



Harmonizing Your Energy for Optimal Daily Health and Vitality

Mindful Movement for Health and Harmony: The Relationship of Energy and Movement

QUESTION: ***WHY IS MINDFUL MOVEMENT SUCH A KEY ELEMENT TO LIVING A CREATIVE, HEALTHY and AUTHENTICALLY EMPOWERED LIFE?***

ANSWER: *All change comes from the Movement of our Mind directing the Movement of our Body. By the practice of noticing WHAT we are feeling, WHERE in our body we are feeling it and HOW that feeling affects our sense of balance and identity we become aware of our own patterns of showing up in our lives. This awareness opens up the possibility of choosing different ways of thinking and moving within our Body-Mind relationship that assist us in taking supportive, loving action in the direction we choose to go.*

To successfully navigate in our lives we practice being aware of how our Mind is moving in relationship to our Body.

GOAL S: 1. TO CREATE DYNAMIC BALANCE DURING MOVEMENT
2. OPTIMIZE ENERGY & REDUCE/ELIMINATE PAIN

WHY?: Dynamic Balance allows us to continually flow with the shifting support within our bodies to move in the direction we desire to go.

HOW?: By re-patterning our brain's neural pathways and cultivating an awareness of our own Body's alignment and energy flow as it moves in relationship to our mind and our environment.

"At first glance it appears that our physical bodies have continually forged ahead over the years replacing and regenerating cells without any conscious effort or intention on our part. But it is important to realize that every choice we make in our day-to-day life - how we move, what we eat, how we prioritize our thoughts, how we process our emotions – has been a constant influence on our ever-changing LIVING BODY – OUR SOMA. When we desire to make a change in our behavior it is important to support the process through the ACTION of our physical body.

*Just sitting and thinking about change can be somewhat helpful, but in itself this does not fully accomplish transitioning out of old behaviors into new ones. If we first identify how our past and current actions have been both supportive and unsupportive, we can then choose to use our body in new ways to expand the perception of our experience. **In order to change we must take action, we must "move".***

Excerpt from "Supporting Intentional Change Through the Embodiment of our Soma" by Catherine Liska

DAILY QUESTIONS: HOW CAN I MOVE WITH MORE EASE/LESS TENSION? WHAT LOVING ACTION WILL SUPPORT ME IN THIS MOMENT?

Our brain responds to stress/trauma by creating protective neuropathways.

Often the original cause of the “stuck energy” is unconscious; however, we can release the pressure of the stuck energy through mind-body awareness, conscious breathing and mindful movement that allow us to release rigidity and increase fluidity. This new “space” in our body then assists us in identifying and releasing unsupportive emotional habits & beliefs and re-patterns the neuropathways in our brain.

**We can re-program our brain’s circuitry using
CONSCIOUS MOVEMENT and BREATHING to create new neuropathways.**

Key Points to Remember:

- Our body is designed to **MOVE**.
- Our emotional habits and beliefs show up in our body on a sliding scale from **FLUIDITY to RIGIDITY**: That is to say, with every thought & feeling we are changing our physical body whether we’re consciously aware of it or not!

FLUIDITY = ease of breathing & moving.

