

PRUNE HARRIS
ENERGY ESSENTIALS
FOR EVERYDAY LIVING



HOORAY!



You have joined the millions who are learning more about their energy systems so you can live a happier, healthier life.

I was born with the ability to perceive energy. Since I was tiny, it was totally normal for me to see spiralling energy centres (chakras) going up the midline of humans and animals; ribbons of energy channels (meridians) moving just under the skin; and the colourful, dynamic energy that surrounds every living being (aura). As I grew, this understanding of energy became part of my job as well as my life, as I trained with healers and shamans across the globe. They helped me to translate this ability to see energy into an understanding of how to help people heal themselves by bringing their own energy systems into alignment and coherence.

The language of Energy is my natural language and my most skilled one. The language of energy is my mother tongue, and I'm excited to share it with you in this book. In *Energy Essentials for Everyday Living* we are going to concentrate on simple and powerful techniques that you can do, anywhere, anytime during your day. These exercises will improve your energy system alignment so you can flow and flex with whatever your day brings to you.

You can think of *Energy Essentials* as your personal tools to help you cruise through your day relaxed, invigorated and radiant. Sounds good? I hope so!

ENERGY SYSTEMS? WHAT ENERGY SYSTEMS?

The human energy system is not a great mystery. It has been observed, mapped and understood for thousands of years. It's just that over the last couple of hundred years the medical focus of mainstream western culture has concentrated far more on understanding the functioning of the physical body, rather than continuing to explore understandings within a traditional wholistic health model. That is OK.

Modern medicine is amazing, and has brought forward massive understandings in how the human body operates. It is highly skilled at emergency care, disease care and at managing diseases through the use of pharmaceutical chemicals. It just isn't that great at HEALTH care and this is where integrative medicine, preventative medicine, wholistic medicine and energy medicine come in. Yippeeeee!

Let's get back to your energy systems; just as you have a respiratory system, a circulatory system, and an endocrine system (to name just a few amazing physiological systems), you have specific energy systems.

As a quick overview, the Human Energy System is comprised of

- 1.** The chakra system
- 2.** The meridian system
- 3.** The energetic core
- 4.** The heartfield system
- 5.** The elemental system
(the rhythms of life)
- 6.** The biofield or aura

Each of these energy systems has a

slightly different vibration than the other; just as the fluid of your circulatory system (blood) has a different density than the fluid of your lymphatic system (lymph), or the fluid of your elimination system (urine); so the vibration and movement patterns of your chakras are different to the vibration and movement patterns of your meridians, or the vibration and movement patterns of your aura.

In your physical body, all of your systems slot together and work harmoniously to create optimal functioning. You don't have to consciously think about breathing in order for your respiratory system to function, and you don't have to concentrate on moving blood from one organ to the other, your circulatory system just gets on and does it. The immense wisdom of your physical body ensures that all of the functions that are needed for your body to operate smoothly and automatically take place.

And this is exactly the same as your energy systems. Although each of them has a different vibration and movement pattern, they all slot together harmoniously to create your total human energy system. The chakras flow into the aura and into the energetic core, the elemental rhythms pulse through every other energy system, and your heartfield manages the electro-magnetic energy in the body. Every one of your energy systems fit together perfectly to flow from one to the other, receiving information from each other and

adjusting patterns accordingly. What is really important to understand about the human energy system at this point, is that it governs your physical body. It is the human energy system that holds the blueprint of your physical health, your resilience, your radiance and your ability to adjust to life's road. This is a very cool understanding, and one that the modern medical model hasn't yet caught up with. But I am quite sure that it will, and you are part of leading this change in health consciousness.

Have you ever noticed that when you are feeling vibrant, happy and engaged with life, you never get ill, even if every member of your family is being hit by the flu! Your energy system protects you and when you are in your vital and harmonious energy, then your physical body will be kept in that very same place.

Now let's take a different example. Have you ever noticed when you've had a headache, you were already feeling stressed or out of sorts beforehand. I doubt you've been struck by a headache on the days you felt amazing, vital and vibrant, it just doesn't work like that. Your energy system was already a bit off and that is why you developed your headache. Your physical body manifests the imbalance in your energy system as physical symptoms.

Everything that you experience in your health and body has already been present in your energy system for a while. And if you have chronic physical conditions such as migraines, IBS, recurring slipped discs, or autoimmune diseases then these energy patterns

have been in your system for a long time. When you can learn to change those patterns then you can truly and deeply heal your physical body, balance your emotions and change your interaction with your own life.

