

THE WAKE  
'UM UP WORKOUT

**RTIR**

ROBERTRUDELIC



# THE WAKE 'UM UP WORKOUT

The importance of starting your day off on the right foot has never been more important. The demands on our time and our brain have never been more intense than they are now. There are two ways to setting the mood for the day. One is mental, getting your head into the day, organizing your thoughts and emotionally calming yourself so you can execute your plan with confidence. The second is physically, feeling grounded strong and energized so you can withstand the rigors of your commitments and still have a smile on your face.

When I first put this routine together several years ago I thought through what I wanted to teach my clients so they could have command of their emotions and energy all day long. I wanted them to be able to do it on their own and have the same impact on their life as if I was working with them one on one. This is how the Wake 'Um Up Workout was created. By starting your day with the "Start Your Day On Fire Routine" you have set the mental and emotional tone for the day. The Wake 'Um Up Workout finishes your daily preparation by energizing your physical body and activating all your organ systems so you can sustain your energy all day long. Together they will not take you more than 20 minutes. You will be stronger, more confident and be more successful in everything you do.

Contact us: <http://robertrudelic.com/contact/>

The Stress of life is not always on the forefront of your mind but it's operating 24/7 in the background draining you of needed vitality both mentally and physically. Implementing this routine into your daily life will give you a running start and sustain you during challenging moments.

Read the explanations below of the exercises and how to do them. They may take some practice before you feel comfortable doing them but you will experience the benefits all along the way. Trust in what you feel and give them time to prove themselves to you. I recommend doing them every day for 30 days to properly evaluate their effectiveness. There is definitely a cumulative effect and that's where I feel the most benefit is. Go into it with vigor and confidence and great health!

"You are only old if you don't learn new tricks" - Peter Robb 10 July 2009

## THE HOOK UP AND THE CROSS CRAWL

- 3 MINUTES TO BETTER BALANCE, STRENGTH AND MENTAL AWARENESS -

Cross Crawl and Hemispheric Brain Stimulation exercises are effective ways to reprogram the nervous system, spinal muscles and various systems in the body to work optimally together. I've been using them and teaching them in various forms as a way to activate balance, coordination and get the brain and body in sync before physical activity or learning. I also use it when I'm not performing well or I feel "off".

The two exercises I've chosen for the Wake 'Um Up Workout work extremely well with the 5 Tibetans to provide an outstanding way to get prepared physically and mentally to take on your day. Luckily, spending a few moments each day doing these two exercises facilitates the natural crossover of energy between your brain's left and right hemisphere. You'll find that your energy level, balance, coordination, and concentration improve when you do them consistently each morning. They are also great exercises for whenever you feel lethargic and unmotivated or after you carry a heavy handbag, a suitcase, a child, etc. The Hook Up and Cross Crawl helps your entire system function more effectively, and helps maintain optimum health.

Contact us: <http://robertrudelic.com/contact/>

## HOW TO PERFORM THE EXERCISES –

### “THE HOOK UP” NEUROLOGICAL RE-PATTERNING EXERCISE

- 1) Cross your ankles and extend your arms in front of you, put the opposite wrist on top (that is opposite from whichever ankle is on top).
- 2) Roll your hands over so your palms are touching and interlock your fingers, then pull your intertwined hands down and under against your chest. Your fingers are under your chin and your forearms are resting on your torso.
- 3) While holding this position inhale slowly through your nose and exhale slowly through pursed lips. Have the intention in mind of feeling balanced and centered.

Repeat the cycle for 30 seconds or more. You can increase the effectiveness by placing the tip of your tongue in the roof of your mouth during the exercise. The Hook-up is one of the most powerful tools I know for quickly centering myself.



## THE CROSS CRAWL

1) You can do this while standing, sitting or lying down. Take a deep breath and on the exhale, bend your left knee and raise your leg crossing your knee across the midline of your body and touch your right elbow to your left knee. This resembles a cross crunch AB exercise.