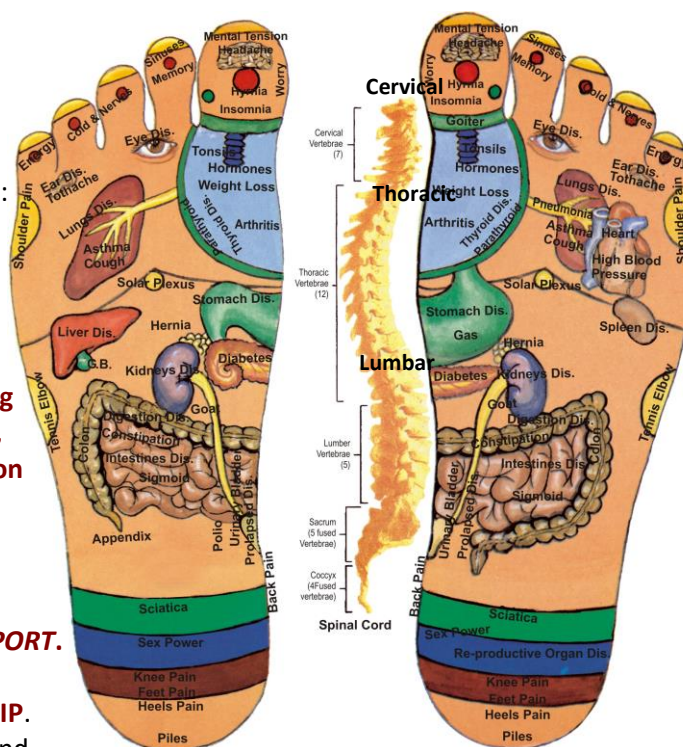
**RIGIDITY= resistance to breathing and moving
i.e., shallow breathing, poor balance,
chronic pain & limited range of motion**

- Support is **NEVER STATIC** – it is a **DYNAMIC BALANCE PROCESS**:
OPTIMAL SUPPORT IS ALWAYS A MOVING SUPPORT.
- Our ENTIRE BODY/MIND MOVES IN RELATIONSHIP.**

Congestion in the soft tissue (i.e. muscle, fascia) and organs is how our body communicates an imbalance to us and often contributes to difficulty and pain in moving our pelvis & lower back.

The network of connective-tissue pathways literally connects our feet to our shoulders, our jaws to our hips, our hands to our digestive organs.

*Changes in ANY part of our body will affect flow in ALL parts of our body, and
our feet reflect the overall health and dynamic balance of our body.*



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Through **CONSCIOUS, MINDFUL MOVEMENT & BREATHING** we can TAKE LOVING ACTION to MAKE CHANGES in our physical body that allow us to release rigidity and increase fluidity. This new “space” in our body then assists us in identifying and releasing unsupportive emotional habits & beliefs so that we have more energy, clarity & vibrant health.

1. **CHANGE** – (verb: to cause to turn or pass from one state to another; to alter or make different; to undergo variation; *to be partially or wholly transformed*) i.e., **we have the ability to transform ourselves in each moment.**
Change, by definition, connotes movement.
2. **MOVEMENT** – (noun: from Latin movere “to move”; Move: verb: to change the place or position of; to set up or keep in motion) **What is in motion? ENERGY**
Movement by definition connotes energy.
3. **ENERGY** – (noun: from Latin/Greek *energeia* – action, active, at work; in physics: **the capacity for doing work and overcoming resistance**; in yoga and eastern philosophies: **the vital capacity for life force/chi/prana to flow**)
Energy by definition flows.
4. **FLOW** – (verb: to move as a fluid) **Our bodies are designed to move energy to support the constantly changing flow of our thoughtforms and emotions.**
FUN FACT: our body is 70-75% water
5. **EMOTIONS** – the root of the word emotion is from the Latin *emovere* meaning “to move from” or “to move out of”).’ **Emotion’ by definition means movement – Emotions arise from feelings associated with our mind’s ongoing perceptual interpretation of changes in our relationships with our environment through our 5 senses.**
6. **RELATIONSHIP** – (noun: connection, association, involvement) According to Newton’s Third Law of Motion: “for every action, there is an equal and opposite reaction”, i.e. **forces always come in pairs and depend upon movement/flow to find equilibrium. If forces are not allowed to flow, the resistance results in imbalance.**
Healthy Support is a dynamic (flowing) process of changing relationships. Resistance to flow causes stagnation and dis-ease.
7. **RESISTANCE and BODYMIND RELATIONSHIP** – Thoughts and feelings continually Interact within our physical body. **If our emotions and thought-forms are not allowed to flow, energy builds up with no outlet and gets “stuck” in the body causing congestion, imbalance and limiting “movement habits”.**



