

A silhouette of a woman in a dynamic, expressive pose, possibly a dancer or performer, set against a vibrant sunset background. The sun is low on the horizon, creating a warm, golden glow that transitions into a soft pink and purple sky. The woman's arms are extended, and her body is in a powerful, balanced stance. The overall mood is one of energy and empowerment.

*Five Ways
to Reclaim
Your
Energy
Now*

No matter what has drained you

By Maya Zahira

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Introduction

Do you find yourself dragging through your day? Just putting one step in front of the other, just waiting for your big break, or for something to shift to make life worth living again? Are you depressed, anxious, exhausted, fearful?

Do you wish you could discover your life's passion and purpose? Do you long to feel safe and empowered and energized?

Millions of people today suffer from low energy, which results in increased vulnerability to all sorts of other maladies, such as depression, poor relationships, decreased work performance, psychic attack, stress-related illnesses, and a lack of purpose or direction in life.

My CREATE program is designed to help women grow into their most empowered Self, to reclaim their energy, to discover their life's purpose, and to protect themselves against psychic attack. You can read more about that program at the end of this report.

Right now, I want to share with you some simple techniques for reclaiming some of your energy whenever you need it, no matter what has drained you.

TECHNIQUE #1:



Did you know that only 20 minutes spent outside in a natural setting is enough to help you feel more energized and mentally refreshed? *The Journal of Environmental Psychology*ⁱ reported on a series of studies that prove exposure to the outdoors results in more energy, a heightened sense of well-being, and increased resistance to illness. The practice of walking barefoot outdoors, dubbed “earthing” by some, is being scientifically proven an essential part of maintaining health and vitality. In fact, *The Journal of Environmental and Public Health*ⁱⁱ said, “Reconnection with the Earth's electrons has been found to promote intriguing physiological changes and subjective reports of well-being.”

You are likely already aware of how exposure to sunlight causes your body to create Vitamin D. “A healthy supply of vitamin D promotes bone growth and prevents

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illnesses such as breast and colon cancer, inflammation, multiple sclerosis, seasonal disorders, and depression,” according to *Medical Daily*ⁱⁱⁱ. Did you know that sunlight can also increase your body’s production of serotonin? Serotonin is responsible for making us feel alert and alive, and can reduce our feelings of depression, apathy, and sluggishness. In fact, according to scientist Gerald Pollack^{iv}, humans even metabolize sunshine similar to the way that plants absorb sunlight for sustenance in photosynthesis.

It should be clear by now that just stepping outside, putting your feet on the ground and lifting your face to the sun, is a fantastic way to absorb the energy of nature. Just a few minutes can clear out the negativity in your heart and mind, as well as give you a dose of good-feeling chemicals in your brain and body. I try to spend at least 20 minutes a day outside with bare feet, even when it’s raining, even when it’s cold, because of how powerful this practice really is for enhancing my energy levels and my mood. I shed the bad energy, I release the negativity, I let go of any sluggishness or depression that might have been haunting me. I can literally feel myself being uplifted in all ways when I’m outside.

Nature is an excellent source of energy and all you have to do is step outside. So, next time you’re feeling dragged down energetically, take a nature break. Go take a walk, inhale deeply of the fresh air, and allow your body to absorb all of Mother Nature’s gifts.

TECHNIQUE # 2:



Speaking of inhaling deeply, the breath is another tool every single one of us already possesses to clear out negative energy and draw in positive energy. Breathing is the only function in the human body that is both a voluntary and an automatic function. This means that your body will continue to breathe regardless of your awareness of it, but that you can also consciously exert control over it. Through conscious control of our breath, we can influence other bodily functions, and we can direct our energetic intent. Learning to become intimately familiar with the breath and the various ways and results of controlling our breath can help us achieve deeper states of trance, healthier bodies, more balanced emotions and psychological outlooks, and greater stores of energy.

