

***FREE PREVIEW of  
Home Study Course***

<https://MarciJavril.com/blog/>

**Age • Less • Be • More**

How to unlock

***ABUNDANT VITALITY***

with 5 KEYS  
to Rejuvenation

by **Marci Javril**

•BCTMB •CMT •CST



MarciJavril©allrightsreserved2022

Preview = 14 pages • Course = 86 pages total



***NAMASTE ~ and THANK YOU!***  
For taking this transformational journey,  
with me as your guide.

I encourage you to **adapt, adjust, change,**  
**evolve,** and make every activity into  
***YOUR OWN VERSION,*** suitable for  
your daily needs.

Make sure you are **SUBSCRIBED**  
to my monthly newsletter  
- **<https://MarciJavril.com>** -  
to get timely announcements, discounts,  
articles, download links, and more.

***~Peace & Light, XOMJ***

how to unlock  
**Abundant Vitality** with  
**5 KEYS to Rejuvenation**  
Home Study Course

*Each chapter contains instructions for 4*  
**TransformActions**

How to activate, cleanse, balance + integrate  
and increase circulation in your vital energy,  
using these 5 KEYS

*Chapters can be used in any order*

**Awareness: KEY to spiritual energy**

**Breath: KEY to sexual energy**

**Movement: KEY to physical energy**

**Sound: KEY to emotional energy**

**Intention: KEY to mental energy**

***BREATH***  
is the **KEY**  
to opening  
***SEXUAL energy*** in your **Being**



**TransformActions**  
*for everyday use*

- [1] *activate*: Umbrella Breath
- [2] *cleanse*: Laughter Yoga
- [3] *balance*: See-Saw Breath
- [4] *integrate*: PC Pump & Taoist Orbit

*Your transformation*: primitive urges are  
transmuted into humane sentiments

~•~

*Your benefits*: ESP abilities, expanded  
orgasm, longevity, vigor, charisma

# ----TransformAction----

## •HOW to ACTIVATE

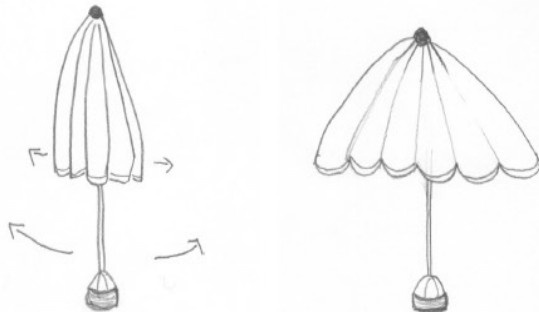
sexual rejuvenation by increasing cellular circulation

*Gentle breaths taken to full lung capacity are oxygenating and facilitate inner serenity, gradually slowing down the metabolic system into a para-sympathetic rhythm. By understanding and using the breath, we can begin to change our physiological and mental states, as well as restore vital energy flow to all systems.*

## UMBRELLA BREATH

Deep Abdominal Breathing

*Visualize your rib cage and abdominal area, like a beach umbrella on a stand (your legs), The top is by your neck, the lower hem is your pelvic bowl.*

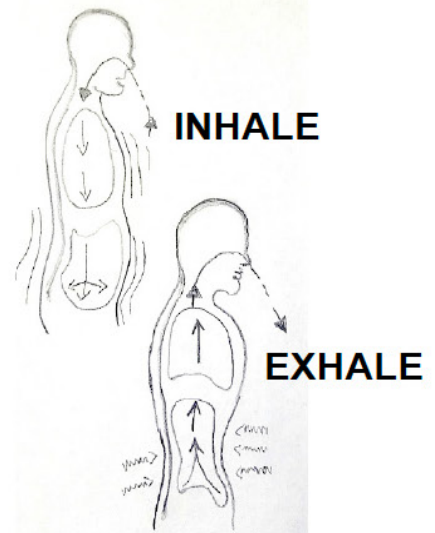


(#4)

