



Healing in Progress

10 ways to keep the energy moving in and around your body

1. **Conscious breathing;** imagine as you take a deep breath in, that it's coming in through the top of your head, flowing down your spine into your belly and as you exhale, it leaves through your tailbone or your feet. You can also have the breath go the opposite direction, starting at the tailbone, breath into the belly and as you exhale, follow the breath up the spine and out the top of your head.
2. **Heart Center;** rub your hands together to energize the energy. Then place your palms over the center of your chest. Imagine the energy is flowing into your body through the palms of your hands. Feel the energy collect in your heart center area. How does it feel? Allow the energy to flow through your body. Use your intention for it to clear any blockages.
3. **Singing Bowls;** you can purchase your own singing bowls, attend a live sound meditation or find a recording of singing bowls on YouTube. Singing bowls have a vibrational effect on the energy in and around your body. They help to break up stagnant energy which allows a natural flow of energy.
4. **Tuning Forks;** tuning forks can be used like the singing bowls. As you strike the tuning fork, you can place the end of the tuning fork on your body or gently move the tuning fork through the area around you in a figure 8 motion. Eileen McKusick is a great resource for more information on tuning forks.

5. **Dancing;** the movement of dancing gets the energy flowing in your body as well as brings joy into your day. Be sure to listen to music you love and let it flow through you as you move to the music.
6. **Walking;** the simple act of walking is getting the energy flowing through your body. This doesn't have to be a power walk. Just move your body and enjoy the scenery.
7. **Energy Medicine;** Donna Eden is the queen of energy medicine. She has many videos on YouTube you can watch but one of the first things I do each morning is to get the energy flowing across my body. I reach my right hand to my left shoulder and pull on my shoulder and then drag my right hand down to my right hip, then switch sides. I do this 4 or 5 times to get the energy flowing across my body. Check out more videos on YouTube.
8. **Have a massage;** your masseuse shifts the energy in your body as you receive that relaxing massage. It's a powerful way to keep that energy flowing. It's a great way to take care of you.
9. **Stay Hydrated;** drinking water helps your body to stay hydrated and keeping the energy flowing. It's especially important to drink water after a massage or energy healing session.
10. **Have an Energy Healing session;** there are many different healing modalities out there such as Reiki, Healing Touch, and general Energy Healing. They all use the beautiful healing energy received from the God/Creator/Universe. The energy goes where it is needed within your body to break up stagnant energy. Your body becomes relaxed, reducing stress, which allows your body the chance to heal.