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How to calm, center and ground yourself

for greater access to your powerful self with energy movements and poses

You're moving towards embodying the greatest version of yourself. Having physical movements and poses will help you integrate the energetic changes you experience, as well as to be with and release the thoughts and emotions that come up along the way.

This handout outlines the poses and movements that we'll be using in the program. They come from two of my mentors, each of whom is a true pioneer in the field of energy work.

Movements

I learned the following movements from Donna Eden. I highly recommend her videos, starting with the ones on YouTube. Donna is dynamic, youthful and delightful, which speaks highly of her tools! Her website is www.learnenergymedicine.com.

Movement #1: 4 Thumps

Using your fingers, tap strongly (thump) the following points. Thump each point as many times as you'd like before moving on to the next. If it's sore, thump it more.

- A point on each cheekbone in line with the irises of your eyes.
- Points just below the inner end of each collarbone. You may have a slight hollow there.
- Your breastbone (in the center of your chest), using either hand.
- A point on each side of the ribcage under the arms at the bra line (real or imagined).

Movement #2: Cross crawl

You can do this either standing up or sitting down, so do what works best for you.

Using the **knee on one side** and the **hand from the other side**, **bring them toward each other**, lifting your foot off the ground and gently twisting your upper body. It's great if you can touch your knee and hand together, and it's perfectly okay if you can't. Then bring the other knee and hand together. **Do the full cycle 4 times or more.**

If this movement makes you feel dizzy, it means you really, really need it! If this is the case for you, definitely sit down as you do it. In addition, start with using the hand and knee from the **same** side several times each. Then, use the knee and elbow from opposite sides and bring them toward each other, touching them together if you can.

Movement #3: The Hook-Up

You'll use the middle fingers of each hand for this movement. Place one in your navel / bellybutton and the other between your eyebrows. Push in and lift up with both fingers. Allow yourself to breath naturally. Hold for the count of 3 or as long as you'd like.

Poses

Like the movements, these poses connect our energies, allowing for greater flow and integration. I encourage you to try the different poses. How does each feel for you? Do you have a preference?

On our calls, I may recommend one pose in particular. It's a recommendation. The choice of which to use is completely up to you. I'll explain more about each one on our pre-retreat call.

Head Pose

This first pose is one that I learned while working for and studying with Tapas Fleming for eight years. Tapas is the founder of TAT®, a powerful energy technique that truly changed my life. What I value most in Tapas' work is its foundation in spirituality, love and acceptance. Her website is www.tatlife.com.

You'll use one hand in front of your head and one in back. It doesn't matter which you use where, so do what's more comfortable for you.

With the hand in front, put your **middle finger in the middle between your eyebrows**. Put your **thumb and ring finger on the sides of your nose next to your tear ducts**, where glasses would sit.



Put your **other hand** across the **back of your head** with **your thumb at the base of your skull**.



This is a **light, gentle touch** -- no pressure or squeezing is needed! It doesn't even help. Clients have reported especially liking this pose when doing "head-centered" work, like letting thoughts come up or feeling "in their heads". It often brings great calm and grounding.

Heart Pose

Put **one hand on top of the other in the center of your chest** over your breastbone. This is known as the heart chakra in the Ayurvedic tradition.

Many people like to use this pose when focusing attention on the body, or having internal ("imagined") heart-to-heart conversations with someone.



Improvised Pose

Sometimes as we're working together, you might notice tightness, heaviness, sadness, or something else in your body. The most common places for this are: the heart, throat, stomach and guts.

If you'd like, you can place one hand on your heart center and the other on the spot where you're experiencing the feeling.