
ENERGY BOOSTER

Lets get you out of bed

I know you are not feeling like it. The outside world seems too threatening, too tiring, too



much..." Thank God, I am still alive", was the first thought to pop up in my mind. I woke up in violent-ridden South Africa with this thought for most of the six years I lived there. It is a beautiful country, I love its people and its nature and its openness towards progress. The sound of gunshots and police helicopters were a part of daily life. This experience taught me an important life lessons: don't take your life or the lives of the ones you love for granted. I don't want to promote doom and gloom here, **I am on a mission to sow GRATITUDE in your heart** . Because you are reading this, I can assume you have a home with electricity. You might even have your own computer or phone. Most likely you have clean water to drink and a soft bed to sleep in. Add your BFFs(supportive family, friends, pets) to the list et voila: your first Gratitude List is done. To repeat every morning.

One of the best things to do with your limited energy supply is to get some fresh air, contact with nature, some movement(even a gentle walk will do) and if possible catch some sun rays.

Now that your body is tuned to Have an Amazing Day, we need to talk about **how you will guard your precious supply of energy.**

For those of you who are bedridden: venturing out of your bedroom to enjoy a fresh juice(better stay away from too much coffee as it tires the adrenal glands after the initial boost) in your garden might be all you can manage today.

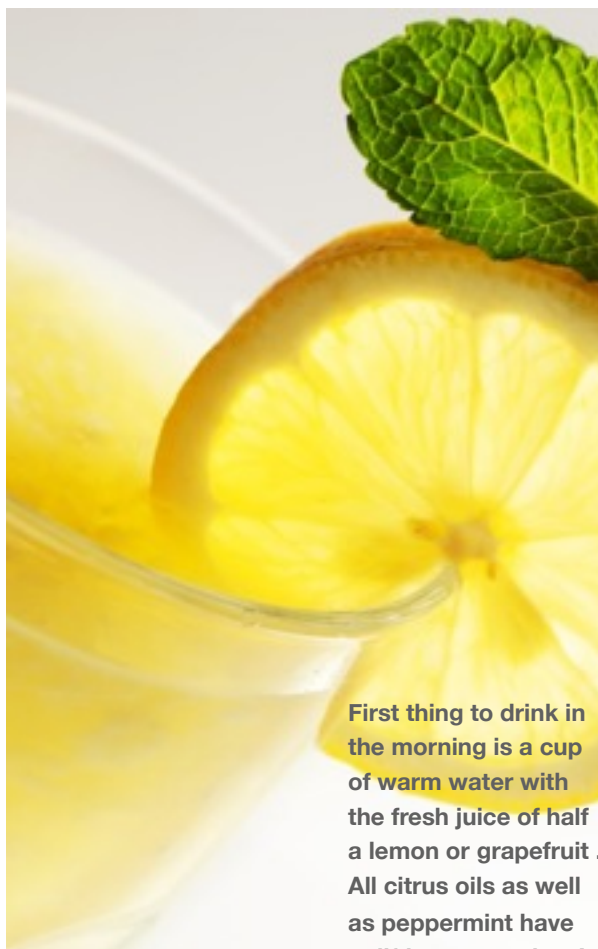
For those on temporary sick leave or jobless: I suggest finding a gentle yoga or aqua aerobics class. The benefits of physical movement in a friendly supportive environment are exponentially superior to lounging at home. It gives you a chance to meet new people and try something different. **Get out of your couch and comfort zone.**

For those that are still juggling a job and family responsibilities: **How can you build some Me-Time into your day?** Do you stop of at the gym before heading home. Do you go for an exploring walk during your lunch breaks? Do you relax with a book in the bath before bedtime?

Whatever you do for yourself: *YOU ARE THE MOST IMPORTANT PERSON IN YOUR LIFE! SO TAKE GOOD CARE OF YOURSELF.*

Deep Belly Breathing Massages the Adrenal Glands Giving You an Instant Boost of Energy

BECAUSE YOU ARE WORTH IT!



First thing to drink in the morning is a cup of warm water with the fresh juice of half a lemon or grapefruit . All citrus oils as well as peppermint have uplifting properties. I recommend keeping the essential oils Elevation(an uplifting mix from Doterra available from my website) and Lavender(for relaxation at night) next to your bedside. Put some Elevation oil in the palm of your hands and inhale three times.