Your energy is the first place you experience your world. When you wake up feeling a bit vulnerable, that is because a pattern in your protective energy system isn't quite holding. And if you know how to shift and manage that energy system then you can quite literally change your life and how you experience it. And THIS is why I'm writing this book. Because you are very, very powerful.

You have complete control over your personal world and your worldview. 100%.

And that's not to say that you can control other people in your life, or the fact that the train is late or that your dog has chewed up your tax return. But it does mean that in any situation, you can choose how you feel and how you respond. And I mean truly choose. Not just try to choose. So many of you will have studied meditation or mindfulness and have the great skills that they bring into your life, and yet you can still fall into old patterns of dysfunction when push comes to shove.

Through repetition, meditation and mindfulness techniques you can help train your energy systems back towards greater and greater balance and cohesion. Beautiful! But how easy is it for you to access this peace and bliss when you are in the middle of a stressful situation?

The adage of 'just think positive' feels to me like a very good marketing tagline, but it isn't always helpful or even possible, especially when we are caught in a difficult or stressful situation. Thinking positive does help raise our awareness that a pattern of thought or emotion needs to change, but rarely does it change the pattern itself. This is because the patterns that you revert to are not held in your brain, but they are held in your energy fields.

When you are able to clear and balance these patterns in your energy systems through energy interventions, you can truly choose your responses to every situation. This makes you very, very powerful. From this place of empowerment you can choose to feel peace, calm, joy and empowerment in all situations.

You can have a beaming smile like the Dalai Lama, even in the middle of a life challenge. And I really mean it. You can. You just need to know how your energy systems work and how to fix the glitches that your life has presented you with.

WHY MIGHT YOUR ENERGY SYSTEM HAVE DEVELOPED A FEW GLITCHES?

Let's just think about what stressful situations MIGHT crop up:

1. Relationship tension (with your mum, your dad, your child, your spouse, your lover, your boss, your neighbour, your... inexhaustible list of every relationship possible).

2. Financial worry (no explanation necessary - universally applicable, even if at very different levels of financial need).
3. Career or job worry (fear of losing your job, feeling dissatisfied with your career, frustration at hitting a glass ceiling for cultural or gender reasons, or a relationship conflict).
4. Ill health - yours or loved ones (cancer, heart disease, autoimmune illnesses, the list goes on - chronic ill health of any kind can be defined as a stressful situation).
5. Cultural strife and divisiveness in your community or country (such as the current Brexit fiasco, or Trump's Mexican wall demands).
6. Strife and divisiveness across the globe (watching the news can be deeply stressful and set in motion a wave of futility that can flood your entire system).
7. The current environmental crisis that we are all experiencing and involved with in some way (whether we are helping/avoiding/ignoring it).
8. Living. Daily life can be a wheel of movement from the minute the alarm demands you get out of bed until you drop back into bed again (with the niggling feeling that you now have more on your to-do list than you had when you woke up).

WHEN IT ALL GOES A BIT WRONG

Sometimes, when you get stressed, overtired or overwhelmed by the demands of your day, these energy patterns can lose their regular healthy flow and begin to hold patterns of dysfunction instead. The patterns start

to unravel and, little by little, your energy cohesion and organisation unravel too. If you are able to rest, sleep, exercise, have fun or whatever you need to do to return to your balance, then these processes will help restore the healthy pattern and flow to your energy systems.

BUT! When you experience stress, tiredness or overwhelm day after day for a prolonged period of time, your energy systems can begin to hold a chronic pattern of imbalance. And this results in emotional turmoil, ill health or disease. Dysfunction is always apparent in the energy systems before it gets through to the body. It is just basic physics that the subtlest energies will be affected by other energy before the densest energies will respond. So your subtle energy systems in your aura will show up imbalance long before it has solidified into ill health in your body.

The GREAT news is that you can do something about these energy patterns. Easily. Simply. One day in the future, essential energy understandings will be taught in the home and in school. I am convinced of it. When enough people understand just how powerful they can be in changing their own balance, health and vitality, it will become the new normal.

But hey, I don't have to convince you, you have already signed up for this book on Energy Essential for Everyday Living. You are one of the leaders in our evolving human consciousness, and for that I thank you from my heart to yours.

WHAT ABOUT OUR THOUGHTS?

The important take home message here is that you are an amazingly intricate, complex being. Your energy system governs your physical body, with your mind playing the bridge between the two. And your mind isn't your brain. Your mind is the dance between your energy systems and the innate wisdom of your physical body.

