

Push Down Exercise

to aid healing – relax – raise a low sodium to potassium ratio – to ground a person

taken from the article by Dr L Wilson

1. Never force anything. It is never necessary or helpful. Make the effort to do the exercise, but once you are doing it, do not force any type of results or changes to occur.

2. Always place your attention at your feet, or slightly below your feet. Never put your attention on your forehead. Keep your attention down at your feet or up to 30 inches or 75 centimeters beyond the bottoms of the feet. Then you will relax and not get a headache. Toe breathing helps this, and is described a little later in this article.

3. Schedule the pushing down exercise. Do not try to fit it into your day without scheduling it. It is too easy to forget it.

4. Do not speak commands or affirmations. Some clients want to speak certain words, prayers or affirmations while doing the pushing down exercise. Do not do this. It tends to weaken the exercise a little.

Do not say “I command the energy to go downward”, for example. Instead, silently visualize energy moving from your head toward your feet and down to 30 inches or 75 centimeters below your feet.

5. Ignore phenomena that may occur. You may hear sounds, or see a light, at times. Occasionally, there may be a tingling or other sensation.

Ignore the sensations! They are not important or even significant. Moving the energy downward is what matters.

6. Push downward only, and never in any other directions. For instance, do not visualize energy flowing in a circle from the head down the front of the body and up the back. Just visualize energy moving downward. This is the safest and best way to do the exercise.

Never move energy sideways, or at an angle. This is dangerous. Some clients ask if they may move the energy into their liver, shoulder, fingers, or somewhere else.

The answer is yes, but only if it moves straight down from the head.

7. If you fall asleep, do not get upset. Just continue when you wake up. You must have needed the sleep.

When. Morning is excellent because the body is rested. During the day is also very good. In fact, any time is excellent except bedtime. Doing the exercise at bedtime won't work because you will fall asleep. *Sleep is the enemy of the pushing down exercise.*

Some clients do the pushing down exercise at night to fall asleep. This is fine as a sleep inducer, but it doesn't count as time doing the exercise.

If you awaken at night and cannot fall asleep, do it then. The more the better.

Where. You will need a quiet, safe and comfortable location. A comfortable chair with a straight back is very good. Some people use a recliner chair. Many prefer to lie down on their bed or on a sofa.

How often. Do the exercise every single day. Try not to skip days. You may do it several times daily. More is better and you cannot overdo on this exercise. (It is easy to overdo on most other meditative exercises.)

For how long. Longer sessions are best, such as an hour at a time. However, any time spent doing the exercise is excellent. This is **not** true of many other meditative practices that can be habit-forming.

When can I stop doing it? Whenever you wish. However, the longer that you do this exercise, the more you will develop yourself and your health will improve greatly. If possible, make it a life-long spiritual practice that is part of your life path.

Body position.

Sitting. You can sit against a wall or cushion, or on a straight-backed chair. Make sure it is comfortable. You need not cross your legs Indian-style. Having them just straight down in front of you is fine.

NOTE: If you do the exercise sitting down, the energy will move downward from your head to your pelvis. Then it will angle forward a little toward the feet. In other words, the energy does not make sharp bends at the pelvis and the knees.

Lying down. Many people like doing the exercise in bed or on a soft carpet on the floor. Be sure you are comfortable. Do not use a pillow under your head. Many people like covering up with a sheet or blanket.

Walking and other ways. You may do the exercise while walking slowly. Have your eyes about half closed so you do not walk into objects. You could walk in a shopping mall for safety, or on a straight sidewalk, perhaps with a friend. Walking on rough ground is more challenging.

THE EXERCISE

Sit or lie down comfortably. Close your eyes. Some do the exercise with eyes open, but it is easier with eyes closed. Eventually, you will be able to do it with eyes open.

Keep your eyes focused straight ahead. Do not roll your eyes up into your head, and do not strain in any way. Also, keep your shoulders down at all times. Do not let them ride upwards or twist.

Now use your mind to move a subtle energy into your head from above, and down the entire body to the feet. This is the entire exercise. Do not embellish it in any way.

STARTING THE MOTOR OR CRANKING THE ENGINE

Imagine that you are starting your car. You turn the key and the motor turns over. That is what you are doing with the pushing down exercise. You are cranking the engine again and again and again.

If you do this faithfully for years, eventually the engine will start and you will live a long, healthy life. This is the best analogy for this exercise. Please read this over and over until it is perfectly clear to you.

ADDITIONS TO THE EXERCISE

Toe breathing. A powerful addition is to imagine breathing in and out through your toes. It keeps your attention focused on your feet, which is where it is supposed to be at all times.

The spinal twist. As part of the pushing down exercise, every five to ten minutes or so turn your head from side to side and do the [Spinal Twist](#). You will hear it click and pop a little, and this is good.

Spine bend. Also, bend your spine to the right and to the left every five minutes or so. This will also cause some clicking and popping in your spine.

To do this, move one shoulder upward while you move the other shoulder downward. This will tend to pull your spine to one side. Then switch and reverse the directions of the shoulders, and it will pull your spine to the other side.

For this exercise, look straight up at the ceiling if you are lying down or look straight ahead if you are sitting. Twisting your neck while bending the spine can strain the muscles in your neck.

Emptying the mind of thoughts is also very helpful. Do not wallow in thoughts or feelings that will arise while you are doing the exercise. Just observe them, and let them go. Watch them as one would watch a cloud in the sky pass by and disappear. It does not matter if they are amazing, horrible, scary, romantic, sexy or anything else.

THE FOUR STAGES OF THE PUSHING DOWN EXERCISE

- 1. The start.** This lasts about 5-10 minutes. The mind is usually quite active and chaotic.
- 2. Beginning.** This lasts 20-40 minutes. The mind relaxes during this stage.
- 3. Deeper.** This stage lasts from about 40 up to 90 minutes. The mind gets quiet at this time.
- 4. Final.** This stage usually begins after about 90 minutes or a little sooner. It is a time of coherence or a passive mind. Some people can identify as the energy moving through, instead of identifying as the body.

III. HELPFUL VISUALIZATIONS

These visualizations can help tremendously to have fun and to do the pushing down exercise better. There are many of them because each person may prefer a different one. Please try many of them to see which are easiest and most enjoyable for you.

PULLING DOWN VISUALIZATIONS

With this group of visualizations, you imagine *pulling* the energy downward, rather than *pushing* it downward.

Examples of pulling down images are:

The gown. For women, imagine someone is helping you put on a very tight evening gown. Imagine it is extremely tight! As a result, it pulls every bit of you downward as it goes on.

The magnet. A huge magnet is below your feet, pulling on you with great force.

The vacuum cleaner. An industrial strength vacuum is below each of your feet, sucking everything out of you and downward.

The wind tunnel. A wind tunnel is a device used to test aircraft design. It is an enormous fan and blows air from your head to your feet at over 500 miles per hour - and you are caught inside it.

The tight jeans. You are having trouble taking off your tight jeans. You get two friends - one at each leg, to pull down as hard as they can to try to get them off.