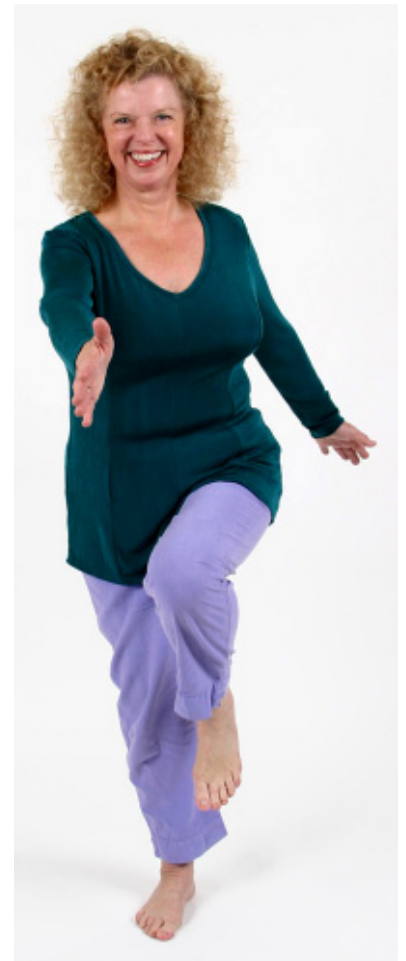


The Homolateral Crossover

NOTE: You can do the Homolateral Crossover standing, as illustrated here, sitting, or lying down. If sitting, the basic motion is to sit tall and bring your elbow to your knee and your knee to your elbow, stretching, and breathing fully.

1. Begin by tapping or massaging the K-27 points followed by a full body stretch that “reaches for the stars.”
2. Begin with a homolateral “cross crawl,” lifting the right arm and the right leg, and then the left arm and the left leg. Do about 12 lifts.*
3. Then march in place, as when doing a “cross-crawl,” lifting your right arm and left leg and then your left arm and right leg.
4. After about 12 lifts of the arms and legs in this cross-crawl pattern, stop and return to the homolateral pattern (lifting the same-side arms and legs) for about 12 lifts.
5. Stop and return to a normal cross crawl (lifting opposite arms and legs) for about 12 lifts.
6. Repeat the homolateral/cross-crawl sequence twice more.
7. Anchor it with an additional dozen normal (left arm to right leg, right to left) cross crawls. End by again stimulating the K-27 points.

Benefits: When your energies are not crossing over from one side of your body to the other, you are less coordinated, chronically tired, mentally sluggish, and unable to overcome illness. Done consistently, the homolateral crossover can help shift these patterns.



Source: Donna Eden's *Energy Medicine* (rev. ed.). Tarcher/Penguin, 2008.

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