

What People Are Saying About Energetic Anatomy Made Easy

Energetic Anatomy Made Easy is a unique and innovative analysis of the chakras and Traditional Chinese Medicine (TCM). I have mentored Dr. Stuart in her TCM studies for many years. She is one of my best students and I am confident in her work as a TCM practitioner. *Energetic Anatomy Made Easy* is a welcomed insight into both Western yoga and Traditional Chinese Medicine.

Dr. Shiwu Xiao, MD (China), L.Ac., M.S.O.M.

Dr. Laurel Stuart is a graduate of the Canadian Institute of Traditional Chinese Medicine (CITCM). While she was at school she had already shown her talent and interest in combining her longstanding practice of yoga with the ideology of Qi (energy) and the meridians in Chinese Medicine. It is my honor to write this endorsement for her book *Energetic Anatomy Made Easy: Create Better Health Through An Understanding Of Your Chakras and Meridians*.

With years of experience as a yoga instructor and a Traditional Chinese Medicine practitioner, Dr. Stuart has in *Energetic Anatomy Made Easy* perfectly blended her knowledge of the chakras, acupoints, meridians, and internal organs from a physical and energetic point of view. This book is an exceptional practice manual to enrich body, mind, spirit, and soul.

Dr. Xia Cheng, MD (China), R.Ac., Ph.D., Executive Director of CITCM (Canadian Institute of Traditional Chinese Medicine)

I recommend *Energetic Anatomy Made Easy* to help you, the reader, unravel the mysteries of your internal wilderness. Laurel has crafted for you a road map for self-knowledge. Invaluable!

We need all the help we can get on our heroine/hero's quest for wisdom. Good journey to you!

Ana T. Forrest, Co-creatrix of Forrest Yoga

An enlightening, easy read. The introduction really tied things together for me and I returned to it after reading all the chapters. I also really appreciated the appendices with definitions of the jargon unfamiliar to me. As a novice in regard to the concepts the book has provided, I found that the introduction enabled me to best determine my 'take home' – what resonated with me, what could I take into my life's journey even if I never practice yoga, meditate, or ponder on the energy systems that travel through my body. The key aspects from my reading were the beginning pages of each chapter: the three words of each chakra/meridian that provided the foundation (easy to remember); life themes (significance and focus), and most of all the affirmations (my action items). I loved the idea of personalizing each affirmation to make it meaningful and purposeful.

Diane Grant, Clinical Genetics Manager, Anatomical Pathology & Cytopathology

I have known Laurel for many years and she has always been a confident, level-headed individual that is deeply passionate about yoga. She has invested many years in developing her skill, practice, and knowledge of yoga and alternative medicine and is able to explain much of what she does and why in layman's terms to novices and advanced practitioners alike.

I am proud to see that she has taken the initiative to author a book focused on a subject matter that she intimately lives and breathes, in her quest to share the spirit of yoga with the world as a means of grounding oneself, improving self-awareness and healthy living. Laurel has several years of experience teaching yoga as well, and this has no doubt been a source of strength when she decided to write her yoga book. Her consistent practice of yoga has allowed

her the strength and confidence to pursue her dream of alternative medicine, which she is now able to offer as a holistic approach to living a healthy life.

Laurel is good—very good—and I encourage anyone who has but even a passing interest in yoga or alternative medicine to read her book and reach out to her.

Nad Cyrus, Vice President of Information Technology, Cidel Bank & Trust Inc.

Energetic Anatomy Made Easy

Create Better Health through an
Understanding of Your Chakras and
Meridians

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Understanding of Your Chakras and
Meridians

Laurel Stuart



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We operate a distinctive and ethical publishing philosophy in all areas of our business, from our global network of authors to production and worldwide distribution.

