

## IT'S IN OUR NATURE

We know we must eat. We know we need water. We instinctively know when to sleep, and we have an inner knowing that tells us that bouncing up and down is good for us. Bouncing on your rebounder feels good and makes you remember that you enjoyed jumping on the bed as a child. That *whee* you felt as you went up and down in the swing can still be felt as an adult if you take the time to go to the park and enjoy that up and down sway. We know instinctively to bounce up and down for the good of body, mind, and spirit. Below we offer you some insights into this “born to bounce” concept, or experience.

We are all *vibration*, cell by cell, as the earth has vibrations, too. As we bounce up and down on our rebounders, we settle into the rhythm of the earth vibrations, with an on-off switch of activity and rest. *This aligns us to a state of stability, calmness, and balance in the nervous system.* The nervous system transmits this pulsating rhythm to the hindbrain, which regulates intestinal functioning, digestion and elimination improve.

- *Neural impulses* are set up along both legs that cross over at the hind brain, manifesting as greater mental activity. According to Morton Walker, in *Jumping For Health*, rebounding brings on the “*eureka experience*” similar to the mental acuity one has after meditation at a deeper level of mind.
- We bounce to *energize charkras and keeps chi flowing*. Energy from the earth enters our gait points between our toes, grounds us, and flows through our charkras, clearing out blocks as it goes.
- We bounce to flush *lymphatic fluid and increase white blood cells* for greater immune function.
- We bounce to *strengthen and tone* each cell with fun and ease by working in line with natural forces.
- We bounce to move into a timeless space where we know *peace of mind*. Einstein said gravity is a property of space/ time not a separate force.
- We bounce because we feel *free, buoyant, calm, harmonious, tolerant, and able to laugh* and enjoy life.
- We bounce to *sleep better*. It feels good to gently bounce before sleep.

It is in our nature to bounce. The fact that it feels good is enough evidence that it is good for us in general, however, specifically, rebounding speaks to our every level *mind, body, and spirit*. It raises us to a higher level of consciousness comparable to that reached in a deep meditation, while providing strength, cleansing, and metabolic stimulation and balance to every cell, tissue, bone, and organ, all at the same time!! *What a deal!* More detail are offered in up-coming book, *Linda Brook's Born To Bounce*, which contains information not offered before, to my knowledge.

## JUST DO IT

Enjoy the freedom of rebounding by bouncing on your level. Finding your starting threshold is an important factor, so you aren't over-doing it for your condition. As you proceed, make sure you relax, even down to your toes. Some people comment that their toes feel numb after bouncing or running. This is a matter of tension as they are not truly relaxed and then grip with their toes for balance. It mostly happens without the use of the stabilizer bar. The stabilizer bar helps immensely in this situation, and gives you the freedom to do other moves more openly.

I offer how-tos to people all the time, however, the best advice I feel that I can give is to do just relax and listen to your body and rebound all day, every day in short sessions. Your mind may be telling you to bounce for 30-40 minutes once a day, but your body says it feels good to keep bouncing for short periods all day long. your mind, says that can't be very effective, however, rebounding is more efficient than other exercises and you get more in less time, and with a whole lot less of your effort. So just bounce, bounce, bounce, all day long, and keep that child-like feeling flowing. Bounce all day, and enjoy better brain function. Bounce all day and enjoy more creativity. **Bounce all day and enjoy feeling good all over every day!**