front and lie with the arms loosely on the floor above your head. Breathe into the thoraco body and feel the breath expand the whole rib cage, and move up into the arms and head. Exhale and slide the arms gently along the floor close to the head, until they are extended. Then, as you begin to inhale, slightly lift the upper chest, head, and arms off the floor. There should be no straining to lift high; let the fullness of the breath create an easy and integrated movement, the arms and head carried by the rib cage and spine. Then pull the arms out wide to the sides, a little raised from the floor, as you complete the inhalation. (Fig. 8.21) Pause between the inhalation and exhalation as you relax gently to the floor again. Exhale and repeat the exercise. As you rise up you should feel that the thoraco body and lower rib cage are grounded and act as a base of support for the upper body by remaining in contact with the ground; this avoids strain in the lower back and tightening of the buttock muscles. The legs should rest easily on the floor throughout. This movement is like swimming the breaststroke.

7. Beginning with a lengthening through the top of the head initiated in the pineal, sequence down through each gland to the heart bodies, rotating and reaching up through each in turn to lift the head high on the support of the forearms. (Fig. 8.22) Let the arm and shoulder muscles do as little work as possible; feel the spine lengthening up between the shoulder blades and the spine, rib cage, scapulae, elbows, forearms, and wrists support in turn, as the initiation sequences down through the glands from pineal to the heart bodies. Come to the floor again by rotating and reaching through each gland from the heart bodies to the pineal, then repeat.

8. From the "sphinx" posture, push back into the prepara-

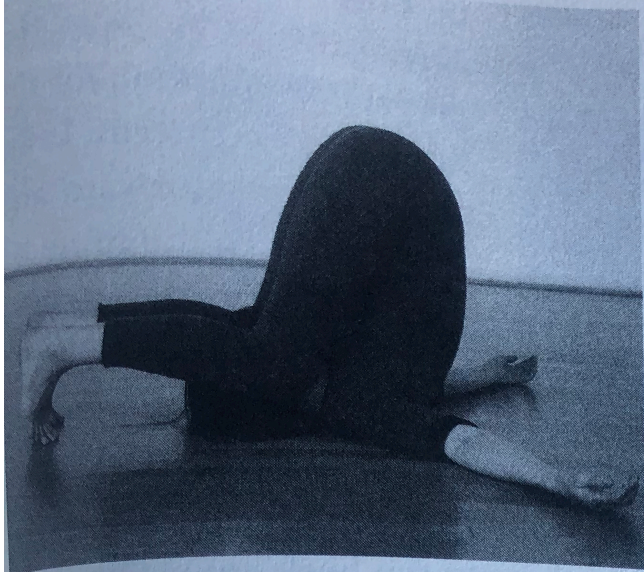


Figure 8.19 From this position the pancreas extends the legs out along the floor.



Figure 8.20 All glands in sequence from coccygeal body to pineal, and pineal to coccygeal body.



Figure 8.21
Thoraco body.



Figure 8.22
Pineal to heart body

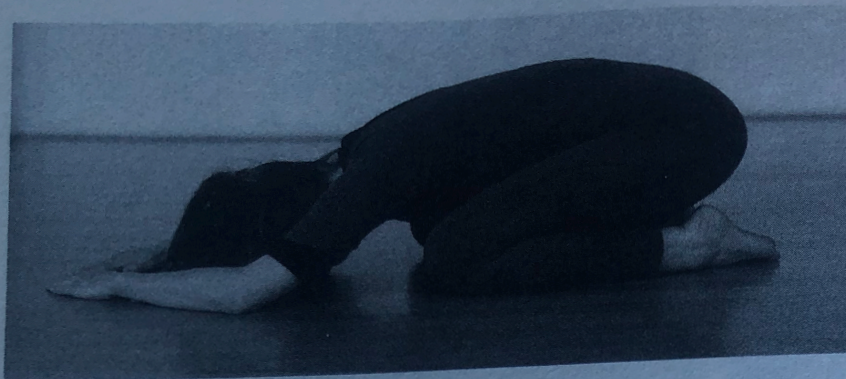


Figure 8.23
All glands sequentially,
from coccygeal body to
pineal.

the Spinal Push patterns in Chapter Three). Let the energy flow through all the glands, from coccygeal body to pineal, as you push forward onto the top of the head (Fig. 8.23); then from pineal to coccygeal body as you push back onto the heels again. (Fig. 8.24) The carotid bodies give additional support to the cervical spine in the push from the tail; the pineal grounds and supports throughout the whole movement sequence in the push from the head.

9. Reach the head and spine forward along the floor and up through the mamillary bodies onto the support of the hands, as in the Spinal Reach and Pull from the head (Fig. 8.25); then pull back onto the hands and knees, reaching through the coccygeal body. (Fig. 8.26) The pituitary supports the head in the movement backward. Pull all the way back into the starting position and repeat. Then, on hands and knees, rock forward and back by pulling