Contents

| | |
|---|-----|
| Preface | 1 |
| Acknowledgments | 3 |
| Introduction | 5 |
| Chapter 1: The Root Chakra (Muladhara) & The Kidney Meridian | 9 |
| Chapter 2: The Sacral Chakra (Svadhithana) & The Liver Meridian | 31 |
| Chapter 3: The Solar Plexus Chakra (Manipura) & The Spleen and Stomach Meridians | 55 |
| Chapter 4: The Heart Chakra (Anahata) & The Heart Meridian | 75 |
| Chapter 5: The Throat Chakra (Vishuddha) & The Lung Meridian | 95 |
| Chapter 6: The Brow Chakra (Ajna) & The Gallbladder and Governing Meridians | 115 |
| Chapter 7: The Crown Chakra (Sahasrara) & The Governing and Conception Meridians | 135 |
| Appendix A: Yoga Glossary—Yang Postures | 155 |
| Appendix B: Yoga Glossary—Yin Postures | 173 |
| Appendix C: Yoga Glossary—Terms | 187 |

We are actually educated into believing that nothing is real beyond what we can perceive with our ordinary senses.

Sogyal Rinpoche

Health Disclaimer

The information presented in this book is for educational purposes only and is solely the opinion of the author. The information in this book is not intended to diagnose, treat, cure, or prevent any condition or disease.

Please seek advice from your healthcare provider for your personal health concerns prior to taking advice from this book.

Preface

This book was created for yoga students. Yoga students who have an interest in learning about energy healing. Yoga students in search of straightforward practices that will deepen their understanding of Western chakra psychology and Traditional Chinese Medicine. This book is a discourse on Western yogic traditions and Taoist wisdoms and a manual on how these wisdoms can be applied to our daily lives in ways that promote well-being.

Each chapter examines a specific chakra and its associated Chinese Medicine organ or organs and meridians. Different chakras and meridian energies overlap in their physiology and anatomy. The energy bodies, unlike our physical body, are subtle and highly fluid. Every chapter in the manual contains comparisons between the chakras and meridians, and activities that nourish the specific energy center and its associated anatomy. Affirmations given throughout the book can be used as written or tailored to address the reader's unique life experiences. The recipes given are meant to stimulate the reader's imagination on how to physically feed both the energetic and physical bodies. The reader may choose to practice the hand mudras while meditating. The yoga sequences can be lengthened or shortened depending on the student's time constraints. Mindful breathing is all that is truly required when practicing the yoga asanas. It is hoped that readers find time at the end of each yoga sequence for savasana.

We are each filled with a rainbow of energies that give depth and meaning to our lives. I am grateful for the wisdom teachers that have passed before me. The teachers that keep the knowledge of the esoteric wisdoms alive. The teachers that pass on the teachings. May this manual be useful to you as you learn to embrace and resonate with all the colors of your internal rainbow.

Aho.

Acknowledgments

There is an African proverb—it takes a village to raise a child.

Without community, family, and friends, *Energetic Anatomy Made Easy* would not be as it exists today.

To Adara Yoga Studio (Barbados) and Passage Studios (Calgary, Alberta), thank you for your assistance in making this book a reality. Most of the photos in this book would not have been possible without the kindness of these two communities.

To my yangster models—Indi McClean, Cyd Cyrus, Carla Boyce, Barry Stuart, Diane Best, and Juliet Stuart, and to my yinster models—Assane Ka, Cindy Sobo, Gord Desautels, Kristin Jostad, Erica Leong, and Lyse Riza, I am eternally grateful for your beauty in these pages. With your help I am able to show the world just a fraction of the beauty and diversity that is found in yoga.

To Ana Forrest, my principal yoga mentor—thank you for enriching my spirit with your teachings and passion. Your work has profoundly influenced my life path and the woman that I am today. I am blessed to have you as a guide.

To my teachers of Traditional Chinese Medicine and yin yoga, I am deeply grateful for the wisdoms you share with me.

To my illustrator Dionne Graham. You did a fantastic job. I am so happy I was able to work with you on this project.

