

Sandra Kumskov's

How To
Love Your Body

Energy Routines



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Energy Routines

Maryam Webster (www.maryamwebster.com) first introduced me to the joys of daily energiser routines and much to my surprise, lots of people use them!

This little routine was adapted from Maryam's routine and expanded by me in conjunction with mind-body teacher Annie Meredith, and I've since used it almost every day.

Tapping first thing in the morning stimulates and tonifies your body's energy system, waking up all your meridians and charging up every cell to give you the best possible start to the day.

It gets you feeling focussed and fabulous - many of my clients use this quick little routine and they love it!

Find a quiet spot to do your routine, this is quality "me time".

Dr Mercola says 10-15 minutes of sun on your skin is the most health-giving thing you can do. David Woolfe cites research that getting skin on the planet's surface balances the ion charge in your body, setting up conditions in your body for optimal health. So as often as possible, I do my routine standing barefoot on the ground in my yard, early in the morning. But if you can't do that, then sitting on the end of your bed is fine, or anywhere else that you feel comfortable, for that matter!

The most important thing to remember about this, is to just tap 😊

Morning Energiser

This morning energiser takes about 10 minutes all up, and sets you up for every other minute of your day to feel great!

1. Connecting

Gather all five fingers of one hand together into a loose fist on the top of the head, where a puppet's string would come out - right on the crown chakra.

Gently scrub around in clockwise circles 7 to 10 times. This opens the crown to receiving a new influx of energy to power your day.

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2. Opening

Interlace the fingers of both hands with fingertips touching the third eye area of your forehead. Putting pressure on the forehead, pull your hands apart, just like unzipping a zipper's teeth. Pull fingertips out to ear level. Do three to five times to open the Third Eye chakra for ultimate clarity in your day.

3. Tapping Affirmations

Refer to the diagram over the page for the points. Tap each point gently but firmly with two fingers of whichever hand you prefer. Say the affirmation for the point, then take a gentle deep breath through your nose and out through your mouth. Repeat the tapping, affirmation and breathing twice more.

Move on to the next point.

Point	Affirmation
1. Top of head	I am supported and loved by Life Itself
2. Eyebrow	I see clearly and effortlessly the path ahead
3. Side of Eye	I am easily and effortlessly fulfilling my life's purpose
4. Under Eye	I am clear and coherent thinking
5. Under Nose and Under Lip	I am regenerating and rejuvenating constantly, at the cellular level and at all other levels of my being
6. Collarbone	I am restoring and restocking my body energy, so that everything comes easily and effortlessly to me
7. Under Arm	All levels of my thinking process are aligned, clear and coherent and I am reprogramming for beneficial change
8. Rib	I am renewing, refreshing and revitalising all levels of my being
9. Wrists	I am calm, peaceful and loving life
10. Top of head	I am supported and loved by Life Itself
11. Chest (the middle of the chest)	Thump gently with your closed fist while you say "I am love, faith, trust, gratitude and courage"