WHAT YOU FEEL LIKE WHEN YOUR ENERGY IS DOING WELL/COHERENT

How do you feel when your energy is coherent? Amazing! That is what you feel like. (Whatever your own personal version of amazing is). When your energy systems are in coherence, you can experience joy, stability, mental clarity, easy connection to people, animals and the world around you. You can keep your balance when someone or something throws a curve ball into your day, you can even keep your sense of humour. You feel expansive and trusting. You feel like you can deeply engage with your own life. You feel like you belong (because you do).

I really, really hope that you have experienced times in your life when you felt this way. You have a birthright to feel this balanced, connected and happy.

I'm also pretty sure that you will have experienced the opposite of energetic coherence, when you have been crippled with emotion or overwhelm. Maybe you have felt lonely, desperate,

angry, depressed, stuck in mind fog, frightened to take the next step of growth in your life, non-trusting, not safe. And I know that each of you have felt disconnected from others and disconnected from your own personal power and joy.

SO LET'S GET STARTED!

To use Energy Essentials for Everyday Living, you can go straight to the list of exercises below to see how to help bring more balance to your energy systems regarding a specific issue.

For example, if you are experiencing pain, go to p13 to start working with the exercises to help remove or reduce the pain. Please do keep in mind that often the exercises work on far more connection and realignment than the neat 'box' that I've put them into. So, the exercise for pain is great for potentially reducing your pain, AND it is also great for increasing connection to the world around you. In each exercise you will find information about the energy system that you are working with so you have some greater understandings about WHY this particular exercise can help with your situation.

Many of you will find that you simply love two or three particular exercises, and they become your go-to quick fixes no matter what you are experiencing. This is because these exercises are ones that quickly energise your whole energy system, enabling it to do what it is designed to do, bringing balance and cohesion.

My advice to you is that if you are experiencing a particular symptom (overwhelm, sadness etc) then go to the relevant page and work with those exercises, but also explore other exercises to see if you find the two or three that can become core solution exercises for your beautiful system.

Every exercise in this book is also presented as a video on my YouTube Channel so click [here](#) if you want to watch them and do them with me.

WHEN FATIGUE HITS

We all know this one! You have gone through your day so far feeling OK, and then suddenly, bam! You feel totally wiped out, just as if someone has turned a switch off in your body. You can't think straight, see straight and you still have a whole lot to do before bedtime. At this time, energetically, your battery just bottomed out. The most common time for this battery collapse is around 11am and/or 3pm, and so often this is when you reach for caffeine or sugar to give you that extra boost of energy.

But caffeine and sugar are tricky aren't they? They give you a quick fix, but they do so at quite a cost as the adrenaline rush (caffeine) or blood sugar rush (sugar) can leave your energy levels even more depleted than before, meaning that when the rush ends you need to reach for more caffeine and more sugar and enter a cycle of imbalance that can have severe health effects.

Fig 1



Try these energetic quick fixes that actually bring you into greater balance and can create patterns of more energy, more stamina and more joy!

Coming Home To Yourself

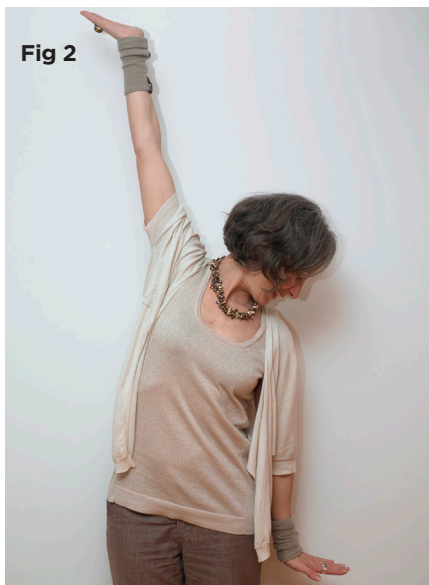
When you notice your energy is taking a dive. Stop. Put one hand on your forehead and the other on your belly, below your navel. Take three breaths. (Fig 1)

To watch the video, click [here](#).

Stretching For Joy

1. Raise one hand above your head and stretch up to reach the stars. With the other hand stretch down into the centre of the earth. Look either up or down, whichever feels most comfortable. (Fig 2)
2. Gently move your heels up and down to increase the stretch along your side waist and release tension in your hips, while you are

Fig 2



alternating with which hand is above your head and which is towards your feet on each deep in-breath.

