

## Keeping Your Energies Buzzing

A daily energy routine from [EnergiZme.co.uk](http://EnergiZme.co.uk) for better health and wellbeing

Establish a daily energy routine – less than 5 minutes:

[The Three Thumps](#)

[The Cross Crawl](#)

[The Crown Pull](#)

[The Spinal Flush](#)

[The Wayne Cooke](#)

[Separating Heaven and Earth](#)

[Sweeping up the Aura](#)

[Zip up front and back](#)



### 1. The Three Thumps

First – K27 (upper chest) two points: a little below the collar bone

Second – Thymus Gland – central point, just above the sternum

Third – under breasts and towards the side  
Spleen point – both sides

These thumps will energise you, help you focus, concentrate, boost your immune system, increase your strength and vitality and balance your blood chemistry. Lightly thump each area about 15 times.

### 2. The Cross Crawl

Marching on the spot, touching right elbow to left knee and vice versa – 14 times.

Facilitates the crossover of energy between the brain's right and left hemispheres. This will help you to feel more balanced, think more clearly, improve your co-ordination and harmonise your energies.

### 3. The Crown Pull

Push in and pull apart your cranial bones starting at the forehead and two more positions on top of head, then tap all over the back of the head.

This will help you feel more balanced, think more clearly, improve your co-ordination, harmonises your energies.

### 4. The Spinal Flush

Massage along both sides of the spine, starting from the neck and working down – do this three times

This works on the lymphatic system and will energise you, send toxins to your waste removal system and clear stagnant energies from your body.

### 5. The Wayne Cook

Right hand over left (fingers intertwined) and right foot over left. Pull the hands up and through onto chest – take four deep breathes and then change over and do the same.

This will help you untangle inner chaos, see with better perspective, focus your mind more effectively and learn more proficiently.

## **6. Separating Heaven and Earth**

Hands on thighs, with deep inhalation circle your arms out and meet hands at chest level, fingers touching in a prayerful position. Exhale through mouth. Separate arms from one another stretching one high and the other low as if pushing something apart and hold as long as is comfortable. Return hands to prayer position and repeat, switching arms. Do this twice and then let your body fold over at waist, hang there till you feel the pulses in your fingers. Slowly come up, rolling your shoulders back as you reach standing and before sweeping up the aura.

This will activate the spleen, expels toxic energies, opens the meridians and brings fresh oxygen to the cells.

## **7. Sweeping up the Aura – the Celtic Weave**

Coming up straight from separating Heaven and Earth, as you roll your shoulders back, start swinging your arms, crossing them over and out to the sides. Swing a few times, start bending down swinging and crossing your arms in the low position. Swing your arms behind your body, turn your hands toward the front and scoop the energy over your head as you stand up. Imagine the energies flowing over your head and down the front, sides and back of your body.

This will protect you from pollutants in the atmosphere, as well as vibrations of people who are stressed, angry or depressed. The Celtic Weave organically connects all of your energy systems together.

## **8. Zipping Up**

Start zipping up from the base of your spine at the back, up and over your head to your top lip (with both hands) and then zip up your front from your pubic bone up to your bottom lip three times and on the third zip, 'turn the key' when you get to your lip the third time.

This will help you think more clearly, tap your inner strengths and protect you from negative energies that may be around you.

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