

Connecting Heaven and Earth

This exercise bridges Earth/yin and Heaven/yan energies as they meet in your body. Helpful for the joints, it is also a great exercise during times of transition to clear out the old energy and make space for the new in your body as well as your life (for example, between clients, between classes, just before leaving work, or upon arriving home).

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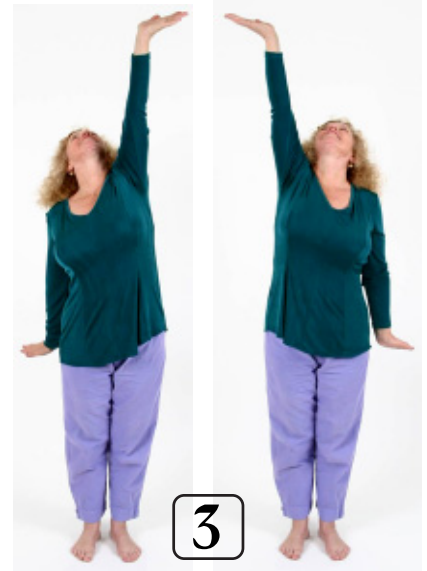
1. Start with your hands on your thighs, fingers spread.
2. Inhale through your nose, circle your arms out, and bring your hands together in prayer position. Exhale through your mouth.
3. Inhaling through your nose, stretch one arm up and one down, pushing with your palms. Hold, exhale through your mouth, and return to the prayer position. Repeat, switching arms. Do this twice for each arm.
4. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two deep breaths before slowly returning to a standing position.
5. As you slowly roll your spine upright, you may make small or large Figure 8s with your arms. Alternatively, “roll” your energy with your hands, starting at your feet and rolling all the way up your body and over your head, finally lowering your arms slowly and out to the sides.

Connect Heaven and Earth When:

- You feel out of kilter or disconnected.
- You feel achy or sore in your joints.
- You feel you have taken on other people’s energies.
- You want to better align body, mind, and spirit.
- You feel sad or emotionally undernourished.
- You feel conflicted between heart and mind.



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Source: Donna Eden’s *Energy Medicine*
(rev. ed.). Tarcher/Penguin, 2008.
[HTTP://WWW.LEARNENERGYMEDICINE.COM](http://www.LearnEnergyMedicine.com)