



## **SCULPTING YOUR BODY WITH *BALANCED ACCELERATOR* EXERCISE ROUTINES**

### **The *Balanced Accelerator BREATH***

We begin the first part of your program by using the essential “tool” of **deep breathing** that will completely oxygenate your body while bringing you into your “center” of balance.

At the moment of birth, the first food taken in by a baby is **oxygen** – not water or its mother’s milk. **Oxygen is our first and foremost food.** It is the first physical condensation of cosmic energy in an organic form, and is vital to the very essence of our life. It is the activator that **energizes** our **meridians** – those **energetic pathways** in our bodies that keep our organs functioning. Without oxygen, we don’t live.

The act of **breathing** – and the way in which you use your breath – directly affects the harmonious operation of your body’s nervous system, your brain’s capacity, and your respiratory and circulatory functions. This in turn activates the way in which your body operates energetically. Without adequate energy, you can bet you’ll be held hostage to sluggishness, lethargy, and possible weight gain! **Proper breathing** – and different ways of breathing – **can absolutely alter how your body functions.**

Whether you’re an **Accelerator** or a **Synthesizer**, becoming sluggish and lethargic usually causes people to breathe very shallowly, using only the upper part of the lungs, which has a direct negative impact on their health. To properly activate the body’s energy, the full capacity of the lungs needs to be utilized. You can do this by using the **Yogic Complete Breath**, which is shown on the following page. This **Yogic Complete Breath** can be used by both the **Accelerator** and the **Synthesizer Meta-types.**

Now, the **speed, depth, and length** of your breathing can help to increase or decrease your **metabolism**, influencing your body’s health and regeneration. The **faster** you breathe, the **faster** you **raise your metabolism** and your body temperature. The **slower** your breath, the **more you lower your metabolism** and your body temperature. These techniques are essential to help both the **Accelerators** and **Synthesizers** regulate their metabolism.

The **slower breathing** will help the **Accelerators** modify their more rapid metabolism, while the slower **Synthesizers** would use the **faster breathing techniques** to help raise their metabolism, thereby diminishing their tendencies toward sluggishness and depression.



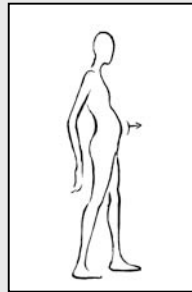
## BALANCED ACCELERATOR

META TYPE *Exercising Routines & Body Points Report*

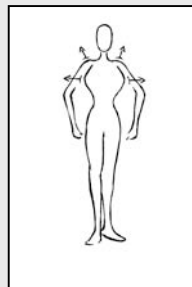
### **Yogic Complete Breath for Balanced Accelerators**

The first step is to work your abdominal muscles in a uniform **push-pull technique** to gain some definite movement in your stomach. Sitting or standing comfortably erect, push your abdomen out as far as you can, then contract it quickly and pull it in as far as you can. Do this repeatedly, **four or five times**, until you get the idea and feel the rhythmic movement in your stomach walls. To begin the **Breath**, follow the instructions below **in one continuous uniform movement**:

First, begin to **slowly inhale** your breath, while *simultaneously* **pushing out your abdomen** as far as you can – as you've just practiced. This allows the air to enter the lower part of your lungs, activating your digestive organs. A **must** for health and regeneration of your body.



Second, fill the *middle part of your lungs* by **pushing out the lower ribs, breastbone, and chest**. This lifts the chest, including the upper pairs of ribs.



Third, **slightly pull in the lower part of your abdomen**. This fills the highest part of your lungs, giving them support. Fill your lungs up with as much air as possible.



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### **The *Balanced Accelerator Breathing Technique – The “Peacemaker”***

Remember, as we’ve just discussed:

***Slower breathing*** helps your physical metabolism slow down, while slightly lowering your body temperature. This in turn helps to produce a tranquil and peaceful state, giving you clearer thinking, calmer understanding, and wider perceptions – it can even help you develop deeper insights!

***Deeper breathing*** harmonizes the balance between your metabolism and your organ systems. This enhances your emotional stability, increasing your confidence, producing more satisfaction within yourself – it can even help you develop more thoughtfulness towards others.

