



the **Daily Energy** routine



What is **Energy**?

In Chinese medicine, the energy within is called *chi*; in Ayurveda, the ancient Indian philosophy of health and well-being, the life-force is known as *prana*. In fact the Sanskrit translation of the word prana is 'vital life'. If you need another reference, you could even think of '*the force*' in Star Wars. George Lucas' idea was almost certainly based on science fact, not science fiction.

This subtle energy is affected by your every experience, and changes moment by moment. Everything we eat, drink, smell, hear, think and feel affects our energy in a positive or a negative way. If the energy is disrupted, blocks will start to occur and our physical and emotional health will suffer.

What is The **Daily Energy** Routine?

The Daily Energy Routine can help to stimulate your vital life force, giving you the potential to boost your well-being and increase integrity of your mind, body and spirit. For maximum benefit these 7 techniques should be completed as a routine taking about 3 minutes, although each technique can be used as a 'stand alone' tool when required.

- 1 The **Reorganising** Technique - 10 seconds plus 5 seconds
- 2 The **Wake-Up** Technique - 30 seconds
- 3 The **Immune Boost** Technique - 20 seconds
- 4 The **Tuning In** Technique - 15 seconds
- 5 The **Concentration** Technique - 20 seconds
- 6 The **Brain Link** Technique - 80 seconds
- 7 The **Hydration** Technique

1 The **Reorganising** Technique

Your body is awash with neurons that transmit electrical impulses from your environment to your brain. Millions of complex signals are sent and received from your brain every second and can easily become disorganised and confused.

Over the last 100 years, technology has increased the electromagnetic radiation on our planet to over 100 million times the level that our grandparents would have experienced. Exposure to these artificial fields of energy (from phones, computers, microwaves, etc.) can disrupt your own body's delicate internal electrical circuit.

This technique helps to combat electromagnetic stress by reorganising the messages from your brain so that they reach the right parts of the body.

With one hand rest your finger pads under your collar bone on the outer side of the sternum (breast bone) where there is a little dip of soft tissue. Place your finger pads on one side and the thumb pad on the opposite side of the sternum underneath the collar bones. Move your fingers and thumb to massage those points simultaneously whilst holding or rubbing the navel with the fingers of your other hand (for approximately 10 seconds).

When this has been completed, leave one hand resting on your navel and move the other hand to the bumps on the front of your forehead. Rest a few fingers and thumb pad lightly on these points (for approximately 5 more seconds).



2 The **Wake Up** Technique

This next technique releases tension and encourages new energy to refresh your brain. It involves stimulating 'the sagittal suture' which is a connective tissue joint between two bones of the skull located on the top and middle of the head. By using a 'pulling apart' motion and tapping this area, the whole body can be reinvigorated.

Bend your fingers so that the finger pads sit against each other in the middle of the forehead. Apply pressure in your fingers as you pull them apart. Move your fingers up into the hairline and continue over the top of the head, working over the sagittal suture and down the back of the head, using pressure to pull apart whilst taking deep breaths. Complete the routine again, then tap firmly along the sagittal suture (for approx. 30 seconds).



3 The **Immune Boost** Technique

The thymus gland is situated behind your breast bone about 5cm below the collarbone. It plays a key role in your immune system. The thymus can be greatly affected by stress or emotional shocks. One of the biggest stresses is vaccinations, which can cause the thymus to shrink. By tapping firmly over the middle of the breastbone on a regular basis, you can stimulate the healing energy within your immune system.

Using all your fingertips, tap firmly. It is even more powerful to tap in an anti-clockwise direction in a waltz time of 1-2-3, 1-2-3, etc., as this works with the natural rhythms of the body (for approx. 20 seconds).



4 The Tuning In Technique

Our ears act as satellite dishes, waking up our whole hearing mechanism. When we stimulate the outer ear it helps us to 'tune in' and assists learning, attention and memory. There are over 148 acupuncture points on the outer ear, which correspond to various parts of the body.

Place the fingers of each hand behind the upper parts of the ears and place your thumb pads directly in front of the ears. Firmly apply pressure with your thumbs to unfurl and flatten out the rim of the ear. Working down from the upper part of the ear to the ear lobe on both ears simultaneously. Repeat once. (Do this for approx. 15 seconds.)



5 The Concentration Technique

Our brains can become tired when we are under emotional stress, require long periods of concentration or spend prolonged periods of time in front of a computer. This technique helps to refresh the brain and renew energy for concentration.

Using 2 or 3 finger pads, rub firmly, using small circular movements, around the soft tissue in front of the shoulder, close to the bone. Start immediately below the collar bone and work down in a banana-shaped curve towards the armpit. (For approx. 10 seconds on each side.)



6 The Brain Link Technique

This powerful technique is more commonly known as cross crawl and helps both sides of the brain talk to each other which is vital to do anything properly. Whenever you use this tool, thousands of new pathways are formed across the corpus callosum (the bridge between the left and right side of the brain).

Generally speaking, the left side of the brain deals with reason, logic and conscious processes, while the right side of the brain is geared towards emotions and creativity. We can become very empowered when both sides of the brain are in harmony, which is why cross crawl is so beneficial.

Cross crawl is often used by athletes, musicians and many students with positive results. When used regularly it can improve co-ordination, memory and digestion, reduce stress, enhance creativity, lymph flow and the efficiency of our immune system, and much more.

Cross crawl is an exaggerated extension of marching on the spot, lifting your left leg and right arm together, then your right leg and left arm together. As you move your limbs, gently twist your upper body so that as you raise your arm it crosses over the midline of the body to the opposite side. One of the many variations you can use is to tap a hand onto the opposite knee.

Children who find this difficult can use coloured ribbons to make it easier, for example tying a red ribbon to their left elbow and another red ribbon to their right knee, and a blue ribbon to their right elbow and left knee. This gives them an easier focus to bring the ribbons of the same colour together. (For approx. 80 seconds for 40 repetitions.)



7 The Hydration Technique

Have a big glass of water!!!

As we have already discussed, the energy in our bodies is made up of a field of information or thoughts. This information, these thoughts have the power to create everything in your life, and every time we have one of these thoughts, consciously or sub-consciously we are sending tiny electrical impulses through our mind and body. Now, everyone knows that water is a conductor of electricity, in fact it is probably the ultimate transmitter, capable of capturing and relaying anything and everything – so when we are hydrated, those impulses can be carried more freely.

*Find a glass and fill with water, or alternatively drink directly from a bottle. **The purer the water, the better!***

