



**COOK'S HOOK-UP**  
**aka THE OVER-ENERGY CORRECTION**

- Helps people to relax and feel calmer, especially indicated for any over-energy state:
    - e.g., anxiety, anger, agitation, confusion, lethargy, etc.
  - Brings balance to the body and the brain.
  - Helps with thinking, concentration, memory, and other cognitive tasks.
  - Helps with insomnia.
1. Place left ankle over right.
  2. Place arms out in front with thumbs down and backs of hands touching.
  3. Bring right hand over left.
  4. Clasp fingers, fold hands and arms in and rest on chest.
  5. Breathing in through nose, rest tongue half inch behind top front teeth. Breathe out through nose, tongue drops down from roof of mouth or breath out through mouth, depending on your preference.
  6. Breathe for one to two minutes, or until you feel yourself relax.
  7. Unwind arms and feet.
  8. Do the opposite side by placing right ankle over left, left hand over right and fold arms into chest. (See which side feels better, if preference stick with that side, if not do both sides)
  9. Breathe as above through nostrils or in through nose and out through mouth.
  10. Touch fingertips together and try to feel your pulse.