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**FREE
ENERGY
TOOLS
STEP 1**

BODY

At some point in the history of our human development, we fell asleep and forgot about the most amazing miracle in the Universe. We went from seeing energy and being able to heal ourselves with thought and touch to relying on devices and drugs to save our lives. We slipped out of the realm of multidimensional awareness and fell asleep.

- Pedram Shojai, "Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong"

Where are you in your life, and where are you going?

On this route, are you a passenger or the driver?

Can you say it's the best journey you could ever have?

After all, we are given just one chance at the ride that is life, so we sure need to do our best to enjoy it profoundly and experience as much as possible on the way.

Each minute, each hour of each day we can choose a direction to go,
a thought to think, an emotion to feel, a kind of person to be.

We can transform intention into action and ideas into things. We can heal ourselves and improve the quality of our lives by training awareness and aligning own energy. That's why DIVADI Energy Tools exist - to support you on the way of building and exploring your most abundant life, where only you are the creator. Yes, you can create absolutely anything in your life, and when the complete comprehension of this amazing fact sinks in, you shine so bright, the whole world is illuminated!

It all starts in the body

We are essentially spiritual beings living inside a human body, which is the only vehicle to transport us through life. Co-existing in a symbiotic relationship, our bodies and minds are interconnected and mutually dependent: while positive emotions bring physical wellness, any negative thoughts, psychological traumas and destructive unconscious beliefs result in psychological and physical disorders.

Our attention can affect our physical state, and you have certainly experienced how energy follows it; if you place attention inside of your body, you feel temperature rising, a certain oscillation or a flow is concentrating in that spot where the focus is; a movement takes place there that you can notice. When there is no attention inside, there is no energy, hence there is no life. A body isolated from the mind is weak and empty; it's a powerhouse without its power.

Establishing a connection to your own body opens the whole new world of self-healing and self-exploring; when your awareness becomes deep and you are in control of changes and functions in your body, your energy runs freely and empowers you to influence your physical health, emotional intelligence and life in general.

- If you feel tired, weak, isolated, unconfident
- If you lack centering, focus and concentration
- If you're uncomfortable in your body and mind

Start with getting to know your body

A simple yet brilliant technique to get in sync with your body is a basic silent meditation that can be done anywhere and anytime: sit or lie down, ideally not too comfortably not to fall asleep. Let your attention focus on your breath and follow it, watch how it brings life to the lungs and the blood that transmits energy in all directions. Every second of you breathing in and out is an exchange with the environment; every tiny millisecond of your existence is based on the connection with the outside world – trees, nature, and earth. We're not living in a bubble, the outer world is dependent upon us as we are on it, and when you feel this majestic connection, it grounds you, because you know you're just as fruitful as the nature is.

Perceived consciously, your breath leads you deeper into the flow where you may find new sensations, constrictions, hidden emotions, memories and your personal discoveries. Done consistently, your oneness with your body will be growing, so will be your harmony and communication with it.

Align your lower chakras

In the network of seven energy centers in the body – chakras – the first three govern our lower energies related to the material world: need for food, home, money and most basic things to survive. In these centers (the base of the spine, below the navel and the solar plexus) our bodies feed on the connection to the earth. When we feel anxiety from floods of information, overthinking, losing touch with the reality, we need to bring excessive energy lower and ground it. These chakras are the easiest to work with: physical exercise and being in the nature are the best ways to reboot the energy flow there and reach the state of the perfect balance between your thoughts and your silence.

Body Wisdom

Your body is a self-sustainable machine that can recover and heal itself. It is also a carrier of your fears and blocked emotions. With awareness, you can find and release tensions and treat issues that have been nibbling on your inner resources in the unconscious. With attention to your body's needs, healthy food, enough sleep and much movement, you can reach the most optimal and powerful state of living. That way you have all the passwords, buttons and keys to operate the vehicle, design it, charge it, drive it. While it is your journey, it should be you who is driving, and you should love every minute of it!



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