7 DAILY MOVEMENT TIPS for a HEALTHY HAPPY BODY

SIT TALL

Strengthen Core
Alignment

STAND TALL

Strengthen Core
Alignment

WALK TALL

Blood & Lymph
System Flow

ACTIVATE FEET

Bones and Organs

*Roll foot on raquetball, Walk backwards,
forwards & sideways
Rotate ankles/heels & Wiggle toes*

STRETCH

Muscles and Fascia
(navel to limbs, head to tail)

WIGGLE

Joints & Synovial Fluid
(shake limbs, tail, shoulders, Neck)

BREATHE FULLY

Oxygenate Blood &
Replenish Chi

MOVE SPINE in ALL 3 PLANES

TILTING

Vertical Plane
*Connects Left to Right
(Tilt Side to Side , cartwheels)*

TWISTING

Horizontal Plane
*Connects Front to Back
(Torso/Hip Twists, Hip Circles, Torso Circles)*

ROLLING

Sagittal Plane
*Connects Head to Feet
(somersault/backbend/forward bend)*

3 EXTREMELY SLOW SQUATS

Strengthen Thighs/Core Alignment/
Ground Energy Flow thru Feet/Tailbone

WALK in 4 DIRECTIONS

Balance Brain, Improve Your Balance
& Activate Your Energy Bubble
Forward, Backward, Sideways to Right, Sideways to Left

MOVE BODY on ALL 3 LEVELS

LYING ON TUMMY/BACK - KNEELING - SITTING - STANDING

Change Spine and Joints Relationship to Gravity to Activate Full Range of Motion



MINDFUL MOVEMENT PROCESS

4 KEYS TO TRANSFORMATIONAL EMBODIED CHANGE

1. Be Open to Moving in New Ways – Cultivate Curiosity

- Why?** to create change in the relationship of your Body-Mind:
This is a Conscious Embodiment Process
- How?** by switching from Outcome Focus (worry & control) to
Playful Process (be in the flow & enjoy the journey)
- Mindset:** **Playful Exploration – there’s no “right or wrong” way to move**

2. Slow Down and Breathe

- Why?** to override the brain’s habitual programming and create new neural
Pathways – to shift out of unconscious “autopilot” mode
- How?** Slow Down:
- Slowing down gets our brain’s attention
 - Slowing down changes our breathing pattern
 - Slowing down allows us to feel what we are experiencing in
our Body-Mind
- Mindset:** **Savor Your Experience (“be” fully present in the moment)**

3. Pay Attention to How Our Body Feels as We Move

- Why?**
- To focus your mind
 - To Feel the support in your body as you move
- How?**
- By Listening to your body
 - By Asking your body how it wants to move to support you
- Mindset:** **Explore Relationships within your Body/Mind; Discern differences;
Notice the DYNAMIC BALANCE of support being a moving support**

4. Visualize and Imagine Energy Flowing In and Around Your Body

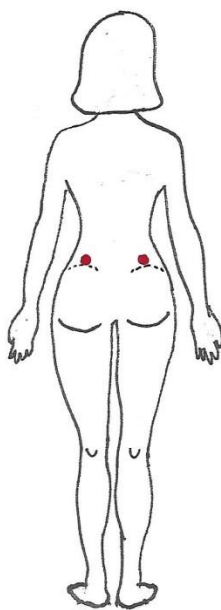
- Why?** Energy follows our mind
- How?** Intentional thought creates flow and overrides our
body’s habitual movement patterns
- Mindset:** **Creator of Flow, Director of Energy, Producer of Loving Action**



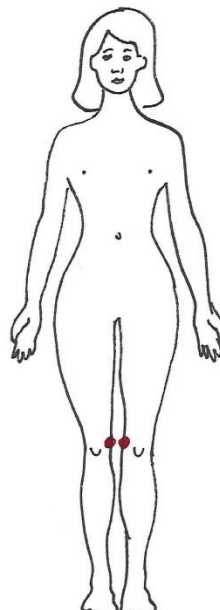
HARMONIZING YOUR ENERGY

From Jin Shin Jyutsu

Connecting head to toe & hips to knees



Safety Energy Lock 2



Safety Energy Lock 1

Safety Energy Lock 1 unifies the descending energy (which travels down the front of the body) with the ascending energy (which flows up the back) and thus harmonizes us from head to toe. Opening Safety Energy Lock 1 helps all forms of abdominal distress and headaches as well as promoting deeper and easier breathing.

