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### **CENTERING ENERGY EXERCISES:**

*The following exercises are from the work of Paul and Gail Dennison **Brain Gym: Educational Kinesiology**; Donna Eden and David Feinstein Ph.D. **Energy Psychology Interactive** and Benzinger & Sohn **The Art of using your Whole Brain**. Perform these exercises daily to help maintain balance in your three energy vectors: up/down, front/back, left/right, and head/heart coherence.*

### **HEART MASSAGE** ( Up-Down Correction)

Move the palm of the right hand in a clockwise circle (as if you are the clock) over the midline of the body, level with the heart. Start under the throat, go around and down to the left, down to the bottom, and up to the right, etc. While continuing this heart massage, say statements of self-acceptance such as:

- ***I deeply and profoundly accept myself with all my problems and limitations***
- ***I accept all my feelings about everything***
- ***I also accept all my gifts and talents***

### **BELLY BUTTON CONNECTION** (Front/Back Correction)

Stimulate the umbilicus (hook the middle finger into the navel and pull up gently or simply hold the palm over the navel) and at the same time tap or rub:

- both collarbone points ( K27)
- under the nose (ending of Governing Vessel)
- under the lips (end of Conception Vessel)
- tailbone (optional-beginning of GV)

**THEN REPEAT THE PROCESS WITH THE OTHER HAND AT THE NAVEL**

### **CROSS CRAWL EXERCISE** (Side to Side Correction)

While standing, raise the left knee and tap it with the right hand. Drop arm back to the side and the leg back into place. Raise the right knee and tap it with the left hand. Drop both back into place. Continue this motion

- WHILE COUNTING to 30, ONCE WITH EACH TAP
- WHILE HUMMING for 30 seconds.
- WHILE CIRCLING EYES one way for 15 seconds and then the other way for 15 seconds
- **Optional:** circle eyes while counting, circle eyes while humming

### **OVER ENERGY CORRECTION** (Front/Back Correction)

- Cross left ankle over the right ankle.
- Stretch your arms out in front of the body, thumbs down. Cross the RIGHT hand OVER THE LEFT, lace or clasp your fingers, and bring to the heart
- Put tip of tongue on roof of mouth on the INHALE
- Rest tongue on the floor of the mouth on the EXHALE.
- Continue for 1 - 2 minutes. Eyes can be opened or closed

### **HEART DYSLEXIA INTERGRATION** (aka scare crow cross crawl head/heart coherence)

- Raise one elbow up to shoulder height and out to the side of the body, like a scarecrow.
- Rotate that upper arm forward so elbow points straight ahead.
- Raise the hand and forearm while simultaneously lifting the opposite knee as if raising the leg like a puppet on a string.
- Let them both drop to the floor. Repeat with other arm and leg.
- Keep repeating this scarecrow cross crawl

WHILE COUNTING to 30, one number with each lift

WHILE HUMMING for 30 seconds

**Optional:** WHILE CIRCLING EYES one way for 15 seconds and then the other way for 15 seconds.