



ASCEND
Healing Arts + Mystical Gifts

Recommended by Edgar Cayce Readings...

Breathing exercises for purifying the body

The left nostril is the spiritual, or the easing; the right nostril is the strength. Two to three times through each nostril is the better way for the expansion of the lungs and for purifying circulation. Keep balanced.

Breathe IN through the nostril, OUT through the mouth.

Exercise is always best when done in the outdoors (open air activity).

Walking is the best exercise for the body. Also bicycling – either stationary or in the open.

Upon arising from bed, stand erect before an open window, breathe deeply; gradually raising hands ABOVE the head, bending head back as far as it can go, and then with the circular motion of the body at the hips, bend forward; breathing deeply IN through the nostrils as the body rises on the toes, exhaling suddenly through the mouth. After a few of these, then do the alternate breathing exercise (as stated on previous page, closing off one nostril, and then the other).

For feet & muscular strength – Rise upon toes twice daily (upon awakening & bedtime). Raise arms, rocking back and forth on the heel and toe. Gradually, as the body rises up, raise the arms high also.

No better exercises may be taken than the stretching exercises (cat stretching, including doing the split, being able to put the head on the feet, to put feet behind the head, to do head & neck exercises. Good for varicose veins, low blood pressure, fallen arches, eyes, ears, posture, abdominal circulation, elimination/-constipation/hemorrhoids, etc.

“Activity is the key to understanding.”

Use DEEP BREATHS for all exercise...inhaling through the nostrils, exhaling out of the mouth.

PRE- EXERCISE: Imagine seeing STRENGTH filling your central nervous system from the tips of your toes to the pineal gland at the crown of your head. If need be, this can be done by envisioning white light filling your body. HOLD, and focus on it for a few moments.

JANGLE – Begin bouncing on your toes (do not come down on your heels), and shake hands beside you. Inhale deeply, raising your shaking hands and arms to the sky. Then exhaling, lower them back to your sides (still shaking). Do this three times.

Removes blockages from the meridian system

Throws off metabolic wastes and has it moving through the lymph system, allowing the body to cleanse itself naturally



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HEAD & NECK EXERCISE – Rotate head (dropping head forward, then circulating slowly to the right) x 3. Reverse rotation to the left x 3.

Stand/Sit erect, then tilt chin up, bending head backward / then erect x 3. Then bend head forward x 3. Keep shoulders stationary throughout exercise, firm but gentle movement. Tilt head to left shoulder then erect x 3. Tilt head to right shoulder/erect x 3. Look over left shoulder, tilt chin up and bring head up and around to face front x 3. Do the same over right shoulder x 3.

Helps circulation in a way that brings fresh blood to nourish the glands, helping the body remove toxic material that gets accumulated in the neck/head.

Strengthens nerves and muscles along the spinal column; purifies circulation through soft tissue

Strengthens eyes (improves vision); strengthens auditory system (improves hearing, even ear wax)

Drinking water before this exercise is likened to charging a battery (charges the body).

ALTERNATE BREATHING –(An ancient form that comes from yoga) Close left nostril with left finger; breathe “Strength” in deeply while going up on toes, raising right arm to the sky (to expand lungs). Hold briefly. Bend forward and exhale sharply out mouth while bringing right hand down and toward toes. Do 3-6 reps. Reverse sequence, inhaling “Balance” through left nostril (holding right nostril closed with right finger, then bending forward, exhaling sharply out mouth, bringing left hand down toward toes). Keep in mind you’re awakening your endocrine system.

Helps your endocrine glands open as a system, which leads to an easing and calming effect for the whole body. (Your body acts like a giant pump).

☑ Mechanically helps the lymph move throughout all parts of the body to the heart so that it can be processed to the organs of elimination.

Best for spiritual and mental benefit. If you do this exercise consistently, day after day, will notice a certain exuberance in the body.

Strengthens both respiratory forces and muscular forces, purifies circulation
Helps the superficial circulation (the exterior of the body) coordinate better with the deeper hepatic circulation (where blood communicates with the liver, kidneys, heart and lung. This gets out of balance and can affect our body temperature and how well we’re functioning.