3. Pay attention to your body; is there a place that needs a bigger stretch? Usually there actually is energy in your battery, it just can't get to where it needs to go because of tension and constriction in the body. Stretch wherever you need to create that space so that you can feel more alive and energized.

To watch the video, click [here](#).

Bringing Your Energy Levels UP UP UP!

1. Place both hands on very bottom of your belly, towards the pubic bone.
2. With both hands deeply smooth up the midline of your body, until you get to the top of your breastbone.
3. From here, smooth the left hand over the top of the left breast/pec and back down towards the bottom of your belly as the right hand does the same on the right side at the

same time. It will be like you are making a big heart on your body. You are bringing energy from the battery centre of the body that is housed in your lower abdomen and literally spreading it into your heart centre and your lungs. From there it can be carried around your whole body system with more ease and more juiciness.

4. Repeat as many times as you feel is needed.

To watch the video, click [here](#).

WHEN YOU ARE FEELING STRESSED

Stress hits our energy pretty hard. Especially if it is sustained stress like a house move, or a project at work that is high pressure and low joy, or a relationship that just can't find its flow and ease. Adrenaline begins to take charge within our whole body system as our fight/flight/freeze system kicks in. This pattern can be difficult to switch off, and it can still be in control long after the actual stressor has been resolved. You know that feeling when you just can't shift the stress even though there isn't really anything specific you're stressed about other than, 'Just everything!' This is fight/flight/freeze running amok and throwing an energetic pattern of stress into the very centre of your life. So! Let's get rid of it!

Releasing Stress, Embracing Peace

1. Place your forearms together so that your wrists (and if possible, your elbows) are touching, allow your hands to open.
2. Place your chin in your hands so that palms cover the sides of your face

Fig 3



and your fingers rest in your temples. Keep your forearms together and if it is possible for you, then rest them on your body/chest. Having your arms up your midline can be supportive for your heart energy as you are changing the pattern of fight, flight and freeze. (Fig 3).

3. Take a few breaths here, inviting any stress to leave your body, your mind and your life.
4. Firmly smooth your hands up your face from your chin, over the hairline, the crown, down the back of the scalp, through the neck and back to your chin. Repeat as many times as feels awesome to you (at least three), imagining that you are stroking all stress from your brain, your thoughts, your life.
5. Cross your hands over the top of your chest so that your hands are touching your chest and your throat. Drop your head towards your hands,

Fig 4



Fig 5



bowing to the wisdom of the heart as you invite joy into your life. What does your joy look like? A sleep? A laugh? Your boss taking a chill pill? A fun time with a friend? A walk in the woods? As you take a breath here, see, think, taste, smell, feel that joy. Smile, and get on with your wonderful day. To watch the video, click [here](#).

WHEN YOU ARE FEELING LOW/SAD

A big hug from my heart to yours. We have all experienced times when it feels like joy is a long way away from where we are. You see other people laughing and getting on with their lives, but yours feels flat, low, sad, stuck. And this is exactly what has happened to your energy, it HAS got stuck as your heart energy has lost a lot of its vitality.

Nourishing The Heart

- 1.** Cross your arms over your chest and tuck your fingers into your armpits. Squeeze your chest gently and begin to rock. It doesn't matter if it is side to side or forwards and backwards. Just start rocking in a way and speed that feels good to you. This calms and activates your heart energy so it can begin to connect back into all of its supportive systems. (Fig 4)
- 2.** Continue to rock as you move your left hand up your chest so that it is covering the place where the collarbones and the throat meet - place your thumb on the left collarbone and your fingers on the right so that your palm covers the place in between. This is a powerful spot for connecting your heart energy and the powerful healing energy in your body.
- 3.** With your other hand put the heel of your hand on the bridge of your nose with your palm on your

Fig 6



forehead and your fingers on the midline of your head over the hairline. (Fig 5)

4. Take several breaths here, consciously relaxing your shoulders and face.

You need think nothing positive, or do anything. You are nourishing your heart as you do this exercise, and after a while, it will feel honoured, held, and able to take its place back as the grand conductor of your vitality and joy.

To watch the video, click [here](#).

WHEN YOU ARE FEELING ANGRY

Anger is powerful, and can move your energy in balanced and integrative ways, or it can bring in destructive patterns of huge energy, building and building and then exploding out in chaos and pain.

Fig 7



Anger prevents you from being able to release judgement or express yourself with balance and ease. It might be totally righteous, it might be the energy that gets you through the crappy day that you are having, but anger can create a lot of toxic energy and chemicals in your body, and you end up being the one who has to deal with that toxicity. Get rid of the anger so that you can actually access the power of your energy and intention in balance.

