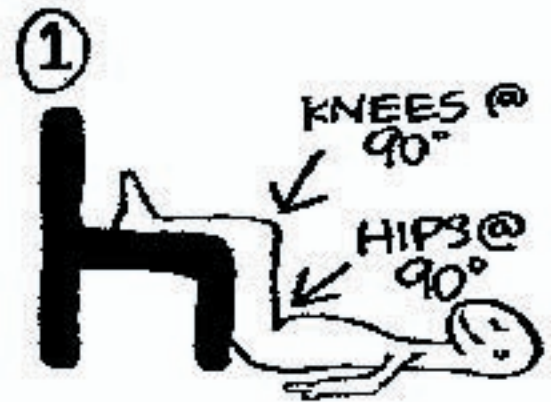
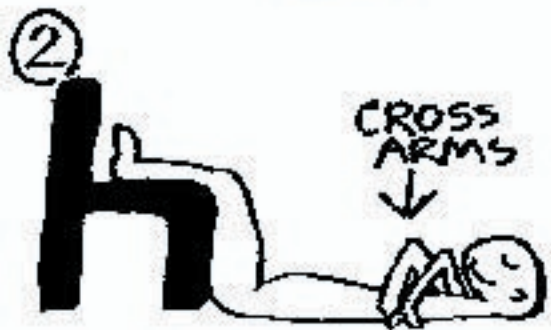


CONSTRUCTIVE REST POSITION

1. Lie down on your back on a padded floor with your calves rooting on a firm chair, sofa or bed that will bend your knees and hips at 90 degree angles. The 90 degree angle is KEY to this exercise to release and relax all the muscles attached to the spine.



2. Cross your arms over your chest. (Variation: cross arms over your eyes if you are prone to headaches.) This movement releases the muscles between the shoulder blades and spine.



3. Scan your body for any tension in your thighs or buttocks, and let it go. If you can't release it, make sure your knees and hips are at 90 degree angles. Use pillows or blanket to get the proper 90 degree alignment.

4. **VISUALIZATION:** Imagine in your pelvis there is a warm, clear ocean tidepool. It is a natural filtration system where cloudy, stagnant energy gets purified and transformed.

A. Focus on your breath. Let it be easy and natural as you breathe in and out from a still place in the center of your pelvic tidepool.

B. As you inhale see the ocean water gently swirling up from your pelvis to your head. On the way up, let the pure, warm water swirl into all the places where you hold tension. At the top of your breath, gently pause, and be aware of the gap that is there just before you exhale.

C. As you exhale, see the ocean water carrying all the tension back down into the pelvic tidepool where it is filtered and purified. At the bottom of your breath, gently pause, and be aware of the gap before you inhale again. In this GAP there is perfect health on all levels: physical, emotional, mental, and spiritual. It brings us into THE NOW, the present moment where peace and love abide.

D. To end, DO NOT do a sit up. DO hug your knees to your chest and log roll to one side and use your arms and legs to sit up.