

Slow and Quiet Energy Exercises

The following activities are to be done very slowly. The focus of the mind is on the breath (slow and smooth) and on very slow and quiet movement. The goal is to help the participants experience their **Quiet** and or **Slow** energies.

Outcomes: Raising the participant's mind and body awareness. Creating positive mind / body memories that can be accessed in the future. Helping people know they can have and access their quiet and slow energy when they want to reduce their **Fast** and or **Loud** energies.

Attention: *Do not do any of these exercises while operating any moving vehicle or equipment.*

Belly Breathing – Gently place both open hands on your belly (palms down) one on either side of your belly button, thumbs pointing up towards each other. Feel the movement of your breath flowing through your body. Breath in on four, hold for four and breathe out on four. Do that three times.

Silly Bird – Inhale while standing tall. Hook right thumb in right armpit; flap/move right arm very very slowly, inhale on four, hold for four and exhale three times slowly. Then repeat on the opposite side. Then use both arms (wings) together. Repeat using left side. Note how we feel/think using only one arm at a time. Then repeat using both arms at a time.

The Slow Humming Bee (Humming while Breathing) – Hum slowly and gently while inhaling (slowly counting to two first time) exhaling (slowly counting to two) while holding breathe and do it three or four times. Allow the sound to go longer and smoother with each breath adding one added count each time.

Lifting Breath – First sit down. Then get comfortable. Make certain your feet are flat on the floor. Then place open hands on lap (palms up), lift one hand at a time (to shoulder height) with a natural inhale. Then exhale to lower that hand. Repeat three times with each hand. Then both hands together three times.

Note how your mind and body feel after each of these. Don't judge yourself or others, just experience it. This is the beginning of mindfulness, a very powerful skill.

Please Note:

Breathe in when you move up or out.

Breathe out when you move down, inward, become closed or crossed.

Part of the Energy Management for Life© program