



Exercise 11

Summary:

Goal: To activate and direct energy from the Hara (core energy centre) to the pineal gland, releasing “happy hormones” and creating a balanced state of vitality, clarity, and joy.

Process:

- 1. Activate Libido Power in the Hara:**
 - Sit comfortably, place your hands on the lower abdomen, and take deep breaths, visualising warmth and energy building in the Hara centre.
- 2. Direct Energy Flow to the Pineal Gland:**
 - Inhale deeply and visualise the energy moving up from the Hara, through the spine, chest, and into the pineal area (between the eyebrows).
- 3. Release Happy Hormones in the Pineal:**
 - Focus on the energy pooling around the pineal, releasing serotonin, dopamine, and melatonin for feelings of calm, joy, and relaxation.
- 4. Synchronise and Harmonise:**
 - Continue the breathing cycle, feeling a continuous loop of energy supporting both physical and mental well-being.

Benefits:

- **Increased Vitality and Groundedness:** Builds physical energy and resilience by activating the Hara.
- **Joy and Emotional Balance:** Encourages the release of “happy hormones” in the pineal, lifting mood and creating mental clarity.
- **Mind-Body Harmony:** Fosters alignment between the core and higher energy centres, enhancing overall harmony.
- **Stress Reduction:** Reduces stress hormones, promoting calm and focus.

Application:

Use this exercise as a daily practice or during stress to recharge, increase joy, and create a harmonious connection between body and mind. This exercise can be especially beneficial in the morning to start the day with vitality or in the evening to wind down and achieve emotional balance.