Safety Energy Lock 2 is associated with the life force for all creatures and with wisdom. It can be used to relieve all forms of back discomfort. It balances digestion and breathing as well as reduces tension and stress in the legs.

1. Place R hand on L knee at SEL 1, and L hand on R knee at SEL 1 (hands are crossed)
Hold until you feel a current or a shift in your energy/breath.
2. Place your L hand on the R knee at SEL 1, and your R hand on the R back hip at SEL 2
Hold until you feel a current or a shift in your energy/breath.
3. Place your R hand on the L knee at SEL 2, and your L hand on the L back hip at SEL 2
Hold until you feel a current or a shift in your energy/breath.



Meditation to Clear Your Mind **aka: "Victory Breath"**

This can be done anytime, anywhere!

You will be silently (mentally) repeating the word "VICTORY" broken into 3, distinct syllables with the following breathing pattern:

1. Inhale nose: while holding the breath
silently vibrate "VIC" – TO" – "RY"
This will take 3-4 seconds
2. Exhale through nose completely.

Repeat it 3 times to harness & redirect your mind in a pinch,
OR practice it for up to 5 minutes when you have the time.

OPTIONAL BODY MOVEMENT – "V" ARMS:

During Step 1 raise both arms above head into a big "V" for "victory" as you inhale and hold both arms up while you silently vibrate the word. Relax arms down when you exhale during Step 2.

Create a sense of funneling CALM PRESENCE downward into your body through the "V" you've created with your arms, visualizing it flowing into your head, heart, belly, legs and arms on the exhale.

**sourced from the teachings of Yogi Bhanan, Master of Kundalini Yoga
with optional arm position added by Catherine Siri Sat Liska*



Stress Relief & Brain Balancing Breath Practice

Assists with balancing the brain hemispheres and bringing calm focus to the mind

Sit tall with the pads of each fingertip touching the opposite fingertip to form an upside-down “V” in front of the solar plexus, palms apart and elbows relaxed hanging at sides of body (fingers angle away from the body):

- R thumb tip touches L thumb tip
- R pointer fingertip touches L pointer fingertip
- R middle fingertip touches L middle fingertip
- R ring fingertip touches L ring fingertip
- R pinky fingertip touches L pinky fingertip

Close eyes and begin breathing 4 times per minute through the nose using this 3-part breath sequence:

- Inhale slowly filling both lungs for 5 seconds (*silently count 1,2,3,4,5*)
- Suspend the breath in for 5 seconds (*silently count 1,2,3,4,5*)
- Exhale slowly emptying the lungs for 5 seconds (*silently count 5,4,3,2,1*)
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Continue for 3 minutes.

To End: Inhale deeply, hold the breath in for 10-30 seconds, Exhale and relax.

NOTE: This hand position with fingertips touching may be used to assist in balancing the two hemispheres of the brain at anytime with easy, conscious breathing, such as while sitting in a meeting or listening to a presentation



FULL BODY ENERGIZER:

CHI-FLOWING SEQUENCE for QUICK ENERGY BALANCE AND FLOW

NOTE: This entire sequence is done while standing with feet comfortably apart. (page 1 of 2)

