

Daily Energy Exercises for Optimum Health & Vitality – Helen Mawson ©

Daily routine:

The following techniques work to strengthen and maintain your body's natural balance. You can use these at any time of the day and as many times over as you want. It's great to start the day with them and when you are more accustomed to using them will take you about 5 minutes.

Most of these techniques have been taken from the book **Energy Medicine by Donna Eden (1998)**, which I would recommend to anyone wanting to know more about health and the body's subtle energy systems. Some of the techniques are ones used in Health Kinesiology therapy.

3 Thumps:

1. K27- Points at the end of your Kidney Meridian, dents just below your clavicle. Tapping or massaging these points is a simple yet effective exercise that will:
 - Energize you if your feeling drowsy
 - Focus you if your having difficulty concentrating

2. Thymus – Tapping the area over your thymus glad will:
 - Boost your immune system
 - Stimulate all your energies
 - Increase strength & vitality

3. Spleen Points – Tapping the Spleen Points below armpits bottom of bra (spot is often quite tender to the touch) will:
 - Lift your energy level
 - Balance your blood chemistry
 - Strengthen your immune system

4. Thymus tapping – Tap around your thymus area in a circle with finger ends in anticlockwise direction (or left to right) will:
 - Balance all of your meridians and energies
 - Boost your immune system
 - Dilute stress response
 - Increase strength & vitality

Cross Crawling to Harmonise the Left & Right brain hemispheres

Crawling is an important stage of a baby's development. If they do not do this for any reason some developmental processes could be missed. Crawling helps the babies brain hemispheres begin to cross over appropriately. As an adult our brain hemispheres cross so the right brain co-ordinates the left side of the body and vice versa. As adults this energy cross can become impaired and we sometimes switch over. The following technique is a good pick me up for when we are having difficulty concentrating. This technique will help you:

- Feel more balanced
- Think more clearly
- Improve co-ordination
- Harmonize your energies

Wayne Cook Posture:

A procedure named in honour of Wayne Cook a leading researcher in the field of Bio-energy. Do this procedure in a chair with your spine straight. It is great to do everyday or even several times a day. This technique is also amazing when you are feeling exhausted, depressed, overwhelmed, despairing even.

- Untangle inner chaos
- See with better perspective
- Focus your mind more effectively
- Think more clearly
- Learn more proficiently

To Do:

Right leg on left leg, left hand on right foot, right hand on right ankle
With both hands as above move right leg slowly up the left leg X 3
Do same on other side
Put both feet on floor
Put hand together in a tent like shape

The Crown Pull:

Energy accumulates naturally at the top of your head and can become stagnant if it does not move out of your head. This technique will:

- Release any energy that may have become stuck in the head
- Clears the mind
- Calms the nervous system, and can often
- Clear a tension headache
- Clear stress induced stomach aches and digestive disturbances

Starting at the forehead, pull the fingers across the forehead ending at the sides of the head at the top of the ears. Continue to make the same movement and move up and over the head until you finish on the back of the head by the neck.

Protecting your energies by Zipping up:

The central meridian runs from your pubic bone to the bottom of your lower lip. It is the pathway of energy that governs your central nervous system and can be like a radio receiver channelling other peoples negative energies etc. You can use the electromagnetic fields of your hands to zip up this meridian. Doing so will help you:

- Feel more confident & positive
- Think more clearly
- Tap into your inner strengths
- Protect yourself from negative energies

To Do:

Put your fingers of 1 hand together and about ½ inch off your body draw a line from your pubic bone to the bottom of your lip.

When you get to your bottom lip move hand away from your body to the right before putting your hand down so you don't unzip yourself!