

Daily Energy Routine

- **REMEMBER TO BREATHE!!**
Breathing moves energy!! Breath in through nose and out through mouth. Smell the Rose and Blow out the Candle!!
- **REMEMBER TO DRINK WATER!!**
Water is your number one stress buster!!!



Neurovascular & F/O Holds

- NV— Place both hands on frontal eminences. Hold and breathe deeply until relaxed.
- F/O— Place one hand on frontal bone and the other on the occipitals. Hold and breathe deeply until relaxed.

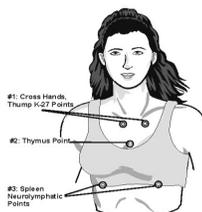


Three Thumps

Re-energizes, restores, & keeps your immune system balanced.

Thump each point 5-10 times.

- K-27 (Kidney meridian points)
- Thymus point
- Spleen neurolymphatic points



Wayne Cook Postures

- Sit with hand around ball of foot. Inhale, pull toward yourself. Exhale & relax. Repeat 5 times on each side.
- Hold hands with fingers touching. Place thumbs on forehead between eyebrows. Inhale. As exhale, stretch thumbs across forehead. Bring thumbs back together. Bring hands down to "prayer position" repeat 5-10 times.



Crown Pull

With thumbs on temples and curled fingertips resting on forehead just above eyebrows, "pull head apart" (slowly stretch skin). Repeat on top of head and work your way across and down the back of the head to the neck. Hang off shoulders. (releases mental congestion, refreshes the mind, and open crown chakra.)



Switch On

- With one hand over the navel, firmly rub the K-27 points. Switch hands and repeat.
- With one hand over the navel, firmly rub above and below your lips. Switch hands and repeat. (Stimulates the Central meridian)
- With one hand over the navel, firmly rub your sacrum (bottom of your spine). Switch hands and repeat.
- With one hand on the sacrum and the other above and below your lips, rub and stimulate the Governing meridian.



Tune In

Pull your ears backwards and unrolls them with your fingers. Start from the top of the ear, massage them delicately and end on the lobe. If you want, you can include sounds like singing the octave or reading a list you want to remember.

Zip up

- Rub hands together and gently shake off. Trace Central meridian (pubic bone to bottom lip) three times.
- (Optional) Trace Governing meridian (up spine, around head to above top lip) three times. "Lock" meridians at your lips with an imaginary key.

Trace Meridians

- Using a meridian chart, continue tracing the other 12 meridians in the order of the meridian clock, starting with the meridian closest to present time.
- To "flush" the meridian, trace it backwards, then trace it in its natural direction 3 times.

Lazy 8's (Angel Wings)

- Extend one arm straight out with the thumb pointing toward the ceiling. Slowly and trace horizontal eights in the air with your hands. As you draw, focus your eyes on your thumb, let your head move slightly with the motion of the wings.
- Continue and move arm all around body. Repeat with other arm or do both arms at the same time (but don't try to track with your eyes if you do both arms ☺)



Hook-up (anxiety-buster)

- Sit with one ankle crossed over the other ankle. Cross one wrist over your other wrist. Turn your hands over so palms face each other, like shaking your own hand.
- Bend your elbows so that your clasped hands turn under and in, towards your body, like a pretzel. Rest hands against your heart. Breathe gently for approx. 2 min.
- Place feet flat on floor and uncross arms. Place your hands together, with only fingertips touching opposite fingertips, thumbs pointing towards your heart, in "prayer" position. Breathe gently for approximately 30 seconds, and release.



Neurolymphatic Flush

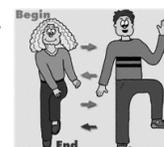
Massage at least 5 sec. with circular motion and strong pressure. Pay special attention to tender areas.

- Deeply massage points just beneath collarbone.
- Beginning at center of chest, continue massaging as you move out to shoulder.
- If you have a partner, have him/her massage down both sides of the spine firmly.



Cross Crawl (balances both sides of brain)

- Walking in place, touch opposite hands to knees 5-10 reps.
- Continue, touching same hands and knees 5-10 reps.
- Finish with opposite hands to knees again..



Meridian Chart

