



MIXED SYNTHESIZER

META TYPE *Exercise Routines & Body Points Report*

SCULPTING YOUR BODY WITH **MIXED SYNTHESIZER** EXERCISE ROUTINES

The Mixed Synthesizer 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.



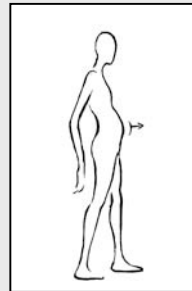
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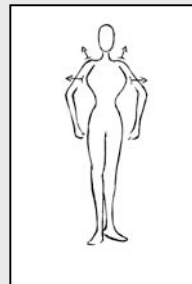
Yogic Complete Breath for Mixed Synthesizers

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 Mixed Synthesizer Breathing Technique – The “Energizer”

Remember, as we’ve just discussed:

Faster breathing increases your body’s metabolism, while slightly raising your body temperature. It helps to **energize** and **excite** your nervous system. You will also develop more objective observations about yourself and your surroundings.

Deeper breathing harmonizes the balance between your metabolism and your organ systems, which in turn helps to increase your emotional stability and your confidence and helps to produce more faith and satisfaction within yourself.

Shorter breathing helps to speed up your metabolism and increases your body temperature. It also serves to energize your mind and will help stabilize those frequent changes of images and thoughts you have within yourself.

Now, practice the **Mixed Synthesizer Breathing Technique**, the **“Energizer,”** before you start your **Mixed Synthesizer Exercises**.

The Mixed Synthesizer Breath – The “Energizer”

Using the technique of the **Yogic Complete Breath**, **rapidly and deeply** inhale your breath through your nose. Retain your breath for just a few seconds, then **quickly** exhale your breath, taking **two times longer to exhale** than was the duration of the **inhalation!**

Do this smoothly for **five to ten minutes** in such a way that were you to visualize a **red** silk scarf in front of your face, it would **flutter quickly** as your breath moves in and out. This breath will accelerate the balance between your physical, mental, emotional and spiritual functions. It will also will help you develop your confidence and will enable you to release any physical, mental, or emotional stagnation you’ve been holding.



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MIXED SYNTHESIZER EXERCISES FOR DAYS 1, 3, & 5

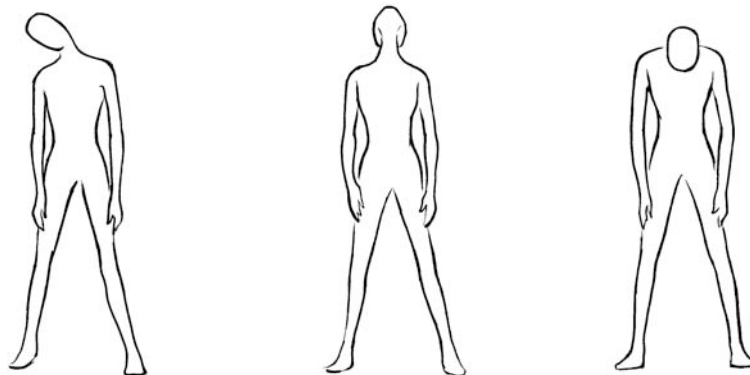
Mixed Synthesizer Breath - The "Energizer"

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

Mixed Synthesizer Warm-Up Exercises

"Head Rolls": Stretches and opens **neck muscles**.

Standing comfortably, put your feet about 2 feet apart, shoulders relaxed, stomach and buttock muscles tightened, arms at sides. Inhale, rotating your head to the right stretching the left side of your neck; exhale and hold for a count of 5. Inhale, rotating your head to the back; exhale, and hold for a count of 5. Inhale, rotating your head to the left, stretching the right side of your neck; exhale and hold for a count of 5. Inhale and drop your head forward stretching your chin to your chest, exhale for a count of 5. Repeat the same procedure turning in the opposite direction. Repeat 3 times to the left and 3 times to the right.



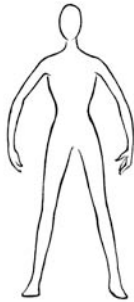


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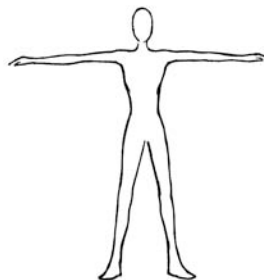
"Side Stretches": Stretches the muscles in **your upper body**.

