

ENERGY MASTERY POWER POSITIONS

INCREASE YOUR STRENGTH, FOCUS AND INTUITION INSTANTLY!

These very simple movements and hand placements help make significant changes in your physical and emotional power instantly.

You will feel an increase in strength, greater mental acuity and decreased stress! You will feel a connection to your inner physical strength, emotional power and intuition. Every athlete I work with raves about these and if accomplished athletes say they make a big difference just think what they will do for you!

As you utilize these positions regularly their effects will increase, they may be the "magic pill" many have desired! Practice these positions and your body will remember the energy flows and power they create. You will eventually not need to do them physically, but simply remember them and you will feel the benefits! You will be able to access this immediate power and energy anyplace and at any time. Enjoy your new power, energy, focus and clarity.

These do not replace any prescriptions or exercises assigned to you by your healthcare providers. Consult with your health care providers before beginning anything new.

CLARITY, FOCUS, STRENGTH, and PHYSICAL

POWER: This simple movement will increase mental clarity, intuition, focus, strength and physical power immediately.

STEP 1: Simply do a kegel, which is squeezing as though you want to stop your urine flow.

STEP 2: Clench your buttocks and your pelvic region will automatically tilt slightly forward.

STEP 3: Tilt your head up slightly, about 10 degrees.

Hold these for 90 seconds or so and notice your energy rise. Eventually you will feel the energy strongly in your crown chakra!

STEP 4: Release

STEP 5: Take one step back and then one step forward.

Doing this series of movements with athletes, instantly allows them to lift more and jump higher and run faster! It gives them better hand eye coordination, increasing their skill.

To recap this exercise, it is a kegel, glute squeeze, tilt your head up 10 degrees or so, release, and then step back and step forward. The step back and forward are very important. These simple movements will immediately increase your physical power, increase mental clarity, intuition, focus and give you more energy. The 2017 Nova Southeastern Women's Volleyball team

coined this the "Google Movement" as they found it so greatly increased their intuition and memory!

I AM GOOD, I AM SAFE: This next set of hand placements is to help you feel, "**I am good, I am safe.**" It is the most basic of feeling safe and connected or "grounded." This movement is especially sensitive and effective for those that have experienced physical and or emotional abuse. Using this set of hand placements will begin to erase that negative energy and restore your energetic truth and safety and security. You will feel your true YOU.

STEP 1: Place one hand over your genitals and rest your fingers on the perineum, the spot between your anus and genitals.

STEP 2: Place the other hand on your heart.

The pelvic and perineum areas conduct the feelings of safety and security or the opposite; physically, emotionally and spiritually. When we simply place our hands on ourselves, energy is drawn to the area we touch.

By simply holding your hand over the pelvic area, it sends energy to there, increasing safety and security. By placing your hand over your heart, it brings that safety to your heart center, your essence of self-love, thereby creating instant self-knowing. the ultimate "**I am good,**" "**I am safe feeling.**"

CREATES FREEDOM FROM STRESS AND INCREASED SELF POWER: An empowering set of hand positions creates a freedom from stress and increased self-power.

STEP 1: Place your hand on your upper belly with your thumb touching the bottom of your sternum and your fingers and palm on your upper belly.

STEP 2: Rest the other hand over your heart. This creates what some have said is like a sense of **“Wow, this is cool. I can do this or a deep AAAHHH!”**

A SENSE OF SELF PEACE! : This set helps create a sense of connection to self-peace. This will provide the feeling of **“I have it within me, real peace”**. This will bring feelings that are especially empowering when one is struggling with knowing and following their intuition.

Simply place your hand over your belly button and the other on your third eye. Your third eye is about intuition and your belly button is about self. So this makes an energetic connection that facilitates a feeling of being in-tune with yourself and your intuition. It creates a feeling of, **“I see and know much easier with peace and a sense of this is easy”**.

SHEDDING OTHER’S ENERGY AND STRENGTHENING YOURS: This amazing set of movements are incredible. They help maintain your energy and send others their energy back. It can be powerful to eliminate someone ‘nagging’ you or invading your private space. This a variation of a martial arts move that creates energy and

moves energy, practice it and harness this energy. Please exercise all caution you have at your disposal when dealing with people that feel threatening.

Simply begin by pointing your fingers towards your body beginning at the top of your head and continue down the front of your midline in front of your nose, sternum, belly button through the torso. At the bottom of the torso point your palm out and away from your body, refrain from pointing your hand directly at another as they may strongly feel it.

When bringing your hand down your torso, say, "All that which is mine is mine". When you reach the bottom, point you hand away, say, "and all that which is yours is yours". You will find that others will simply step away from you and often they stop with their verbal banter or negative chatter. It helps in crowds to keep your energy and shed that of others. I refrain from pointing my palm directly at someone unless I feel threatened or feel they are lying to me.

When done in the martial arts context the palm is meant to send the energy forward and it can be extremely powerful if one practices this at length. I do this when I go to night clubs or parties and also wherever I sense the presence of those that have passed. This series keeps your power and builds it and gives back nuisance energy and tends to push others away.

In all times, exercise common sense and take care of your physical, emotional and spiritual well being.

BALANCING HORMONES, HEALING YOUR SOUL AND MORE

This set of movements is also recommended by Dr Christianne Northrup. In fact she raises her voice emphatically encouraging women to take their power and health into their own hands!

The process is to take the energy center of your palms and to place them over your nipples.

This set of placements is so powerful! We carry 'breast of burdens' on our breasts of course. Have you ever heard or said the statement, "I need to get this off my chest"? We know this feeling to be more than words. When we do these hand placements, not only do you engage our hormones as Dr Northrup points out, but you also clear what has been put on you that you do not want and that you may be holding onto.

Many women have reported strong feelings of anger or grief from issues that have hurt them coming off of them as they do this. The level of the grief and anger lets you know what has been held in your body. ***It is actually one of the easiest methods to eliminate harmful memories and emotions.*** If this does happen reach out to professionals that you trust. It is helpful to reach out and get support to process the difficult emotions.

As Dr Northrup states, you can take your own power in your hands! Balance your hormones. I have found it to eliminate negative and harmful emotions, empowers yourself physically and emotionally with this simple placement of your hands.

These movements and hand placements are not to replace any medications or treatments. Consult your health professionals before attempting any exercises and physical activity.

If you have questions please call me and we can discuss the benefits of each of these more fully.

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