

The Daily Energy Routine

The following simple techniques can benefit nearly anyone living in the stress-producing, polluted, nature-alien, energy-scrambling environments that mark our technological progress. I also suggest that you combine these methods into a “daily energy routine,” and that you use it every day. The daily routine builds positive habits into your energy field. The techniques are simple yet potent, and they are cumulative.

Improve your well-being in under 10 minutes a day!

This is a list of the techniques with the estimated times it takes to do each. The time invested is minimal - the benefits received great.

It may be beneficial to do this routine more than once a day. You can also do the individual exercises as you feel the need.

<i>Technique</i>	<i>Approximate Time</i>
The Four Thumps	Less than a minute
The Cross Crawl	Less than thirty seconds
The Wayne Cook Posture	One to two minutes
The Crown Pull	Less than thirty seconds
Neurolymphatic Massage	One to two minutes
Connecting Heaven and Earth	One to two minutes
The Celtic Weave	One to two minutes
The Hook Up/Zip Up	Less than a minute

The Four Thumps

Boosts and restores energy, increases strength and vitality, and strengthens the immune system.

1. Use several fingers or knuckles to tap the spots shown in the pictures. Tap vigorously on each set of spots. Focus on breathing in through your nose and out through your mouth during all the tapping.
2. To locate K-27 points place your fingers on your collarbone and move them inward towards the U-shaped notch at the top of your breastbone. Move your fingers to the bottom of the U and then move down and out about an inch to find the spots. Tap or massage for ten to fifteen seconds.
3. Place the fingers of either or both hands in the center of your sternum at the thymus gland. Tap there for fifteen to twenty seconds with your fingers or your knuckles.
4. Tap the neurolymphatic spleen points, beneath the breasts and down one rib, for fifteen seconds. Alternately, tap the spleen acupuncture points, located on the side of the body about four inches down from the arm pits, for fifteen seconds. If either set is more tender use these points in the future.
5. Tap the points just below your eyes on the cheekbones for fifteen seconds to strengthen stomach.

K-27

Thymus

<-Spleen->

Stomach



The Cross Crawl

Balances and harmonizes energy, improves coordination, clears thinking.

1. While standing, seated or lying down, lift your right arm and left leg simultaneously.
2. As you let them down, raise your left arm and right leg.
3. Repeat, this time exaggerating the lift of your leg and the swing of your arm across the midline to the opposite side of your body.
3. If you can, twist so that your elbow touches your opposite knee.
4. Continue this exaggerated march for at least a minute, again breathing deeply in



If doing The Cross Crawl tires you or leaves you feeling uncoordinated, do the Homolateral Crossover.

If you are unable to do this for any reason, here is an alternative. While sitting lift one knee and touch it with the opposite hand. Then lift and touch the other knee.

Wayne Cook Posture

Focuses mind. Allows you to untangle inner chaos, see with better perspective, think more clearly, learn more proficiently.



1. Sit with your spine straight. Place your left foot over your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand.
2. Breathe in slowly through your nose, letting the breath lift your body, while stretching your leg toward you. Exhale slowly through your mouth, relaxing your body. Repeat four or five times.
3. Switch to the other foot and repeat this entire process.
4. Uncross your legs and “steeple” your fingertips, resting your thumbs just above the bridge of your nose. Breathe slowly in through your nose and out through your mouth

three or four times. On exhale, separate your thumb slowly stretching your skin on your forehead. Slowly bring your hands down in front of you. Surrender into your own breathing.

The Crown Pull

Relieves mental congestion and headaches, clears and refreshes the mind, sharpens memory, opens the crown chakra to higher inspiration.

1. Place your thumbs at your temples and your fingertips resting at the middle of your forehead.
2. Slowly, with pressure, pull your fingers apart to the hairline stretching the skin above your eyebrows.
3. Place your fingers at the hairline and repeat the stretch.
4. Repeat this pattern starting at the top, center and back of your head. Continue all the way back and down until you reach the base of your neck. Use pressure as you pull.
5. Move down to your shoulders and push your fingers in and hold. Then pull across your shoulders towards the front. Hold your hands there until it feels right, then release and drop your hands/arms.

