

GUIDE TO MORE VITALITY

Discover little used tips to get
yourself back into form



WANT MORE OUT OF LIFE ?

This guide is intended and designed to prompt you to try something different, so that you can experience more joy, energy, vitality and motivation.

The Tips are diverse, allowing you to mix and match, use them all or only some of them.

You decide what suits or appeals to you.

START THE DAY WITH A DAILY ROUTINE

It only needs to be 10 minutes,
longer if you have time and
inclination:

> Meditation guided or simple
Breath exercise

> Yoga or Qi Qong

> Journaling or doodling

> Going for a walk, Jogging or for
a run

START THE DAY WITH A DAILY ROUTINE

> Reading an inspiring text or book

MOVEMENT AND GOING WITHIN IS A
GREAT WAY TO START THE DAY

My favorite routine is to MOVE
ENERGY, with "The Daily Routine"
developed by Donna Eden.

> then to enjoy a lovely cup of tea,
while I read or journal, maybe even
doodle.

Yolanda Moore



Holistic Centre
für Energie & Vitalität

DAILY ENERGY ROUTINE - DONNA EDEN

How to Pick Yourself Up at Your Droopy Time of the Day

Take a break from your work and do an energy exercise that activates your respiratory system.

- feel more balanced
- think more clearly
- improve your coordination
- harmonize your energies

DAILY ENERGY ROUTINE - DONNA EDEN

1. the Three Thumps
2. the Cross Crawl
3. the Wayne Cook Posture
4. the Crown Pull
5. the Lymphatic Massage
6. the Zip-up
7. the Hook-up



1. Clasp the back of your right shoulder firmly with your left hand and drag it in a sweeping movement to your left hip.
2. Repeat with right hand. remember to breath in through the nose and out through the mouth

Repeat 4-5 times

Crosses the energy flow

The Three Thumps



K-27

- energize you if you are feeling drowsy
- focus you if you are having difficulty concentrating

1. Place your fingers on your collarbone. To locate these points, place the pointer finger of each hand on your collarbone and move your hands toward each other until you reach the two inside corners of your collarbone. Drop straight down from these points to about an inch below your collarbone. For most people, there is a soft spot or indentation there.

2. Breathe slowly and deeply as you firmly tap or massage your K-27 points for two or three deep breaths, in through your nose and out through your mouth.

Tapping the K-27 points “flips” your energies around if they have started flowing backward.

The Three Thumps



Thumping the thymus

1. Place the fingers of either or both hands in the center of your sternum, at the thymus gland, about two inches below the K-27 points in the center of your chest.
2. Using your thumb and all your fingers, tap firmly, breathing slowly and deeply, in through your nose and out through your mouth, for two or three deep breaths.

- awaken your body's energies
- boost your immune system
- increase your strength and vitality



The Spleen Thump:

1. Find the points by moving your fingers down from your thymus, out to your nipples, and straight down to beneath your breasts. Then move them down over the next rib.
2. Tap firmly with several fingers for about 15 seconds, breathing deeply in through your nose and out through your mouth.

- lift your energy level
- balance your blood sugar
- bolster your immune system

The Wayne Cook Posture Alternative



- Cross your hands over your breast – left hand entwined in right hand
- Cross your ankles. Left foot over right. Breathe
- Repeat, - right hand over left
- Right ankle over left
- Complete with Cathedral



Wayne Cook Posture can help you:

- untangle inner chaos

The Wayne Cook Posture



5. On the last exhalation, curl your fingers into the middle of your forehead and separate them, firmly and pleasantly, pulling across your forehead to your temples.

6. Slowly bring your hands down in front of you. Surrender into your own breathing.

The Crown Pull



To do the Crown Pull breathe deeply, in through your nose and out through your mouth and:

1. Place your thumbs at your temples on the sides of your head. Curl your fingers and rest your fingertips just above the center of your forehead.
2. Slowly, and with some pressure, pull your fingers apart so you stretch the skin above your eyebrows.
3. Rest your fingertips at the center of your forehead and repeat the stretch.
4. Rest your fingertips at your hairline and repeat the stretch.
5. Continue this pattern with your fingers curled, pushing in at each of the following locations:
 - a. Fingers at the top of your head, with your little fingers at the hairline. Push down with some pressure and pull your hands away from each other, as if pulling your head apart. Fingers over the curve at the back of your head, again using the same stretch.
 - c. Fingers at the bottom of your head, again using the same stretch.
 - d. Continue, pulling to the sides of your neck with three passes (top of neck, middle of neck, and bottom of neck), finally resting your fingers on your shoulders.
 - e. After a deep breath, pull your fingers firmly forward over the top of your shoulders and let them drop.

