

## Beginning Energy Work Exercise

### The Running Energy Pose

When we are doing energy work, we are moving 'chi' 'vitality' 'prana' 'force' 'force', through our physical and subtle bodies. It's a real thing.

You can sense, feel, and see this energy within and without (in your non-physical aura) as well.

When we run energy, we are giving ourselves (or others) a healing most of the time. This requires an open flow of energy within our bodies as well as outside of ourselves – so we 'run energy'.

We also use this sitting pose when we are doing psychic work for others and ourselves. Or when we do inner trance work or simply mediate.

Sometimes it is referred to the Egyptian pose. It's also the one used in Taoist Healing. It is an open pose, where you become a conduit and are also able to channel and release different energies.

***If, at anytime you feel uncomfortable, dizzy, or disoriented, please stop immediately.***

***Do something to normalize such as getting up to walk, drink or eat something.***

***Do not run energy if you are pregnant or if you think you may be.***



#### Here's How to Do it:

- Get settled, in a chair that supports your back if you don't want to sit on edge of chair like the Taoists do.
- Straighten your spine, lifting it up from the top of your head.
- You can stretch out your neck, both side and towards your chest, to help relax you.
- Close your eyes, and if they are tense or strained, rub your hands together until the palms are hot, and then place gently over the eyes for a few moments.
- Now put your tongue behind your upper front teeth. This create a circuit, but it's a choice to explore not a necessity.
- Squeeze your fists tight then relax several times to open up your hand chakras
- Do the same with your feet and then spread your feet solidly on the floor.

- Put your hands upright on your thighs comfortably close to your hips.
- Put your feet flat on the floor, about a foot across.
- You are reading to begin.