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Have you ever noticed how your breathing changes when you're stressed, tense, anxious, or afraid? An article in *Harvard Health Publications*^v describes how when we're put into a situation that triggers our fight-or-flight mechanism, our bodies change in a number of ways to prepare us to take action. One of those physiological changes is that our breathing becomes more rapid and shallow. This breathing style quickly increases your oxygen intake, which makes you more alert and able to respond quickly in an emergency.

Unfortunately, in today's fast-paced world in which we are confronted with potentially dangerous and stressful situations frequently, many of us have bodies that stay revved up and ready. We never allow our systems to reset, to rest, and to repair. This has many detrimental effects on almost every system in our body. According to the American Psychological Association, chronic stress can cause or worsen chronic pain and muscle atrophy, headaches, asthma, anxiety and panic attacks, heart attacks, inflammation, diabetes, heartburn and acid reflux, diarrhea or constipation, sexual dysfunction, and chronic exhaustion^{vi}.

Learning how to breathe deeply and practicing it both during quiet times and times of stress can help alleviate the damage done to our bodies during the fight-or-flight response. "As it turns out, deep breathing is not only relaxing, it's been scientifically proven to affect the heart, the brain, digestion, the immune system," says Gretchen Cuda of NPR^{vii}.

Here's a simple but profoundly effective breathing exercise that you can learn in just a few minutes and practice frequently throughout your day. It's important to breathe through your nose, rather than your mouth, both during this exercise and in general all the time. Gwen Lawrence on the Gaiam blog gives a beautiful explanation of why nasal breathing is important:

"Breathing in and out through the nose helps us take fuller, deeper breaths, which stimulates the lower lung to distribute greater amounts of oxygen throughout the body. Also, the lower lung is rich with the parasympathetic nerve receptors associated with calming the body and mind, whereas the upper lungs — which are stimulated by chest and mouth breathing — prompt us to

hyperventilate and trigger sympathetic nerve receptors, which result in the fight or flight reaction.”^{viii}

Deep Belly Breathing Exercise

Make sure you're seated comfortably and upright, so that you're not constricting your chest or your abdomen. This exercise can also be practiced lying flat on your back. Place one hand on your chest and the other on your belly. Close your eyes and your mouth and begin to breathe through your nose. As you inhale, draw the breath into your abdomen. Feel your hand there lift as your belly rounds and rises outward. The hand on your chest shouldn't be moving much at all. On the exhale, allow the abdomen to relax and fall gently back toward your spine as your lungs slowly empty out. Slow down each breath so that it takes a count of four to fully inhale and then another count of four to completely exhale. As you become more comfortable with this practice, you can lengthen each count to six, and then to eight.

There are many other breathing exercises, each with their own set of benefits, but this basic deep belly breathing combined with nostril breathing is an incredibly effective tool for reducing your stress, decreasing any feelings of negativity, and radically increasing your sense of calm and your stores of energy. It's simple, it's free, and it doesn't require any other tools or teachers. I practice this breathing technique many times throughout my day. Try it and see how it affects your outlook and energy levels!

TECHNIQUE #3:



Another excellent and relatively easy way to replenish your energy is to care for your physical and emotional needs. Getting adequate rest is a vital part of self-care that can help alleviate your periods of low energy. Adequate rest can include:

- **Getting plenty of sleep** at night and honoring your own circadian rhythms. Not everyone's needs are the same and it is important to respect your own body. Keeping a sleep journal can help you learn about your body's needs for sleep. Every time you wake up, make an entry detailing how long you slept, the times you went to bed and got up, how long it took to fall asleep, and how rested you feel in the morning. After a week or two of this, review your entries and look for patterns. Then adjust your schedule so that you can get the right amount of sleep at the right times for the optimum results for YOUR body.