Creating Protective Power

1. Place both of your hands on your solar plexus (where your breastbone meets your upper abdomen). Squeeze your elbows into your sides. Focus on the tension in your body. Feel the anger and where it is sitting. Take three breaths here. (Fig 6)
2. Stretch your arms above your head, and place the backs of your hands together so that your palms are

facing out. Stretch up as you take one strong breath in. (Fig 7)

3. Now, exhale with strength and keeping your arms straight, bring your palms down to rest on your outer thighs, making a big semi circle as you go.
Then continue the movement up your body until you are back in your starting place with your hands over your solar plexus and your elbows are tucked in.
4. With the next inbreath, bring your palms all the way up the midline of your body, face and up over your head again. Stretch. And with a strong outbreath repeat the semi-circular flow back down to your outer thighs and up to your solar plexus.
5. Depending on how your anger moves, do this at least three times, feeling the anger change to balanced power so that you are able to live within your protective circle, release judgements and assert yourself easily.

To watch the video, click [here](#).

Also! The old exercise of punching your pillow over and over can be excellent for just getting that excess energy out of your system (and generally ends up with you laughing at the absurdity of it all rather than housing the self-destructive excess energy of anger). If this calls to you then do it (even just for the eventual fun of it!) and then do *Creating Protective Power* afterwards.

MENTAL FOGGINESS - WHEN YOU ARE STRUGGLING TO FOCUS

We've all been there, haven't we?

When you just can't concentrate. You do your best to focus on the words the speaker is saying, or the numbers on the spreadsheet in front of you, or even the actor on the screen, but what you are seeing and what your brain is processing are very different things. It's like your brain is half asleep and someone has asked you to repeat what you have just heard, read or seen, and you don't have a clue. Or what about when you go into the kitchen to get something and stand there, clueless, as you simply cannot recall what it is that you came in to get! Yep, all very familiar to most of us.

Energetically this is when your cognitional system is getting tired and begins to move away from the midline. You know that the right hemisphere of the brain governs the left side of the body/face, and the left hemisphere of the brain governs the right side of the body/face. That means that at a central point in the brain there needs to be a crossing over. When you space out/get all foggy in the head, this central crossing over isn't as effective as it needs to be.

Clear Head, Clear Vision is a quick and powerful way to bring this crossover back into play so that you can think, see, process and read easily again. If you are very tired you may have to do it two or three times in your day - anytime you feel yourself zoning out.

Fig 8



Clear Head, Clear Vision

- 1.** Raise your right hand and place it flat on the left side of your face. You'll probably find that your fingers are on your left temple, your palm is covering the side of your face, the heel of your hand is touching your jawbone, and your thumb is resting underneath your left eye.
- 2.** Now raise your left hand and place the fingers of your left hand on the bridge of your nose so that you allow the thumb to fall on the inside of the nose (near the edge of the left eye) and your ring finger on the inside of the nose near the edge of the right eye. Allow your index and middle fingers to rest on the space where the nose and the forehead meet. Gently squeeze these fingers together. I call this the Third Eye Squeeze. (Fig 8)
- 3.** Relax your head into your hands and breathe deeply here. This is helping

give energy to that central crossing over point in the brain. You can bring your conscious attention to this place as well to really help get that clarity there.

- 4.** Take at least three breaths and then cross your hands over so that now your left hand is on the right side of your face and your right hand is doing the third eye squeeze. Take three more breaths here.

To watch the video, click [here](#).

WHEN YOU ARE EXPERIENCING PHYSICAL PAIN

First a very important note! Pain is the body shouting at you that something is out of balance - it may only be a bit out of balance, or it may be more serious. If your pain is severe, persistent or linked to an underlying medical condition, then please visit your GP or local hospital to get checked out medically.

Now that's out of the way, if you suffer from chronic or acute pain that doesn't require medical intervention, you may benefit from working with the energy exercises below.

Your Healing Hands

You have healing hands. Do you know why I know that? Because every single person alive has healing hands. You have an energy vortex in the middle of your palm that radiates electromagnetic energy, and that electromagnetic energy is a powerful healing force. Some people will be trained to work with the energy that their hands emit, and some people will have stronger healing energy than

others. But the fact remains; everybody has healing hands, and you can use this when you are experiencing pain.