To my friends Cyd Cyrus, Harriette Neblett and Nelson Arsenault. Your support was invaluable to me as I wrote this book. I dearly appreciate you.

To my family, in particular my mum and dad, my uncle Dale, and my brothers—you are my roots. I know I am very fortunate to walk on this planet with you by my side.

And finally to Nellie, my essence—the nurturing vivacious warmth you gave to me, and everyone else around you, will never be forgotten.

Thank you.

Introduction

A WORD ON THE YOGA, THE MERIDIANS, THE ACUPOINTS, AND THE CHAKRAS

Yin and yang are as intertwined in yoga as they are in every aspect of life. In Chinese characters yin is depicted as a hill covered by clouds while yang is depicted as a hill under the rays of the sun. Yin and yang are ways of describing all matter and energy. The qualities associated with yin are more meditative, unhurried, feminine, heavy, and restful. The qualities associated with yang are more active, brisk, masculine, warming, and light.

In Traditional Chinese Medicine the vital substances that make up our body can be classified using yang or yin. Qi (our life force energy) and shen (our spirit) are considered more yang; while blood, body fluids, and our life essence are considered more yin. In Traditional Chinese Medicine the meridians are the pathways or channels that transport the vital substances throughout the body. The entire body is connected by the meridians. The meridians nourish and protect our mental, emotional, and physical health. Acupuncturists use knowledge of the meridians to promote good health and to treat ill health.

In Traditional Chinese Medicine there are several types of meridians. Some meridians run closer to the surface of the body while others are located deeper within. *Energetic Anatomy Made Easy* focuses on the primary meridians and how some of them compare to the chakras of twentieth-century yoga. The chakras in Western yoga are vortices of energy in the body. Each chakra is associated with specific vibrations or frequencies. The health of a chakra affects the physical, mental, and emotional bodies. The health of the physical, mental, and emotional bodies affects the health of the chakras. The primary meridians all have acupoints on the surface of the body. They also travel deeper in the body to connect to specific organs. All but two of the

primary channels are bilateral. Acupoints are gateways along the meridians that can improve the health of the meridian and its associated organs.

Acupoints, like the chakras, can be used as focal points during meditation and yoga practice. Stimulating acupoints while practicing yoga allows for an expanded form of energy healing, as compared to practicing yoga alone.

There are two yoga sequences in each chapter of this book—a yang or Forrest-style yoga practice and a yin yoga practice. Both practices are designed to encourage wellness and a stronger understanding of our energetic anatomy. Work with one theme per yoga session. Use the themes to develop a deeper awareness of your energetic body. Fascinate on exploring your inner world using focus and breath.

In our stressful high-paced world, yoga practices comprised of mostly yin qualities have become increasingly popular. In yin yoga, postures are held for anywhere between 1 and 20 minutes. In Forrest yoga, postures can be held for up to a few minutes but are normally held for anywhere between 3 and 10 breaths, depending on the level of the practitioner.

Forrest yoga sessions normally begin with a focus on class intent. Forrest yoga sessions also include abdominal exercises in the warmup section of the class. Forrest yoga asks its practitioners to breathe deeply. It also asks its practitioners that they be willing to *feel* with great honesty for what they are doing in each moment and the energy they are embodying in each posture.

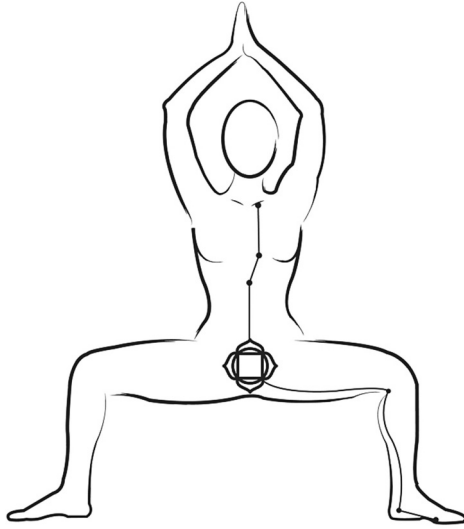
Yin yoga has three basic principles for practice. These are 1) coming into the pose at an appropriate intensity, 2) staying still in the pose—unless there is a need to either reduce or deepen the intensity of the pose, and 3) remaining in the pose for an appropriate length of time, to target specific joints and connective tissues. Yin postures should never feel extremely intense, as these sensations can lead to injury. Yin yoga is a

