

# Energy Self-Care

With Karen Haynes



## Awaken the Body

- Most people roll out of bed in the morning and turn on the coffee maker. We want to break that habit by getting in touch with our bodies to start the day and throughout the day.

### Exercises

- Start with Eye Rolls - with eyes opened, gently roll them left 12x, then right 12x
- Gentle neck rolls. Left 12x, then right 12x- up and then down 12x
- Shrug the shoulders up and down 12x
- Shake out the arms 12x
- Torso twists – elbows bent like a butterfly, twist torso 12x, make sure to look over your shoulder
- Hip rotations- rotate hips 12x to right, then 12x to the left
- Leg kicks, kick right leg 12x and left leg 12x
- Flex right ankle 12x and left ankle 12x, finish up with ankle rolls, roll to right, then to the left 12x each. Now left ankle to the right, and to the left, 12x each

### Tapping

- Tapping the body starting at the head, gently tap both sides of the face, tapping the chest, the torso, the belly and working your way to the legs, front and back, up and down each arm - then pretend to scoop up all that sleepy, stagnant energy with both hands and throw it back down into the earth!

### Pranic Breathing To Draw in Prana

#### Method 1 Deep Breathing with Empty Retention

1. Connect your tongue to your palate
2. Do abdominal breathing
3. Inhale slowly and retain for one count

4. Exhale slowly. Retain your breath for one count before exhaling. This is called empty retention

### **Method 2** 7-1-7-1

1. Connect your tongue to your palate
2. Do abdominal breathing
3. Inhale for seven counts and retain for one count
4. Exhale for seven counts and retain for one count

### **Method 3** 6-3-6-3

1. Connect your tongue to your palate
2. Do abdominal breathing
3. Inhale for six counts and retain for three counts
4. Exhale for six counts and retain for three counts

## **Grounding**

- Now that you've awakened the body's energy centers, we want to ground ourselves.
- The sole chakra which is located in each foot will help ground you by focusing on it and by doing pranic breathing. Concentrating on the sole chakras activates them and pranic breathing helps the sole chakra draw in ground prana. Drawing in ground prana is one way of energizing yourself.

## **Spiritual Hygiene**

- Keep the physical and energy body clean to minimize possible health problems.

Avoid the following:

- Pork
  - Excessive Alcohol
  - Addictive or hallucinogenic drugs
  - Avoid eating fish with no scales such as eel and catfish
  - Excessive smoking
-


## EXTRAS: Super Brain Yoga

- Do this simple exercise when you need to reset your energy.

**SUPERBRAIN YOGA™  
PROCEDURE**


- Face east. For old people, face north.
- Connect your tongue to your palate.
- Preferably invoke for Divine Blessing.

**4**




Gently squeeze the right ear lobe with your left thumb and left index finger.

**5**




Gently squeeze the left ear lobe with your right thumb and right index finger.  
The left arm must be inside and the right arm outside.



**Correct Finger Position**

The thumb must be on the outside and the index finger must be on the inside when gently squeezing the ear lobe.


**6**



**Starting Position**


Stand with your feet shoulder width apart.

**7**



When squatting down, inhale simultaneously.

**8**



When standing up, exhale simultaneously.

- Repeat steps 7 and 8, 14 times per session.
- Release your fingers from your ear lobes.
- Say a short prayer for thanksgiving. (Optional)

*\* All of these steps must be followed and must be done almost everyday in order to repeatedly energize and activate the brain cells.*

Follow me on Facebook / Email me at [karenhl7@aol.com](mailto:karenhl7@aol.com) for more energy tips!