

Beyond Diet, Exercise and Sleep:

7 Energy Techniques to Help Heal Your Body

A
FREE REPORT
from

Robin Ann Reid - Soul Coach and Energy Healer
robinannreid.com



Robin Ann Reid

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Transformational healing, counseling and consulting

Welcome!

How are you feeling right now? Is your life 100% how you want it to be, do you feel fully charged and are you operating at top capacity? Or do you wish that you could feel better, maybe a lot better?

Whether you are dealing with mental, emotional or physical conditions that affect your well-being, and whether those elements are minor or extreme, you have the power to feel healthier and happier and facilitate healing in your body.

Believe that you can heal your body

Every day we witness our body's ability to heal itself. We trust our body's ability to heal cuts and scrapes, and to banish colds and flu in a short time. Most of us have not yet learned to deliberately access this natural ability to heal or even trust that it is possible.

Since Louise Hay published her "little blue book", *Heal Your Body*, in the 1970's, millions of people have learned how our thoughts and attitudes impact our health.

What we believe, what we say to ourselves, and what we allow others to say to us all impact our energy field and subsequently our bodies for better or for worse.

Regardless of what has gone before, when we decide to believe that we have power over our mind, our emotions, and our body, we can create more energy flow, stronger health, and greater awareness of the world around us.

Our body and our energy field.

We are all composed of a matrix of divine energy known as the Soul. This energy field organizes itself in multiple layers, each vibrating, or “flowing” at various rates which create various densities within the field.

Though it may appear that our energy body emanates from the physical body, our physical body is actually created by the energetic interplay within our dynamic energy field.

You have heard of chakras?

Each of those energy layers we talked about above organizes around the power centers we call chakras.

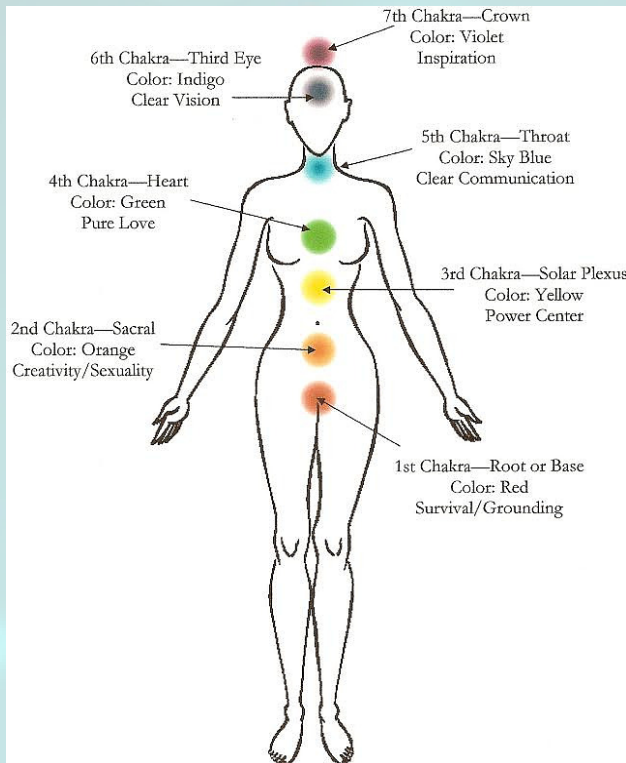
There is constant energetic interaction among the chakras, information flows through and among all the levels of the human field and even beyond. We receive energy from others, from the earth and from the universe. We digest it, integrate it, and send energy back out. When there is harmonious flow, we experience vigorous well-being. When the human energy field is out of balance, parts are slowed down or blockages to flow are created, eventually there will be dis-ease in the body.

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We all have the power to heal ourselves.



We know that by making physical changes in our lives such as what we eat, how often and how much we move, we can make changes to our body and energy system.

We also make changes by adjusting what we think, paying attention to how we breathe, and choosing how we focus our intention.

Each of the following techniques corresponds to a particular chakra, but the exercise will affect your entire energy system. Doing these exercises can help you access your healing powers, increase your sense of well-being, and, when needed, accelerate your desired healing process.

1. GROUNDING and CLEARING - Root Chakra

Our first chakra energy governs our life force, being alive, being present in the now. This exercise is great to do first thing in the morning and last thing before bed. Also good any time you need reduce your stress level.

Breathing seems like the most natural thing we do! But most of us breathe very shallowly, which slows or restricts our energy flow. In the Western world, we put our attention on thinking and pull much of our energy up into our head, which can distort our perceptions of what is going on around us.

By consciously being aware of the energy flow from the earth and the universe above us, we strengthen, soothe and balance the energy flow in our bodies.

