

Hook app (Customer Interface)

Main Theme (Three Point focus)

1. **Breath** better.

- Take a gulp of water as usual, keep your lips closed. Slowly gulp it comfortably and also ensure to do a “swallow” action so the little air gaps in the mouth are also IN.

Reason : The Normal air that we breath through our nose usually circulates within the little air gaps in our mouth, though the normal breathe does its work in the lungs, that is not true with the air gaps in our mouth.

Suggested : When we do the “swallow” or “sucking in the air” action Without opening our lips, this tightens the inner lining of your mouth (do not stress the outer jawline, keep it relaxed and comfortable).

How it helps : helps control mind and thought process.

Keeping the inner lining of mouth “air gaps” free helps your breathe to be utilised much better by your lungs and that in turn helps in concentration.

2. Taste **Water** better.

- Take a tea spoon of water or even less, lift the tip of your tongue little and keep the water at the lower palate where the tip of your tongue usually rests for 2-4 seconds and swallow it as usual with more water or same amount.

How it helps : There are salivary glands at lower part of our tongue which increases the way the water tastes better than normal when stimulated first.

3. Taste **Food** better.

- Take tiny amount of any food and place it at the salivary glands in the lower palate till you feel the TASTE for 2-4 seconds and eat it as usual with same or more food.

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Stress relief

1. **WAKING UP** better.

- Place your thumb (can start with either or both) gently behind your ear where you find a small “round” spot, the place where the spectacles rest behind the ears. Close rest of the fingers on your face as if covering it completely.
 - a. With the same hand position, slightly rub your forehead with index fingers where we usually rub during Head-ache for 5-7 times softly and rest the finger.
 - b. Use your middle finger to rub the edge of ur eyes next to your nose very gently few times and rest the fingers.

- c. Use your ring finger to softly massage the middle part (just below where the bone structure ends) gently and rest the fingers.
- d. The little fingers will rest on ur chin.

The final position will be 8 fingers on your face and both your thumb still behind where we initially placed. You can let go off your hand and go on as usual (No need to hold) .

2. **ENERGISING** better.

Stand Bare foot under the Sun with Eyes closed without stressing your eyelids for 1-2 mins everyday. This can be done anytime between sunrise to sunset.

3. **SLEEPING** better.

Close your eyes.

Plug your ears slightly with your Thumb, use your forefinger to gently hold your eyebrows.

Breath in normal, Use your middle finger to close the nostrils (holding the breathe for 2-4 seconds).

Place your ring fingers on your mouth.

Rest your little fingers on ur chin.

Start by holding your breathe for 2-4 seconds, you can increase it as much as you are comfortable holding it for. Slowly open your eyes and then sleep.

END OF “ Beginners “

This would continue with more free techniques like the below example and keep advancing with more techniques.

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Tip of the Tongue 3 point technique to increase focus and concentration.

1. keep the Tip of the tongue struck at the lower palate little behind the soft “meaty” part and keep it held while doing anywork which doesn't require talking. Do not put stress of any kind inside or outside your mouth, keep it relaxed.
2. The second resting position for the tip of your tongue would be the exact top center on your upper palate (if you rotate your tongue tip clockwise, it will automatically restart there).
3. The third position will be the soft tissues at the other end of upper palate.