1. First, rub the palms of your hands together vigorously. This clears away electromagnetic static that might have built up over your palms and may be blocking the energy coming from that energy vortex.
2. Once you have rubbed them together, shake them off, helping clear any blockages in your fingers and wrists.
3. Now place your hand directly on the area of the body that has pain. Imagine/visualise/think about the energy that is radiating from your hands.
4. You can magnify this energy by breathing fresh energy into your lungs, and then, as you breathe out, imagining that fresh energy magnifying the energy moving from your palms. This energy moves through and across the skin, into the area of pain and helps bring the cells into greater and greater electromagnetic alignment. You are literally giving your body more energy to do its job of healing and repairing an area that is in pain.
5. Keep breathing like this for as long as you wish. At any point you can shake your hands or rub them together again and reapply!

To watch the video, click [here](#).

Give it a go. I PROMISE you, I have seen millions of people and I have never seen someone who does not have this energy vortex in the palms of their hands. You don't have to be a seventh son of a seventh son, or the local medicine woman to have this

natural healing ability. It is a natural part of your energy anatomy and you can use it to help heal yourself.

To Infinity And Beyond!

The infinity sign (a figure 8 lying on its side) is one of the oldest symbols known to human history. I'm sure this is because it is a pattern that is held within the human energy system (in fact, not just the human energy system, but every energy system of every living being and the space between them). At the time the ancients were alive, the strength of the earth's magnetosphere was much, much stronger than it is currently, and I believe this gave them the great advantage of being able to see and understand energy. Your energy field is alive with billions of these infinity signs/figure 8s in all directions. They are your information and connection system.

If you are experiencing pain, then tracing the infinity sign/figure 8 all over and around the area of pain can help literally stitch together the fabric of this energetic web of communication and connection, bringing greater and greater healing to the area in need. You can draw those figure 8s with your fingers directly on the skin all around the area of pain, as well as several centimetres off the body over the area of pain. Do so as often as you like until the pain reduces or disappears completely.

To watch the video, click [here](#).

WHEN YOU CAN'T SLEEP

AAAhhhhhh! How many of us know this one! When you are tired, tired, tired and your body just won't let sleep

Fig 9



come. Great news though, most people find that one of these exercises below REALLY calms their system down, so get experimenting with them all and find which one is right for you.

A word of recommendation - if you drink caffeine all day then don't be surprised that you can't sleep, even if you used to be able to drink caffeine all day without any problems. Caffeine really hits the adrenal glands, and over time your body will begin to struggle more and more to process and absorb it. This will often show up in your ability to sleep well when you go to bed.

A Cradle Of Calm

I love this one and it is especially great for those of you who go to sleep lying on your side.

1. Once you are in bed and all tucked up, place your hands on either side of your face. This will mean that you need to slide one hand under your

face while it is resting on the pillow. Ideally your fingers will be over the temples on both sides of your face and the heels of your hands are on your jawbone. You'll probably find that your wrists are touching each other, but if they aren't that is no problem. (Fig 9)

2. Get really comfortable - you may need to use something to rest under your forearm so that your hand easily stays on your face. My favourite thing to use is a teddy bear, but perhaps you prefer a cushion or part of your duvet.
 3. Bring your attention to your breath and the feeling of calm that will gently flow over your body as your hands help the fight/flight/freeze response to step down and relax.
 4. Keep cradling your face in your hands until you go to sleep.
- To watch the video, click [here](#).

The Cocoon Of Transformation

This is one of my favourite exercises for so many situations, but as we are focusing on sleep here then let's look at how to use it. You know what a cocoon is. That little caterpillar weaves a pretty tight blanket around itself and then rests in it until it transforms into a butterfly.

Essentially, this is what you do every night. You get into bed with tiredness in your system and maybe some patterns of dysfunction that have been housed in your whole body system since you started getting tired earlier in the day. This is when stress might have really hit your system, or perhaps you were with someone and afterwards you just felt exhausted. You get the picture. So you get into bed and you fall asleep. As you do so, your natural

healing and rejuvenation abilities kick in and your amazing body, buoyed up by your sleep and repair hormones, begins to sort everything out so that when you wake in the morning you can be refreshed and ready for a brand new day. You are transformed!

But if you are reading this, it is most likely because you don't sleep well. This means your natural healing and rejuvenation mechanisms might not get activated and instead you wake up in the morning feeling sluggish and strung out. So, you need to create your own cocoon of transformation, and luckily enough, it is easy to do and absolutely marvellous!