Exercise:

Stand with your feet about shoulder width apart, your arms relaxed at your sides. You may also sit in a comfortable position with your feet on the floor, your hands resting in your lap. Feel your feet on the floor. How does it feel to have each of your toes pressing down? Feel the solidness of your heels holding you in contact with the earth.

Take a big breath in. Feel your breath go all the way to the bottom of your lungs - your lungs are expanding fully. Breathe gently out. As you take your next breath in, image that breath coming up from the earth, through your feet, all the way up through your legs, your torso, into your beautiful, loving heart.

Breathe out, letting the breath continue to flow upwards, through your throat, out through the top of your head where your soft spot was when you were an infant. Keep breathing in and out - gentle slow, big breaths in, and a gentle exhale, not forcing in either direction. Imagine that breath blessing you, healing you with all the love of Mother Earth as it moves through your physical and energy bodies. Imagine your breath going out to the heavens, blessing you and then the heavens with earth's love and bounty.

After 5-7 or more breaths, when you can actually feel the energy coming up from the earth and through your body, shift your focus. Now, when you breathe in, imagine the air coming in the top of your head from the heavens, down through your skull, into your heart. Breathe out, letting the breath fall through your torso, out the bottoms of your feet, and into the earth. Keep gently breathing in and out - not forcing in either direction. Imagine that breath blessing you, healing you with all the love of the heavens above as it moves through your physical and energy bodies.

Imagine your breath going down into Mother Earth, blessing first you and then our precious earth with the love and power of all creation.

By now you should be feeling relaxed and calm. See if you can feel the sensation of your breath coming both up from the earth and down from the heavens as you breathe in. Feel your breath continuing both up and down as you breathe out. Actually, this is what is happening all the time, with each breath we take, and is so very familiar to us that we are no longer aware of the sensation by becoming mindful in this way. Spending even ten minutes each morning doing this exercise will help you feel calmer and more in control of your day.

Quickie Version

This is an exercise actors often use right before going on stage:

Take a big breath in. Gently let it out. Put your attention on the bottoms of your feet. Keep breathing. Focus on one small portion on the bottom of one of your feet- the bottom of your big toe, for instance. After two or three breaths, you should feel much calmer, and ready to walk out there and face the crowd!

2. ENERGIZING and CONNECTING - Pelvic Chakra

The second chakra governs feeling, emotion, pleasure, sensuality, intimacy, and connection. The energy of this chakra allows you to let go, to move forward, to connect with others and the world around you, to be here, now.

This exercise is useful when you are starting your day or are planning to connect with people, when your energy seems low or dull, when you want to feel more alive and motivated.

Exercise:

This exercise is just that - exercise! The idea is to move your hips and lower back, to get your pelvis in motion and get that energy moving. Stand up, breathe deeply, turn on your favorite dance music and start moving. Get your hips into the action - gyrate to the beat, move them back and forth, side to side, and keep breathing! Even a few minutes of this activity will energize you and get things flowing.

You can also do a version of this sitting down. It is a great exercise to do in the car with kids when they get cranky.

Wiggle those hips. Feel those sitz bones move, shake your booty in the seat. You will be awake and smiling after you do.

3. SELF-SOOTHING - Solar Plexus Chakra

Our third chakra is the seat of our will, personal power, self esteem, and self-discipline. It also governs our digestive and immune systems, adrenals, liver and gall bladder.

When we are anxious or fearful, we almost always feel it “in our gut.” This self-soothing action will help calm you, allowing you to give your attention to how to be most effective under the circumstances. This exercise is useful to calm an upset tummy for yourself or your loved one.



Exercise:

Put the palm of your right hand on your torso just below your ribcage, with your thumb resting on the left side of your sternum, pointing up. Take a breath or two, feeling the warmth of your hand.

Gently move your hand in a small, slow, counter-clockwise, circular motion. Your thumb should move up towards your left shoulder about an inch, then down and around in a circle. This motion looks counter-clock-wise if you moved your hand away from your body slightly. Breathe gently, and move loving energy through your hand into your tummy area as you would to calm a small child.

The palm of each hand holds a minor chakra, and you truly are sending calming and soothing energy to a younger version of yourself that has been activated by your circumstances. Keep soothing until the fear, anxiety or discomfort has diminished. Repeat as often as necessary.

If you are prone to sleep problems, this exercise is also a good one to do when you turn out the light to sleep. While gently soothing your tummy area, imagine all cares and troubles moving out of your solar plexus for the night, maybe visualizing your guides and angels resolving them for you as you sleep.

A version of this exercise is also useful for women with menstrual discomfort, with the circular soothing action applied to the lower portion of the pelvic bowl.

