

Eden Daily Energy Routine

These exercises take about five minutes. You can do them when you wake up, in the shower, at bedtime, or any time in between.

1. Four Taps

Tap each spot several times while you take two deep breaths

Cheekbones to ground

Collarbone to boost energy

Sternum to support your immune system

Under arms to support your body's ability to metabolize food, thoughts and emotions

2. Crossing Exercise to balance your body's energy

Choose one or more:

Figure eights at eyes

Cross pull from shoulder to hip

March in place

3. Wayne Cook Exercise to think and communicate more clearly/can help dyslexia

Cross ankles, cross hands, flip hands in and up, take 4 breaths and stretch. Do the same on other side.

End with hands steeped at crown chakra

4. Crown Pull to clear and refresh energy at your head/can reduce headaches

Start at your forehead and push your fingers in and pull apart; continue over your head and down your neck; hang on shoulders; bring your hands to your heart

5. Connecting Heaven and Earth to clear and refresh energy in the middle of your body

Wipe hands, shake off, put on thighs, on in breath one hand to heaven, other to ground.

As you exhale bring your hands to prayer position and switch to other side

6. Celtic Weave to support and protect your energy

Sweep your hands in and out at your ears, stomach, knees and feet about 6 inches out from your body; then roll or weave the energy back up in front of your body all the way to your head

7. Hook Up to calm and center/may help with seizures

Place your middle finger in your belly button and at your third eye; push in and pull up until you yawn or sigh

8. Zip Up to protect your energy

Place both hands at your pubic bone; pull up front of body to lower lip; lock and throw away the key