- 1.** First, get comfy. I usually do this lying on my back, but it is more important for you to be comfortable, and as you get more and more skilled at creating your Cocoon of Transformation then you'll be able to do it anywhere, anytime, in any position.
- 2.** Begin to take your attention to your breath. At first, just notice how you are breathing and where you are breathing. Is your belly moving? Is your chest constricted? Does the breath feel like it's reaching all around your ribs including the front, middle, back and sides?
- 3.** Once you have explored where your breath is at that moment, begin to think about the movement of your energy with the breath. As you are breathing in, I want you to visualise/ think/imagine that you are bringing energy from below your feet, through the soles of the feet, all the way up your legs, through the centre of your body and up to the top of your head.
- 4.** Then, as you breath out, you are

going to allow that energy to flow out of the top of your head all the way down your body (front, back, sides, everywhere!) and back to below your feet, covering you in an energy blanket.

- 5.** Then breathe in again, following the energy back up through the soles of the feet, through your legs, body and head. Once you get used to breathing like this you will realise that you are continually creating a cocoon of transformation as your energy follows your intention and your breath.
 - 6.** If you love visualising then you can add a colour into the Cocoon too so that now you are bringing a specific colour all the way up the body and then allowing that colour to flow all the way down the body.
 - 7.** Keep doing this until you fall asleep, safe and rejuvenated inside your own Cocoon of Transformation.
- To watch the video, click [here](#).

Coming Home to Yourself is also a wonderful way to ease yourself down from the intensity of the day and into sleep. This is especially good if you tend to go to sleep on your back. Once you are in bed, lay one hand flat on your forehead and the other on your abdomen below your belly button. You may need to prop up your arms/elbows with pillows or the duvet to make sure that you are not efforting at all and can deeply relax. Keep your hands on your forehead and belly until you fall asleep.

Creating Protective Power is also great before sleep, especially if you are someone who can't sleep because you are a bit wired and have too much fractious energy that is crashing

around inside you causing you to think, think, think! Do it before you get into bed and then try either *A Cradle of Calm* or *The Cocoon of Transformation*.

TRANSITIONING FROM WORK TO HOME

These are tools to use after an intense day at work, knowing that once you walk through your front door your world is about to get even more intense as you try to navigate your rambunctious, tired and hungry children, the daily homework trials, cooking dinner, the piles of laundry, and anything else that is waiting for you behind that closed door. Most of you will just take a deep breath (with quiet desperation coming close behind it) and open the door. But there is so much more that you can do to help yourself in that situation, and it can change your ability to interact with your family and even enjoy the chaos of home after the chaos of work. The key here is to help your whole being become more and more resilient to the ebb and flow of the day with all of its many joys and challenges.

When you are energetically resilient, you can live from a place of emotional and physical stability. Events or interactions have much less ability to knock you off balance, and in every situation you are able to more and more easily find your own flow, whatever your day brings.

This means that through your own awareness and these Essential Energy tools, you can choose to help your energy systems stay in balance, responding with ease and grace rather

than reacting with stress and adrenaline. I don't believe for a second that you want to shout at your children because your boss has driven you nuts today, and yet how often has that happened? Building resiliency in your energy system helps you to fully and joyfully engage in your home life, and that is a huge gift to you, your family, and your friends.

If you drive home from work, then when you first get into your car, before you've even turned the key, take a few moments and do *Coming Home To Yourself*, then *Releasing Stress*, *Embracing Peace*. As you do this last one, imagine that you are literally stroking off all the tension from work, and welcoming peace and balance back into your being so you can bring your whole self to your family and the rest of your day.

If you take public transport home from work, you may not feel comfortable doing these exercises in public, in which case, see if you can create a space to do them before you start your home life. This might be in the place you hang your coats, or a downstairs loo, or even if you let your family know that you're going to go upstairs to quickly change before coming down to enter the teenage/toddler rollercoaster of fun and chaos. It's so worthwhile taking the two or three minutes to do *Coming Home To Yourself* and *Releasing Stress*, *Embracing Peace*, in fact I bet you'll find that you want to create the time to do it because you notice such a difference.

You may also need to do *Bring Your Energy Levels UP UP UP!* if you are feeling wiped out from your day. I

Fig 10



know many mums and dads that do these exercises when they first come home from work and oftentimes their kids will join in with them, benefiting everyone and bringing their energies into alignment. Awesome!

Wings Of Strength

Anytime you need more resiliency in a situation, such as when you are tired and want to be fully present for your family and the rest of your day, then think of doing the Wings of Strength exercise. It helps all of your energy systems weave strongly together, with greater alignment, so that you feel more stable, more resilient and able to access your sense of humour!

