

Karen Atkins

GET ENERGY NOW!

3 Simple Steps to Less Stress & More Vitality



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GET ENERGY NOW!

WITH VITALITY MASTER COACH KAREN ATKINS

TO IMPROVE YOUR BRAIN POWER AND SUSTAIN YOUR ENERGY...

Assist your body and cells in becoming aware of their natural state of ease by directing your energy in simple ways to the flow of your “chi” throughout your body. These chi cultivation tools will help you feel more energized as they support hormonal balance in women and optimal testosterone levels in men for a strong body and a sharp mind. The kidneys are particularly important, as they store primordial chi, the vital foundation of life.

The following exercises help to release stagnant energy and build your chi.

Each exercise is accompanied by an essential oil that will invigorate you and assist in elevating your energy. Essential oils are high frequency tools with many physical, emotional and spiritual benefits, so they facilitate the building of strength and flexibility.

1. BODY TAPPING

Meridians are rivers of energy that flow through the body and are associated with particular organs. When we move the energy along the meridians by tapping on them, we're helping to support the health of the organs. Tapping creates awareness and cohesiveness in your body.

WATCH VIDEO: <http://found.ee/body-tapping>



SUPPORTING ESSENTIAL OIL

BASIL



Basil helps us to get into our bodies and ground. It's the oil of renewal, so it helps to revitalize your energy. It supports the adrenals as well as the kidneys, which is where you store your life force.

Try it like this: Dilute 1-2 drops with a carrier oil and rub on your kidneys (lower back)

Video: <http://found.ee/basil-EO>

2. THE CORTICES TECHNIQUE

Balancing communication between the left and right hemispheres of the brain helps it communicate with rest of your body more effectively. The cortices technique helps your brain to become aware of what is needed in the body. This brain-balancing technique from Body-Talk, a consciousness-based healthcare system, creates a natural state of ease in your body and mind.

WATCH VIDEO: <http://found.ee/cortices>



3. OPEN CHEST WIDE



This heart-centered movement helps improve your body's ability to efficiently take in oxygen as well as nutrients. Dubbed "Medication in Motion" by Harvard Medical School, taichi chi gong exercises help to build your life force while reducing stress and anxious feelings.

WATCH VIDEO: <http://found.ee/open-chest-wide>

IMPORTANT: After "closing" or gathering the chi, place both hands over the lower dan tien (see page 3). For specific instructions on how to do the closing, go to 2:05 on this video: <http://found.ee/commencing-form>

SUPPORTING ESSENTIAL OIL

FRANKINCENSE



Frankincense helps create order in the cells and the nervous system. It supports balanced communication between the left and right hemispheres of the brain.

Try it like this: Dilute 1-2 drops with a carrier oil and massage the back of your neck/behind the ears

Video: <http://found.ee/top10-oils>
(Frankincense at 5:28)

SUPPORTING ESSENTIAL OIL

MELALEUCA

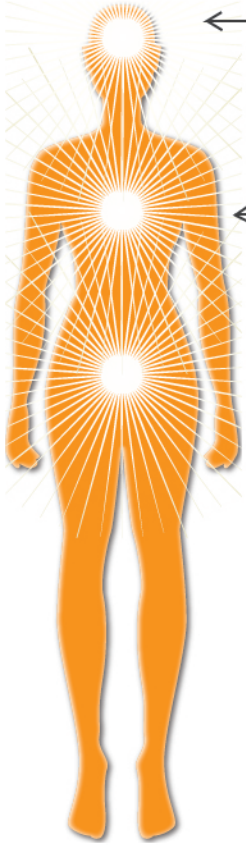


Melaleuca, also known as Tea Tree, can help to combat environmental threats, which frees your heart up to do what it is naturally good at: being in harmony.

Try it like this: Dilute 1-2 drops with a carrier oil and rub over your chest and neck

Video: <http://found.ee/top10-oils>
(Melaleuca at 11:34)

WHAT IS THE "DAN TIEN"?



Dan Tien, or elixir fields, are the energy centers in your body that you can use to focus, cultivate and store the chi that you are building.

Upper Dan Tien The pineal center located at the middle of your forehead just above the eyebrows. Brain function is maximized when this center is energized. It is also where we connect to our spiritual intelligence. The Cortices Technique supports the upper dan tien.

Middle Dan Tien The heart's electromagnetic field is many times stronger than that of the brain. When we open up the energy in the heart, we are creating a form of protection that is even more powerful than physical protection. When energy is flowing in your heart, nothing can get at you, which makes you more courageous. The more it expands, the more love you are able to experience. Love is a natural protector. "Open Chest Wide" supports the middle dan tien.

Lower Dan Tien Slightly below the navel, this is where we can store our life force. If someone mentions "dan tien" and doesn't specify a location, they are probably referring to the lower dan tien, which is referred to as the center of power in martial arts practices. All taichi chi gong exercises support the lower dan tien.



MEET KAREN

Creator of Master Your Body iQ, Karen Atkins has helped thousands of busy students around the world bust stress, build vitality and realize their true purpose with simple strategies that anyone can use.

Karen has been featured on Ted Talks and Good Morning America and is also an award-winning musician.

I'm Giving Away My Course



Get my **Video/eBook** course on
Simple Anti-Aging and Immune Boosting Strategies
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