

# Energy Focusing Exercises

## Giant Strides

While seated, slowly lift one foot off the ground. As you raise your foot, stretch your toes up towards you as fully as possible. Breathe in as you raise your foot. Then slowly lower your foot as you breathe out.

Breathe as you raise the other foot, again raising your toes up toward you as fully as possible. Lift your foot eight times. Wait ten seconds. then repeat the sequence two more times

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As you do this, imagine you're taking huge strides over hills and mountains, like a giant. The movement is slow and powerful, your immense body covering miles with every step.

## Bubbling Spring

...Remain sitting comfortably in your seat, with your back as upright as possible.

Raise the heel of one of your feet, keeping the ball of your foot firmly on the floor. Then press the ball of your foot down into the floor. Use your calf muscles to get the pressure going straight down into the ball of your foot.

Breathe out as you press the ball of your foot down for a couple of seconds. Then relax, release the pressure on the ball of your foot, and breathe in. Lower your heel.

Then repeat with your other foot. Press and relax eight times, first one foot, then the other. Wait ten seconds. Then repeat the sequence two more times.