1. Bring your hands together in front of your chest with your thumbs gently pressing into your breastbone.
2. Breathe in deeply as you visualise that the oxygen and fresh energy that you are bringing into your body

are stoking up your battery one breath at a time.

3. As you breathe out, visualise that you are holding all of that fresh oxygen and energy deep inside you.
 4. Do this for at least three breaths.
 5. When you feel ready, bring in an energising breath and this time, as you breathe out, move your hands out, palm first, as far as your arms can stretch. It doesn't matter which direction you move your arms. You are moving them out to the edge of your own aura, and as you do, the energy that you have been building inside you will be moving through your hands so that your aura becomes more and more energised. It is as if your arms are wings that build the strength all around you. (Fig 10)
 6. Keep repeating this breath with your arm and hand movement until you feel strong, safe and resilient.
- To watch the video, click [here](#).

WHEN YOU NEED TO BOOST YOUR IMMUNE SYSTEM

There is so much that you can do to help boost your immune system. In this booklet, I can't go into all the fabulous tools that you can use, but a lot of what I have shared here is great for balancing the complex relationships within your body that come into play when you are dealing with a virus or bacteria/bug. All of the exercises in this book are ideal for keeping your energies balanced to help you stay healthy and vibrant, so play with them to know which ones are really effective for your unique and magnificent system.

The more often you do these exercises, the better your chance of nipping that cold in the bud or helping your body to get rid of that virus quickly.

Begin with *Stretch For Joy*. When your body needs help to boost the immune system, it is essential that there is space in your body for the movement of blood, lymph and energy. Stretching is vital. You don't have to do a Jane Fonda type stretch, you can make it gentle and within the realms of how you are feeling. You can even Stretch for Joy while lying down. *Releasing Stress, Embracing Peace* is also a great for your immune system, as is *Nourishing The Heart*.

Immune Activation Points

1. There is a powerful point on each side of your body that you can use to activate your immune system. If you were wearing a tight t-shirt, these points would be on the side seams of the t-shirt in line with the centre of your breastbone.
2. Put your fingers on the centre of your breastbone and then trace a straight line all the way out to the side seam - depending on your body structure you'll be about 8-9cms down from your armpits.
3. Once you have this point (on each side of the body), bunch the fingers of each hand together and place them into these points. For some of you it will be easy to cross your arms over your chest so that your left fingers are bunched into your right immune activation point, and your right fingers are bunched into your left immune activation point. For others of you, this won't be easy so

Fig 11



just use your left fingers in the left point and right fingers in the right point. (Fig 11)

4. Relax, get comfy and hold these points for at least three minutes. You may well experience a sense of relaxation and energy moving through the body as the parasympathetic arm of your nervous system gets activated.

To watch the video, click [here](#).

You are energetically hardwired to be healthy, energized, and radiant. I really hope that you are inspired to use these Energy Essentials for your Everyday Living so that you can live the life you are meant to.

With love, Prune



ABOUT PRUNE

Born able to see energy, it wasn't until her mid 30's that Prune realised not everyone had the same ability. As a medical intuitive, empath and natural shaman, Prune has trained in many healing modalities including Reiki, Touch for Health, Shamanism, Energy Psychology and Eden Energy Medicine (Prune is one of Donna Eden's core faculty in Europe and America).

A passionate educator whose primary objective is self-empowerment through knowledge and understanding of energy, Prune has authored dozens of articles, writes regular blogs and previously founded Imaginal Health, including the Commitment to the Soul series of courses. Prune increasingly feels the awakening of ancient energies, returned anew to help reshape our relationships with ourselves, with each other and with all of life on earth.

For more information about Prune, her courses and programmes, visit www.pruneharris.com

Acknowledgements

I am deeply grateful to all the special people in my life who provide continual support and guidance in my writings and teachings. A big thanks to the team of amazing women who have gathered around a new vision, and especially to Emma for your excellent editing and your joyful suggestions to help this book sing loudly. Thanks to Naomi, Nic, Nat, and Wonny for stirring the cauldron, and to Alison for guiding the vision. Creative genius, Dermot Rushe is always ready to help with layouts and gives everything he touches an added beauty.

I will be forever grateful to my teachers, Nancy Sherwood and Donna Eden for inspiring the song of my soul. Many of the exercises in this book evolve from their wisdoms and insights, as well as my trainers in Touch For Health. Thank you.

Especial love and gratitude to my husband, Collin, my son, Rowan, and my daughter, Ellarose. I love our journey together and learning from you everyday.