- calms your nervous system
- releasing mental congestion
- refreshing your thinking ability
- opening you to higher inspiration



The Lymphatic Massage

1. With your thumb, middle, index fingers pressing neurolymphatic reflex points on the upper thighs on the outside of the leg massage firmly, moving in small circles.
2. Press hard enough that you really feel the pressure but not so hard that you risk bruising yourself. Move down the leg to the knees.

3. Repeat on the inside of the thighs



Reflex points that stimulate the flow of lymph are located on various points throughout your body, particularly on your chest, back, and the upper portion of your legs. When they are massaged, the lymphatic system is stimulated, and toxins are removed more quickly and effectively.

The Lymphatic Massage will: energize you send toxins to your body's waste-removal systems clear stagnant energies from your body, including emotional residue

The Cross Crawl



1. While standing, lift your right arm and left leg simultaneously
2. As you let them down, raise your left arm and right leg.
3. Repeat, this time exaggerating the lift of your leg and the swing of your arm across the midline to the opposite side of your body.
4. Continue in this exaggerated march for at least a minute, again breathing deeply in through your nose and out through your mouth.

- feel more balanced
- think more clearly
- improve your coordination
- harmonize your energies

The Wayne Cook Posture



Sit in a chair with your spine straight

1. Place your left foot over your right knee. Wrap your right hand around the front of your left ankle and your left hand over the ball of your left foot, with your fingers curled around the sides of the foot
2. Breathe in slowly through your nose, letting the breath lift your body as you breathe in. At the same time, pull your leg toward you, creating a stretch. As you exhale, breathe out of your mouth slowly, letting your body relax. Repeat this slow breathing and stretching four or five times.
3. Switch to the other foot. Place your right foot over your left knee. Wrap your left hand around the front of your right ankle and your right hand over the ball of your right foot, with your fingers curled around the sides of your foot. Use the same breathing.
4. Uncross your legs and “steeple” your fingertips together so they form a pyramid-Bring your thumbs to rest on your “third eye,” just above the bridge of your nose. Breathe slowly and deeply, in through your nose and out through your mouth, about three or four full breaths.

The Zip Up



Before beginning the Zip-up, briskly tap K-27 to assure that your meridians are moving in a forward direction. Then:

1. Place your hands at the bottom end of the central meridian, which is at your pubic bone.
2. Inhale deeply as you simultaneously move your hands, slowly and with deliberation, straight up the center of your body, to your lower lip, where the meridian ends.
3. By continuing upward, however, bringing your hands past your lips and exuberantly raising them into the sky, you connect your central meridian with your aura and with forces that are beyond you.
4. Circle your arms back down to your pelvis.
5. Repeat three times.

The Zip-up will help you:

- feel more confident and positive about yourself
- think more clearly
- protect yourself from negative energies that may be around you

END with the Hook-up



To do the Hook-up, breathe in deeply through your nose and out through your mouth:

1. Place the middle finger of one hand on your third eye (between your eyebrows above the bridge of your nose).
2. Place the middle finger of the other hand in your navel.
3. Gently press each finger into your skin, pull it upward, and hold for 15 to 20 seconds.

DONE !

JUST 5 MINUTES A DAY FOR A
NEW YOU!

Bonus
For in between droops /.

Connecting Heaven and Earth

1. Rub your hands together and shake them off.
2. Place your hands on the front of your thighs with your fingers spread.
3. With a deep inhalation, circle your arms out to your sides.
4. On the exhalation, bring your hands together in front of your chest in a prayer position.
5. Again with a deep inhalation, separate your arms from each other, stretching one high above your head and flattening your hand back, as if pushing something above you. Stretch the other arm down, again flattening your hand as if pushing something toward the earth. Look up to the heavens. Stay in this position for as long as is comfortable.
6. Release your breath through your mouth, returning your hands to the prayer position in front of your heart.
7. Repeat, switching the arm that raises and the arm that lowers. After this first set, do two or more sets.
8. Coming out of this pose the final time, drop your arms and allow your body to fold over at the waist. Hang there with your knees slightly bent as you take two deep breaths. Slowly return to a standing position with a backward roll of the shoulders.

