

# TASCI Exercise for the Schizoid Character Type

## Temporomandibular Activated Cranial Sacral Integration

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These exercises were created using the considerations of the body energy and communication aspects of the Schizoid Character body type. Addressing the structural and energy holding patterns of the Schizoid helps to release energy blockage and potentiate the full, homogenous flow of life in the body.

### KNEE INTEGRATION

Re-connecting the knees to the body creates a foundation for standing tall and inviting the lower body to the party of living in the flesh. Addresses the blockage at the knees, as well as the awakening of the **sacrum** as the substantiating force behind movement of the entire body. Establishes WILL in power over the body. Powers the SEAT of living. Performed with TACSI.

#### KNEE INTEGRATION TECHNIQUE

1. Feet shoulder width apart, crouch forward at the waist with bending at the knees and rest hands on knees.
2. Keeping hands on knees rotate knees in circles and figure eights.
3. Jaw is fully stretched open entire exercise performing at least 20 seconds.

-**Supplemental:** Slow, deep lunges with one foot at chair height with TACSI.

### WAKING TIGER

Address the separation of the upper and lower body at the diaphragm. In the Existence Wound, the energy of upper and lower body separate, if existent. Addressing the separation plus the head/neck blockage plus the rib cage constriction. Performed with attention on Cranial Sacral Integration (CSI) via the TACSI, consciously noting the stream of MIND hand to foot, stretch of the rib cage, shoulders, arms and legs. Noting the head/neck twist and inviting full intention of every cell in the body to the HEART which serves as the site of integration, ie, homebase!

#### WAKING TIGER TECHNIQUE

1. Stand with one leg in front of the other as in a lunge posture
2. Outstretch both arms above the head thus creating a straight line from the finger tips to the back foot
3. Reach upward to feel the stretch of the rib cage toward the outstretched hands
4. The head is turned toward the back extended leg and thus into the armpit
5. Jaw is fully opened
6. Posture is held for 20 seconds with deep, relaxed breathing
7. Pull on the wrist of the front leg arm with the opposing hand.
8. Posture is switched extending the other leg back in lunge posture with the arms stretched and jaw stretched as before and the head turned into the armpit of the back leg for 20 seconds again.

It is often helpful to “wiggle” into lengthening the body with wrist pulling and reaching alternately with one and the other shoulder in lengthening the torso.

-**Supplemental:** Door pull ups and door hanging, with TACSI

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### HEART CHARGE

The heart is encapsulated in a chamber, the rib cage, which is freed and expanded by these exercises. The heart is often armored with accumulated defense layers of energy which are imprinted into the “living matrix”, body consciousness. The Heart Charge is performed releasing those charges and thus the heart from imprisonment of history, memory of “self-defense.” Accompanied by cross-pattern marching the schizoid body is releasing the energy blocks of the hip joints while expressing the brain/body connection as a singularity, restoring mind/body integration, and at the same time asserting neurologic exercise of integrated connection with right and left body.

Performing the TACSI with head turning to right and left extremes further releases the hold of the head on the neck attributed to the initial terror of the schizoid wound. FURTHER, as one circles the eyes, ala the eye scramble application, the brain is literally searched for events filed in the living matrix of connective tissue as well as the brain/nervous system consciousness. Under the influence of TACSI, Cross Patterning, and Heart Charging the embedded and associated charges of memory and behavior of the Schizoid or any other wound are lit up and released. Yes, really!

### HEART CHARGE TECHNIQUE

1. **Cross crawl patterning the body, preferably marching in place with the opposite hand touching the opposite knee as it rises in the marching gait**
2. **Circling the eyes a full 360 degrees steadily, eyes tracking around the edges of a room**
3. **Holding the jaw stretched fully open such that the lips pull back in tension feeling the ears move and lift and continuing this movement for at least 8 to 10 seconds.**
4. **Add a full 8 seconds of the above with the head rotated completely to resistance to each side, right and left, each for the full 8 seconds.**

The turning of the head to its full rotation positions right and left accentuates the interplay of the cervical/cranial dynamics causing the release of the cranial Occiput and the first cervical vertebra, essential to cranial-sacral freedom.

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