4. COMPASSION - Heart Chakra

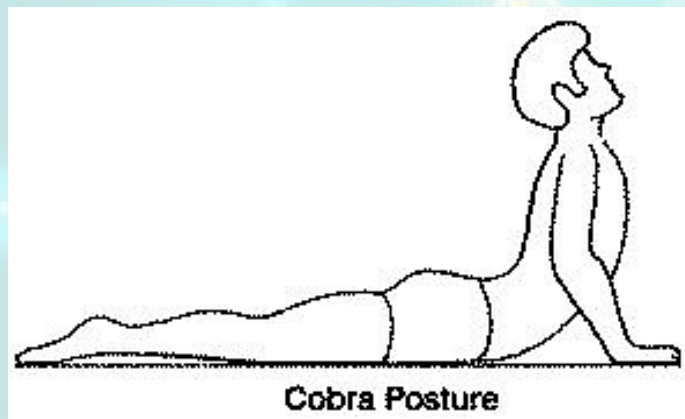
Our fourth chakra is where our lower three and upper three chakras meet, a so-called meeting of heaven and earth within our bodies. It is our unifying and integrating chakra, and as such is the seat of healing for our body.

Our senses of love, altruism, compassion, generosity and kindness originate in this center, and it is through our heart space that we feel connected to something greater than ourselves, connected to the web of all that extends through life and the universe.

The fourth chakra governs our physical heart and circulatory system, our lungs, arms and hands. As mentioned earlier, our hands contain minor chakras, and the energy flows directly from our heart.

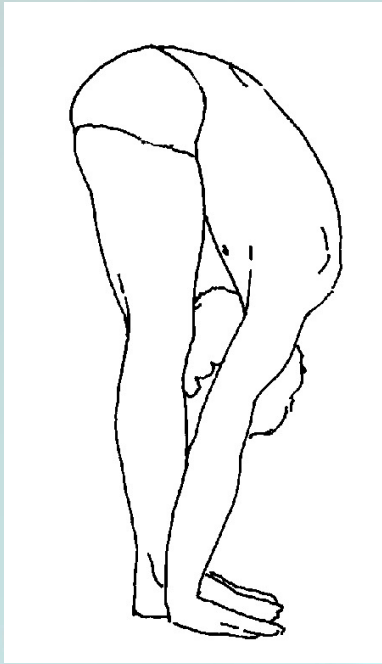
When we are emotionally hurt, afraid, or disappointed, we often slow or constrict the flow of energy around our heart. The following exercise will help expand and heal your heart energy.

Exercise: Cobra Pose



The Cobra Pose to open the front heart chakra and forward bend pose to open the back can be done by almost anyone with no serious back problems. They are effective tools for balancing heart chakra energy and should be done consecutively.

1. Lie on your stomach with your feet extended out, the tops of your feet touching the mat and your forehead touching the ground. Your hands should be under your shoulders, palms flat.
2. Press the tops of your feet into the mat, feeling your knees slightly lift off the ground. Let your pubic bone drop down into the mat to stabilize your lower back.
3. Taking a breath in, raise your head, lifting the upper body using the muscles of your back. Breathe out. Continue to engage your legs and push your pelvis into the floor to protect your lower back.
4. On your next in-breath, use your arms to lift your body until you have extended as far up as you can go. Take care that your arms are not fully straightened to avoid hyper-extending your elbows.
5. Feel your chest opening and let the whole front of your body open gently. Feel the life energy flow through your chest and into your heart space.
6. Take two to three full breaths in this pose and then release.



Exercise: Forward Bend Pose

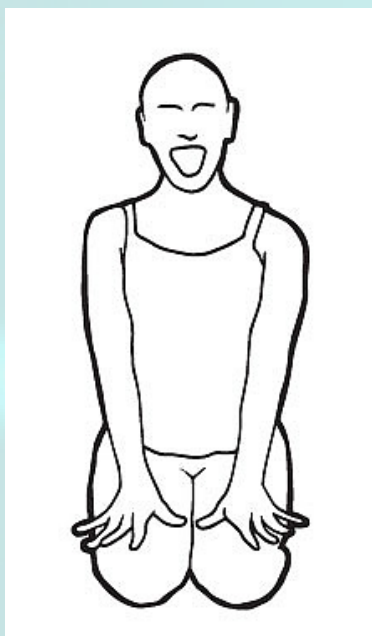
1. Stand with feet hip width apart, arms extended above your head, palms together. Feel your feet on the ground, connect downwards into the earth.
2. Breathe gently in. As you breathe out, bend at the hips and move your upper body forward.
3. Move forward as far as your body will go - still bending at the hips.
4. When you cannot go further forward from the hips, let your upper body bend forward towards your legs.
5. Let your hands touch the ground. If you cannot reach the ground, grab your opposite elbows with your hands gently hang without pushing down.
6. Take a few breaths in this position. Then gently curl back up, starting at your lower back, letting your hands come to your sides.

