

# The Flowing Motion (for Sitting or Standing)

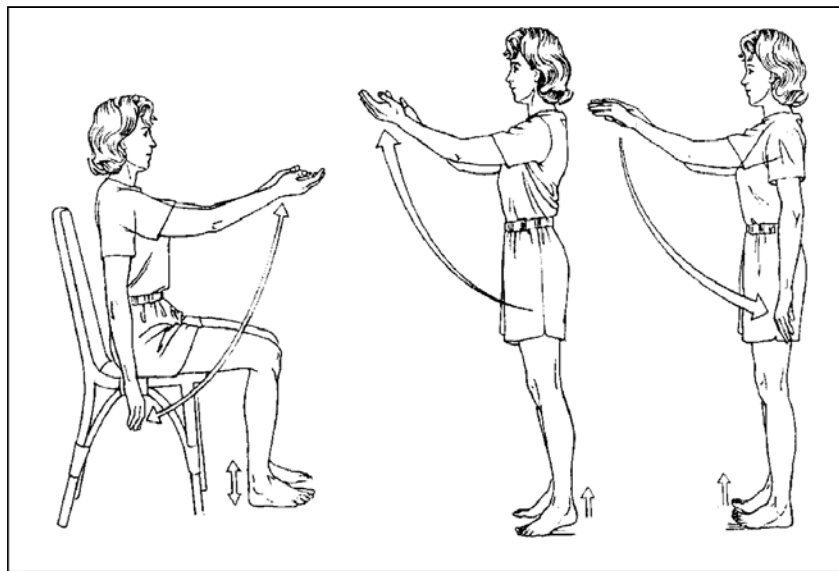
from *The Healer Within* by Dr. Roger Jahnke

Stand or sit in an upright position, and rest for a moment. Inhale slowly and turn your palms forward. Slowly lift your bodyweight onto the balls of your feet as you swing your arms forward and upward. The hands (palms up) and arms rise up to the height of the heart or shoulders, elbows just slightly bent. (Remember, do this movement in a way that is comfortable for you; you might be more comfortable sitting.)

Allow your mind to be free of concerns. Now, turn the palms downward, exhale, lower the arms slowly, and sink the body weight down so the feet are flat on the ground. When the hands pass the legs, allow them to continue to swing toward the back slightly. Lift your toes as high as possible.

Allow the breath to be full but not urgent. Deepen your relaxation. Turn the palms forward, begin to inhale, and repeat the movement. Build up a gentle rhythm. Soon, as you continue gently, you will gain a sense of ease, a flowing sensation. At both the tops of the arms swing and at the back of the swing there is a smooth turn of the palm to change direction, a gentle rounding motion.

If you feel unstable rising on the toes, then practice this method for some time with the feet flat on the ground. Eventually when you begin to do the heel and toe raises, this practice will help you to regain a sense of balance.



## Benefits:

The movement in this practice requires gentle activity of many of the body's muscles. This demands an increased production of energy, which gently accelerates the bloods' circulation of oxygen and nutrients. The oxygen, nutrition, and energy become available throughout the body as healing resources, aspects of the medicine within. The slow, relaxed pace reduces the constriction that the autonomic nervous system (the aspect of the nervous system that regulates organs) often causes in the blood vessels, so this lowers blood pressure. The deep breaths also cause the diaphragm to descend and compress the lymph-rich tissues of the organs and glands. This propulsion of the lymph carries toxins out of the body, as well as carrying the immune cells throughout the system. This is an excellent practice to help maintain or regain endurance in individual who have become weak or balance in older people.