

Empowering Radiance Energy Medicine

Jennifer James

www.empoweringradiance.com

778 863 4476

Triple Warmer (TW) rescue exercises:

Triple warmer is our fight/flight/freeze response from ancient times. Its main function is to keep us safe; its primary responsibility is survival. However in our ever-increasing hectic lifestyle TW is on over drive, actively firing all day. An over active TW can lead to allergies, autoimmune diseases, and anxiety.

These exercises help TW calm down and be less reactive going from survive to thrive:

Smoothing TW:

Place fingers at temples and sweep behind both ears and down to shoulders 3x's
On the last sweep rest hands on top of shoulders and take 3 deep breaths

TW/Spleen hug:

Bend your right arm at the elbow and place your right hand over your left lower rib cage where your spleen is located.

With your left arm bend at the elbow and cup your right elbow with your left hand.

Hold for at least 3 minutes

Reverse arms

Hold for at least 3 minutes

TW neurovascular hold:

Place left hand on the side of the left face with fingers on the temples

Right hand on the forehead

Hold for 3 minutes

Reverse sides hold for another 3 minutes