

The Yawning Stretch

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Here is a simple way for you to begin experiencing chi...

When we wake up in the morning, the first thing that many of us do while still lying in bed, is stretch out - arms overhead, back arched, and yawning. I'm calling this the "yawning stretch", but technically it is called *pandiculation*, and it doesn't only take place in the morning, but can occur throughout the day whenever we need it.

But why do we do it, and what is the need being met by doing it? According to doctors and scientists the yawn is a phenomenon still not fully understood. Some say that it brings oxygen to the brain, while others argue against this. And stretching is simply thought by most to elongate muscles, and free up restrictions in the many tissues of the body. But these are the eXoteric explanations. The following eSoteric understanding of yawning and stretching may provide more insight.

The yawning stretch is an innate, animalistic action. When we are not blocked by an over-active conscious mind, we use this 'tool' sub-consciously to open our own meridians, and allow chi to flow through the body and into the brain, which wakes us up. When we are tired, the yawn is used to bring circulation (chi) into the brain by stretching the connective tissues of the jaw & cranium. But when done throughout the body this action can stimulate chi into the nerves, organs, bones, muscles, etc wherever and whenever its needed.

As you become more aware of this deeper meaning when you do this yawning stretch, you will begin to feel the chi release and flow immediately after. Beyond that, you will be able to use stretch and breath throughout your day to keep your meridians open, heal damaged tissue, and remain balanced in mind & body.

But eventually, you may experience what we call a full-body "wave" or "unwinding", which indicates that your system is releasing deeper levels of tension from your nerves and connective tissues. This experience is mostly involuntary, feels amazing, and can last several minutes.

If you are not experiencing any of this there likely are "interferences" that are preventing it from happening that must be removed first. A good holistic assessment will identify these blockages, and a qualified practitioner will help you or point you in the right direction to get rid of them.