

progress. The Crescents exercise calls for placing emphasis on the outside muscles of the calves while walking or swaying in one spot, as in the Pendulums Image above. While standing in one place, all the while one visualizes the crescent shaped muscle on the outside of the calf. I soon experienced results that were nothing short of magical. Follow the instructions and see what happens.

CRESCENTS IMAGE

1. Stand on the floor and image a bulging muscle, like a crescent, on the outside of the calf. Now sway a little on your legs and experience these crescents on both legs.
2. Image the crescents on the sides of the legs while walking on the floor and while exerting a little on the sides of the feet as well.
3. When you image the crescents, the stress of the body weight on the feet lessens. As a result, there is also less stress in the body itself.
4. While walking, emphasize the outside of the feet and the crescents.
5. While seated in a chair, press the feet on the floor and feel the emphasis on the outside of the feet and the crescents on the calf muscles.
6. While seated: Make the motion of getting up, without getting up; experience that you are getting up while you remain seated. Just press your feet on the floor, and get the feeling of the crescents.
7. While standing: Stand in one spot and shift the weight between your feet, keeping the crescents in mind all the time.