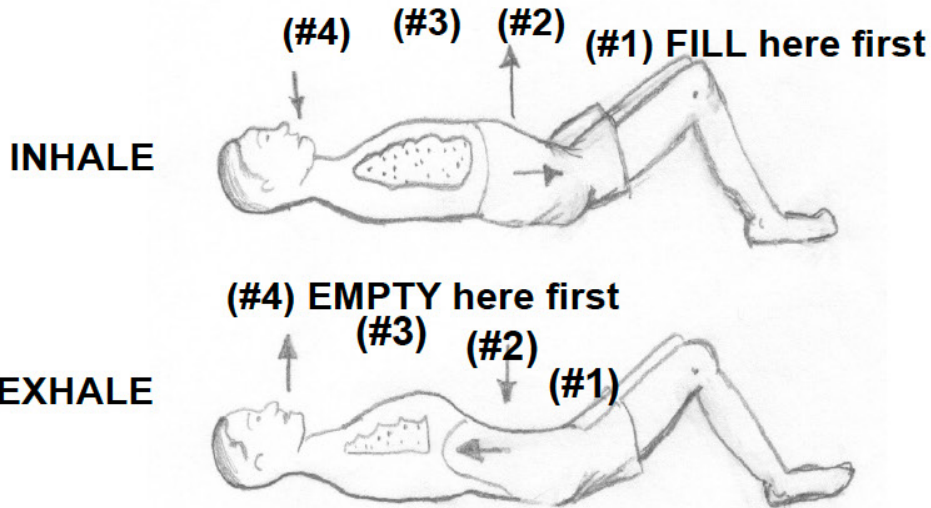
(#3)

(#2)

(#1)



- **INHALE SLOWLY** through the mouth, your umbrella (#1) first opens equally around **BOTTOM** circumference, expanding below the waistline & around sides of lower belly.
- as the **INHALE INCREASES**, your breath expands the umbrella fuller and higher, progressively opening (#2) lower ribcage, breastbone & chest, (#3) then the upper ribs & collarbone, until you feel it (#4) gently enter your throat, & imagine that the air is expanding past your head.



- **EXHALE through the mouth** easily, like a sigh
- *Release the breath, relax each part in reverse order, allowing the breath to progressively fall out of....*

(#4) head, throat,  
 (#3) collarbone, upper ribs,  
 (#2) chest, lower ribs,  
 and finally, collapsing and deflating out of the  
 (#1) lower belly, until your belly is pressed against low back.

• ***DO this a minimum of three cycles.***

- **ADVANCED:** Elongate the inhale and exhale, making your own breath cycle longer and bigger in capacity, and increase your count to 5, 6, or even 10.

*Taking enough air in, to completely fill the lungs, brings in up to 7 times as much oxygen as one gets from normal habitual breathing.*

# ----TransformAction----

## •HOW to BALANCE

for physical rejuvenation - 6 Range-of-Motion stretches

***SLOW STRETCHING*** invokes a *thixotropic* effect, which elasticizes connective tissue, and a para-sympathetic response, creating harmony in the central nervous system.

Even if you have never had instruction, your own body knows how to stretch like a cat, gently requesting more range of movement. Use a routine from your gym, your sports practice, yoga class or video, or simply improvise – if you go slowly and reasonably, you will not hurt yourself.

Hatha Yoga postures (*asanas*) are designed to open and balance the *fascia* system. They equalize the kinesiology of the skeletal structure. Most often, they follow a pattern, and systematically make you **move the spine in all 6 directions**, giving equal time:

[1] flex forward

[3] side stretch to right

[5] twist to right

[2] arch back

[4] side stretch to left

[6] twist to left





**[2] Arch Back**

In order to make your routine scientific, proceed through the **range-of-motion for each joint**, in every direction, with gentle compassion.

**FLEX & EXTEND** spine,

**SIDE STRETCH** to the Right & Left,

**ROTATE & TWIST** to the Right & Left

Include the neck, shoulders, hips, wrists, ankles, fingers, toes. *\*DO NOT TWIST the knees or elbows* – they are meant to fold or extend only. With this method, you will create the possibility of rebalancing your entire body, naturally.

**In order to gain an effective result from ANY STRETCH, you must STAY in it at least 2 minutes.**

Go to the end of your comfortable stretch limit (*=no pain*). Hold yourself in this position for 2-5 minutes by relaxing and breathing deeply. Once the first layer gives way, more unwinding occurs, and the sheath (*fascia*) that surrounds the muscles will soften and begin to straighten out effortlessly, like a sweater unwrinkling, or taffy being pulled.

***At any given stretch limit, 90-120 seconds is the length of time it takes to melt the line of tension resistance*** (and thus create a thixotropic effect, elongating the fascia/connective tissue).

