

# RADIANT CIRCUITS

## For: Grounding — Exercise: Polarity

**How:** Flip-flop full hand over top of head.

**Result:** Syncing your body's magnetic electrical energy to the earth's electro-magnetic field

## For: Balance — Exercise: Hook Up

**How:** Place one finger on 3rd eye; one finger on navel; push in, pull up; hold 2 -3 minutes

**Result:** Supports Confidence, Clarity, Strengthens Aura

**Radiant Circuit Activated:** Central and Governing

## For: Focus — Exercise: Homolateral Crossover

**How:** Pull each hand from shoulder to opposite hip for 2-3 minutes.

**Result:** Crosses energy over midline of the body providing more energy overall

## For: Calming down, decreasing stress — Exercise: Forehead hold

**How:** Place one hand on forehead, one hand on back of head. Hold 3 – 100 breaths.

**Result:** Calming Fight / Flight / Freeze response to more easily access Radiant Circuits

## For: Calming down, exhaling anger, frustration — Exercise: Slow Blow Out

**How:** Bring hands over head in fists. Slowly bring fists down in front, place hands over pubic bone, pull hands up centre of torso – zip affirmation up.

**Result:** Calming Fight / Flight to access Radiant Circuits

## For: Calming and activating Radiant Circuits — Exercise: Cover Your Eyes

**How:** Hands over eyes, move them to temples, slowly trace around ears down side of neck, down to shoulders. Move hands to opposite shoulders and pull down upper arms. Squeeze above the elbows. Move hands from side to under breasts, then down front of legs and off toes. Bring arms up your inner leg to under arms, sweep energy off your sides

**Result:** This can shift deep habits. Sedates Fight / Flight / Freeze response (stress).

**Radiant Circuit Activated:** Spleen, Yin Regulator, Yin Bridge, Penetrating

## For: Grounding. Good if feeling illness coming on — Exercise: Connecting Heaven and Earth

**How:** One arm stretched up to sky, other arm stretched to earth – both palms flat. Breathe deeply and switch arms. Repeat. Bend at waist and draw figure 8's as you stand.

**Result:** This creates space in the body, enabling energy to move more freely

**Radiant Circuit Activated:** Spleen

## For: To build/strengthen connections — Exercise: Nine hearts

**How:** Draw 3 hearts over face. Draw 3 hearts over torso. Draw 3 hearts over body.

**Result:** The energy of Deep Joy

**Radiant Circuit Activated:** Penetrating Flow, Yin Bridge

## For: Keeps energy flow from head to toe, alleviates leg or lower torso problems — Exercise: Belt Flow

**How:** One hand on small of back. Bring hand around front to opposite hip 3 times. On 4th sweep across front, continue hand down the side of leg and swoosh off the baby toe. Repeat on other side.

**Result:** Helps keep you grounded while feeling inspiration and a divine connection

**Radiant Circuit Activated:** Belt Flow

## For: Feeling better - having fun! — Exercise: Large Figure 8's

**How:** Draw all sized figure 8's all around body.

**Result:** Feeling better!

**Radiant Circuit Activated:** All Radiant Circuits