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# Getting Calm, Centered and Grounded 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](http://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.

### **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.



### **Power Pose**

This pose is also known as the Superhero Pose. In her TED talk and in her book Presence, Amy Cuddy shares some of the research on this pose. After doing the pose for several minutes, subjects performed better on exams like the LSATs, made better decisions, and were given higher marks in interviews. The effects lasted for several hours.

You do it standing up or sitting down. Your feet are about shoulder-width apart and firmly planted on the ground. Your hands are on your hips or your arms are stretched up to make an X with your legs. Your shoulder blades are down and your chest is open. Your back is straight.

As you hold the posture, imagine breathing in through your legs and the base of your spine, through a central column running in front of your spine, and out through your head and arms (if they're stretched up). On the next breath, breathe down through your head (and arms), through the central column, and out your feet and the base of your spine. Do this breath several times in each direction.