

Find Your Flow

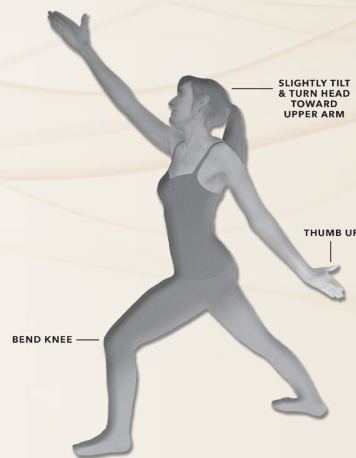
B.E.S.T. Resources
from Dr. Sue Morter

mPower Step Position

1. Step forward with your left foot, bend front knee.
2. Raise your right arm over your head and forward, thumb pointing up.
3. Move your left arm behind you, back and down, thumb pointing up.
4. Tilt your head right toward the lifted arm.
5. Close your left eye.
6. Breathe deep in the belly and cultivate the feeling of love.
7. Squeeze the lower pelvic muscles (mula bandha).
8. Squeeze the heart, constrict the throat.
9. "Open" the bottom of the feet and palms of the hands.
10. Keep thumbs of both hands turned up and squeeze between the shoulder blades, lifting the heart.
11. Squeeze the upper thighs together as you breathe. Let it feel good.
12. Look at the raised thumb, and "pull" your consciousness back "behind the eye" that is looking.
13. Breathe up or down the central channel to the belly and out the other end. Do this in both directions.
14. Step forward with your right foot and raise your left arm. Repeat the entire process.
15. Switch sides and repeat the mPower Step once more in each direction.

B.E.S.T. Release

1. Test for Strength / Weakness (name)
2. Envision Frontside Intention
3. Muscle Test for Weakness
4. Test for the Word, Find Weakness
5. mPower Step with Anchor Points
6. Embrace the Intention / Word / Cultivate Feeling of Love / Breathe Central Channel
7. Retest Word, Retest Intention



B.E.S.T. Release Chart:

Fear
Anger
Love
Sadness
Enjoyment
JUDGMENT

"I forgive and embrace any interference that _____
has caused as it relates to my intention."