Connecting Heaven and Earth, for instance, pulls in extra oxygen, releases carbon dioxide, stretches the body so energy can more readily flow through it, and opens the joints, releasing trapped energy.



MOVE ENERGY

REGAIN YOUR

.....HEALTH

.....RADIANCE



Are 2 Superfoods Better Than 1?

We know that, individually, both cinnamon and honey possess powerful therapeutic properties.

What about when you use them together? If one is good by itself, does that mean that the two combined can be even more beneficial?

Top 8 Benefits of Honey and Cinnamon

- 1. Fight Allergies
- 2. Improve Diabetes Symptoms
- 3. Acne and Skin Infections
- 4. Relieve Common Cold and Other Respiratory issues
- 5 Fights UTIs
- 6. Soothe Digestive Issues
- 7. Boost Energy
- 8. Treat Gingivitis

How to Use Honey and Cinnamon Together

One of the easiest ways to use honey and cinnamon to boost your health is to simply combine a half teaspoon of powdered cinnamon with a teaspoon of organic raw honey and ingest the mixture once daily.

You can add this combination to warm water or use it to make an energizing and immune-boosting drink.

A secret detox drink, for example, is also made with cinnamon and honey, along with other detoxifying ingredients like apple cider vinegar, cayenne pepper and lemon juice.

Cistrose - Cistus Incanus - Pink Rock Rose

Cistrose growing in the Mediterranean ecosystems endure multiple stressors and harsh conditions, such as drought, high sun exposure, and high temperatures. Mediterranean plants produce high levels of polyphenols to protect them against these stressors.

Cistus incanus has the highest polyphenol content of any plant in Europe.

Benefits of Cistus Incanus

- Helps with symptoms of Lyme disease
- Slows the aging process due to antioxidant activity
- Helps with urinary tract infections
- Antiviral activity against viruses that cause life-threatening diseases
- Inhibits HIV infections, Ebola, and Marburg virus 8
- Protects DNA
- Has antibacterial properties, prevents Streptococcus mutans
- Promotes dental health
- Has antioxidant properties and eliminates free radicals
- Reduces the symptoms of the common cold and upper respiratory infections Anti influenza virus activity
- Antifungal properties

Benefits of Cistus Incanus

- Helps stabilize the cardiovascular system
- Improvement in bone density
- Strengthens the Immune system
- Rehabilitation of the intestinal flora
- Has a detoxifying effect, removes heavy metals
- Cistus has an expectorant effect
- Preventive against ticks

AVAILABLE AS
TEA
CAPSULES
ESSENTIAL OIL
HYDROSOL

5-HTP for ANXIETY, DEPRESSION and INSOMNIA :

a clinically-effective SEROTONIN precursor

5-Hydroxytryptophan or 5-HTP is an amino acid that increases production of serotonin in the brain alleviating anxiety, depression, insomnia, pain, carbohydrate cravings and more.

5-Hydroxytryptophan (5-HTP) is an aromatic amino acid naturally produced by the body from the essential amino acid L-tryptophan. Produced commercially by extraction from the seeds of the African plant, *Griffonia simplicifolia*, 5-HTP has been used clinically for over 30 years. The clinical efficacy of 5-HTP is due to its ability to increase production of serotonin in the brain.

Sleep disorders, including insomnia
Mood-related issues, like depression
and anxiety Headaches and
migraines Obesity and overeating
Pain, including from fibromyalgia
and PMS or premenstrual dysphoric
disorder (PMDD) ADHD symptoms
Parkinson's disease symptoms and
other neurological issues.
Alcoholism withdrawal symptoms
Seasonal affective disorder

This supplement shouldn't be taken by
pregnant women or
by anyone having surgery
within the following two weeks.

It's also very important for anyone taking
antidepressants/anti-anxiety medications
to avoid using 5-HTP supplements.
Antidepressant drugs can include SSRIs
and MAOIs.