***Longer Breathing*** helps to stabilize your body temperature and coordinates the various functions of your more rapid metabolism. This helps to ***relieve anxiety***, giving you a more peaceful feeling, increasing your endurance, patience, and quietness. You’ll develop more objective and wider perceptions, with deeper understanding about yourself and others!

Now, practice the ***Balanced Accelerator Breathing Technique***, the ***“Peacemaker”***, before you start your ***Balanced Accelerator Exercises***.

### ***Balanced Accelerator Breath – “The Peacemaker”***

Using the ***Yogic Complete Breath***, ***very slowly and deeply*** inhale your breath – using a count of 10 to complete the inhalation. Retain your breath for a few seconds, then ***slowly*** exhale, taking ***three times as long*** to exhale as you did for the inhalation.

Do this very quietly for ***five to ten minutes*** in such a way that were you to visualize a turquoise silk scarf in front of your face, your breath would not make it move at all. This breath will bring you into balance and harmonize you physically, mentally, and emotionally. When done for a longer period of time, this breathing technique can lead to a deep meditative state, producing a deep state of inner awareness.



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### **BALANCED ACCELERATOR EXERCISES FOR DAYS 1, 3, & 5**

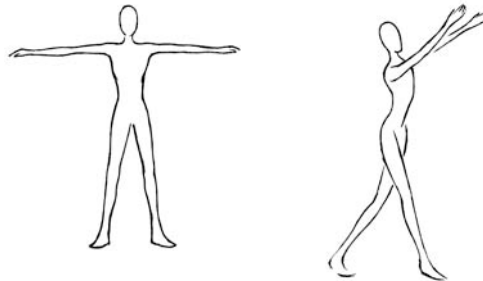
#### **Balanced Accelerator Breath - The "Peacemaker"**

**Calmly** and **quietly** sit in the special area you've chosen for your exercise and perform the **Balanced Accelerator Breathing Technique** on page 15 **for at least five minutes** before you exercise.

#### **Balanced Accelerator Warm-Up Exercises**

**Shoulder and Chest Stretch:** Opens the **chest meridians**, which stimulates energy, breathing, and proper elimination.

Standing comfortably, weight evenly distributed between both feet, bring your arms up to your shoulder height holding them straight out. Then begin swinging each arm *horizontally* in front of your chest alternating your arms each time you swing to the front. *Inhale* as your *arms cross in the front*, *exhale* as your *arms swing out to the side*. Do 18 times.



**Kidney Massage:** Tones the **waist**, opens the **hips, chest, and shoulders**; stimulates knee and ankle circulation.

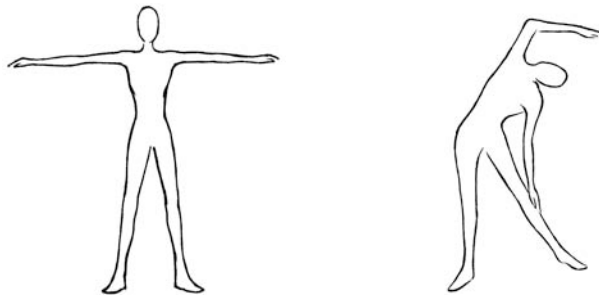
Still standing, spread your feet about 1 foot apart at the heels and slightly bend your knees as if you're *skiing*.



### **Balanced Accelerator Balancing & Calming Postures**

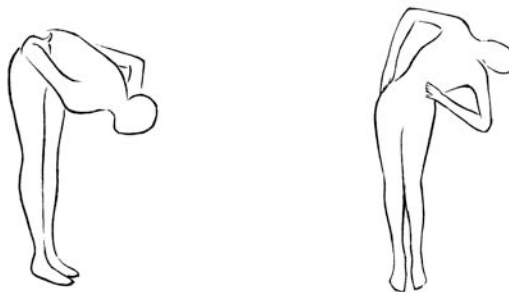
**Tall Triangle:** Tones and firms the area round the **waist, sides,** and **hips.**

In a standing position, place your feet about 2 feet apart or as wide as they can go. *Inhale* and raise your arms outstretched to the sides at shoulder level. *Exhale*, as you *bend to the left*, placing your *left hand* against your *left knee, calf,* or *ankle* (whichever is the easiest for you to reach), as your *right hand and arm* come up and over your head, parallel to the floor. *Inhale*, and bend your body *to the left* as far as it can go; keep your knees straight, your neck relaxed. Without a pause, *exhale* and straighten to the upright position. Repeat the exercise now *bending to the right*. Repeat 6 times.