deeply meditative style of practice that allows for a profound release on all levels and physical relaxation.

Stimulating the acupoints given in each chapter can be done prior to, during, or after the yoga sequences. The scope of this book allows for stimulation of acupoints via massage or sound. To stimulate the acupoints using sound, readers will need to invest in sound healing tools such as body tuning forks. These forks look like regular tuning forks, but they are specifically engineered for body tuning. Stimulating an acupoint three times with a tuning fork (letting the vibration of the fork drain into the acupoint) is normally considered sufficient. Do not use a body tuning fork if the sensations it creates feel uncomfortable or do not resonate with you. If using massage, press on each point for approximately 1 minute to start stimulating the acupoints healing energies. Acupoints can often feel sore when massaging. Some acupuncturists use soreness and tenderness to find out which points need extra stimulation. Acupoints that are not sensitive to the touch can still be very useful in treatments.

Chapter 1

The Root Chakra (Muladhara) & The Kidney Meridian



GROUND
ROOT
SUPPORT

I embrace the beauty of my beginnings.

Our root chakra, muladhara, is the energetic base of our existence. Muladhara is located between the anus and the genitals. Its energy connects us to the earth. In Western yoga, muladhara governs our legs, bones, spinal column, perineum, and immune system. It is associated with the building of our cells, and our thoughts and ideas regarding family, community, survival, and support.

Muladhara is most analogous to the kidney organ and meridian in Traditional Chinese Medicine (TCM). The first acupoint on the kidney meridian is located on the bottom of our feet. It is the only acupoint in the 14 major meridians that is located on the sole of our feet. The kidney meridian then rises along the posterior aspect of our inner legs to our coccyx, where it then travels through our lower spine, to connect to our kidneys and urinary bladder. It then ascends through our liver, diaphragm, and lungs, where one branch terminates at the root of the tongue and another branch terminates in our chest, after connecting to the heart. The last acupoint on the kidney meridian is located just beneath our collarbones.

In TCM the kidneys govern our congenital energy; our innate intelligence to live, survive, and prosper. The strength of our memory, our willpower, our bones, and our lower back is strongly associated with the kidneys in Traditional Chinese Medicine.

Healthy root chakra energy allows us to feel comforted, rested, grounded, and secure. With a healthy root chakra our life force is strong. With healthy kidney energy our constitutional energy is strong. Healthy kidney energy supports the other organs of our body and allows for the development and maintenance of a strong body and mind.

Attend to your most basic needs. Honor what is good from your roots.

Home is an inner space; a safe nurturing retreat that allows us the possibility to explore the outer world.

LIFE THEMES

- Feeling nurtured, grounded, and safe
- Fostering healthy solid friendships and tribes
- Overcoming chronic fear as a way of life; learning through fear without being weakened or restricted by it

| BALANCED MULADHARA CENTER / HEALTHY KIDNEY ENERGY | IMBALANCED MULADHARA CENTER / DEFICIENT KIDNEY ENERGY |
|---|--|
| <p>Healthy legs and feet Healthy adrenals and bones Healthy vitality A mindset of abundance and security <i>NB: The last point is found only within Western yoga.</i></p> | <p>Weak legs or bones, adrenal fatigue Lower backache, arthritis, water weight Weak vitality A mindset of fear; an inability to focus due to feeling 'disconnected' Feeling victimized or vulnerable Obsession with material things; hoarders <i>NB: The last two points are traditionally only found in Western yoga. They are not found in Traditional Chinese Medicine.</i></p> |

AFFIRMATIONS

1. I am firmly rooted in all my endeavors.
2. I have a community that cares for me.
3. I am worthy of all things beautiful.
4. The earth fully supports me, nourishes me, and nurtures me.
5. My bones are strong and healthy.

