

Dry Crying Exercise

Benefits:

To detoxify stagnant Lung Qi and release grief and sorrow

Intention and Focus

One of the key aspects of this exercise is the activation of the iliopsoas muscles. They are located in the lower back/waistline area deep within the pelvis. These particular muscles are associated with the storing and releasing of powerful emotions. As the iliopsoas muscles stretch, the body begins to resonate and shake from the pelvic cavity upward. This action can return you to a preadolescent state of energy, allowing you to detoxify deep-seated grief within the tissues.

Exercise

The following exercise allows you to experience full body resonance and to release deeply suppressed emotions.

- Stand upright and lift the chest upwards.
- Connect your thumbs and index fingers and bring them behind your back at the level of your kidneys.
- Keep your eyes open while looking up with head tilted back slightly.
- Open the mouth wide and breath through the mouth making a deep sound from the lungs.
- Continue breathing in through an open mouth.
- Breath in a series of nine and then bring the hands forward and touch the Earth, breathing out until ready to stand up again to either continue or finish.
- Repeat as many times as you can.

Use extreme caution so that you don't overextend the neck while doing the exercise.

NOTE: Good to do with a support person present until you are used to it.