5. CLEAR COMMUNICATION - Throat Chakra

Our fifth chakra is our communication center through which we bring forth our authentic voice and express our truth. Here is where we get our energy to express inspired creativity, stand up for what we believe, put forth our integrity and sense of honor.

Our throat chakra allows us to hear both our inner voice and the expressions of others. This chakra expresses the voices of all the other chakras.

This chakra governs the thyroid, parathyroid, throat, mouth, ears, shoulders and neck. When we constrict or block our throat chakra, we may experience laryngitis, sore throats, tight jaws, a stiff neck, and headaches. When we are out of balance spiritually on the fifth level we are suspicious and fearful about others, find ourselves at a loss for words, feel unheard and misunderstood.



Exercise: Lion Pose

The Lion yoga pose is one of the best ways to energetically clear and rebalance your throat chakra. Along with gargling salt water, it is a great way to head off a sore throat.

1. Sit or kneel in a comfortable position.

2. Exhale, and place your hands on the floor, shoulder-width apart and with your fingers spread out, about two feet in front of your knees.

3. Inhale deeply, and as you exhale, open your eyes as wide as possible, raise your eyebrows, roll your eyes up in their sockets, open your mouth wide, and slowly stick out your tongue like you are trying to touch your chin with it.

Some people like to add a little 'roar' as they open their mouths.

4. Hold the facial expression for the entire length of your exhale.

5. When the exhale is done, relax your face.

6. Return to a comfortable sitting position. Repeat 3-5 times.

6. CLEAR THINKING, INTUITION and IMAGINATION - THIRD EYE

Our sixth chakra is the seat of wisdom, intuition, clairvoyance, conscience and imagination. When this chakra is healthy, we can think clearly and are mindful, can be in the moment and make sense of what is happening around us.

This chakra physically governs the pituitary, hypothalamus, eyes, skull, and brain. When our third eye is out of balance we may experience insomnia, headaches, overwhelm, vision problems, mental fog, paranoia, hallucinations or seizures.

Our sixth chakra is particularly sensitive to drug use of any kind. If you experience difficulties listed above, assess and consider decreasing your use of recreational drugs of all kinds, including nicotine, caffeine, alcohol and those whose usage can inflict more serious consequences.



Exercise: Ear Stimulation

This exercise stimulates pressure points that not only help balance your third eye, but benefit your entire nervous system.

Beginning at the lobe of each ear, lightly stroke both ears simultaneously with your thumbs, moving upward to the tip.

Gently unroll the folds and work upwards. Continue until you have covered the ear from lobe to tip three times.

7. SPIRITUAL LIFE - Crown Chakra

Our seventh chakra is the seat of our spiritual life, and is where we become aware of and communicate with the Divine elements of life. It is through this center that we have the experience of unconditional love, one-ness, unity, and connection with All-That-Is.

When our crown chakra is unbalanced or blocked we may become manic depressive, hopeless, constantly exhausted, find that we can't make decisions and feel like we do not belong. We may experience despair and a sense of pointlessness of life.

Exercises:

1. Meditation is highly recommended to clear and balance our seventh chakra. Sitting quietly and breathing gently, deeply, letting all thought subside, is recommended for at least 15 minutes a day. Stillness, no thought, and being mindfully present is immensely healing and balancing to not only your seventh chakra but to your entire energy system.

2. Prayers of gratitude and thanksgiving. The difference between meditation and prayer is that prayer has a focus, whereas meditation is usually an emptying of the mind, having as little mental activity as possible. Prayer is especially effective at clearing energetic clutter on the seventh level and aligning the energy field with higher vibrations.

About the Author



Robin Ann Reid is a Soul Coach and Energy Healer. A gifted intuitive and medium, she is well regarded for her remarkably accurate soul readings and insights. In healing circles, she is known as a "healer's healer."

A testimony by Christine O., a healer from Madison WI, says it best:

"I've been working with Robin for almost a year while going through a transition into deeper realities and truths. She has helped me transform stuck energies in my body, guided me through a new spiritual landscape, and provided energetic counseling for self-transformation. I feel prepared for and have the tools to excel in a new energetic paradigm."

Robin helps people around the globe navigate trauma, spiritual transformation and illness. She also teaches how to access one's intuition for practical everyday use and to live the life of their dreams. Robin does individual consulting in person or at distance via phone or Skype, offers a full calendar of classes year round and has offices in Madison and Spring Green, Wisconsin.

Robin and her writer husband live and play in the beautiful Wisconsin River Valley, where they enjoy performing arts, assisting community development literary pursuits and travel.

Robin's free newsletter is available at robinannreid.com.