

GROUNDING AND PROTECTING EXERCISES YOU CAN DO IN UNDER A MINUTE

QUICK INDOOR GROUNDING

1. Place your hands at the sides of your waist.
2. With your thumb in the front and fingers toward the back, slide your hands slowly and firmly down your legs.
3. When you get to your feet, squeeze at the sides of your feet.

HOOK-UP

The hook up keeps the governing and central meridians (the main energy pathways in the body) connected. This is an exercise of Donna Eden's.

1. Place the middle finger of one hand on the "third eye" (between the eyebrows above the nose).
2. Place the middle finger of the other hand in the navel.
3. Gently press each finger into the skin and it pull upwards. Hold for a minute to three minutes.
4. Often you will experience a deep sigh and/or yawn. This shows your energies have hooked up.



THE ZIP UP

The Zip Up, also a Donna Eden technique, brings energy up the Governing Meridian that runs along the spine and up the front Central Meridian along the midline. This exercise is great for protecting yourself from the negative energy of others.

1. Place your hand at the bottom end of the central meridian - at your pubic bone.
2. Take a deep breath in as you move your hands, slowly and deliberately, straight up the center of your body to your lower lip.
3. Continue upward, bringing your hands past your lips and then pretend you are turning a key in a lock (I know, it seems weird but it works!).
4. Do it three times.



OTHER PROTECTION

1. Picture surrounding yourself with a shield of white light (acts as a filter for keeping other people's negative energies out, but allowing the good in). You can also picture yourself in a crystal or glass prism or diamond shape where good energy can come in but nothing bad can penetrate it.
2. Trace big figure 8's in the air around your body as if you're weaving a figure 8 cocoon around you. One of my favorites!