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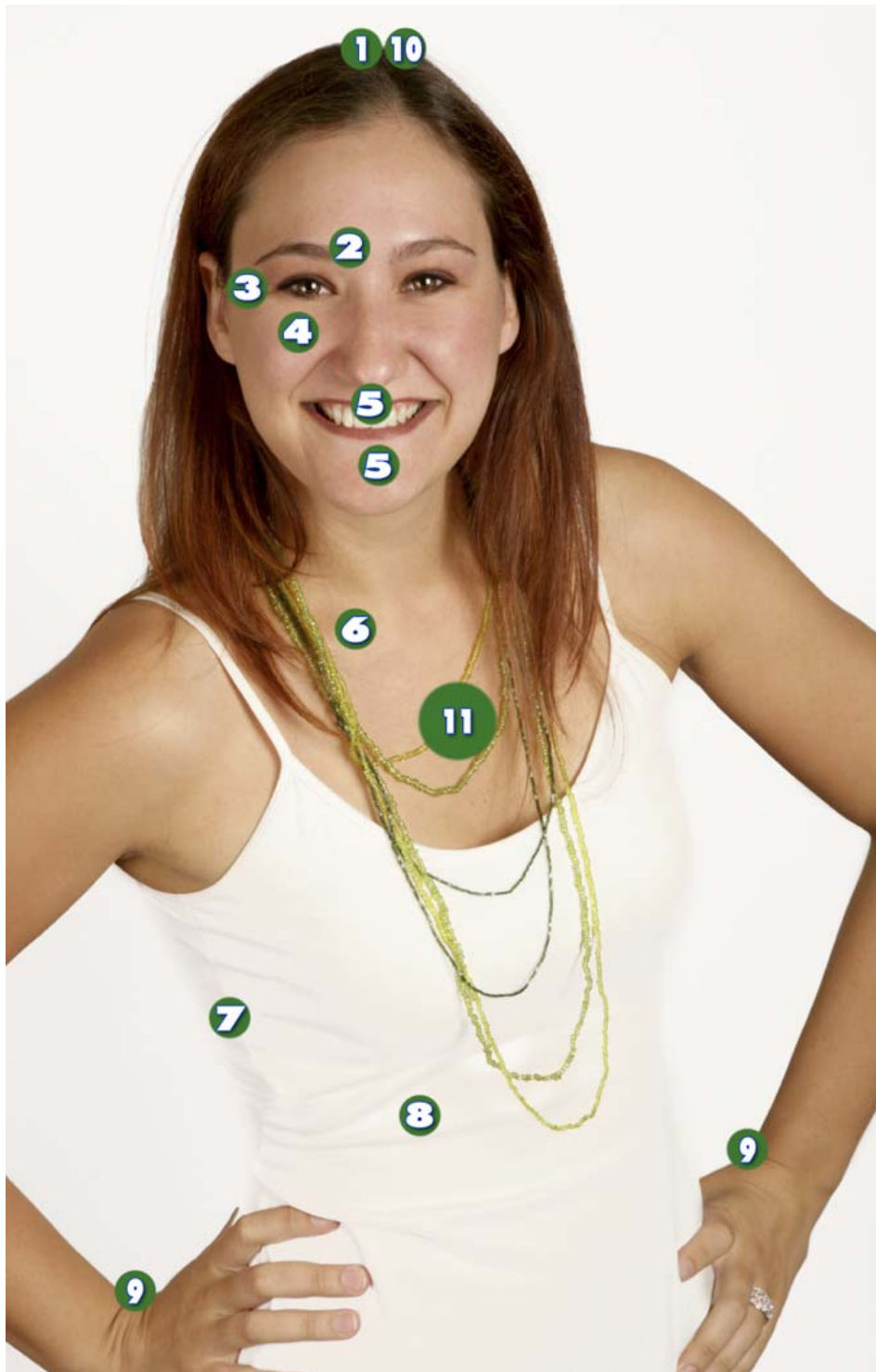


Figure 1 Tapping Points for Morning Energizer

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4. Fourfold Breath

Breathe in to an easy count of 4, hold breath for a count of 4, breathe out for a count of 4 and hold for a count of 4. Repeat the cycle by breathing in to a count of 4 and so on, for at least four minutes. You may find yourself gasping a little at first, keep trying because the general calmness this will bring to your life is well worth the very short discomfort.

Evening Sedating Routine

Do this when you get into bed just after you turn the lights out.

1. Lying on your back, cross your legs and arms easily at the wrists and ankles. Breathe in and out 10 times. Relax and let the cares of the day float away.
2. When you're ready, move one hand to your Heart-centre and send yourself love. Place your other hand in the middle of your chest and gently warm your Thymus for a minute or so. Move your hands slowly down your torso to your groin, moving your energy; part your hands at your groin and place your palms on the bed to let any overabundance of energy run out.

So how does that feel?

Can you feel your energy moving?

Many people can feel that the first time they do it, and many can't. But keep doing it, and your energy system will be so tuned up that you will feel your energy tingling through your body, carrying its life-giving force to every cell. It's doing that anyway: now you're assisting that process with your intention.

If you would like more tapping routines, and health-giving though provoking news into your inbox every week, with no hard sells anywhere, please consider signing up for my free newsletter at <http://www.sandykumskov.com/ontrack>.

And if you have any questions about this routine or comments you'd like to make, please email me sandy@sandykumskov.com.

Tap on ☺

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