

## Post-session Self-Maintenance

Guidelines to better insure absorption of projected pranic energy in your auric field: refrain from showering for 12 hrs after the session (water absorbs energy), refrain from heavy exercise for the remainder of the day (conserve your energy for healing), avoid eating heavy meals for the remainder of the day.

To further help you maintain a balanced energy system here are a few suggestions that can be done daily or as you see fit. The more you practice them the greater the benefits.

**1. Pranic breathing (6-3-6-3 method)**- Deep slow breathing has been shown to help alleviate stress but it also energizes the body and helps to regulate the emotions.

Sit down and close your eyes. Connect your tongue to your palate. Relax and pay attention to your entire body. Breathe in with your abdomen for 6 seconds, allowing your belly to expand out. Hold your breath for 3 seconds. Now exhale for 6 seconds allowing your belly to contract. Hold for 3 seconds. This is one cycle of pranic breathing. Breathe in through the nose and out through the mouth. Do pranic breathing for 5 minutes a day, and gradually increase the time as needed. Also do it when you're upset to help you calm down and regulate the emotion.

**2. Cleanse the Solar Plexus**- The solar plexus is the center of lower emotions and becomes easily disturbed and congested in most people. Cleansing it regularly maintains a healthier system emotionally and physically.

Do several cycles of pranic breathing. Imagine white light around your hand. Place your hand about 4 inches away from your solar plexus, located in the soft spot below your breastplate, where the ribs meet. Point your fingers toward your solar plexus and do 5 counter clockwise sweeps (from left to right). You can imagine that you're scooping out grayish light. After five sweeps flick your hands toward a bowl of salt water or you can use the toilet. Do about 30-40 sweeps. Dispose your salt bowl into the toilet and flush. Wash your hands and forearms after you are done.

**3. Ground yourself**- We have an energetic connection with the earth. We expel much of our excess and or spent up energy through our feet and the base of our spine. Too much energy may cause hyper activity, spaceyness, insomnia or energetic congestion resulting in physical ailments.

Relax and do several cycles of pranic breathing. Imagine golden light coming out of the soles of your feet and the base of your spine and extending 15 feet into the earth. Imagine this for 30 seconds or simply repeat the saying below:

May mother earth be blessed with divine light, divine love and divine power. May mother earth be regenerated, rejuvenated and revitalized. I am deeply rooted and connected to mother earth. So be it!

**4. Meditate**- Do simple meditation to clear the mind and increase it's focus. Do advanced meditation like The Meditation on Twin Hearts, to build the energy of your body.

**5. Smile, life is good**- Be positive in your thinking. See the bright side of things. Speak in the affirmative and not the negative. Smile to yourself daily and give thanks for what you have.

**\*NOTE\*** Please don't underestimate these suggestions. They are simple yet very powerful when practiced daily and properly. Try it and judge for yourself.