

CROSS CRAWL

Use this process to:

- Enhance mental clarity
- Improve physical coordination
- Motivate or increase energy
- Bring body into balance and harmony

Process:

1. Raise the left leg (with knee bent) and tap the top of the left knee with the right hand. Place foot back on floor, right arm moves back to side.
2. Raise the right leg (with knee bent) and tap the top of the knee with the left hand. Place the foot back on the floor, left arm moves back to side.
3. Continue to raise each leg one at a time, moving from the left to right knee, tapping the knee with the opposite hand. March in place tapping opposite hand to knee for several minutes.
4. As this movement is being made keep the head aligned straight ahead. Keep the face forward as the eyes focus upward and to the left corner, then upward to the right corner. Keep the focus in each corner for a few moments as the hands tap the opposite knees.
5. Now focus the eyes to the lower left and then to the lower right, once again keeping the face forward as the eyes move into the position, and marching and tapping the knees with the eyes in each location.

John Chitty and Mary Louise Muller. *Energy Exercises*, Polarity Press, 1990. (call John directly at 303-443-9847 to order this book)

Donna Eden, *Energy Medicine*. Jeremy Tarracher/Putman, 1998.

Kathy Pike, *Pathways to a Radiant Self*, PTR Publishing, 2003.