

The Morter March (M Power March)

The Morter March is an exercise that improves neurological balance and re-times internal communication by extending large muscle groups and their joints through a full range of motion.

Here's how you do it:

1. Stand comfortably erect, alert yet relaxed.
2. Take an extended step with your left foot, keeping your back (right) foot firmly on the floor. Stretch just far enough forward with your left foot so that you can keep the heel of your back (right) foot on the floor.
3. As you extend your left leg, raise your right arm to about a 45-degree angle. Your left arm will automatically move back to help you balance. Stretch your left arm downward behind you at about a 45-degree angle. Your position at this point is left leg and right arm stretched forward, right leg and left arm stretched back.
4. Now, turn your head toward the side of the extended right arm, close your eyes, look up, and s-t-r-e-t-c-h. While you are in your extended position, take a deep breath and hold both your breath and your position for 5-10 seconds.
5. Exhale and repeat the exercise with the opposite leg and arm. Repeat the sequence 3 - 4 times (or less if you become tired).
6. Do this Morter March "workout" twice a day.



Summary Feeling Chart: FALSE Judgement (Fear, Anger, Love, Sadness, Enjoyment, Judgement)

B.E.S.T. Release

The purpose of BEST Release is to test and update subconscious beliefs that are not congruent with the patient's written (conscious) beliefs.

Start with Muscle Testing:

1. Face your partner and have them raise their dominant arm out to the side horizontally with their hand open and palm facing downward. They should be looking forward with eyes open.
2. Place one hand on the upper surface of their extended forearm and your opposite hand on their opposite shoulder to help stabilize when testing.
3. Ask your partner to "hold" while you firmly press down on their forearm with smooth pressure toward the floor. Look for a strong arm test indicating your partner can resist your pressure with reasonable upward force. If the arm is weak, check the opposite arm for strength.
4. Have your partner state something "truthful." "My name is Mary." Test the arm strength. It will remain strong. Next have the partner tell a "lie." Example: "My name is Fred." Test for strength and show the arm is weak.
5. Continue by having your partner "think a lie" and demonstrate the arm going weak by just thinking a thought.

Identify the reactive subconscious belief:

6. Using the above method of arm strength testing, have your partner "think about a written belief" and continue testing the arm strength until a weakness surfaces for a particular belief (weakness=reactive).
7. Once we have identified the belief pattern, which demonstrates weakness, continue testing the arm strength and identify the Reactive Feeling from the Summary Feeling Chart: Fear, Anger, Love, Sadness, Enjoyment, and Judgement. (Mnemonic: FALSE Judgement) This Feeling is the stored pattern in your partner's brain/field, which will be updated and *released* during the BEST Release procedure.

Update the stored belief pattern:

8. Instruct your partner to think about the Reactive Belief, the Reactive Feeling, and overall Forgiveness, while assuming the Morter March position.
9. Hold the Morter March position until you feel a shift in your body's energy pattern overall, and switch to the opposite side position.
10. Continue with this process until the Reactive Belief is no longer present. Your partner's arm will remain strong regardless of the belief/thought.
11. Repeat this exercise several times per day using the identified Reactive Belief. If a partner is unavailable to test for reactivity, focus on previous beliefs or on overall forgiveness while doing the Morter March.