Making Affirmations Personal

Affirmations are more powerful when they are believable to you. Tailoring affirmations specifically to your unique life situations makes them more believable.

Here is one way to personalize affirmation 2 from the list above—*My friends Cindy and Arturo care about my well-being.*

Here is a personalization of affirmation 5—*My legs are strong enough for me to take a short walk today.*

YOGA SEQUENCES

GENERAL THEMES

- Practice the yoga sequences in this section with the intention of embracing the energies a healthy home provides. What are some of the energies a healthy home should provide? How do you embody those energies as you practice?
- Are you frequently plagued with feelings of fear? Fear is the emotion most associated with the kidneys. Fear can deeply weaken our kidneys, particularly during infancy and early childhood. Where do you feel fear in your body? Can you breathe into those areas in a way that starts to release or ease that emotion?
- Affirmations such as those mentioned above can be repeated internally during the practice.
- Breathe into your lower dantian (the area below your navel). Place one hand on your lower abdomen and one hand on your lower back. As you inhale, feel the space between your hands expanding. Focus on breathing into your lower dantian throughout your practice.

Beginners: Fascinate on feeling your feet and legs while you practice.

POSES

Tree Pose



Warrior 1



FORREST YOGA SEQUENCE

IDEAS FOR INTENTION

- How do I practice each of these poses in a way that allows me to feel content/grounded/balanced/safe? (Any of these themes can be worked with.) Be open to the question. As you open to the question, your brain starts to work on helping you to find an answer.
- Do I feel grounded in this pose? Am I connected to my feet and my toes?
- Can I feel or acknowledge the strength and solidity of the earth beneath me?

Horse Stance



For a longer class, start with: Frog Lifting through Abdominals, Sun Salutations

Pregnant individuals: No abdominal work is permitted during pregnancy. It is also important that your body is well supported in your practice. Use chairs and wall props if you prefer a less strenuous practice. For example, Horse Stance can be practiced while sitting on a chair or Tree Pose can be practiced using a wall for support.

YIN YOGA SEQUENCE AND THE ACUPOINTS

ACUPOINTS

- K3 (Kidney 3) *Supreme Stream*



A primary point along the kidney meridian that nourishes all aspects of kidney function in Traditional Chinese Medicine. It can be used with B60 to ground the spirit and create feelings of safety.

Location: In the depression directly behind the highest point of the inner ankle bone.

- B60 (Urinary Bladder 60) *Kunlun Mountains*



POSES

Dangling



Baby Dragon



B60 is an important point for clearing pain along the path of the urinary bladder meridian. The urinary bladder meridian starts at the inner eye, runs over the top of the head, then runs along the back of the body on either side of the spine and down the back of the legs to terminate at the little toe. Bladder points are frequently used in TCM to improve spinal and back health. The urinary bladder meridian is intricately connected to the kidney meridian. Coupled with K3 it is commonly used to ground energy. It is contraindicated in pregnancy.

Location: In the depression directly behind the highest point of the outer ankle bone.

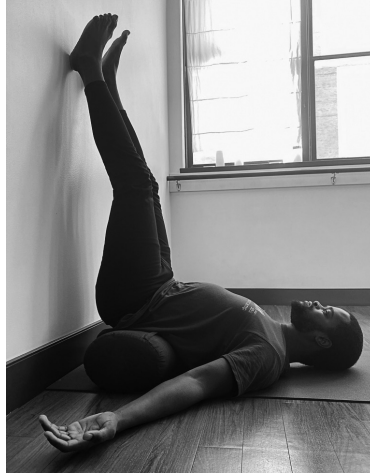
- K7 (Kidney 7) *Returning Current*



Kidney 7 is the mother point of the kidney meridian. Like a mother to her child, K7 can be used to nurture all aspects of kidney function. K7 helps regulate water metabolism in the body. It is sometimes used in combination with other points to treat edema and sweating disorders.