**The Twist:** Firms the **waist** and **hips.**

Still in your standing position, put your heels together and place your hands on your hips. *Inhale* and bend forward as far as you can. As you begin to *exhale*, slowly *roll your body* to the *right* as far as you can – not bending it, but *twisting it*. *Inhale* and *roll your body* to a *backward position* as far as it can go; *exhale*. *Inhale* and *twist to the left*, going to the furthest point you can maintain, and *exhale* as you bring your body back to the beginning position. Now, reverse the process and *twist or roll* to the *left*. The bigger the circle you can make, the more inches disappear off your waist! Repeat 6 times.





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### ***Spinal Twist:*** Firms and tones the **waist**.

From your standing position, sit comfortably on the floor and stretch your legs straight out in front of you. Cross your *left leg* over your *right knee*, with your *left foot* firmly planted on the floor. Place your *left hand* firmly on the floor behind you for balance and *hold your left knee* with your *right hand*. *Inhale* while slowly *twisting your head and body* as far to the *left as possible*. *Exhale*, returning to the forward position. Repeat *9 times*. In a continuous movement, change over your legs and repeat the same exercise with your *right leg* over your *left knee*. Repeat *9 times*. Stretch your legs forward and relax.



### ***Leg Windmill:*** Tones the **waist, hips, and buttocks**.

From your sitting position, lay backwards until your back is resting comfortably on the floor. Stretch your arms out on the floor at each side, keeping them at shoulder height. *Inhale*, bringing your *right knee* bent up to your *chest*, then straighten your leg toward the ceiling. *Exhale* as you slowly bring your *right leg* over your *left leg*, touching the floor as high toward your head as you can possibly reach. Keep your shoulders on the floor. *Inhale* as you bring your *right leg* back up; *exhale* as you lower your *right leg* to the floor. Repeat with the *left leg*. Do this exercise *9 times*.





## **Strengthening and Balancing Your Beautiful Body with Balanced Accelerator Meta-Type Body Points**

We've talked about the difference between the *Synthesizers* and the *Accelerators* – the differences between their personalities, their preferences, and the ways in which they metabolize their food, all of which affect their ability to stay youthful and vibrant and achieve optimal health. The *Synthesizers* and the *Accelerators* have very different types of energy – either more of the slower *Yin regenerative energy* or more of the *Yang active energy*.

This energy runs throughout the body in regular patterns, as in "*rivers or streams*" that are called *meridians*. How effectively these meridians function is crucial to your health, since these meridians of energy activate your body's organs and systems. An obstruction *anywhere* in one of these energy flows can constrict or inhibit the energy in one specific part of your body or make it "overflow" in another. For instance, if there's a block in your *stomach meridian*, it will restrict the way in which you digest your food and, ultimately, affect your ability to reach optimal health and stay balanced mentally and physically.

There are *twelve main meridians, each of which corresponds to a particular organ system and endocrine gland*. Meridians and their associated organs run in pairs, based on either their *Yin* or their *Yang* function. For example, the *Yin lung meridian* is paired up with the *Yang large intestine meridian*. Along each of these meridians are certain *key areas* where the energy gathers and runs closer to your body's surface. These areas, called the *points* of the meridians, act as wells, or pools, that hold or store your energy.

Now, it's within *these points* that the energetic flows of the meridian can be influenced. For instance, the stimulation of these points can *unblock any obstructions* in the meridians and help *re-establish their proper energetic flow*. That, in turn, enhances *how your body will function energetically*. That means that you'll be able to achieve the strengthening and regeneration of your body, as well as reach a state of optimal health.

