



## The Body's Way to Fluid Joints

Your body is wonderfully designed, and neurologically encoded to move as a whole unit. However, to move your whole body in synchronous and harmony, you must have proper mobility and stability in each joint.

Excessive muscle tension in joints reduces mobility, but insufficient muscle tension reduces *stability*. Optimal muscle tension and movement range in all 13 major joints balances the flow of energy throughout your entire body. This is your first lesson on getting to know *Your Own Body's Way*. No following lesson will be more important than this one.

Here's the best, easiest way to ascertain the degree of health of all 13 of your major joints. Simply stand up and move each joint separately to determine which joints move properly, and which feel too rigid, or too lax.

Do all of your movements within your own personalized time frame, and in your own style – a practice that we refer to as “natural time.” Always seek pleasure and feel good feelings.



### Here are the Movements

1. Left Ankle – flex, extend, and circle your foot.
2. Left Knee – bend and extend your lower leg.
3. Left Hip – circle your thighbone around and around.
4. Left Wrist – flex, extend, and circle your hand and fingers.
5. Left Elbow – bend and extend your forearm.
6. Left Shoulder – circle your upper arm bone around and around.
7. Spine – bend to both sides and to the front and back, and twist left then right.
8. Right Shoulder – circle your upper arm bone around and around.
9. Right Elbow – bend and extend your forearm.
10. Right Wrist – flex, extend, and circle your hand and fingers.
11. Right Hip – circle your thighbone around and around.
12. Right Knee – bend and extend your lower leg.
13. Right Ankle – flex, extend and circle your foot.

Now ask yourself, which joints felt good?

Which felt strong?

Which felt too tight?

Which felt too loose?

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