

## Energy Building Exercise

This exercise is great if you do Energy Healing or if you simply like to increase the amount of Energy in your Energy Body. It's a lot like the *Grounding Exercise*, only you let the energy pool in your belly rather than let it exit back into the Earth. Again, it works with any pose, but you'll find that it works better with some poses than others. (Exactly which poses varies from person to person.) It goes very well with the Sun Salutation. It works best if you already know *Grounding Exercise*, *The Fountain* and *Breathing Theme 22* and have done the *Discovery Exercise for Finding Your Center*.

### Energy Building Exercise

Start with a few minutes of the *Grounding Exercise* on whatever pose you like or you can use *Ground Exercise* along with the Sun Salutation.

Now, instead of letting the Energy exit as you breathe out, imagine the Energy traveling down into your body, pooling at your Center Point, the same way you did in the *Twenty-second Breathing Theme*.

### Discovery Exercise

Do the *Energy Building Exercise*. See what sensations come and go. How do these sensations change as you continue the exercise?

What most people experience are sensations of tingling, but not anywhere in their actual body. Or it feels like they are somehow bigger, but they're not. Or they become warm all over, even to the point where their skin gets more rosy. Some feel the Energy flow as a weight, or they can best compare it to water or air moving through their body, cleansing them. Some people even report seeing patterns and colours moving up and down and around their body. Others just have a vague sensation that there is 'something' flowing and moving around them and in them. Some people notice very little, but just feel good afterward.

All of this is good. Nothing is correct or incorrect. Whatever sensations this exercise brings for you are what is right for you right now. You can enjoy the experience, or let it go, puzzle over it, analyze it or just notice it.

What makes the experiences stay the longest seems to be just continuing with the exercise and noticing whatever happens, without thinking too much about what it means. You can always dissect the experience later, once it's over. Sharing it with other people who practice these kinds of things can help validate your experience, give you more confidence and help you understand it better.