

# The M Power March



The M Power March (M Power March) is named after its creator, chiropractor Dr M. T. (Ted) Morter Jr. It is a [bio energetic synchronisation technique](#) (B.E.S.T).

It's an exercise that improves neurological balance and re-times internal communication by extending large muscle groups and their joints through a full range of motion. It's similar to a cross crawl exercise which allows your brain to communicate to the opposite side of your body.

And it removes interference that causes separation between mind and body, allowing the body to re-establish the full healing potential of the body. It's a great way to improve how you are feeling and functioning in the moment.

The M Power March can also be used to update your old belief patterns or your life goals that are not congruent with your present moment. It will help you to take on a more positive belief and thought. Incredibly useful for changing and embedding your new goal or belief.

## Here's how you do it:

- 1.** Stand comfortably erect, alert yet relaxed.
- 2.** Take an extended step forward with your left foot, keeping your back (right) foot firmly flat on the floor. Bend your left knee so you can't see your toes.
- 3.** Stretch your right arm up to about a 45-degree angle with your hand open and thumb pointed up. Your left arm will automatically move back to help you balance. Stretch your left arm downward behind you at about a 45-degree angle, with your hand open and your thumb pointed down. (Your position at this point is left leg and right arm stretched forward, right leg and left arm stretched back).
- 4.** Now, turn your head toward the side of the extended right arm, close your left eye, look up, and S-T-R-E-T-C-H! Take a deep breath and hold both your breath and your position for 5-10 seconds. Think: "I am thankful and grateful for my (insert goal or positive belief here)", or a similar positive statement.
- 5.** Close both eyes and think: "I am thankful and grateful for my (insert goal or positive belief here)".
- 6.** Exhale and repeat the exercise with the opposite leg, arm and eye. Repeat the sequence 3-4 times (or less if you become tired).
- 7.** Do this M Power March "workout" twice a day for 14 days focusing on the goal or belief you wish to connect to.

*Note: If you feel unstable, spread your feet wider apart from side to side, or lean against a chair for stability.*

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## Tutorials:

Check out at least one of these videos for an example of how to match the MPower March with your goal or belief.

### Technique:

- [Rachael Jayne Groover](#) (10:05 mins)
- [Empower Your Life](#) (1:46 mins)
- [The Health Doctors](#) (1:50 mins)

### Background:

- [Dr Ted Morter](#) – on why you use the words “thankful and grateful” for your goals (4:50 mins)



*Be stubborn about your goals, and flexible  
about your methods.”*

*~ Anonymous ~*