- 2) Inhale as you return to the starting position.
- 3) Switch sides and on the exhale bend your right knee and raise your leg crossing your midline of your body. Touch your left elbow to your right knee.
- 4) Repeat the motion 15-30 times shooting for 30 every time.
- 5) As you repeat the motion in a slow rhythm the most important part of the motion is to cross the knee past the midline of your body each time.

**Tip – If for physical reasons you can't perform the exercise in this manner, try it this way. Simply raise your knee as far as possible and touch it with the opposite hand then repeat on the opposite side. Use the same breathing pattern as well and shoot for a minimum of 30 repetitions.**

For best results, perform the Hook Up and Cross Crawl at least once daily. The positive effects include:

- Improved focus and concentration
- Boosted metabolism and overall energy
- Greater coordination, balance and reflexes
- Enhanced breathing and stamina
- Better hearing and vision

Contact us: <http://robertrudelic.com/contact/>

# THE 5 TIBETANS

## INTRODUCTION

I've been practicing, teaching and recommending the 5 Tibetan Rites since 1999. It has made a profound difference in my life and the life of many of my clients. It's one of the exercises I teach that people years later tell me they still do. The whole routine can be done in 10 minutes and you only need enough floor space for your body while lying down and enough air space for your arms to be outstretched. The existing explanations can be quite elaborate so I'm going to simplify it. I encourage you to read up on the 5 Rites as they are a profound way to keep you strong, healthy and vital throughout your life.

The text below is revised from;

<http://home.acceleration.net/clark/COOL938/Email.Essays/Tibetan.Yoga/Five.Rites.html>

The Five Tibetans (also known as the 5 Rites or The 5 Rites of Rejuvenation) is a yoga routine based on a ritual of exercises discovered in the early 1900's, by a British army colonel, Colonel Bradford, who was living in a Himalayan monastery. They are practiced around the world and are said to prevent aging. In 1939, Peter Kelder published "The Original Five Tibetan Rites of Rejuvenation," which helped spread the rites in the western world. Mr. Kelder has since updated the book "The Eye of Revelation - The Original Five Rites of Rejuvenation," Borderland Sciences Research Foundation, 1989, ISBN 0-945685-04-1.

The rites are comprised of five different movements, with each movement (yoga pose) performed up to 21 times. It is best to start with 5-7 repetitions of each exercise and gradually increase the repetitions over time. The entire routine can be completed in less than 10 minutes.

For thousands of years, medical practitioners have maintained that the body has seven principal energy centers which correspond to the seven endocrine glands, also known as chakras. Chakras are essentially energies within spinning vortices. As a vortex is increased, the life force becomes stronger and more directed and the organ performs better.

Recent medical research has uncovered convincing evidence that the aging process is hormone-regulated. The five ancient Tibetan rites are said to normalize hormonal imbalances in the body, thereby holding the key to lasting youth, health, and vitality. The rites stimulate the energy system in the body, wake up the chakras and pump the 7 major endocrine glands keeping them vital and working in optimal function.

Rite One



Rite Three



Rite Four



Rite Five



Rite Two



An important part of the Tibetan exercises is a conscious synchronization of breathing while performing physical activity. Before beginning the exercises, practice the basic 5 - stage breathing technique I use throughout my practice. It is physically relaxing and quiets anxiety. Begin with this –

- Place the tip of your tongue in the roof of your mouth
- Inhale slowly through your nose into your lower belly then into your upper chest
- Pause, release the tongue
- Exhale through tightly pursed lips to slow down the exhale
- Fully empty the lungs then repeat

When performing the exercises, the main emphasis should be on breath and movement synchronization rather than on speed and number of repetitions. It's conscious movement done slowly.



# THE 5 TIBETAN #1

1) Stand up straight with your arms outstretched out to the side. Fingers are together, palms are open and facing down. Holding this arm position, spin full circle in a clockwise direction, (turn your head to the right and spin in that direction) 7-21 times without stopping.

When you finish spinning, stand with your feet together and your hands on your hips. Take several deep breaths until you regain full balance.

