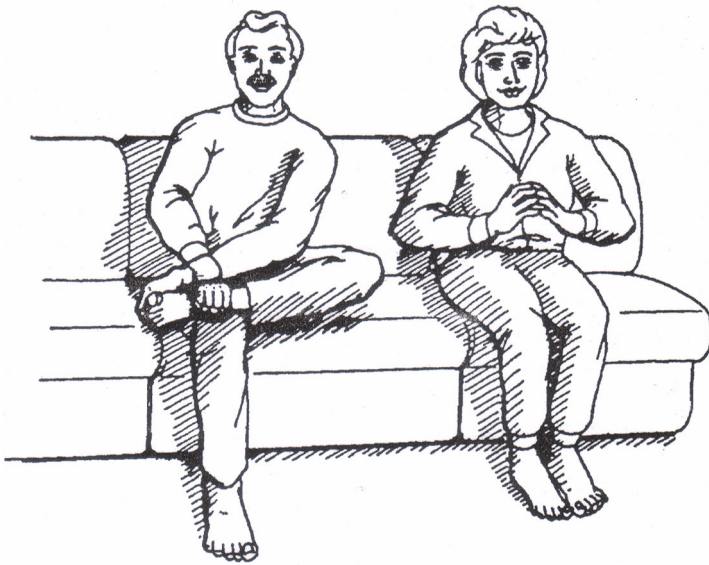


- **COOK'S HOOK-UPS**

This exercise connects all the energy circuits in the body at one time and gets the electrical energy in the body moving when it is blocked. The figure 8 pattern of the arms and legs (part1) follows the energy flow lines of the body. The fingertips touching (part 2) balances and connects the brain hemispheres.

- **PROCEDURE:**

Sit comfortably erect in your chair. Put your left ankle over your right knee. Next, hook your right hand around your left ankle. Then put your left hand over the ball of the left foot. (Some people will feel better sitting with the right ankle over the left.) Sit this way for one minute, breathing deeply, with your eyes closed and your tongue on the roof of your mouth. Uncross your legs (part2) and put your fingertips together, continuing to breathe deeply for another minute.



We do COOK's HOOK-UPS whenever we feel sad, confused, or angry. This cheers us up in no time. The activity is done in two parts. Grandpa is doing part 1. Grandma is doing part 2. First your left ankle over your right knee. Next, hook your right hand around your left. Then put your left hand over the ball of the left foot. (Some people will feel better sitting with the right ankle over the left). Sit this way for one minute, breathing deeply, with your eyes closed and your tongue on the roof of your mouth. During the second part, uncross your legs and put your fingertips together, continuing to breathe deeply for another minute.