

The Red Hot Mama



presents

FIVE

5 MINUTE

RED HOT MAMA

PICK ME UPS!

Lynn Ward



Red Hot Mama Pick ME Up #1

Three Thumps and Brain-Balancing Cross Crawl

Three Thumps (1 minute)

1. Cross your hands at the wrists, placing your middle fingers on the hollows an inch or two from center and below your collarbone. Tap while taking three breaths slowly in through your nose and out through your mouth.
2. Tap your breastbone with the fingers of both hands for three deep, slow breaths in through your nose and out through your mouth.
3. Cross your arms and place fingertips on the hollow in your ribs a few inches below your nipples. Tap for three breaths, breathing slowly in through your nose and out through your mouth.

This is great for re-energizing yourself during the day. It also boosts your immune system, so doing it every day – and several times a day if you feel like you are coming down with something – will help keep you healthier.

Brain-Balancing Cross Crawl (3 minutes or less)

March in place, swinging your arms and raising your legs so your knees are parallel to the floor, using the following technique:

1. March raising the arm and leg on each side (right arm and leg, left arm and leg). This may feel awkward at first, but it gets easy. March in place 15 steps each side.
2. Then march using alternate leg/arm movements (like regular marching) for 15 steps each side.
3. Repeat each sequence two more times.

This is an excellent energizer that balances your brain, gets your circulation going and is reported to help lose those pounds that want to hang on by realigning your energy system.

Now do another set of Three Thumps (1 minute)

This only takes five minutes max and is a more effective way to perk you up than a cup of coffee!

Red Hot Mama Pick ME Up #2

Color Breathing

This has worked wonders for my daughter when she was tired and stressed before dance class. I use it with my clients, to energize, before giving a speech or before going into any stressful situation.

1. Visualize yourself breathing in **RED ENERGY** from deep within the earth ... up through the soles of your feet as you inhale. As you exhale, see the red energy flowing to every part of your body. (Do 3 times.)
2. Visualize breathing in **ORANGE ENERGY** just below your navel, and as you exhale see it flowing to every cell of your body. (Do 3 times.)
3. Visualize breathing **YELLOW ENERGY** into your solar plexus, and as you exhale see it flowing to all of your body. (Do 3 times.)

(You can stop here if you're really short on time and still get a lot of new energy benefits.)

4. Breathe **GREEN** into your heart.
5. Breathe **TURQUOISE** into your throat.
6. Breathe **INDIGO BLUE** or purple into the space between your eyebrows (your third eye).
7. Breathe **PURPLE** or white light energy into the top/crown of your head.

Red Hot Mama Pick ME Up #3

Centering your aura for renewed energy

- Press a finger or two of one hand in your belly button.
- Make a "Y" with the fingers of the other hand and tap on the collarbone points. Tap for three deep breaths while continuing to hold your navel.
- Keep your fingers in your belly button, and tap on your chin under your lip with your fingertips while taking three deep breaths.
- With your fingers still in your navel, tap with your fingertips under your nose above your top lip, while taking three deep breaths.
- Now just hold the navel point and under your nose. As you inhale, imagine an energy fountain moving up the midline of your body. As you exhale, allow the fountain of energy to shower back to earth. Breathe in and out three times, and feel the energy!
- Your fingers are still in your navel. Hold the spots on the back of your head just above the indentation where the skull rests over the neck (about one and one-half to two inches to each side of the back midline). Put your thumb on one side of the back of your head, and your middle finger on the other side. Hold this pose for three deep breaths. Keep your head straight with your chin tucked in and your head level.
- Now put the index and middle fingertips of one hand above the upper lip below your nose. Open your other hand flat and place it on your back just above your tailbone. Breathe energy up the spine, take three or four complete breaths, and relax.

This helped me feel together and restored my energy through a Valentine's Day break-up! I've used it since many times. I love the way it restores my clients' peace and energy!

Red Hot Mama Pick ME Up #4

A Here and NOW TOTAL Appreciation Package!

A few years ago I was walking on the beach feeling sorry for myself. I still had fibromyalgia at the time and was feeling mildly achy. My van wasn't running very well and needed work. I wasn't dating anyone and felt alone. I was having a regular Pity Party, complete with tears.

Then I thought, my toes don't hurt and they're working just fine. I noticed my legs felt pretty good and I was walking easily.

And so on, all the way up my body, out to noticing the beautiful beach evening, and all the good things in my life. In just a couple of minutes, I was laughing out loud, happy, painfree, thankful for my friends, children and job and full of energy.

Here's how you can do it:

- Just stop and notice where you are. What is working well and feeling good in your body? Name what you are grateful for.
- What things around you are you thankful for? Name them. You can name them out loud, write them down or sing them out loud.
- Who are you thankful for?
- What are you thankful for in your past?
- What are you anticipating that you are thankful for?
- Make a game out of it and see how many gratitudes you can write down in 5 minutes.
- Keep an ongoing Gratitudes list and fill it with 101 things you are grateful for.

This is a quick energizer with an added bonus: what you focus on you get more of. So focusing on your gratitudes brings you more and more to be grateful for.

Red Hot Mama Pick ME Up #5

Dance!

Put on your favorite music and dance with total joy and abandon for 5 minutes.

For FUN and variety, you can:

- play a variety of music, choosing music to fit your mood.
- dance any way you feel like dancing. You don't have to be an expert at any kind of dance for this to work.
- If you don't feel like dancing alone, turn on your computer and dance with these happy people:

<http://www.youtube.com/watch?v=R9z2ELaBVJY>

About Lynn Ward

A few years ago Lynn was suffering from fibromyalgia, being in a stifling marriage, not having enough creativity to even organize things on the coffee table and not knowing why she wanted to live because the future looked so blank.

Today Lynn has transformed into being healthy, creating a business, hand-built potter and, an artistic home, believing in love and looking forward to the next 30 or 40 years because there are so many things she wants to do! She has discovered that it is possible to be happy in all sorts of circumstances.

Today she is dedicated to helping other women (and men) ***Put the Spark*** in their lives by honoring and appreciating their authenticity and uniqueness and designing the Red Hot lives they want.

Find out more at <http://www.TheRedHotMama.com> .