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- **Taking naps during the day.** Naps are wonderful. Toddlers have it made, and yet they don't appreciate naps anywhere near as much as they will when they get older. According to a *Huffington Post* article^{ix}, naps bestow a number of health benefits, including increased alertness, improved learning and memory, greater creativity and problem-solving ability, and higher productivity. Naps can also boost our mood and zap our stress, which contribute to higher energy levels. So, go take a power nap! Even 10 minutes of resting can be incredibly healing and rejuvenating. I take naps regularly and swear by their magical restorative power.
- **Taking some time off**, whether it's a few hours, a full day, or even a little vacation is an excellent balm for feeling overworked, exhausted, apathetic, or burnt out. It might seem contradictory to rest when you have so much to do, but in the long run you get more done because when you give yourself a reset, you can get things done more quickly. The more tired you are, the longer it takes to do things. Studies show that when you take days off or go on vacation, you become more creative and you bring that back to your everyday life.

“From your calf muscles to your brain neurons, the pattern is the same: Activation of energetic resources requires a period of recovery. How? You shut off the flow of demands by stopping or resting, or by building up new resources, such as energy and control, to replace those that have been lost. The goal is psychological detachment from the stress and strain that cause negative activation--feelings of tension, distress, anger, dissatisfaction and fatigue--and engagement in positive activation that drives attention and vigor: fun, pleasure, learning and mastery,” reported Joe Robinson in *Entrepreneur* magazine^x.

Self-care includes rest and time off from working, but it also includes those activities that you enjoy and “fill you up.” In fact, you can visualize yourself as a teacup sitting on a saucer. Engaging in self-care is like filling the teacup to the brim and then letting it spill over. What fills the cup is what you need for your own energy levels; what spills over is what you have available to give to or do for others.

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You get to say what activities relax you, rejuvenate you, and fill your cup. Self-care for one person might look like a warm bubble-bath with a glass of wine. Someone else's self-care might be a yoga class or a massage. Yet someone else may engage in painting, writing, scrapbooking, or another creative outlet. Find those things that do it for you and schedule them into your life. Then you can return to your work or other duties with more energy, more passion, more creativity, and a better outlook.

TECHNIQUE #4:



These next two techniques are not quite as easy as the first three, but are just as effective at reclaiming your energy. I encourage you to read through these next two sections and then just try the suggestions. You might be surprised at the results.

So many of us were raised to be “nice,” to never say “no,” and to put others first. We’re taught that self-care is selfishness and that we need to try and please everyone. Unfortunately, these teachings are toxic and lead to patterns of codependence and self-neglect.

As an adult, you get to review your beliefs and discard those that are not beneficial to you and your life. You get to put yourself first, and in fact, you should. It is only by taking care of ourselves that we CAN be available to take care of others. Do you remember the instructions of the flight attendant on the last plane you were on? When talking about cabin pressure, they tell you that an oxygen mask will drop from the compartment above. Their instructions are to put the mask on YOURSELF first, before

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sharing it with a child or someone else who needs help. This is because if you don't first take a breath, you will pass out before you can adequately help someone else.

So, release your need to please everyone and learn to say "no" to people, places, or situations that feel toxic or draining to you. When you say yes to everything, you wind up spreading yourself too thin and you leak your energy everywhere. That energy leak gradually empties your stores of vitality. You can seal those leaks by being more conscious about how you choose to expend your energy. In the long run, you'll have more to share with the world when you learn to only say yes to the things that make your heart sing.

How do you seal those leaks? You learn to listen to your intuition. In my CREATE program, I teach women how to tap into that sense of inner knowing to feel what's right for them. This way they learn to sense if a particular person, place, situation, or activity is going to be good for them or toxic to their wellbeing. I will teach you a simple technique below to begin getting in touch with your intuition.

Inner Knowing Exercise

Begin by sitting comfortably and closing your eyes. Recall the breathing exercise we did earlier and start slowing down the cycle of your breath. Inhale through your nose to a count of four, then exhale through your nose to a count of four. Repeat this cycle a couple of times and feel yourself relaxing.