Location: Measure the length from the knuckle of the index finger to the tip of the index finger (this measurement equals two cun). K7 is located 2 cun above K3, directly in front of the Achilles tendon.

Wall Caterpillar



For a longer class, end with: Toe Squat, Reclining Twist

Pregnant individuals: Replace Baby Dragon with Dragon Flying High. Ensure there is no pressure on the abdomen while performing Dangling. Dangling can be practiced with the hands resting on the wall for support as you bend forward. Elevate your back and head in Wall Caterpillar as necessary with pillows and/or bolsters. If it is uncomfortable, omit Wall Caterpillar altogether.

RECIPES

BEET BOOST

Serves 2

The earthy red color of this smoothie is characteristic of root chakra energy. Red is the color most associated with the root chakra. Black is also associated with the root chakra. Black is the color associated with the kidneys in Chinese Medicine. Studies have found beets are a good source of manganese, a mineral that may be useful in keeping bones healthy. In Chinese Medicine beets are helpful for nourishing the blood. Blood is partially governed by the muladhara chakra. Mint is used in TCM to help fight off colds, so this smoothie is good for the throat chakra and lungs as well as the first chakra.

- Medium-size red beet, peeled and sliced
- 3 cups freshly squeezed orange juice
- 1 small handful of mint

Blend the beet, orange juice, and mint until smooth. Serve immediately.

MOLASSES ROOIBOS TEA

Serves 2

Molasses is flooded with B vitamins. It is a highly nourishing food that may help reduce the effects of stress on the body. Cinnamon coupled with the creaminess of coconut milk makes for a comforting texture and aroma.

- 1 teabag rooibos tea
- 1½ cups hot water
- 2 cups warm coconut milk
- Pinch of salt

- 1 teaspoon (tsp) molasses
- 2 dashes of allspice, 2 dashes of cinnamon
- 1 tablespoon (tbsp) brown sugar

Boil the hot water. Let the water cool for 1 minute, then steep the tea for 5 minutes. Pour the tea into a high-speed blender with warmed coconut milk, sugar, salt, molasses, and spices. Blend well. Sprinkle with cinnamon. Serve hot.

BAKED COU COU AND SALT FISH

Serves 3

Foods for the root chakra are normally heavy, comforting, and grounding. Be mindful that what is most comforting to another may not be what is most comforting for you. Cou cou and flying fish is the national dish of Barbados. Barbados is my birth tribe. Nothing spells comfort for me like a bowl of this amazing dish made with love by the women in my family. Traditionally cou cou is made on the stovetop and can be quite tedious and time-consuming. This is my baked version.

COU COU

Prep time: 20 mins. Cooking time: 35 mins

- 2 cups fine cornmeal
- 2½ cups water
- 3 cups okra water

OKRA WATER (FOR COU COU)

Prep time: 10 mins. Cooking time: 10 mins

- 1½ cups okra, finely sliced
- 4 sprigs of fresh thyme or 1 tsp of dried thyme
- ½ cup largely sliced onion
- ½ tbsp salt
- 4½ cups of water (for boiling okras)

1. Place water, okra, salt, thyme, and onion in a pan. Bring to a boil; let boil for 5 minutes.
2. Once boiled, remove okra, onion, and thyme from the water (which now has a slimy consistency). Throw away the thyme stems and onion.
3. Preheat oven to 375 degrees Fahrenheit (F). Place cornmeal in a baking pan. Add 1 cup of water and 2 cups of okra water; stir well. Bake for 10 minutes; reduce oven to 350 degrees F. Add ½ cup of water and ½ cup of the okra water, stir well, then mix in the okras. Bake for an additional 20–25 minutes until the cou cou consistency is similar to mashed potatoes and the top is slightly dry. Remove from oven and let cool slightly.
4. Divide into three servings. Serve with gravy and cucumber salad.

