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DAILY ENERGY HYGIENE EXERCISES

1. Tap side of hand (at the crease) 10 times.
2. Rub “sore spots” (approx. 3 inches down from notch at throat and 3-4 inches out to each side) for about 10 seconds.
3. Press 3 fingers firmly under nose and cup bottom of skull at back of head with other palm. Hold 90 seconds.
4. Over Energy Correction
 - a. Cross left ankle over right.
 - b. With arms outstretched in front of you, put hands back to back (palms facing outward).
 - c. Cross right wrist over left
 - d. Interlace fingers.
 - e. Fold arms inward, resting interlaced fingers on chest.
 - f. On the in-breath, place tongue on roof of mouth; on the out-breath, let tongue fall naturally to floor of mouth.
 - g. Hold for 90 seconds or longer.
 - h. Optional: reverse leg and arm positions and repeat.
5. Rub or tap the K 27 points (under the collarbone, just off the breastbone on each side) for 20 seconds while breathing in through nose and out through mouth. For even better effect, cross hands over to opposite sides of body.
6. Thymus Thump: Find the thymus point at the center of your sternum, just above the inward dip. Using all four fingers of each hand, tap for 20 seconds while breathing deeply. Alternate version: Think of someone you love. Take a deep breath. As you exhale slowly, thump lightly on your sternum with your curled hand and say “Ha-ha-ha, ha-ha-ha....” Repeat twice more.
7. Cross Crawl: While standing, lift left knee (as if marching) and at the same time lift right arm and swing it across midline of body. Return to standing position. Lift right knee while lifting and swinging left arm across body. Repeat sequence for 60 seconds or more. Add humming or simple math.

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8. **Zip up:** Starting at the level of the pubic bone, while breathing in, move hand upward smoothly and deliberately to lower lip. Repeat two more times.

9. **Cook's Hookup:**

- Sit in chair with spine straight. Place left foot on top of right knee. Hold left ankle with right hand. Wrap left hand around bottom of left foot.
- On the in-breath, place tongue on roof of mouth; on the out-breath, let tongue fall naturally to floor of mouth. Lift your body as you breathe in. At the same time, pull your leg toward you, creating a stretch. On exhale let body relax. Repeat, stretching five times.
- Switch to other foot.
- Uncross legs and "steeple" your fingertips together, forming a pyramid. Rest thumbs on your "third eye." Take four breaths.
- On final exhale, allow your thumbs to separate slowly across your forehead, pulling the skin.
- Slowly bring your hands down in front of you. Surrender into your own breathing.

10. **Biofield Brushdown:** Start 2-4 inches above the crown of your head, palms facing your body. Gently bring your hands down on either side of the midline in a slow sweep from head to toe, exhaling as you smooth the field. Repeat 2-3 times. Then do the same down the back of your body. Extend one arm out to side and brush down from shoulder to fingertips on top of the arm, then brush from inside of fingers under arm toward the armpit and down the side body. Repeat with the other arm. Finish with one more sweep down the front. You may put a bowl of salt water at your feet and flick the energy off your hands into the bowl. (Very good for grounding.)

11. **Basic Unswitching Procedure:** Hook one middle finger into navel and pull up slightly. At the same time, tap or rub

- collarbone points, then
- under the nose and under the lips, then
- tailbone

Repeat with other hand.

12. **Hara Alignment:** Standing, bring awareness to your hara (approximately 2 inches below your navel). Send a line of energy from your hara through your root chakra, down your legs and into the earth; draw energy up to connect to the earth. Feel the connection between your hara and your heart chakra, then send energy from your heart up through your crown chakra to the sky. Sense energy flowing in with each breath, simultaneously up from the earth and down from the sky through your central line. On each in-breath, draw energy in; on each out-breath, send your intention and caring out through your heart to the world around you.