PART ONE: HEAD

- 1) **RUB HANDS TOGETHER VIGOURSLY** until you feel some heat between hands
- 2) WITH FLOPPY WRISTS, **POUND ALL OVER your HEAD** with EITHER LOOSE FISTS or OPEN PALMS. Begin at center front and work backward moving down sides of head.
- 3) **MASSAGE EARS BETWEEN THUMBS AND FINGERS**
- 4) With first 2 fingers **RUB UP/DOWN in front of ears, then** separate fingers & rub both **behind & in front of ears**
- 5) GRAB CHIN and **BRUSH THUMBS UNDER JAW FROM CHIN TOWARD EARS**
- 6) **WALK FINGERS ALONG UPPER GUM LINE** from **UPPER LIP TO JAW JOINT**
- 7) OPEN MOUTH and **RUB CHEEKS and JAW JOINT IN FRONT OF EARS**
- 8) RUB **UP/DOWN SIDES OF NOSE** with pointer & middle fingers
- 9) WITH POINTER FINGERS, **LIGHTLY TRACE CHEEKBONES** from **NOSE to TOP OF EARS**
- 10) WITH POINTER FINGERS, **LIGHTLY TRACE** from INNER to OUTER CORNERS OF **EYES ALONG BOTTOM OF EYE SOCKETS**
- 11) **PINCH EYEBROWS**, MOVING FROM INNER TO OUT CORNERS
- 12) **BRUSH FOREHEAD**, USING BACKS of THUMBS FROM CENTER to TEMPLES
- 13) **MASSAGE TEMPLES** with TIPS of MIDDLE FINGERS

PART TWO: NECK & SHOULDERS

- 14) Support Right Elbow with Left Hand, **ENERGETICALLY POUND LEFT SHOULDER** with loose fist and floppy wrist several times, then **GENTLY MASSAGE TOP OF LEFT SHOULDER and LEFT SIDE OF NECK**

(Full Body Energizer page 2 of 2)

- 15) **REPEAT #11** supporting Left Elbow, pounding and massaging **RIGHT SHOULDER & NECK**
- 16) With Right Hand, **ENERGETICALLY PAT DOWN LEFT ARM FROM TOP OF LEFT SHOULDER TO WRIST, THEN UP LEFT ARM FROM INSIDE OF WRIST TO INSIDE OF ARMPIT. RPT 2 TIMES. END WITH BOTH HANDS ON HEART – TAKE A DEEP BREATH.**
- 17) **REPEAT #13** patting Right Arm with Left Hand, ending with both hands on heart with breath.

PART THREE: LOWER BACK, BUTTOCKS, HIPS & LEGS

- 18) **WITH BOTH HANDS** in loose fists, **REACH BEHIND YOUR BACK & LIGHTLY POUND KIDNEYS, THEN PAT DOWN & UP ALONG BOTH SIDES OF SPINE**, beginning as high as you can. **3X TOTAL**
- 19) **WITH BOTH HANDS** in loose fists, **POUND BUTTOCKS.**
- 20) With either loose fists or outside edges of hands (like a “karate chop”) **POUND FRONT OF HIPS** at hip crease feeling your bones vibrate.
- 21) **LEAN FORWARD FROM HIPS** with slightly bent knees and feet wider than hips – **ENERGETICALLY PAT BOTH HANDS DOWN THE OUTSIDES OF LEGS HIPS to ANKLES, then ALL THE WAY UP THE INSIDES OF LEGS ANKLES to HIPS. 3X TOTAL.**

PART FOUR: BELLY & VOICE

- 22) **PLACE BOTH HANDS ON LOWER ABDOMEN, ONE HAND ON TOP OF THE OTHER. MASSAGE IN A CIRCULAR MOTION MOVING to LOWER RIGHT ABDOMEN, THEN UPWARD toward RIBS on RIGHT SIDE, THEN ACROSS THE TOP OF THE BELLY BUTTON toward the UPPER LEFT ABDOMEN, then DOWNWARD to LOWER LEFT and ACROSS to CENTER. 3X TOTAL. TO END: PAUSE WITH HANDS ON LOWER ABDOMEN – TAKE 3 DEEP BREATHS.**
- 23) **MOVE LEGS FURTHER (WIDE) APART. STRETCH ARMS OUT WHILE RISING UP ON TOES ON AN INHALE. EXHALE, LOWER HEELS and VIGOURSLY POUND CHEST (like Tarzan!) WHILE VOCALIZING "AAHHHHH!!!!" 3X TOTAL**
- 24) **RUB CHEEKS VIGOUSLY and SMILE!!**