Still standing comfortably with your feet about 2 feet apart, shoulders relaxed, arms at your sides. Inhale as you open your arms, extending them out to the sides, bringing them up to your shoulder height and over your head; exhale. Inhale as you reach your right arm up toward the ceiling as far as you can; exhale as you hold for a count of 5. Inhale as you then reach your left arm up toward the ceiling, reaching as far as you can. Exhale, and hold for a count of 5. Repeat each reach 6 times.



"Leg Stretches": Opens your **lower back, hips, and legs**.

In the same beginning stance as in your previous warm-up, inhale as you bring your arms up to shoulder height. Exhale and keep your arms at shoulder height as you bend straight forward, stretching your chin outward; push your buttocks to the ceiling. Inhale and "bounce" the small of your back in little "bobbing" motions for a count of 10 as you exhale. Inhale and return to the beginning stance; exhale. Repeat 5 times.





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Mixed Synthesizer Exercises

"Waist Thinner": Thins and tones **the waist**.

Stand erect, feet apart about 1 foot, stomach and buttocks muscles tight, hands and arms crossed in front of your chest, palms facing your body and *inhale*. *Exhale*, reaching *out and down* with your *right hand and arm*, pulling yourself down to the floor as far as you can go, letting your *left elbow* bend up as far as it can go. *Inhale*, coming back up to the beginning position. (Do not let your upper body pull you forward.) Repeat for 20 counts. Then change to the *left side* and repeat for 20 counts.



"Stomach Slimmer": Tightens, tones, and strengthens **the stomach**.

Sit comfortably on the floor. Then lie on your back, bending your knees with your feet flat on the floor. Keep your feet and knees parallel and about 1 foot apart. *Inhale* as you bring your hands up behind your head, with your elbows out to the sides. *Exhale*, *lifting your head and upper back* off the floor as far as you can reach, keeping your stomach muscles tight. *Inhale* as you *lower almost to the floor* - but don't touch the floor. *Exhale* and lift again. Repeat 20 times.





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Strengthening and Balancing Your Beautiful Body with *Mixed Synthesizer 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.




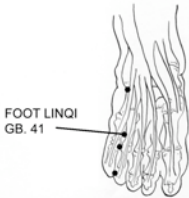
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The Mixed Synthesizer Meta-points to Balance the Sex Glands and Stimulate the Adrenals

Remember, your most effective glands are the sex glands and your least effective gland is the adrenals, which govern how you create energy in the body. As shown in the tables below, as a **Mixed Synthesizer**, your sex glands are stabilized by several points on the **triple warmer, gall bladder, liver,** and **conception meridians**, while your adrenals are stimulated by several points on the **governor, bladder, small intestine,** and **kidney meridians**.

Four Mixed Synthesizer Sex Gland Stabilizing Points

<u>Name & Number</u>	<u>Important For</u>	<u>Location</u>	<u>Illustration</u>
<p><u>Waiguan</u> ‘Outer Gate’ ‘Conserver of Yang’</p> <p><u>Triple Warmer 5</u></p>	<p>Balances the Yang and Yin energies within the body</p> <p>This is a main point of a special meridian that especially balances the production of the sex hormones called Yang Wei Mai (The Yang Regulating Channel)</p>	<p>About 2 inches above the <u>outer wrist</u> crease on the <i>outside</i> of your arm between your two arm bones</p>	
<p><u>Foot Lingqi</u> or <u>Tsu Lin Ch’i</u> ‘Foot Above Tears’ ‘Foot Just Before Weeping’ ‘Lying Down to Weep’</p> <p><u>Gall Bladder 41</u></p>	<p>This is the exit or last point of the special Yang Wei Mai meridian</p>	<p>On the <i>top</i> of your <i>foot</i>, in the <i>depression</i> just in front of the junction where the little toe and fourth toe meet</p>	
<p><u>Zhangmen</u> ‘The Gate of Law’</p> <p><u>Liver 13</u></p>	<p>A powerful balancing point for the ovaries and testes and is the meeting point of all five of the Yin or parasympathetic organs</p>	<p>On the free end of the 11th rib</p>	