Tips- as you spin, focus on a point on the wall and return your eyes to that point on every revolution. Pivot on 1 foot and breathe while spinning. As you progress, spin as fast as you can. Refer to the picture chart above for Rite One.

# THE 5 TIBETAN #2

1) Lie on your back, palms down, inhale fully then exhale through pursed lips and lift your head first, followed by lifting your legs with feet together to just past 90 degrees or as far as you can.

2) As you inhale, lower your legs first then lower your head until you're flat again. Repeat 7-21 times without stopping.

3) Stand up with arms on your hips and take 2 deep breaths before moving on to the next exercise. Tips – After you lift your head and tuck your chin, gently press your hands into the floor then lift your legs to 90 degrees. Keeping the chin tucked protects your low back from straining. Refer to the picture chart above for Rite Two.

# THE 5 TIBETAN #3

1) Kneel with the balls of your feet resting on the floor – knees about 4 inches apart. Place your palms on the back of your thighs just below the buttocks with your spine erect and your chin tucked in your chest.

2) Inhale through your nose, arching at your waist. As you complete your breath, drop your head back as far as you comfortably can.

3) Exhale as you tuck your chin to your chest, then, bring your torso to an erect position (in that order). Repeat 7-21 times without stopping. Stand up with arms on your hips and take 2 deep breaths before moving on to the next exercise.

Tips – as you inhale support your backward motion with your hands on your thighs. Refer to the picture chart above for Rite Three.

Contact us: <http://robertrudelic.com/contact/>

## THE 5 TIBETAN #4

1) Sit up straight with your legs outstretched in front of you. Place your hands on the floor palms down besides your hips. Tuck your chin in your chest. (Positioning your hands is very important. They must be placed exactly next to your hips but adjust the width as a wider hand position allows for an easier fuller movement).

2) Inhale through your nose as you raise your hips to the ceiling while bending your knees and feel your feet flat on the floor. At the top of your breath let your head fall back as far as you comfortably can.

3) As you exhale tuck your chin to your chest then lower your hips to the ground and straighten your legs out to the starting position. Repeat 7-21 times without stopping. Stand up with arms on your hips and take 2 deep breaths before moving on to the next exercise.

Tips – get into the finished (top) position first so the hand position is correct. The knees and arms are in 90 degree angles at the top position. A wider hand placement allows for fuller extension and is easier on tight shoulders. Refer to the picture chart above for Rite Four.

## THE 5 TIBETAN #5

1) Start out in a push up position resting on your palms and the balls of your feet. Your back is arched, and your head is up and back. (Hands and feet are about 2 feet apart).

2) Keeping your arms and legs straight, exhale through your nose as you drop your head and tuck your chin to your chest. Then raise your hips back until you form a V.

3) Keeping your arms and legs straight, inhale slowly and drop your hips to the floor. As you near the end of the movement and breath, raise your head and look up as far as you comfortably can. Repeat 7-21 times without stopping. Stand up with arms on your hips and take 2 deep breaths - you are now finished.

Tips – on the inhale, start with tucking the chin and driving the hips back. On the exhale keep the chin tucked until your hips are all the way down, then look up at the last moment. This pose is also known as Downward Dog. Refer to the picture chart above for Rite Five.





# SUPER BRAIN YOGA

SuperBrain Yoga is a simple, highly effective exercise that does not involve any strange body twists or turns yet it works wonders for the brain. I've been using it since 2009 and I really feel the difference. I teach it to my clients as part of a daily stress relief, mental rejuvenation routine. In my practice I look for tools that are time efficient and have a high impact. SuperBrain Yoga meets my criteria.

This is an age-old exercise that has been used with great results for centuries and the effects are self-evident. What many notice is increased awareness, concentration and creativity. I use it when I need a quick pick me up or feel like a cup of coffee in the middle of the day to wake me up and get my brain back online. Luckily, it's a very simple and quick exercise so you can test it for yourself instead of taking my word for it. My only request is that you empty your cup, so to speak, and put away any preconceived ideas about the exercise. With a little practice, this exercise can easily be done in about one minute.

