

Energy Medicine #2

Connecting Heaven & Earth

When to use:

- You need a quick way to ground your energy
- Your brain feels foggy and unfocused
- You're feeling an afternoon slump and want a pick up without turning to caffeine or energy drinks

How to use:

1. Stand with your feet hips distance apart and your hands at prayer center
2. Inhale through the nose and send your left hand to the ceiling and your right hand towards the floor
3. Hold the breath at the top and keep your wrists in the same position as if you're trying to press the ceiling and floor away from each other
4. Exhale out your mouth and return your hands to prayer center
5. Repeat this process alternating sides for 3-5 rounds until you can feel a subtle shift in your energy