Now picture an event or an activity that you have planned for the coming weekend or next week. Picture yourself getting ready for and then participating in this activity. What are you wearing? Who is there with you? Who might you encounter there? What might be expected of you during this activity? As you sit with those questions and visualize yourself at this event, begin to notice what sensations are coming up for you. Is your jaw tightening? Is your stomach feeling queasy? Or does your heart feel big and open? Do you feel excitement or dread? Are you smiling inwardly or grinding your teeth?

Now you can let go of that visualization and slowly come back to your body in the present moment. Return your attention to your breath and be mindful of your breathing for a couple of cycles. Then open your eyes.

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The sensations that came up for you while visualizing that activity are clues from your intuition. This society does not teach us to pay attention to our body's wisdom, but we often know things, especially about ourselves, without knowing how we know them. Begin to honor those signals and sensations from your body. Give thanks for that inner knowing, and then allow yourself to make decisions and act in accordance with that wisdom you've just acquired.

TECHNIQUE #5:



The final technique I will share with you today to replenish your energy is on how to use Reiki or other energy healing to fill your cup. You may immediately start asking yourself: What if I am not trained in Reiki? What if I don't even know what that is?

Don't worry, everyone is born with a natural ability to heal themselves. Reiki is simply a hands-on natural healing technique originating in Japan that activates your body's natural ability to heal. In a few minutes, I'm going to share with you a couple of exercises you can start doing right away to heal your body and replenish your energy that don't require any fancy training schools.

Our bodies are made up of several layers. The physical body is the one you can readily see and feel. Overlaying that is our energy body, also called an "aura" in some traditions. Some people can feel and see auras, but most cannot, at least not without some training. Our auras extend out from our physical bodies anywhere from a few

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centimeters up to a few feet. Many experts feel that our aura is the electromagnetic field our bodies produce.

The energetic layer of our body corresponds to the physical layer and can influence and be influenced by it. It is important, therefore, to keep the physical body in good health in order to make sure your energy body is healthy and strong, as well. The energy system can be depleted from stress, fatigue, not getting enough sleep, poor nutrition, and a host of other things. When the energy body is depleted, we wind up having all sorts of physical issues.

While there is a lot more to learn about auras and other aspects of your energy body, for now, let's get into the exercises you can begin practicing at home to heal, fill up your energy cup, and feel balanced. Remember how I said everyone is born with a natural ability to heal? Let's explore a couple of exercises together and see how you feel afterward.

Recharging Your Aura Exercise

Find a comfortable seated posture and begin your breathing exercise (by now, you should be getting quite good at falling into the calming rhythm of your deep belly breathing). Close your eyes and imagine your aura as a big egg shape around you, extending a few feet beyond your physical body. Just visualize this in your mind; don't worry if you can't feel or see it with your physical eyes yet.

Now imagine light coming down into the top of your aura and then traveling down into the top of your head. The light is filling the egg of your aura and it is filling your whole body. There's an infinite supply of this light. It fills you up from the top of your head all the way down to the bottoms of your feet. It fills up your entire aura, too, until your whole being is just radiating this beautiful, brilliant light.

Take a few more deep breaths while holding this visualization, then open your eyes and determine how you feel. This exercise alone will clear up a whole lot of negativity and should leave you feeling tons better. When I do this exercise, I find I'm much clearer, happier, and more energized.

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The next time you do this exercise, think about what color of light would be most beneficial. The perfect general color is white. Call on white light energy when you need to increase your vitality or energy, or if you need to heal your aura. Golden light is the energy of the divine and it is a very protective energy. If you need psychic protection or if you need to feel more connected to Spirit or to your divine purpose, invoke golden light energy. If you are in need of physical or emotional healing, then make the color of the light green. Green, healing light is typically a sparkling emerald.

Healing Hands Exercise

The final exercise I will share with you today is something you've probably already done, especially if you're a parent. Hands-on healing is natural, intuitive, and has been practiced for eons. Have you ever stubbed your toe and immediately you hop around on one foot so that you can hold the throbbing one in your hands? Have you ever kissed your children's boo-boos, or laid your hand on someone who is expressing pain? This "laying-on of hands" is when we are activating our innate healing power, and it's something we all do, intuitively and automatically, whenever we or someone near us expresses pain. Healing is simply a way to help the body get back into balance, something it naturally wants to do. With the following exercise, we're simply allowing and encouraging it to do so.