**The following explanation was written by Cate Leona, a health writer who perfectly describes how SuperBrain Yoga works –**

"The positive results produced by super brain yoga can be explained by both Eastern and Western medicine. Chinese acupuncturists and Indian yogis believe that the ear lobes contain energy meridians. Acupuncturists use the ear lobes to access acupuncture points in the brain and pineal gland. Indian yogis explain the super brain yoga effect as an activation of the brain's energy connections. The right lobe activates the left brain and the left brain activates the right brain. EKGs, a form of brain images, show that the exercise synchronizes the right and left hemispheres of the brain. The objective is to move the energy from the lower chakras of the body to the higher chakras in the brain region. In this stage, the energy changes into subtler energies that can improve brain functioning.

Pinching the lobes also activates the pineal gland, which sits in the center of the brain. The pineal gland regulates our circadian rhythm and thus mood and overall well-being. The circadian rhythm is the biological clock that regulates our biological processes in 24-hour cycles. Our circadian rhythm operates on the light-dark cycle. This tiny pea-shaped structure regulates the hormone melatonin, which regulates our body's responses to light and dark."

Contact us: <http://robertrudelic.com/contact/>

## THERE IS THE SPECIFIC SEQUENCE TO BE FOLLOWED IT IN THIS ORDER!

- 1) Face East (this is tradition and the tradition says it has an impact on the effectiveness of the exercise) or (The Hindus place important significance on the direction one faces when doing yoga. East is the direction of the sun and brings light to your life). It can't hurt, might help and I respect the origins of the work.
- 2) Grasp your right earlobe with your left thumb and forefinger so that the thumb is towards the front of your body and your forefinger is behind the lobe.
- 3) Grasp the left lobe with the right hand in the same fashion and make sure your arms are held close to the body. Your right arm will be on top of your left arm. You will maintain the connected tongue and grasped earlobes throughout the entirety of the exercise.
- 4) Place the tip of your tongue to the roof of your mouth and keep it there throughout the exercise. (More on this below in the section – Tip of the Tongue / Roof of the Mouth).
- 5) Inhale slowly through your nose as you squat down, try and time it so that your inhalation is ending as you get all the way down. Go as far down as you can without hurting yourself and Keep Your Back Straight!
- 6) Pause at this lowest position, holding the inhalation, for 1-2 seconds.
- 7) Purse your lips tightly and begin exhaling as you stand up. This allows you to time it so that the exhalation ends as you stand up in the original position.
- 8) Pause at the end of your exhalation for 1-2 seconds then repeat. Perform a total of 15 repetitions.

Tip - If you can't squat all the way down, place a chair behind you and go down until you touch the chair and double the number of repetitions.

**Thoppu-karanam or Super Brain Yoga**


Place the thumb on the outer ear lobe and the index finger behind

Left Arm Inside

Right Arm Outside

**Breathing Tips while doing this practice:**  
-Inhale through the nose as you sit down  
-Exhale through the mouth as you come up

**Frequency:** Practice this every day for at least 10 – 12 rounds and gradually increase it to around 15 minutes at your own pace.

  
[www.myogacenter.com](http://www.myogacenter.com)

## **SUPERBRAIN YOGA TO REVITALIZE YOUR MIND**

How much of your brain do you use? Most people overestimate the answer to this question. Neuroscientists claim that we use only 10% of our brains. Yet unlike our heart, most of us do not exercise our brain organ. When doctors tell us we need a cardiovascular workout at least three times a week to keep our hearts healthy, we increase our running or walking exercise. What do you do to increase your brain capacity? Today, it is easy to find yoga for energy and peace of mind but fewer people practice yoga for improving brain functioning.

