

## Action Step: Energy Awareness Exercise

**This simple exercise can be done every day to increase awareness and promote well-being.**

First, clap your hands together, activating the energy centers in the palms of your hands. Then, rub your hands together for about thirty seconds. Slowly separate your hands, gently pulling them apart from one another. Look closely at the space between your hands as you pull them further apart. Can you feel or see the energy that is being passed from one hand to the other? This is a simple way to feel the energy that emits from the first level of our energetic field. Now that you have activated your hands, take both hands and run them over your body, staying one to two inches above your skin and clothing. This action will feel similar to the act of smoothing out fabric you are wearing. Allow your hands to slowly move across the energy field of your body. Notice any temperature changes or sensations that may arise as you move your hands over different areas of the body. This exercise is called a body scan. A body scan is the easiest way to begin to sense your own energy field or the energy field of another person.