

Joint exercises are especially good to create a smooth flow of energy in the acupuncture channels through adjustment of the joints thus, activates the Meridians.

2. The best exercise to start the day can be done before you get out of bed (if it doesn't bother **anyone else***) Lying flat on your back, spreading your arms out perpendicularly while bringing your knees up, keeping your feet flat and shoulders down, allowing your knees to fall to one side, while turning your head and looking away to the other side. Alternate and repeat exercising both sides until your back is fully flexible and without any kinks.
3. Sit erect on the floor with your legs stretched straight out in front. Place your hands on the floor beside your hips and lean backward using your straight arms for support. Place your attention in the toes. Move only the toes of both feet. Slowly flex and extend the toes without moving your legs or ankles. Repeat 10x. See Figure 21-1A.
4. Remain in the sitting position described in joint exercise 3. Flex and extend your ankle joints as far as possible. Repeat 10x. See Figure 21-1B.
5. You are still in the sitting position given in #3. Separate your legs slightly keeping your heels in contact with the floor, rotate your ankles 10x in each direction.
6. Still sitting in the starting position, bend and raise the right leg as far as possible at the knee while bringing the heel near the right buttock. Straighten the right leg without allowing the heel or toe to touch the ground. Repeat 10x and then do the same process with the left leg. See Figure 21-1C.
7. In the same sitting position, hold the thigh near the trunk with both hands and rotate the lower leg in a circular motion about the knee 10x clockwise and then 10x counter-clockwise. Repeat the same procedure with the left leg.
8. Bend the left leg and place the left foot on the right thigh. Hold the left knee with the left hand and place the right hand on the left ankle. Gently move the bent leg up and down with the left hand, relaxing the muscles of the left leg as much as possible. Repeat the same process with the right knee. See Figure 21-1D.
9. Sitting in the same position as in #8, rotate the right knee around the right hip joint 10x clockwise and then 10x counter-clockwise. Repeat the same process with the left knee. See Figure 21-1E.
10. Sitting in the starting position with legs stretched out, raise the arms forward to shoulder height. Stretch and tense the fingers of both hands. Close the fingers over the thumbs to make a tight fist. Repeat 10x. See Figure 21-1F.
11. Maintain the position in #10 above. Flex and extend the wrists. Repeat 10x. See Figure 21-1G.
12. From the same position as in #10, rotate the wrists 10x clockwise and 10x counter-clockwise.
13. Taking the same position as #10 above, stretch out the hands with the palms upwards. Bend both arms at the elbows and touch the shoulders with the fingertips and straighten the arms again. Repeat 10x and then perform the same exercise 10x but with the arms extended sideways. See Figure 21-1H.
14. Remaining in the same position with the fingertips in constant contact with the shoulders, lift elbows as high as possible. Then lower them. Repeat 10x. Now point elbows forward. Repeat. See Figure 21-1I.
15. In the same position as #14 above, make a circular movement of the elbows by rotating the shoulder joints. Do this 10x clockwise and then 10x counter-clockwise. Make the circular movement of each elbow as far as possible, bringing the two elbows together in front of the chest. See Figure 21-1J

Once you learn these exercises, you can probably do the fingers/toes, ankles/wrist at the same time.

16. Now do several sit-ups, breathing out each time you sit up. Do at least 10 to start with. Work yourself up to 20.
17. Reach over and touch your toes without bending your legs. Do this from a sitting up posture with your legs together, straight and in front of you. Do this 10x. Now simply stay over and hold your toes without bending your knees. Do this for 3 minutes without getting up.
18. Spread your legs as wide as they will go and repeat the above exercise, first reaching for the left toes, then switch to the right side and reach for the right toes. Now repeat by reaching straight out in front of you. Hold this position for 3 minutes without getting up.
19. Do some head and neck rolls. First look up and then down with your face. Repeat 10x. Now look to each side 10x. Then roll your head around first clockwise and then counter-clockwise several times till your neck feels more flexible.
20. Stand up. With your body straight and your feet about 2 feet apart, bend over to the left side reaching your right arm over your head and to the left. Repeat several times. Now bend over to the right reaching over with your left arm.

Daily Exercises to Open and Charge Chakras

There are three different sets of exercises that I know to charge and open chakras. The first set of physical exercises opens the chakras very well on the lower three levels of the aura. The second set opens the chakras well on the astral level. And the third set is a combination of breathing and postures that open the chakras on the higher levels of the auric field.

I will be presenting these in 3 separate PDF files, next weekend!

Happy Exercising Y'all!

/rah