



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Cook's Hook Up technique

(also known as Over Energy Correction and Tibetan Prayer Hold)



WHEN TO USE IT

- You feel an energy switch has been turned on and you can't turn it off
- You are feeling over charged with energy, can't calm down
- You are feeling agitated angry, or anxious and unable calm the feeling
- You are not able to go to sleep even though exhausted (unless from caffeine-- though it will still help you rest calmly)

COMMON RESULTS

- Calms your nervous system, bringing you back to a state of balance so healing can occur
- Brings relaxation
- Calms racing thoughts and emotions
- Flips off the "on" energy button, so inner peace, relaxation and sleep are possible

STEPS

- Place left ankle over the right one
- Put both hands in front of you, back to back
- Cross the right and over top of the left, interlacing fingers
- Fold clasped hands inward to rest on the chest
- Place your tongue on the roof of the mouth on the inbreath, then place it on the floor of the mouth
- Focus on your breathing (with eyes closed or open, if that feels better)
- Continue until there is a release which may be experienced as a sigh, a sudden feeling of relaxation, or deep yawning returns. This can take up to 10 - 15 minutes, especially if at night.

Notes:

Can do this either seated or laying down