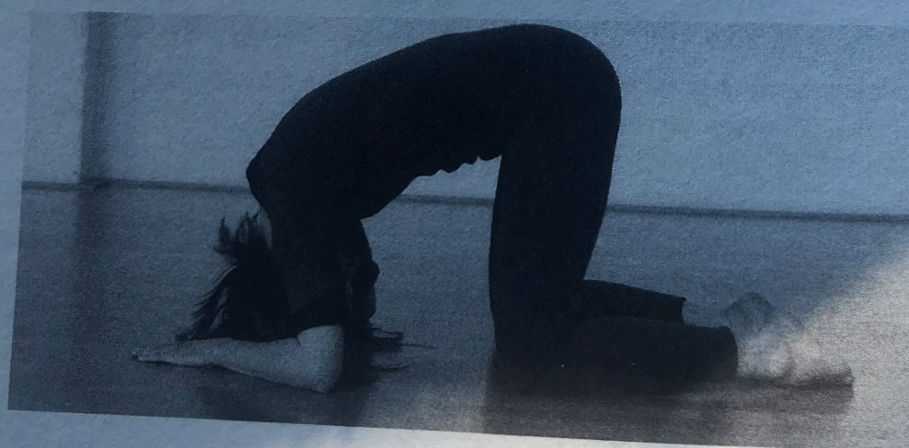


Figure 8.24
All glands sequentially,
from pineal to coccygeal
body.

towards the ceiling so that you come onto your hands and feet in a "triangular" posture. Push forwards from the feet to the head so that the body lengthens forwards, with weight on the hands,

8. From the "sphinx" posture, push back into the preparatory position for the Spinal Push patterns. Initiate a rocking forward and back through the spine by pushing from the tail, then head (see the description of

the Spinal Push patterns in Chapter Three). Let the energy flow through all the glands, from coccygeal body to pineal, as you push forward onto the top of the head (Fig. 8.23); then from pineal to coccygeal body as you push back onto the heels again. (Fig. 8.24) The carotid bodies give additional support to the cervical spine in the push from the tail; the pineal grounds and supports throughout the whole movement sequence in the push from the head.

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10. Through the coccygeal body, pull the tail up

towards the ceiling so that you come onto your hands and feet in a "triangular" posture. Push forwards from the feet to the head so that the body lengthens forwards, with weight on the hands,

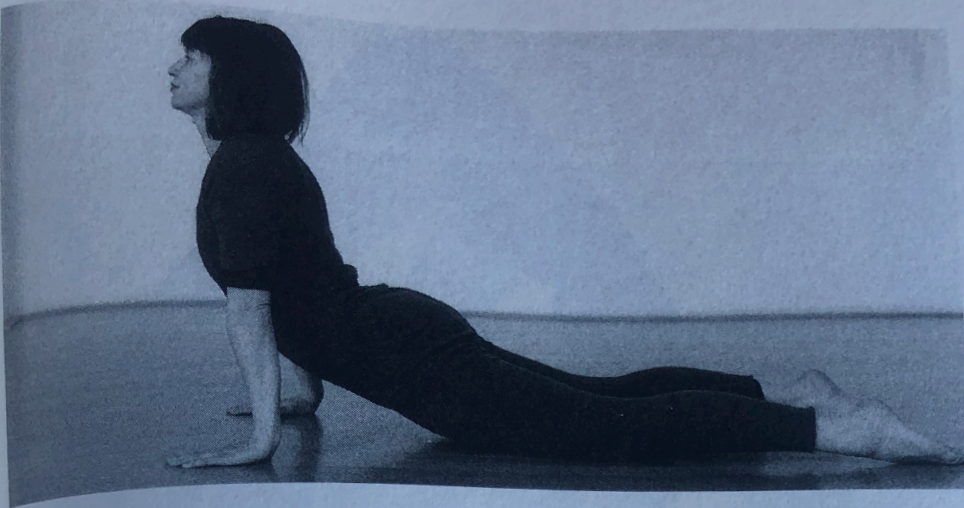


Figure 8.25
Mamillary bodies.



Figure 8.26
Coccygeal body initiates,
pituitary supports.

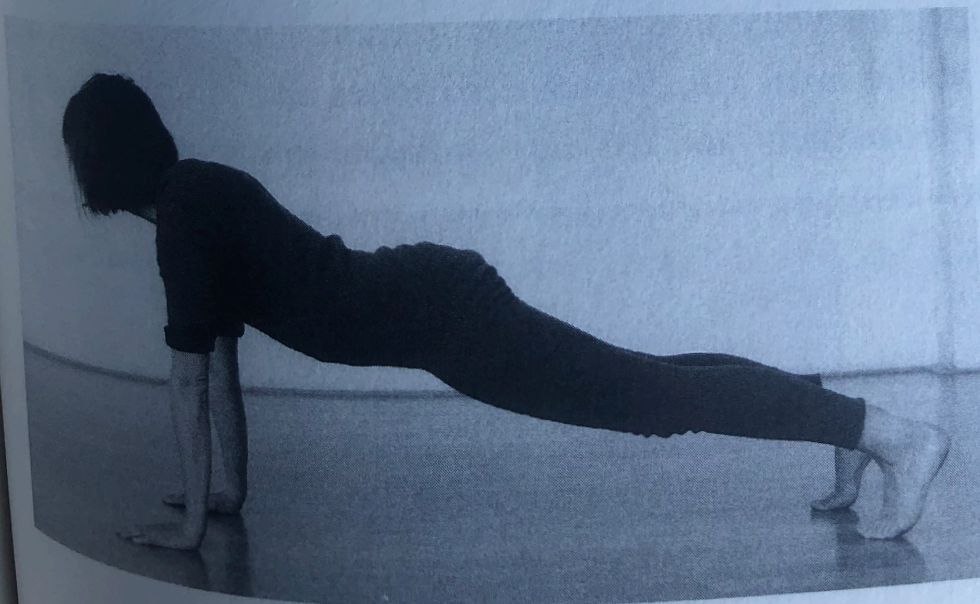


Figure 8.27 Pancreas