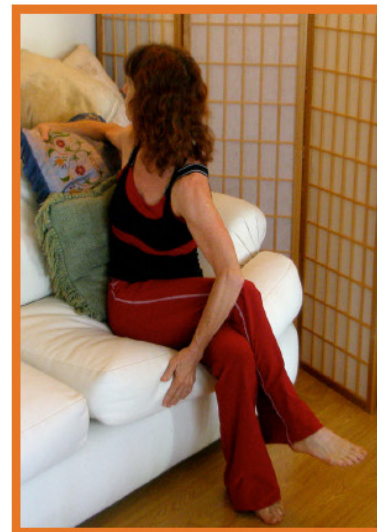




**[3] +[4] Side Stretch  
Right & Left**



**[5] + [6] Twist  
Right & Left**



**LENGTHEN** every favorite stretch so that you are taking at least three long deep breaths. Feel the place that is resisting start to melt. Your body will become more elastic, resilient, and self-correcting. Give yourself the chance to compensate for tension from your daily activities, by including a cat stretch every night!

***MOVEMENT***  
is the **KEY**  
to opening  
**PHYSICAL *energy*** in your **Being**



**TransformActions**  
*for everyday use*

- [1] activate: Sensory Awakening
- [2] cleanse: Melting Touch for Belly+Pelvis
- [3] balance: 6 Directions for Stretches
- [4] integrate: ShakeNBake

*Your transformation:*  
transcend survival by fortifying immunity

~•~

*Your benefits:*  
heightened sensations, increased longevity

# MOVEMENT (*includes touch*)

- key to opening physical rejuvenation



Touch is intrinsic to movement, because as we move, our cells “*touch*”, “*connect*”, and “*re-charge*” themselves. What better way to extend our longevity, than to **connect to our self-image through massage, and move our bodies in nurturing, strengthening, and detoxifying ways?!**

We instinctively touch ourselves for healing on an unconscious basis every day – we put our own hands on a tummy that hurts, fingers scratch a worried scalp, arms hug a sorrowful heart. Our systems know that, when we are out of balance, *a simple touch can heal and harmonize*. Your body as a metaphor can be enlightening & self-reflective, and is the basis of Dance Therapy and BodyMind Medicine.

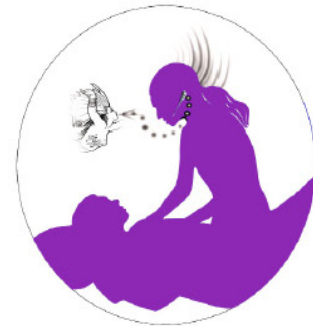
Touch has within it the elements of intention and awareness, so always begin with the **intention for the Highest Good** to take place. Move from the heart, and allow emotion to influence your choices. Self-massage on acupuncture points, is a wonderful way to keep energy flowing, and easy to do any time. *Sigh & sound the tension out!*

The autonomic nervous system is always circulating energy, designed to keep everything working as long as possible. For example: someone living in a coma can suddenly awaken and have all their functions back, once their movement starts taking place regularly. During a coma state, **range-of-motion manipulations** are essential to keep the physical body from deteriorating, because it manually continues to circulate the life fluid of blood and plasma. Even with very little breath, the physical dimension can stay in a stasis, awaiting more consciousness

We are each living as a **self-contained, regenerative bio-chemical-magneto-electric system in a hostile environment**. We are biological forms that are crystalline in nature. The external saline of the ocean is contained within our tissues as lymph and blood. Our emotions give shape & metamorphical manifestation to our weaknesses.

The physical dimension is made up of the densest part of who you are: *bone, muscle, fascia, and fluids*. We exist in frequencies, from dense to spacious. Your whole self is composed of *solid, liquid and gaseous* states, just like H<sub>2</sub>O exists as ice, water & steam. The invisible parts of your “container” are just as important as your visible parts, and can be thought of as your electro-magnetic field..

Nature’s way is to quickly fix problems and keep the body intact by making efficient emergency and long term decisions. **Survival is the first requirement before renewal can take place.**



Once you feel safe (*ie: not stressed*), and you have enough food and water, just by relaxing and sleeping well, your body will be able to rejuvenate better. Add exercise, and now you are building vitality, not just “*treading water*”.

### ***The main reason we stay alive is because of circulation at the cellular level.***

The Lymphatic system (*ocean inside of you*) 1. takes out toxins, 2. transports the immune response 3. cleans the plasma and returns it to the blood. It permeates more area in your cells than your blood capillaries, and it filters and recycles 10 quarts of fluid every day.

Flush out potential disease, congestion, fat and heavy metals with Melting Touch Method. Fortify your immunity by educating yourself in nutrition and supplements. Find ways to support your body’s natural ability to return to balance, by using movement and touch every day.

