

# ALLERGY SERIES PART 3

## EXERCISES

### STRENGTHENING YOUR RELATIONSHIP WITH PHYSICAL & SPIRITUAL



# **Strengthen Your Relationship With Your Physical Self - Exercises**

Let's talk about how to strengthen your relationship with your physical self and most of all your spiritual self.

There is a saying in the world that you either grow or you die.

**When you go around in your daily life, feeling sad, lost and lonely, and you want to give up, and nothing is funny anymore, it's because you've lost your connection with your beautiful spiritual self.**



The most important thing in life for you and all of us is to have a more meaningful soulful life and relationship with ourselves.

I want to teach you a technique that will help you become more centred and aligned with yourself, so you can get in touch with your own needs and drink more water, which is part of your healing process in order for you to get rid of your allergies.

**Get A Pen & Paper & Write These Down.**

**When you do these exercises every morning and evening you will grow like never before.**



**The most important relationship in the world is the one you have with yourself.**

## **1. Body Flow Exercise**

In the middle of your body is the centre meridian, when it is closed you can't drink, you want to gag, you feel nauseous, your bowels are not working properly and you eat a lot of unhealthy food.

**An exercise to open your centre meridian is to take your left hand and put it on your chest and put your right hand on your belly.**



The centre meridian goes down the centre of your body, from your head, between your nose, middle of your chest, belly and down to the floor. Keep the ball of your hands in the centre of the meridian.

Feel the energy flow through your body now. Feel the connection. This process will finish once you feel your skin get warmer and you will feel a connection through your hands to your body.

**If you do this every night and every morning, you will feel much more aligned with who you are and you will sleep much better.**



Once you have done this exercise, keep track of how it felt. Keep track every day of how well you're doing.

Keith Cunningham says you can't win the game if you don't know the score.

**So if you don't keep track of how you're doing you can't say I want more because life doesn't know what more is, because you don't know where you are starting from.**

So every day do the best you can, write down how much you've learned, how much you've achieved and where you are.



Write down what you are happy about.

You can learn more about that in a book by Rhonda Byrne called The Magic.

**So that is the first exercise Body Flow Exercise. Remember not to let go until there is warmth under your hands!**



## 2. The Awareness Elevator

Your attention is everywhere in your daily life but it is not supposed to be this way. Your attention is supposed to be on itself. So let's bring it back to you now...

So close your eyes and imagine your brain has an elevator. Imagine walking into the elevator in your brain, behind your eyes and visualize putting all of your thoughts and emotions in the elevator.

Start sending the elevator down through your spine, sending your emotions, your awareness, in the elevator, centred in your body.





Send your emotions and your awareness down the elevator down through your chest, down through your solar plexus, then through your belly all the way down to your pelvis.

When the elevator is in your pelvis, all the way down where your root chakra ends, that's where you're supposed to have your attention and your awareness all of the time.

**When doing so, you will use so much less energy in your everyday life and the more centred you will be in yourself.**



**So that was the second exercise. Using the Awareness Elevator and putting all of your attention in your pelvis.**

So keep your energy there because now you can take that energy into the third exercise, but you're going to keep your eyes open.



### 3. The Grounding Earth Star Chakra

Just underneath mother earth's surface just under your feet, there is a big Ying Yang symbol and you're putting your feet into it and pulling it up over you like it is a pair of pants and centre it into your pelvis.

Get in the elevator that is in your pelvis and take your awareness down under your feet and see the Ying Yang symbol behind your eyes, as you imagining say hi to your earth star chakra.

**This beautiful glowing earth star chakra symbol is yours.**



It's related to your connection here on mother earth.

**Once you feel disconnected in life you have lost yourself and this exercise will pull you back into the presence within your body.**

So visualise putting your two feet into this earth star chakra and say hi. "Hi my personal earth star chakra," then visualize the pair of pants you pull up and centre this beautiful, Ying Yang symbol in your pelvis.

**Perhaps you feel more tired, grounded, centred or feel like a light is being turned on?**



It doesn't matter what it is, but write down what it is that you notice so you can keep track of how good it feels, because it will help you to remember these exercises.

Also it will help you to realise why you do them, because when they make you feel good, you will do it again. Sometimes it might not feel good because you're in a state of life where you're going through some stuff, which is not easy.

**Remember to do these exercises, they will keep you centred and they will build your connection with yourself and you will be like a cliff or a rock that is so hard to bring out of balance.**



## 4. Singing

**The fourth exercise is about singing. I'm not good at singing but I'll do it anyway...**

When you sing these songs, (if you want to hear the tune, you can hear in the video or audio section of this membership area) you are still with your consciousness or awareness elevator in your pelvis.

**It is important that you have your attention in your pelvis when you start singing because the words will vibrate up through your nervous system.**



**It is going to calm and centre you and heal your amygdala and reptile brain, so it will be much easier for you to change your everyday life and routines.**

You can use this exercise for example, if you want to lose weight or you want to be allergy free and you want to feel more happy and content.

The words you're going to sing into your system goes something like this.... (You can change the words and the tune to suit you).

**(This is song below is sung to the tune of yellow submarine). 😊**



I'm feeling good, and I am free. I am healthy, fit and free. I am healthy, I'm feeling good, I am centred and I am calm. I am healthy and fit and free. I feel good in my own skin. I am happy. I feel content. I feel good and I am happy.

**Let's say you want to be more trustworthy or confident. These would be the words that you will sing into your system. For example:**

I am open and I am willing. I like change. I like to change. I am open, I like to change. I am free and I am changing.





So these are the words, and you can change them to suit you.

Do the best that you can and you can dance while you do this too. 😊

Please remember to sing them out loud!

**These were the 4 steps in order to strengthen your relationship with your body and your divine self. I wish you lots of self-love in the future.**

**This Ebook is a collaboration between Zanne Piilipson from Intuitive Mentor & Global Healing Exchange**

