

START YOUR DAY
ON FIRE



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For many people life goes by too fast. It's getting harder and harder keeping up with all our responsibilities, let alone find time to take care of our health and mental welfare. Stress is taken for granted and dismissed as just a part of life. Stress kills! Just like cancer or heart attacks, and, stress is directly linked to causing both yet how many take it seriously enough to put stress busting time in their daily routine.

The Start Your Day on Fire routine is a multifaceted approach to starting your day clear headed, confident and calm. By incorporating this into your morning you will feel more in control of your mental state and feel less stressed overall. The exercises are done in this specific order because it improves the results. All three can be done while still in bed or immediately after getting up and is the prelude to the Wake 'Um Up Workout. The first exercise engages your full brain and gets all aspects of it working optimally. This sets you up for a powerful experience with the second exercise.

Athletes, actors, politicians, public speakers or anyone doing anything important, rehearse. In essence this exercise is a quick rehearsal of your entire day. By going over your day in detail, hour by hour you can tune in to the situations you need to be concerned about and lower the perceived intensity by doing PowerTapping. Even situations that bring up the slightest tension or stress you'll be prepared for it.

The mental game is what separates the winners from everyone else. This is the same process I teach top athletes so they perform at their best in practice, in games and in their personal life as well – it's all connected. The biggest distractions are usually personal, and you can lessen those issues before they become an even bigger issue by addressing them in the morning while going through this routine. Lastly, after organizing your day, preparing for the hot spots and reducing the tension around them, you bring all your energies together with the 3 Thumps. This is something that can be used whenever you need a jolt of energy throughout the day.

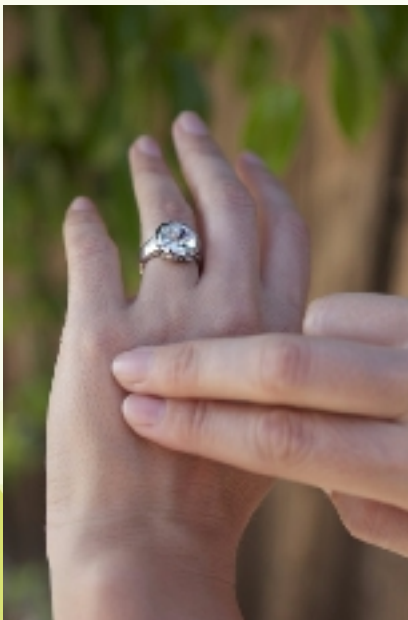
The routine is done in this order.

Step 1 – **The 9 Gamut Process (Bilateral Stimulation of the Brain)**

EXPLANATION - To begin with, the 9 Gamut Process essentially contains two different components. The first component is the tapping of the 9 Gamut Point on the back of the hand. The Point is known in Chinese medicine as the Triple Warmer which is responsible for turning on/off the fight or flight response when we feel stressed or threatened.

The second component includes eye movements, humming, and counting which essentially can be summarized as "bilateral stimulation of the brain". When you hum, it fires the right hemisphere of the brain, and counting fires the left hemisphere. This repeated stimulation of both sides of the brain creates a "whole brain" experience or a blending of both hemispheres. This is critical for thinking clearly, problem solving and staying calm.

1) To begin, the process starts with a round of PowerTapping on all the points.



2) Then locate the Gamut point on the top of the left hand, about an inch below the web between the small finger and the ring finger. Continually tap on this point while you do the following, without moving your head:



Tip: you can focus on a problem or how you're feeling if it applies. Otherwise just do the exercise.

1. Close your eyes
2. Open your eyes
3. Look hard down to your right
4. Look hard down to your left
5. Move your eyes in a clockwise circle
6. Move your eyes in an anti-clockwise circle
7. Hum a few seconds of any song ("Happy Birthday" works well)
8. Now count out loud (1-2-3-4-5)
9. Hum a few seconds again

Take a few slow deep breaths then proceed to The Daily Preview part of the routine.

Step 2

The Daily Preview –

Start – Review your entire day, go hour by hour through it. Be observant of when you get anxious, concerned, worried, such as getting somewhere on time, facing off in a confrontation or any stressful situation. When something comes up start tapping while you focus on why you feel stressed or concerned. Do 1-2 rounds then reassess. If the intensity is lower move on, if not, ask yourself why and tap on those reasons. Finish by taking a moment to "Tap In" how you want to feel or behave in that situation. Use present tense language; say it with emotion then move on to the next part of your day. Be thorough and take your time! This pertains to every aspect of your day including your personal life. In the end you will feel calm and confident in how you're going to handle yourself throughout the entire day. You will get more done with less stress and feel more accomplished.

Summary – By creating this daily practice you will reduce your overall stress, become far more effective and time efficient in your daily life and feel happier. Finally, you finish your morning routine by energizing yourself with the 3 Thumps.

Step 3

The 3 Thumps **From the book – “Energy Medicine” by Donna Eden**

Step 1 – Tap on the Right & Left Collar Bone Points with both hands for 30 seconds.

Tip: crossing hands means crossing your wrists so your left hand is touching the right side point and your right hand is touching the left side point.

Benefits of tapping Collar Bone points:

- Increased energy
- Feel more alert
- Focus and perform more effectively

Step 2 – Tap on the middle of the chest (Thymus Gland) with 4 finger tips for 15 seconds.

Benefits of tapping the Thymus Gland:

- Stimulate your energy system
- Boost your immune system
- Increase your strength and vitality

Step 3 – Tap on the points under your arm (Spleen Points)

– where the strap of a women’s bra comes in contact with the ribcage, for 15 seconds.

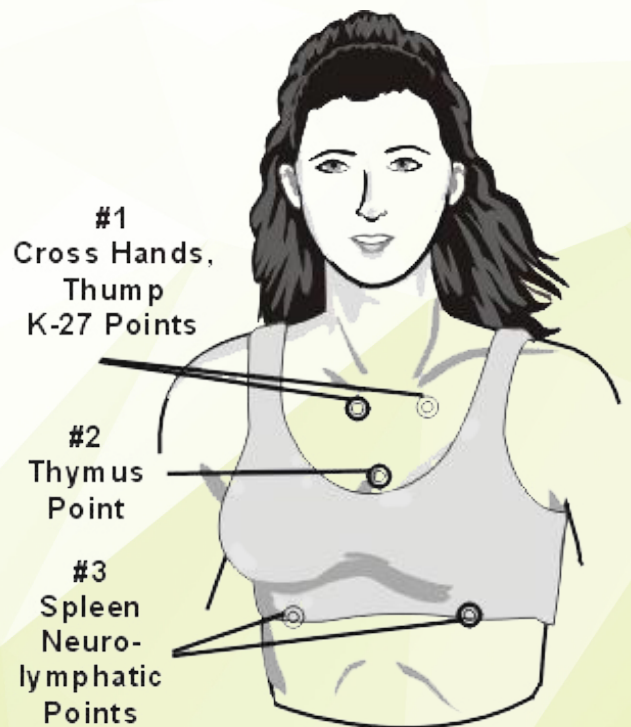
Benefits of tapping Spleen Points:

- Lift your energy level
- Balance your blood chemistry
- Strengthen your immune system

Repeat 1 time and do a clearing breath – then get on with your day!

Summary –

- 1) Activate your whole brain
- 2) Review your day, eliminate tension surrounding stressful events and perform at your best
- 3) Energize your body



For each step: tap, thump, or rub the points and breath in through the nose & out through the mouth for about 20 seconds.



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