

## Routine for Energy Healers

Level 3 – 4 Difficulty 45 minutes

This routine is designed to open and clear energy channels while taking the tension out of key areas of the body, to allow energy to flow more freely. Use it as a daily toner / conditioner or just before a healing session. It works well with many *Breathing Themes*, depending on what experiences and results you'd like. **For a shorter, 30 minutes routine, only do two repetitions of each pose.**

### Best Breathing Themes

*Breathing Theme 1, 2 or 3* to just enjoy a good stretch and get you going during your day. These are also excellent Themes to use while you're learning and getting used to the routine.

*Breathing Theme 5* for a stronger work out and to tone and strengthen your body, for better endurance.

*Yellow Level Breathing Themes* used with this routine will help you train your breathing pattern, which is essential for better skill at manipulating energy. These Themes will also give you better ability to hold a meditative state for long periods of time, which can help you go deeply into your work as a healer.

*The Fountain*, used with this routine will help you learn to cycle, move and draw additional energy for use as a healer.

*The Sponge* along with this routine will help you get deeper stretches, relax your internal organs and help you learn to pool energy where you need it.

*Purple Level Breathing Themes* are all about channeling and moving energy. They're excellent training when done in combination with this routine.

You can also use the *Energy Building Exercise* and *Grounding Exercises* with this routine with excellent results.

Do the following 5 poses (# 1 - 5) in sequence, three times.

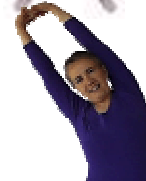
#### 1. Abdominal Lifts

20 – 50 lifts on a single exhalation  
Do the lifts deeply and vigorously



#### 2. Simple Side Bend

Once to each side  
Hold for 3 – 8 slow breaths on each side.  
With each breath out notice your body relaxing  
& letting go, giving you more and more of a stretch.



#### 3. Butterfly Breathing

5 – 15 breaths  
Breathe in and out fully  
Searching for more and more of a stretch  
as you breathe in and as you slowly breathe out.



#### 4. Neck Stretch

Once to each side  
Hold for 3 – 8 slow breaths on each side.  
With each breath out notice your body relaxing  
& letting go, giving you more and more of a stretch.



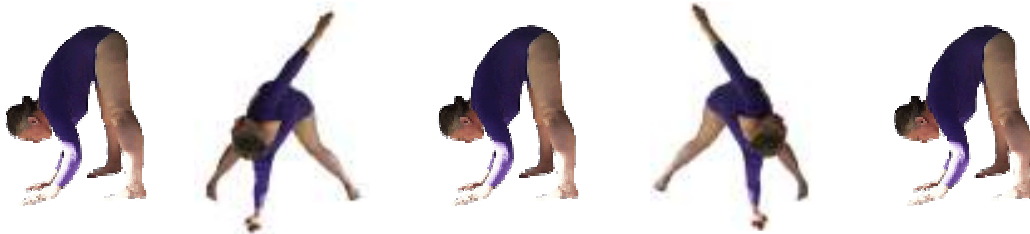
## 5. The Frog

Repeat the Frog movements up and down 3 – 5 times, then hold the downward movement for 6 – 8 breaths each time feeling your hips release and the stretch deepening more and more every time you breathe out.



## 6. Standing Wide Angle Pose – with Twist

- Hold the Standing Wide Angle for 6 - 10 slow breaths,
- then twist to one side, holding the twist for 2 – 3 breaths.
- Return to the front, into Wide Angle Pose, holding it for 6 – 10 slow breaths.
- Then twist to the other side, holding the twist for 2 – 3 breaths.
- Repeat until you've twisted to each side three times.
- With each breath out notice your body relaxing & letting go, giving you more and more of a stretch.



## 7. Toe & Finger Stretches with Lion

Sitting on toes with fingers stretched wide while doing the Lion Hold for 4 – 6 breaths.  
Release, relax Lion and relax fingers while resting with hips sitting on flattened feet. Do 3 times.



## 8. Twist

At whatever level you practice it. Do 3 twists to each side, alternating sides. With each hold, go deeper and deeper into the twist until you reach your limit. Pause. Release.



## 9. Back Bend

Hold for 3 – 8 breaths, stretching your chest farther and farther up with each breath in.

alternating with

## 10. Puppy

6 – 20 breaths  
Feel your hips reaching more and more toward the ceiling, pulling more and more away from your fingertips as you breathe out.



Do Back Bend – Puppy Combination 3 times.

### **Breathing Exercise**

Practice whichever breathing exercise you are currently mastering: *Abdominal Breathing*, *Chest Breathing 1*, *2* or *3* or the *Wave*.

### **Relaxation**

Any *Purple Level Breathing Theme* can serve as an excellent visualization that can advance your Energy Healing Skills. We highly recommend *The Fountain* as a good, all purpose visualization.