

## DAILY ENERGY ROUTINE

Four Thumps – Thump under eyes, at high cheekbones, then collarbones at K-27, then center of sternum, then on lower ribs. Take 2 or more deep breaths at each place.

Cross Crawl – Alternating leg and arm crossovers, big figure eights, breathing deeply. Or do leg crossovers, as needed. This supports all the energy flows.

Crown pull – Rub hands together. Start at forehead, with fingertips, press in at center, and pull out firmly. Pull out at hairline, then top of head, then back of head, then base of skull, then back of neck, finally pull down on shoulders. May hurt just a little, but really clears the mind and the crown chakra, stimulates nerve connections.

Wayne Cook – Place ankle on knee, holding toes and ankle with wrists crossed; pull up and breathe deeply, five times, repeating on opposite leg. Then place fingers together with thumbs at forehead and breathe five more times. This is the important one for clear thinking, reading and speaking. It balances the two hemispheres of the brain.

Belt Flow – Smooth the area all around the waist & belly, then go down each leg in turn

Separating Heaven and Earth – On a deep breath, push up toward heaven and down to earth; repeat on opposite side, breathing deeply, 2 x each, then drop hands to earth. Come up making figure eights all around your body. Clears joints, prevents arthritis.

Neurolymphatics – Massage under collarbone, along “seam” of arms, inside deltoid, down sternum, between upper ribs, under breasts, under ribcage, beside belly button, on top of pubic bone, along inside of thighs, along outside of thighs. Deep breaths take the work deeper. Stimulates lymph flow, balances meridians, and relieves pain.

Blow Out – Swinging arms out to sides and up, make fists and throw the energy down to the ground, making a “shhhh” sound. Clears negativity and toxins from BMS.

Celtic Weave– Hands to thighs, breathe down. Then, hands to sides of head, bring elbows together, cross hands at face, let hands fall, crossing down to hips, scoop forward, cross again at knees, scoop forward, then at ankles. Scoop up energy information and bring it down your *beautiful* body. Fluff aura inwards up the midline and over your head. One minute.

Zip-up and Hook-up – Run the energies up the front and back of the body and then hookup the belly button and the third eye. Tug up and breathe. *From Donna Eden*