I invite you now to assess yourself. Where are you hurting? Place one or both hands on the area in pain. If you've got a headache, place your hands on your head or your neck. If you're in emotional pain, place your hands over your heart. If an internal organ is needing healing, place your hands over that part of your body. Remember, you were born with the natural ability to heal. So as your hands are resting on the area in pain, breathe deeply and feel your intention to transmit healing through your hands to the afflicted area. Relax deeply as you allow the healing energy to flow out of your hands and into your body. Within moments, you will begin to feel improvement. And that's how simple this technique is!

Conclusion

I hope that you are feeling better now that we've done several healing and energy-replenishing exercises together. I have so much more I can teach you. For years, I've been learning, experimenting, and teaching others how to become the best version of themselves through my CREATE program for women.

CREATE stands for C-omprehensive R-eiki E-nergy Healing A-nd T-ransformation E-ducation. The CREATE program is a 12 month course that is part spiritual support healing circle and part Reiki, Energy Healing, and Intuitive Development course. It covers traditional Usui Reiki I, Reiki II, and Advanced Reiki.

The CREATE Program will help you to...

- Reduce drama, stress, and overwhelm
- Heal your emotions and past traumas
- Activate your body's natural ability to heal
- Learn to make savvy, smart, empowered choices
- Clarify and transform areas of your life where you've been stuck

Wouldn't it be wonderful to learn the secrets to creating a drama-free life? And to figure out how to move past the blocks that have been keeping you stuck on the gerbil wheel? And imagine how powerful it would be to have a group of like-minded women who all had your back...and would support you through the rough patches...and celebrate your successes with you?

The CREATE course provides all this and more! In a community of compassionate, caring women who are all on the same spiritual journey toward wholeness, you will learn simple yet powerful energy healing techniques that you can use for yourself or others. You'll develop and apply your natural intuitive abilities to practical everyday life. And you'll even receive monthly energy healing and intuitive support from master healer, Maya Zahira.

The CREATE program was designed for three types of individuals. If you identify with one of the following, please click the link for more information.

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- **If you're feeling exhausted**, the CREATE Program will help you learn to heal your body, increase your energy, find your life's purpose & connect you to a circle of women who will support you for the long haul. Click [HERE](#).
- **If you're feeling lost and wanting to discover your life's purpose**, the CREATE program will take you on a 12-month spiritual journey to discover your life's purpose within the safe, supportive, powerful container of a women's circle and guided by a master healer. Click [HERE](#).
- **If you need psychic protection**, the CREATE Program will teach you many techniques for staying psychically safe and strong so that you never need to dwell in fear and can instead live a powerful, positive life. Click [HERE](#).

References

The following endnotes are the resources I used during the writing of this book and I'm including them here for you to continue your own research, should you feel so inclined. May you live well and be healthy and happy on your journey!

ⁱ <http://www.rochester.edu/news/show.php?id=3639>

ⁱⁱ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/>

ⁱⁱⁱ <http://www.medicaldaily.com/sun-exposure-vitamin-d-and-other-health-benefits-sunlight-246487>

^{iv} <http://www.greenmedinfo.com/blog/can-humans-photosynthesize-1>

^v <http://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

^{vi} <http://www.apa.org/helpcenter/stress-body.aspx>

^{vii} <http://www.npr.org/2010/12/06/131734718/just-breathe-body-has-a-built-in-stress-reliever>

^{viii} <http://www.gaiam.com/discover/670/article/breathing-believing-importance-nasal-breathing/>

^{ix} http://www.huffingtonpost.com/2013/03/11/nap-benefits-national-napping-day_n_2830952.html

^x <https://www.entrepreneur.com/article/237446>