

Karen Atkins

# LIFE HACK PROTOCOL

PERSONAL SUSTAINABILITY WITH KAREN ATKINS, LMT, CERTIFIED BODYTALK & QIGONG INSTRUCTOR

## TO IMPROVE YOUR BRAIN POWER AND SUSTAIN YOUR ENERGY...

Assist your body and cells in becoming aware of their natural state of ease. By directing your energy in simple ways to the flow of your “qi” (chi) throughout your body. These qi cultivation tools will help you feel more energized as they support hormonal balance in women and optimal testosterone levels in men for a strong body and a sharp mind. The kidneys are particularly important, as they store primordial qi, the vital foundation of life.

The following exercises help to release stagnant energy and build your qi.

Each exercise is accompanied by an essential oil that will invigorate you and assist in elevating your energy. Essential oils are high frequency tools with many physical, emotional and spiritual benefits, so they facilitate the building of strength and flexibility.

## 1. BODY TAPPING

Meridians are rivers of energy that flow through the body and are associated with particular organs. When we move the energy along the meridians by tapping on them, we’re helping to support the health of the organs. Tapping creates awareness and cohesiveness in your body.

**WATCH VIDEO:** <http://found.ee/body-tapping>



### SUPPORTING ESSENTIAL OIL

## BASIL



Basil helps us to get into our bodies and ground. It’s the oil of renewal, so it helps to revitalize your energy. It supports the adrenals as well as the kidneys, which is where you store your life force.

**Try it like this:** Dilute 1-2 drops with a carrier oil and rub on your kidneys (lower back)

**Video:** <http://found.ee/basil-EO>

## 2. THE CORTICES TECHNIQUE

Balancing communication between the left and right hemispheres of the brain helps it communicate with rest of your body more effectively. The cortices technique helps your brain to become aware of what is needed in the body. This brain-balancing technique from Body-Talk, a consciousness-based healthcare system, creates a natural state of ease in your body and mind.

**WATCH VIDEO:** <http://found.ee/cortices>



## 3. OPEN CHEST WIDE



This heart-centered movement helps improve your body's ability to efficiently take in oxygen as well as nutrients. Dubbed "Medication in Motion" by Harvard Medical School, taichi qigong exercises help to build your life force while reducing stress and anxious feelings.

**WATCH VIDEO:** <http://found.ee/open-chest-wide>

**IMPORTANT:** After "closing" or gathering the qi, place both hands over the lower dan tien (see page 3). For specific instructions on how to do the closing, go to 2:05 on this video: <http://found.ee/commencing-form>

### SUPPORTING ESSENTIAL OIL

## FRANKINCENSE



Frankincense helps create order in the cells and the nervous system. It supports balanced communication between the left and right hemispheres of the brain.

**Try it like this:** Dilute 1-2 drops with a carrier oil and massage the back of your neck/behind the ears

**Video:** <http://found.ee/top10-oils>  
(Frankincense at 5:28)

### SUPPORTING ESSENTIAL OIL

## MELALEUCA

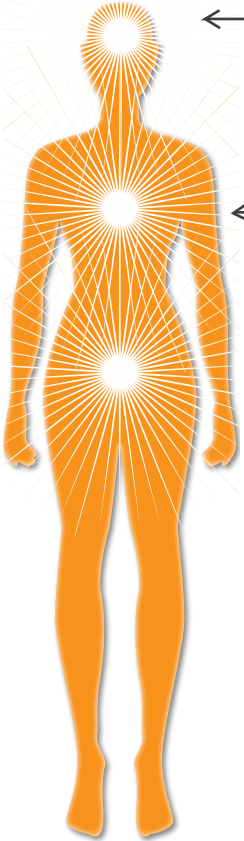


Melaleuca, also known as Tea Tree, can help to combat environmental threats, which frees your heart up to do what it is naturally good at: being in harmony.

**Try it like this:** Dilute 1-2 drops with a carrier oil and rub over your chest and neck

**Video:** <http://found.ee/top10-oils>  
(Melaleuca at 11:34)

## WHAT IS THE "DAN TIEN"?



Dan Tien, or elixir fields, are the energy centers in your body that you can use to focus, cultivate and store the qi that you are building.

**Upper Dan Tien** The pineal center located at the middle of your forehead just above the eyebrows. Brain function is maximized when this center is energized. It is also where we connect to our spiritual intelligence. The Cortices Technique supports the upper dan tien.

**Middle Dan Tien** The heart's electromagnetic field is many times stronger than that of the brain. When we open up the energy in the heart, we are creating a form of protection that is even more powerful than physical protection. When energy is flowing in your heart, nothing can get at you, which makes you more courageous. The more it expands, the more love you are able to experience. Love is a natural protector. "Open Chest Wide" supports the middle dan tien.

**Lower Dan Tien** Slightly below the navel, this is where we can store our life force. If someone mentions "dan tien" and doesn't specify a location, they are probably referring to the lower dan tien, which is referred to as the center of power in martial arts practices. All taichi qigong exercises support the lower dan tien.



## MEET KAREN

Karen Atkins is a vitality lifestyle expert and singer-songwriter who specializes in helping people uncover their latent potential. Karen has toured the world speaking and performing in front of over 50,000 fans and students. She is an award-winning musician and has been featured on Ted Talks and Good Morning America.

For more information on the therapeutic aspects of her music, visit: [karenatkinsmusic.com](http://karenatkinsmusic.com)

## RESOURCES

Karen's YouTube Channel

Free Email Course: Essential Oils 101

More videos and inspiration on Facebook and Instagram @karenatkinsmusic

Free Video Series: *Try This! Quick & Fun DIY to Look Younger & Stay Fit*