



How to boost and read your energy field

Qi Gong exercises

Do each exercise 9 times except the thymus (do this 6 times):

- The Sky High stretch.
- Tap the left arm from top to bottom, outside, top and inner arm and then do same to right arm.
- Thymus Tapping and rub the lymph glands 6 times.
- Kidney Tapping and lower back sweep.
- Shake right arm and left leg and shake left arm and right leg.
- Beach balls. Swing both arms in towards one another as if you were rolling beach balls inwards towards you.
- Hands facing each other in front, swing arms up above your head bending the knees as you move.
- Yin Yang Breath. Arms rise with 'in breath' and fall 'with out' breath.
- Figure of eight. Toes slightly inwards. Nose over navel.
- Hold your hands below your navel for 1 minute.
- Set an intention for your day, example, "It is my intention to have pure peace and joy in my day ahead."
- All the above exercises are performed in numbers of nine except the thymus exercise which is performed 6 times. These exercises and are designed to lift your energy levels.