## REFERENCES

Jane Ganet Seigel: Columbia College, Chicago IL Charter Member of American Dance Therapy Association. Mentor for B. A. in Dance & Dance Therapy.  
- [www.colum.edu](http://www.colum.edu)

Lauren Berry R.P.T.: Institute of Integral Health (Director: Taum Sayers) - orthopedic, lymphatic massage & internal organ release - Apprenticeship & Training 1981-84.- (530)-587-9356 - <mailto:taum@sysmatrix.net> - <http://laurenberry.org/>

Sri Sri Gurudev Swami Satchidananda: Integral Yoga Institute - Mantram Initiation 1972. (434)-969-3121 - <mailto:iyi@Yogaville.ORG> - [www.Yogaville.ORG](http://www.Yogaville.ORG)

Kriya Tantric Yoga in the tradition of Sri Sri Babaji - Cosmic Cobra Breath Initiate 1996. - taught by Sunyata Saraswati: Jewel in the Lotus - Advanced studies 1996-2002. (*Lineage holder Swami Umeshanand Saraswati aka Mark Michaels*) - <mailto:Tantrapm2@aol.com> - [www.tantrapm.com](http://www.tantrapm.com) - Co-author with Bodhi Avinasha of Tantrika International & Ipsalu Tantra - (513)-697-0991 - <mailto:info@tantrabliss.com> - [www.tantrikainternational.com](http://www.tantrikainternational.com)

Fatima Abate, Founder: "The Church of the Messengers of Light" - Graduate of Spiritual Sensitivity Training, Ordained Minister 1996. (310)-822-6770 (Sao Paulo, Brazil)

Gilles Marin: Chi Nei Tsang Institute, Berkeley, CA (his teacher is Mantak Chia of the Healing Tao Garden) – internal organ massage & emotional release. 1986-88  
- [www.chineitsang.com](http://www.chineitsang.com)

Emilie Conrad Da'oud: Continuum Movement Meditation in Los Angeles, CA 1978-84 - (310)-453-4402 - [www.continuumdance.com](http://www.continuumdance.com)

Ruth Zaporah: Action Theatre, Berkeley, CA – theatrical & dramatic improvisation 1981-83. - <mailto:zap@actiontheater.com> - [www.actiontheater.com/](http://www.actiontheater.com/)

Mrs. Thorn Pendleton of Trumbull New Theatre, Warren OH –Actor's Method 1960's.

American Academy of Reflexology, Director: Bill Flocco - Encino, CA (818) 841-7741  
- <mailto:AAReflex@aol.com> - [www.americanacademyofreflexology.com](http://www.americanacademyofreflexology.com)

## AUTHOR BIO

- Marci Javril - Board Certified in Therapeutic Massage & Bodywork; Certified Somatic Therapist with the Association of Bodywork & Massage Professionals; Certified Massage therapist in California #...; Certified in Bodywork for the Childbearing Year™. Ms. Javril holds a B.A. in Dance and Dance Therapy, is Certified in Hoopnotica® Dance Hoop Fitness, and is an Ordained Minister with the Church of the Messengers of Light (501c). Marci received Mantram Initiation with Sri Sri Gurudev Swami Satchidananda in 1970, and is a life-long student of Integral Yoga.

- Ms. Javril has been in private bodywork practice since 1981, teaching massage professionals since 1986, and currently offers customized programs in Vitality Training, Guest Speaker, Tutorials, Seminars, Conferences, Playshops, and Group experiences. Marci offers Healing Touch Education for everyone, and developed a combined curriculum - MELTING TOUCH METHOD© - Lymphatic Drainage Massage; Myofascial Release; Cranio-Sacral Balancing; Internal Organ Detox; Post-Surgical Scar Release & Adhesion Prevention. She also coaches couples in Pregnancy, Labor, Infant & Post-Partum Massage.

**office: (310)-306.9838**  
**cell: (310)-486.4753 voice/text**  
**email: MarciJavril@gmail.com**

mailing address:  
13428 Maxella Ave. #136,  
Marina del Rey CA 90292 USA

### **WEBSITES:**

<https://MarciJavril.com>  
<https://YouTube.com/marcijavril>  
<https://Twitter.com/vitalitymarci>  
<https://Facebook.com/marcijavrilauthor>  
<https://Facebook.com/marcijavril>  
<https://LinkedIn.com/in/marcijavril>  
<https://Pinterest.com/vitalitymarci>



MarciJavril©allrightsreserved2022