These points can easily be stimulated with gentle finger pressure in the form of massage. It is critical to realize that *each Meta-type has a set of points unique to its own specific type*. I find it best to have my clients *manipulate these points when they first get out of bed in the morning*. This helps correct any imbalance in their energies and prepares them for the day, and enables them to keep their bodies strong and balanced throughout their action-oriented day.

I also suggest that they *take five or ten minutes before going to bed* to massage their specific points again. Their bodies are then prepared to relax and regenerate during the night-time hours of peaceful sleep.



## Massage Technique for *Meta-Points*

1. Gently press against the point on the surface of your skin and **rotate it clockwise in small, circular movements** about 2 to 3 cycles per second.
2. Start with **one point at a time**. Then, when you've mastered the technique, you can simultaneously work two points at the same time, one with each hand.
3. You can spend **from one to five minutes** on each point, depending on your desire or choice.
4. **Don't** dig in deeply and hurt yourself. Generally, **light-to-medium pressure** will suffice.
5. You may find that one or two of your points are **sore or tender**. That could indicate an energy block or weakness in the associated meridian. **Just work gently and slowly**. The tenderness will soon disappear, and your energy will once again flow unobstructed.
6. If you find it difficult to massage any of the points on **your back**, use a small piece of dowling or an eraser top on a pencil – or even roll on a small ball lying flat on your back to stimulate the specific area.





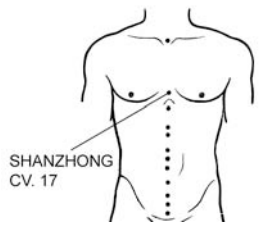
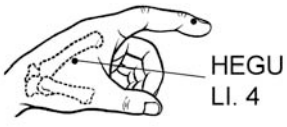


# BALANCED ACCELERATOR

## META TYPE *Exercising Routines & Body Points Report*

### **Balanced Accelerator Meta-points to Balance the Thymus and Stimulate the Pancreas**

Remember, your most effective gland is the thymus, and your least effective gland is the pancreas. As shown in the tables below, as a **Balanced Accelerator**, your thymus is governed by several points on the **Large Intestine, Lung, Conception, and Heart meridians**. Your pancreas is regulated by points on the **Liver, Spleen, Kidney, and Triple Warmer meridians**.

#### **Four Balanced Accelerator Thymus Stabilizing Points**

<b><u>Name and Number</u></b>	<b><u>Important For</u></b>	<b><u>Location</u></b>	<b><u>Illustration</u></b>
<p><b><u>Shanzhong</u></b> (Shan Zhong 'Center of Chest' 'Center of Smell')</p> <p><u>Conception Vessel 17</u></p>	<p>Balancing <b>thymus gland</b> activity. Opens up the energetic pathways between the upper and lower body energy levels. All the <b>qi or energy</b> is concentrated at this point</p>	<p>Located at the middle of the chest between the two nipples</p>	 <p>SHANZHONG CV. 17</p>
<p><b><u>Hegu</u></b> (Ho Ku) 'Meeting Point of The Valleys'</p> <p><u>Large Intestine 4</u></p>	<p>Balances the <b>thymus</b> and immune system by acting as the 'Source' point for the immune system's large intestine meridian</p>	<p>At the highest spot of the muscle when the thumb and index finger are brought close together</p>	 <p>HEGU LI. 4</p>
<p><b><u>Lieque</u></b> 'Series of Vacancies'</p> <p><u>Lung 7</u></p>	<p>Harmonizes the <b>thymus</b> and immune system by acting as the 'Connecting' point linking the immune system's meridians - the lung and large intestine - together</p>	<p>On the edge of your arm that is next to the body when hanging down by your side - about 1 ½ inches above your <i>inner wrist crease</i> on the edge of your inner arm, just above the wrist protuberance in a small depression</p>	 <p>LIEQUE LU. 7</p>
<p><b><u>Shenmen</u></b> 'Gate of the Gods' 'Gate of Heart' 'Gate of Mind'</p> <p><u>Heart 7</u></p>	<p>Soothes and balances the <b>thymus gland</b></p>	<p>On the outside edge of the inner wrist in the depression where the hand meets the wrist</p>	 <p>SHENMEN H. 7</p>