

JOHN CROSS,FCSP, DRAC: PROTOCOL TO STRENGTHEN BODY'S RESPIRATORY SYSTEM AND RESISTANCE CAPACITIES

Touch these points and areas in a connected manner during this two part practice. Massage is not necessary, rather focus on “holding” the spot without heavy pressure. Send loving kindness there at the very least! Don't worry what you might feel, whether or not you think you are connecting with qi. Actually, you're always connected with qi so not to worry. Your intention is the active ingredient here. If you have a warm, tingling or similar sensation, great, go for it! Feel free to use fingertips as well as your whole hands (especially palms). Do what feels good and right for you!

Do all points bilaterally, simultaneously or one at a time, unless of course, the point is on front or back midline of the body (or SP-16 – do only on left side in this instance). Accompanying illustration shows locations. Situate so you can be comfortable and sit or lay as needed. Tensions in the body and mind will detract from your purpose and results. Focus and intention with gentle holding, like a soothing hug. No forcing, no worry about how it “should” feel. If you're doing this solo, be comfortable and relaxed, do your best in this spirit. If you have a willing partner, take turns working on each other, one touching the points in succession while the other relaxes into the experience.

PART 1 THROAT CHAKRA AREA

1. LR-5 **up to 20 seconds**
2. CON-6 **up to 20 seconds**
3. CON-22 and GOV-14 **at least 2 minutes**

Hands will be front and back of where your neck meets your torso, attention placed right on the front & back midlines. You may lay down with arm supports as needed so you can relax into it, setting intention to relax the whole area. Make it meditative through gentle focus and intention.

4. LI-15 **up to 20 seconds**
Using attention and intention (focus and intention), connect these points with each other, left and right or connect one at a time with CON-22, whichever feels right.

PART 2 SACRAL, SOLAR PLEXUS AND SPLEEN CHAKRAS AREA

1. PC-3 **up to 20 seconds**
2. TE-4 **up to 20 seconds**
3. GOV-8 **up to 20 seconds**

If working solo, don't worry if you can't comfortably do this point, it's not critical and you can skip. Spend the time with intention at the point without actually touching it if you like.

4. CON-6 and SP-16 (*left side only*) **at least 2 minutes**
Hold these two points simultaneously with focus and intention to harmonize between them. Make it meditative.
5. Left SP-16 and CON-14 **at least 2 minutes**
Same as #4 with these particular points
6. CON-6 and CON22 **at least 2 minutes**
Same as #4, you are completing the whole session and linking Parts 1 & 2 of the protocol.

JOHN CROSS, FCSP, DRAC: PROTOCOL TO STRENGTHEN BODY'S RESPIRATORY SYSTEM AND RESISTANCE CAPACITIES

POINTS

<u>Leg</u>	<u>Torso</u>	<u>Back</u>	<u>Arm</u>
LR-5	CON-6	GOV-14	PC3
	CON-14	LI-15	TE-4
	CON-22	GOV-8	
	SP-16		