5HTP used in combination with GABA helps with:

- Anxiety and feeling overwhelmed or stressed
- Feeling worried or fearful
- Have intrusive thoughts, or have an overactive brain.
- Or have unwanted thoughts – thoughts about unpleasant memories, images or worries.
- Panic attacks
- Unable to relax or loosen up –
Stiff or tense muscles
- Feeling stressed and burned-out
- Craving carbs, alcohol, or drugs for relaxation and calming

GROUNDING

There is a wide range of GROUNDING techniques, some need more time than others—here I am going to give you a few techniques which are designed to start the day or to be used during the day as required.

GROUNDING

Try them all - you will soon find your favorites, -effective in any situation.

An essential part of your toolbox

Enjoy a stress free life with more Energy & Vitality

GROUNDING

- Hook up: Middle finger of one hand on your 3rd Eye (above & between the Eyebrows - the middle finger of the other hand in your navel. Pull upwards while taking 3 deep breaths.
- One hand behind you head at the bottom of the skull and the other on the forehead - for as long as you enjoy. Breathe
- Breathe in to the count of 6, hold to the count of 4, Exhale to the count of 6- Exhale as if blowing a candle out, until all air exhaled.

GROUNDING

- Visualize light, a stream of water or a root moving down from the end of your spine down into the center of the earth. It expands to the breadth of your hips, you are now firmly grounded.
- Stomping your feet or walking barefoot (in garden, woods or seashore)

GROUNDING

- SPOONING: Use the back of a stainless steel spoon (not silver) to spoon (massage the soles of your feet) Corrects polarity
- Essential Oil on the middle of the soles of your feet: Vetiver, Patchouli, Cedar. Mixed or singularly.

LIFTING YOUR VIBRATION

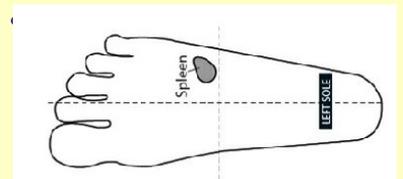
Your Spleen is an essential organ for Energy and Vitality.

Energetically it is the portal for universal energy (eg. Sunlight, nourishment,), which then is directed into the Chakras, which are energy vortexes on the Energetic Level. Here the Mental, Emotional, Physical issues are supported

Physically it plays an import role in our Metabolic System. It is here where everything is digested and assimilated - Emotions, Thoughts, Nourishment, it supports our digestive system.

LIFTING YOUR VIBRATION

- Tapping on the Spleen Meridian, left and right, under the armpits (Ladies - just where the bottom bra strap ends-)
- On the reflexology point on the sole of your left foot, massage for 60sec daily.



- Doodle figure 8's in the air or on paper.
- Wear spectacles? Remove and rinse in cold water - refreshing

VAGUS TONE

Your Body Needs To Be In
A Parasympathetic State
To Function Properly

The vagus nerve is part of the parasympathetic nervous system and its health and function drives our wellness or disease; we **MUST** be in parasympathetic nervous system dominance for healing and optimal health to be achievable.

VAGUS TONE

You can strengthen your Vagus Tone doing the following:

- Humming, a melody or simply OM
- Place the palm of both hands next to your ears. The middle finger rests on the Temples - the thumbs are behind and at the bottom of the ears, in the little well. Give a light pressure with the thumbs and breathe. Hold for as long as it is comfortable for you.

VAGUS TONE

- Using your tongue "paint" the roof of your mouth. This activates the Vagus Nerve.
- Apply 1 drop each of Lime and Nutmeg Essential oil on the Mast bone. (Big bone just behind the ear)

VAGUS TONE

- Place both thumbs over the same side index fingernails and rest the thumbnail of each hand on the temples.
- Extend the middle, ring, and little fingers and rest them toward the middle of the forehead, on the brow bone.
- Breathe in through the nose and out through the mouth.
- Hold for as long as feels comfortable, or until you experience a deep sigh or yawn.

I do hope you have enjoyed this guide and that it has inspired you to start your day off on different foot.

One small step at a time works wonders.

Please visit my Home Page, where you will find more tips and information.

To a "Vitalized" Life

Yolanda

Yolanda Moore



Holistic Centre
für Energie & Vitalität

5261 Uttendorf Nr. 34

Tel: (0043)664 5110122

ym@holisticcentre.at