AWAKEN AND BALANCE YOUR ENERGY

Awaken Your Energy

Close your eyes and put both your hands on your lap, palms facing up and fully open. Take a few slow, deep breaths to calm the mind.

Put your right hand on the center of your abdomen. Say silently: “I am at peace”. Say it several times. Then sit in silence.

Put your right hand on the top of your head - the center of your palm should touch the top of your head. Say silently: “Let me be in the state of meditation”. Bring your hand back down and sit in silence.

Put your right hand on your forehead. Say silently: “I forgive everyone, and I also forgive myself”. Say it several times. Sit in silence.

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Balance Your Energy

Put your hands on your lap, palms facing up and fully opened. Close your eyes if you’d like. Take a few slow, deep breaths, and bring your attention to the top of your head.

Balance left side energy

Put your right hand towards the floor and sit like this for a minute or two. You can say, silently to yourself, “I let go of all my past, I let go of all my tiredness.” When you are done, bring both hands back on the lap.

Balance right side energy

Balance the right-side energy: put your left hand up, with your palm facing towards the back; sit like this for a minute or two. You can say silently to yourself, “I let go of the future, I let go of all my activity.”

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