

TACSI Exercise for the Oral Character Type

Temporomandibular Activated Cranial Sacral Integration

Dr. Clyde Porter, DC

These exercises were created using the considerations of the body energy and communication aspects of the Oral Character body type. Addressing the structural and energy holding patterns of the Oral wound helps to release energy blockage and potentiate the full, homogenous flow of life in the body. All exercises performed with TACSI. For more information, please visit <http://JawStretch.com>

These should be done gently and consciously, as the power is in the Intention and the Attention.

WISHBONE

The Wishbone exercise awakens and enlivens the 1st chakra connecting the medial thigh to the pubic bone. The 1st Chakra provides the stability and focus essential for health, financial abundance and the capacity to be fully present. Wishes remain unfulfilled dreams without the grounding offered by a balanced root chakra.

- 1. Legs are spread wide apart**
- 2. Hold one leg straight as you slide and lower the hips sideways toward the opposite side.**
- 3. Allowing that leg to bend stretches of the inner thigh of the straight leg**
- 4. Drop to level where challenged and stretching, but not straining**
- 5. Feeling the stretch of the inner, straight leg thigh tissue.**
- 6. Jaw must be fully open throughout, no chewing.**
- 7. Hold at least 15 seconds**
- 8. Repeat with the other side**

WING RELEASE RIGHT AND LEFT

This exercise frees and opens the rib cage, which imprisons the light of the defended heart.

- 1. Stand firmly with legs apart**
- 2. One hand presses the buttock on the same side- promoting a stretch across that side rib cage**
- 3. Extend the opposite arm fully up and back. (As if swimming backstroke)**
- 4. Point the nose and eyes at the extended, stretched, fully open hand.**
- 5. Stretch the jaw fully open, and breath normally or deeper throughout exercise.**
- 6. Stretch and reach up deliberately to feel the rib cage expand and stretch toward the hand while the head and neck extend fully to keep the nose pointed at the hand as nearly as possible. (If the head will not comfortably extend simply assure that the arm extension is pulling up and out on the rib cage.)**
- 7. Hold for 15 seconds counting 1 and 2 and 3 and etc to 15.**
- 8. Release slowly to neutral standing position**
- 9. Repeat with the opposite arm.**

TACSI Exercise for the Oral Character Type

Temporomandibular Activated Cranial Sacral Integration

BREAST EXPANSION AND HEAD RELEASE

This exercise spreads the ribs free from the sternum, and relaxes and stretches the hunched, collapsed spine and rib cage. It releases and opens the shoulders which collapse the chest. The extended neck releases the head and allows streaming of energy. This full expansion allows the Oral Structure to breathe, and experience enhanced levels of aliveness.

1. **Stand with your feet shoulder width apart and knees slightly bent**
2. **Clasp hands behind back**
3. **Roll shoulders backward pulling elbows toward each other.**
4. **Spread open the lower chest wall while thrusting clasped hands toward floor.**
5. **Pulling the shoulders down thus lowers the shoulder blades (Scapula)**
6. **Extend head fully back, eyes open, looking high-up**
7. **Jaw is fully open throughout exercise holding for 15 seconds**

ANGRY HULK

This provides a dynamic extension of the upper back and shoulder region by spreading the chest open, and activating strength and energy for a “Proud Chest” posture. A proud chest energizes and opens the Oral collapse. This exercise can support the straightening of the spinal curve thus allowing greater mobility in the ribs.

1. **Stand feet shoulder width apart knees slightly bent**
2. **Hands and arms held at breast level elbows bent hands relaxed fist or stretch hand open**
3. **Elbows are pumped backward briskly toward one another while chest is lifted up and out. Direction of force is pulling elbows back, not forward. Thrust back and bounce back.**
4. **Pumping elbows back is accompanied by continuous HA! Breaths thrust out when elbows go *back*.**
5. **Repeat 20 thrusts**
6. **Jaw is fully open throughout.**
7. **This exercise is very safely performed while seated in a sofa or soft chair while pressing elbows back against furniture, or done at a wall corner push-out.**

Caution. Be forceful but GENTLE. No need to jam the spine or hurt yourself to succeed.

Dr. Clyde Porter, DC
Porter Wellness
1005 Terminal Way, Suite 270
Reno, Nevada 89502
Phone 775-331-0177, Fax 775-331-8391
<http://CoreTruthEnergetics.com>
<http://JawStretch.com>
Porterwellness1@yahoo.com