

### **Practices to Brighten & Boost Your Energy**

1. Hold
2. Bounce
3. Sound
4. Shake
5. Pat
6. Brush
7. Breath slow
8. Breath active
9. Visual focus / Nature resource
10. Name a positive quality & feel it in your own body
11. Gratitude

#### More on the above...

1. **Hold** a place of tension with presence. Contact, Breathe, Press, Rub, Kindness.
2. **Bounce** to send a rhythmic ripple of movement through the whole body
3. **Sound** while bouncing, audible exhale “Ahhh...”
4. **Shake** all parts of the body for a full 1-2 min. Shaking releases stuck energy and frozen charge. Shivering is especially helpful for releasing fear.
5. **Body Patting** or Body Tapping: From crown to ground, pat yourself down. (adapted Qi Gong practice; face tapping is from Emotional Freedom Technique).
6. **Brush** the skin surface from head downwards in sweeping motions, gathering the excess energy that rose to the surface during patting. Close with hands to ground.
7. **Belly Breathing** long deep breath into belly (breathe through nose). Practice 5 min each day to tone the vagus nerve and train your brain to naturally self regulate.
8. **Active Breathing** medium-paced active breath with eyes open (breathe through nose). If you become lightheaded, slow it down. There are many quick-paced breathing exercises out there, I recommend following a guided tutorial or joining a class to explore these safely (Wim Hof, Breath of Fire, Holotropic Breathwork, etc)
9. **Visual** “10 breath focus” (adapted from Mindfulness Based Stress Reduction) Focus eyes on one object for 10 even breaths. Count breaths on fingers. Connecting with a living being in nature will bring the most benefits!
10. **Identify a positive quality** you see outside of yourself, turn attention inward and notice how that same quality lives inside of you. Recognize how you embody this quality, and focus on that.
11. **Gesture of Gratitude**: hand on heart, palms in prayer, or hands on thighs. Physical contact and express gratitude aloud or in your heart. If that’s too cheesy, just notice how you feel and take 1-3 breaths before you transition to the next thing.