SALT COD GRAVY

Prep time: 15 mins. Cooking time: 20 mins

- 1 fillet salt cod
 - 2 garlic cloves, thinly sliced
 - 1 cup sliced or canned tomatoes
 - ½ cup thinly sliced onion
 - 1¼ cups water
 - ¼ cup roughly chopped fresh herbs (parsley, cilantro, marjoram)
 - ½ tbsp brown (spicy) curry powder
 - 1 tbsp vegetable oil
 - 4 sprigs of fresh thyme or ½ tsp dried thyme
1. Place salt cod in a small pot, cover with water and bring to a boil; let boil for 5 minutes. Remove cod from hot water; let cool, rinse, and break into small pieces.
 2. Heat pan over medium low heat. Place oil in the pan, add curry powder, and let cook until fragrant. Add the onion.

Sauté until onion is translucent, add garlic and thyme, stir, then add cod, stir well. Add tomatoes and water, simmer for 10 minutes. Add fresh herbs. Simmer the gravy for 5 more minutes. Remove from heat.

Vegan option: Omit the salt cod and, after adding fresh herbs, add soy sauce to taste.

CUCUMBER SALAD

Prep time: 10 mins

- ½ long English cucumber, thinly sliced
- 1 tbsp finely minced onion
- 1 tbsp roughly chopped parsley
- ½ tbsp olive oil
- 1½ tbsp freshly squeezed lime juice
- Salt and pepper to taste

Mix ingredients together in a large bowl. Chill.

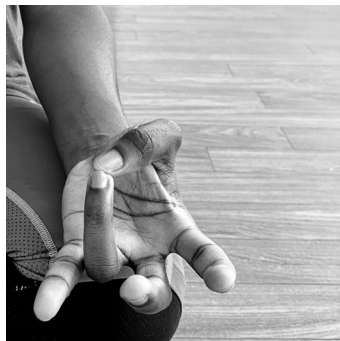
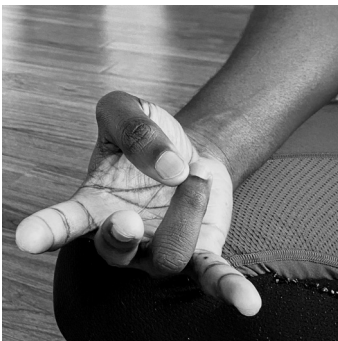
MUDRAS TO ENHANCE MEDITATIONS

BLACK GODDESS GESTURE (KALI MUDRA)



Interlace the fingers, right thumb on top of the left. Straighten the ring fingers and let them touch. Hold for as long as feels comfortable. This mudra helps to clear the mind while grounding and energizing the body.

STABLE AND STEADY GESTURE (STHIRA MUDRA)



Bring the tip of the right thumb to rest beside the nail of the ring finger on the right hand. Join the tips of the thumb and ring

finger on the left hand. Focus on the sensations in your pelvic area and lower back as you practice this mudra. Hold the mudra for 3 to 30 minutes.

MUSIC IDEAS



Traditional root chakra music is earthy, tribal, and/or characteristic of your tribe. Root chakra music is ancestral music. Drums are the instruments most associated with root chakra music.

OTHER BALANCING/STRENGTHENING ACTIVITIES

- Earthing, either with the feet directly touching the earth or lying on the earth
- Connecting to nature
- Self-massage for the lower back or dantian (the area below your navel)
- Yoga with active feet
- Massaging the feet
- Mindful walking
- Playing drums, for example the djembe drum
- Submerging oneself in the healthy traditions/practices of one's tribe
- Spending quality time within your tribe/family