

## Top Five things to Create Peaceful Energy Now

### 1. Drink water slowly.

Drinking room temperature water slowly will calm your nervous system and give your physical body the fluid it needs to cool things, make them calm. This is plain water-not flavored water or herbal tea. Our bodies need at least 1/2 a gallon of plain water per day.

### 2. Take a walk on the beach, in a garden, park or around your block without talking on the phone or using a device.

Walking while allowing your arms to naturally swing back and forth will balance the four quadrants of your brain. Look around. Notice the trees, flowers, structures. Listen for birds or other creatures. This activity balances our nervous system and puts us back in touch with our center. Research shows that the arm swinging and legs moving back and forth activates and calms the brain. Some people will even go into a semi-meditative state.

### 3. Lie down, close your eyes and put one hand on your forehead, allow your mind to take you to the most peaceful place you have ever been. See the colors, look up at the sky and notice the clouds and their forms, smell the air or the other things around you, listen to the sounds, imagine your hands or body can feel the images you see--ie: if you are laying on a beach, feel the sand under your back and the warmth of the sun on your skin. Stay in this place as long as you need to.

### 4. Alternate nostril breathing. Use first two fingers to close off one nostril and breathe in the other nostril. Before you exhale take the same index and second finger and close off the other nostril and exhale out of the one previously closed off. Out of the same nostril inhale, then move the fingers from the other side to this one and exhale out of the other nostril. Then out of that nostril inhale again but before you exhale switch fingers to close off the other nostril. Do this rotation 10-15 times or more. This exercise will balance and utilize your mineral stores such as calcium and magnesium to balance and calm you.

### 5. Coloring. Colors soothe us. The act of picking a color of crayon, pencil or marker and coloring in some shape or drawing will rebalance our brain and our body and calm us down.