

# TACSI Exercises for the Masochistic 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 Masochistic Character body type. Addressing the structural and energy holding patterns of the Masochistic Defense System helps to release energy blockage and potentiate the full, homogenous flow of life in the body. 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.**

### OVERVIEW

The body's mid-section is the primary site of energy flow obstruction for the Masochistic Defense System. Primary blocks are found in the abdomen, from the pubic bone (2<sup>nd</sup> Chakra), up through the top of the diaphragm (3<sup>rd</sup> Chakra). When the body's natural energy flow is blocked anywhere, it leads to stagnation and lack of wholeness. When blocked in the 3<sup>rd</sup> Chakra, it restricts and distorts our ability to be creative and successful.

The Masochistic Wound energetically cuts a person in half. The following TACSI exercises opens and encourages the flow of our vital energy throughout the body. All exercises are performed with the jaw 100% open.

### OVERHEAD REACH

This TACSI exercise assists in connecting the top and bottom halves of the body. The pace is comfortable to avoid hyperventilation and/or dizziness.

- 1. Standing comfortably, feet shoulder width apart, and stretch your jaw.**
- 2. Face forward and raise one arm and then the other alternatively up toward the sky, like reaching upward.**
- 3. Only stretch the arm overhead within YOUR safe and comfortable anatomical range.**
- 4. Stretch directly overhead, one arm and then the other.**
- 5. It is most effective if the arm is lifted in an arc rather than shooting straight up.**
- 6. As each arm rises, inhale deeply through the nose, and as the arm comes down exhale through the mouth.**
- 7. This entire exercise is done with the jaw fully stretched.**

Repeat 10 per arm for 20 total.

# TACSI Exercises for the Masochistic Character Type

## Temporomandibular Activated Cranial Sacral Integration

### KNEE LIFTS

This TACSI exercise invokes the release of the abundant energy of the lower body to mix with the upper body. This is like cross patterning but a different purpose.

1. **Stand with your feet shoulder width apart, knees slightly bent, and stretch your jaw**
2. **Lift each knee alternately as high as safely possible**
3. **Optionally tap or move alternate arms or hands to knees.**

Repeat 10 for each knee for a total of 20 lifts

### TRUNK CIRCLES

This TACSI exercise unlocks the 3<sup>rd</sup> lumbar, as it often acts a pivotal inhibitor. When stuck or frozen, it blocks the connection of the 2 halves of the body. **This exercise is to be done easily without aggravating a sensitive back or overstretching anything.** Like a golf swing, it will feel good if done properly and not good if done improperly.

1. **Standing comfortably, feet shoulder width apart, and stretch your jaw.**
2. **Place your hands on your waist**
3. **Bending at the waist, roll the upper half of the body around the waist 360 degrees**
4. **Seven (7) times one direction, 7 times in the other direction**

### ABDOMEN MASSAGE

This TACSI exercise mobilizes the abdomen for processing and release of frozen conflicts relative to the lower chakras, and is designed to reduce the blockages creating the “masochistic morass.” This exercise can be performed standing, or lying on your back with your knees comfortably bent.

1. **Standing comfortably, feet shoulder width apart, and stretch your jaw.**
2. **Using both hands, massage the entire abdomen as deeply as is comfortable.**
3. **The abdomen area is from pubic bone or bladder area up to bottom of rib cage, the diaphragm, and from side to side as far as reachable.**
4. **Jaw is fully stretched throughout for a total of at least 20 seconds.**

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](mailto:Porterwellness1@yahoo.com)