

# *Modified Daily Energy Routine*

From Ellen Meredith

*Porcupine Reactivity exercise (Tube sock)*

*Check Halos (Above head, below feet, below groin)*

*Reinforce Smart Filter with colorful tiny 8s*

*Fill with aura with colorful large 8s*

*Celtic Weave*

*Stimulate K-1, pull out roots*

*Hook-up*

*4 Thumps*

*Seven Spirals*

*Wayne Cook*

*Connecting Heaven and Earth*

*Trace Meridians*

*Belt Flow and Nine Hearts to finish*