

Your Body Exercises

Now that you are aware of certain aspects of your inner and outer aspect that you may wish to polish, it's time for some tools you can start using right away.

My first suggestion is to get moving! If you want to inhabit your body in a free and relaxed way, I encourage you to exercise gently on a regular basis. You can take a brisk walk outside, play basketball with a friend, or go for a bike ride. The point is, when you exercise, you are releasing stress, strengthening your muscles and pumping energy throughout your body. If you lose a bit of weight, that's simply the icing on top.

If there are areas in your body that you notice are tense, then consciously release your muscles by breathing deeply and moving them gently. Breathing is one of the most powerful ways to get calm and grounded instantly, so take advantage of the gift of deep breathing throughout the day to keep the tense muscles at bay!

As for the power of body language, I am a big fan of Amy Cuddy, who delivered a powerful TED talk on the subject. You will see just how important your body language truly is.

[Amy Cuddy's TED Talk](#)

In addition, I hope you will enjoy the following exercise:

Being a Tree

- Stand with your legs hip distance apart.
- Relax your belly. Breathe deeply.
- Imagine there are roots going from the bottom of your feet, deep into the ground.

- Imagine that you are pulling energy up from the depths of the Earth through your roots, through the bottom of your feet, up through your legs and torso, until the energy gently moves out your head and extends through imaginary branches extending from your head.
- Your body is gently pulled upward through the imaginary canopy of leaves, stretching up to the sky.
- Your body is gently pulled downward by the anchoring effect of your roots.
- You are grounded and extended at the same time.
- You are strong, but flexible, like a tree swaying in the wind.
- Breathe in this position for a few minutes when you feel tired or overwhelmed.