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Five Direction Spinal Movement

Move Your Spine from Your Heart Space, Your Sternum



Tadasana
Mountain
Extension



Standing Side Bend
Lateral Bend to R & L



Uttanasana
Standing Forward Bend
Forward Fold from Hips



Bharadvajasana
Bharadvaja's Twist

Twist to R & L



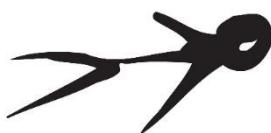
Sphinx

Backbend



Uttanasana
Standing Forward Bend

Forward Fold



Savasana
Corpse

Having moved your spine, it's time to relax & deep breathe into:

- Heart Space
- Breaths from Heart space down arms to ends of fingers.
- Breathe down legs to tips of toes.
- Breathe into abdominal cavity filling each organ.
- Breathe up into brain thanking it for calmness.
- Remain in Savasana, five more Heart Space breaths.
- Enjoy knowing deep breaths invoke calmness & heal DNA.

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Techniques to Engage Calm Energy in Body-Mind-Spirit



- Feed cellular health nourishing whole food. Think organic, local, and seasonal.
- Cultivate a relationship with your breath for slow, deep breathing awareness.
- Spend time outside, every single day, breathing fresh air & taking in natural light.
- Move your body, it is made for movement. Movement moves stress and trauma energy out of the energy body *AND* your whole being is energy.
- Be keenly aware of how you use your mind's energy *AND* how other's use it. Other's being people you chose to engage with & how you react OR respond to them, social media, news sources, conversations with self & others, etc. This is ALL energy and it does move into your energy frequency.
- Water for hydration, add pinches of unrefined salt to your water. No chlorine. No fluoride. Yup, I know this is a dental office. Avoid drinking, cooking with, and showering / bathing in water with chlorine and fluoride.
- Stop poisoning your body with chemical body care, hair care, home cleaning products, lawn & yard & outdoor products... if you use it, it is in your body cells.
- Choose very high-quality supplements *IF* you chose to take them. Most drug, department, and grocery store brands are cheap, synthetic, and added stress on your being.
- Sleep, good sleep, is vital to the body's ability to heal itself and remain in Peace Mode.
- Slow Down & chew your food well for many reasons: digestion, peace mode in the vagal nerve, better cell nourishment, on & on. Chew your smoothies, *IF* you have to be consuming smoothies.
- Avoid OTC and prescription meds. These chemicals are a burden on your liver and your whole body, every body cell.
- **All your thoughts and actions feed your body, heart, mind, and soul. Learn to engage, tone, and love your vagal nerve. It is a KEY to Peace Mode.**
<https://www.paulayoumellrn.com/vagus-nerve-toning-for-health>



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