



7 WAYS TO RAISE YOUR ENERGY

NATURALLY IN DAILY LIFE



BY ABHYA, 'A QUIET SPACE'

7 WAYS TO RAISE YOUR ENERGY

1

MIND-BODY

DEEP BREATH

MORE OXYGEN,
MORE ENERGY

PRACTICE:

DEEP BREATHING IN 3 SEC - HOLD
3 SEC - OUT 6 SEC - HOLD 3 SEC

2

BODY

EAT 'LIVE' FOOD

YOU ARE
WHAT YOU EAT

PRACTICE:

EAT COLOURFUL, LIVE, RAW
FOOD; TRY PLANT BASED DIET &
INTERMITTENT FASTING; LIMIT
PROCESSED FOOD

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#3

THROAT

SING OUT LOUD

MOVES THE ENERGY
IN A CIRCULAR WAY
INSIDE THE BODY

PRACTICE:

SINGING OUT LOUD TO YOUR
FAVOURITE RHYTHM AS A WORKOUT

#4

BODY

MOVE YOUR BODY

BOOST YOUR ENERGY

PRACTICE:

SHAKING FULL BODY FOR AT LEAST
1 MIN TO ALLOW ENERGY FLOW
AND SHAKE THE STRESS OFF THE
BODY

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#5 WORK

PRACTICE PAUSE

MAX PRODUCTIVITY
& INNER STRENGTH

PRACTICE:

ULTRADIAN RHYTHM: SET TIMER WORK
FOR 25 MINS, PAUSE FOR 5 MINS FOR 3
SETS TO REST FOR 20 MINS

#6 RELATIONS HIPS

GIVE & SHARE

TO GIVE IS
TO RECEIVE

PRACTICE:

GIVING COMPLIMENTS, HUGS, KIND
WORDS, WARMTH, BLESSINGS, GIFTS,
WISDOM...

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#7

INNER STATE

BE GRATEFUL

GRATITUDE IS THE
HIGHEST VIBRATION
THERE IS

PRACTICE:

GRATITUDE FOR WHAT YOU HAD,
HAVE AND WHAT'S COMING TO YOU

Everything Is Energy and
That's All There Is To It.
Match the Frequency of
the Reality You Want ·

- ALBERT EINSTEIN