Yoga for a total mind-body transformation is not complete unless it includes a workout for the brain. SuperBrain yoga is a proven way to increase your brain capacity. SuperBrain yoga adherents claim that placing the hands on the ear lobes while doing squats can make you smarter. The Hindus call the practice Thoppukaranam – 'Thorpi,' which means with the hands + 'Karnam,' which means ears. In Hindu tradition, Thoppukaranam is performed facing Lord Ganesha – the god of wisdom, knowledge and intellect.

Indian children learn Thoppukaranam early, especially if they are naughty in school. Brain yoga is said to be used as a form of discipline in Indian schools but it may be more accurate to describe it as a form of reformation. The crisscrossing of the arms in front of the chest while grabbing the ear lobes with the hands is a sign of punishment, Thoppukaranam. Teachers have traditionally sent misbehaving children to a corner to give them time to quiet their minds and reflect upon their deeds. The practice of Thoppukaranam also reduces the anxiety that may be behind the mischievous behavior while quieting the mind and improving concentration.

## **SUPERBRAIN YOGA AND NEUROSCIENCE**

Forward thinking Western doctors and therapists have started to use SuperBrain yoga with children with autism, attention deficit disorder and other behavioral disorders. Anecdotally, therapists applying SuperBrain yoga while working with children with autism have reported very positive results. This is positive news for teachers and parents who may reluctantly be giving children drugs to deal with hyperactivity and attention deficit disorder.

Little scholarly attention has been paid to SuperBrain yoga until recently. The April 2014 International Journal of Yoga has provided more scientific evidence of its effectiveness. Indian doctors of psychology, yoga and the physical sciences sought to discover if Thoppukaranam could improve cognitive ability in undergraduate students. Thoppukaranam is similar to SuperBrain yoga but in India the terms are not interchangeable. The study found the following impressive results in a group of 30 students: improvements in attention, mindfulness, concentration, and anxiety levels.

The term SuperBrain yoga has become popular in recent years as the practice has gained media attention. For the purposes of the information here, it may be related to but should not be confused with the book by Master Choa Koki Sui Superbrain Yoga or Deepak Chopra's 2012 book SuperBrain. While Master Sui helped to popularize this ancient yoga pose, but here, SuperBrain yoga refers to the original Thoppukaranam.

Contact us: <http://robertrudelic.com/contact/>

## TIP OF THE TONGUE / ROOF OF THE MOUTH

Many people have heard of this practice in the martial arts, meditation, yoga, and even while doing the thymus thump, (Tapping the sternum stimulates the thymus gland to produce T-cells and enhances the immune system.) The practice of keeping the tip of your tongue to the roof of your mouth helps keep your focus, while meditating, driving, chopping vegetables, etc., keeping you calm and centered. The system is based in acupuncture and dates back thousands of years. There are 12 meridians that energize our organ systems.

Two meridians are known as the Master Meridians – they are in charge of all the rest. They are called the Conception or Central Vessel and the Governing Vessel. The very fact they are called “vessels” gives us a clue. A meridian is a line of energy; a vessel is some sort of container. These two meridians, the Master Meridians, are important because they “contain” the secret of energy and vitality. Both of these meridians begin at the perineum – that part of the body between the genitals and the anus. The Central Vessel travels up the front - through the soft tissues of the body - and ends at the tip of the tongue. The Governing Vessel travels up the back - through the hard bony tissues of the vertebrae, over the bones of the cranium - and ends at the roof of the mouth. To keep the tip of the tongue at the roof of the mouth completes the “microcosmic circuit” and allows the energy to flow.

### WHY SUPERBRAIN YOGA? THE BENEFITS INCLUDE;

- Enhanced brain functioning for strength, clarity and confidence and intelligence.
- It reduces psychological stress and improves psychological stability.
- It results in greater creativity.
- It promotes overall proper functioning of the brain.
- Best of all, simply explained, SuperBrain Yoga is essentially a form of acupressure and breathing technique used to balance both hemispheres of the brain and bring energy up to the brain. The exercise is easy to learn, takes only a few minutes to do and can be done by almost anyone, anywhere.

Contact us: <http://robertrudelic.com/contact/>



**RTIR**

ROBERTRUDELIC