

## Cook's Hook-Ups / Stress Release Techniques

**Hold Positive Points**--two points on forehead. This integrates brain functioning and releases stress.

**Cooks-Hook Ups:** Assists to connect several electromagnetic energy pathways. This along with steady breath, releases stress and enables the body to restore balance. It's beneficial in balancing sadness, confusion, fear, anger, irritation, and more.

*This technique is done in two parts. Each is done for approximately one minute, breathing in deeply while holding the tongue on the roof of the mouth behind the teeth.  
Do as long as needed to resolve stress.*

### Part One:

Bring the left ankle on top of the right knee.

Put the right hand on top of the left ankle—muscle check with the left arm.

- a) If the muscle response shows a lock, continue through the last two steps
- b) If the muscle response shows a release, bring the right ankle on top of left knee, left hand on top of right ankle and muscle check on right arm, muscle check to show a lock response. Continue with right hand on sole of right foot.

Bring the left hand across in front of the body and hold the soles on bottom of left foot.

Hold the position for about one minute with tongue on the roof of your mouth.

### Part Two—Anchor the energies

Hold the tips of the fingers together gently and keep both feet firmly on the floor.

Keep tongue on the roof of the mouth.

Hold the position for about one minute or until you feel complete.



Part One



### Another Version of Cook's Hook Ups

#### Part One:

Cross feet at ankles.

Outstretch arms, hands back to back, thumbs down.

Cross arms in the same direction as you crossed legs.

Interlace fingers and bring them up against your chest.

**Anchor by doing Part Two:** Anchor with feet on the floor and tongue on the roof of your mouth.



**Part Two**—Anchor with feet on the floor and tongue on the roof of your mouth.

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