

# Balanced Hook Up

Developed by Wayne Cook, as taught by Donna Eden – [www.learnenergymedicine.com](http://www.learnenergymedicine.com)

- Place left ankle over the right ankle
- Put the right hand on center of chest and the left hand on top or put the right wrist over the left wrist and put palms on thighs.
- Place your tongue on the roof of the mouth on the in breath, then rest it on the floor of the mouth with a long out breath
- Focus on your breathing until you feel calm (2 to 15 minutes)
- Connect all fingers at the tips, put thumbs between eyebrows, take three slow breaths in through the nose, out through the mouth

