

Energy Guru Tips

*With
Gurutej
Kaur*



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Times for Support

Is there anyone out there that doesn't want a little more support these days? Financial, physical, soul, mind, vision what do you need support with? These are the times where we get to ask. These are the times we get to share. These are the times that the most powerful things we can share are hope and vision of times less trying.

It's about our capacity to connect and stress is the great divider. We are in this time and many feel they have nothing to celebrate. Without can either make us creative and grateful or depressed and hopeless. Not much in-between.

I am not the fairy godmother that will wave the fairy wand and make it all better. I am just the voice of your soul saying it ain't what it looks like. Look more deeply and see what is the gift inside this seemingly tragic wrapper. What are we being asked to learn? I can tell you what I see. These McMansions will become houses that several couples will buy together and create communities. What we hold in our minds, hearts and souls now is what will happen in the near future. What we speak and spread is what our children will get to live with.

There is a power to words and thoughts that breaks all sound and membrane barriers. We no get to think more inclusively. **Energy Guru Tips For People in Life and Business by Gurutej 3** www.gurutej.com and www.theenergygurus.com

We get to be more creative in our gifts. Create what is needed. Shop second hand. Glue and paste and design and hold that person in your heart as you give them what they need not want.

Give to others who have less, less hope and less whatever. Give so you create a flow of return that will come back to feed you and those close to you. Give because you can in some way always give.

I got a head start on all this so I can share what I have done. I organize events and situations where people can donate. I do the back end work and the front-end work. I put in a garden in my back yard so I could feed others if worse came to worse. I look at things I own and someone else would like and these are the gifts I give.

You know what my life is expanding in these trying times. Things are not as tight for me as they were. I am being able to share my gifts that the world truly needs now. I have the capacity to give hope and teach people how to feel hopeful on their own. That is priceless. I am grateful to share. Check out my sites for in the moment support.

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How long does it take most conversations to come to the financial melt down issue? Not very long these days.

We can feed each others fear or hope? The biggest difference is your state of mind and heart. What can you do to let go of these internal and external stressors so we can allow hope back? With hope change is possible with hope vision comes back. With hope we can take action. This is not the time to kill yourself nor bury yourself in depression or

anxiety.

I have some hope fillers. They are stress busters. They are Guru dust. They will allow you to become your own Guru. Guru literally means one who takes you out of darkness into the light. If you want more light, more hope, more connection. Take this action and do these.

They are my gift to you.

Now I want to give you one you can do while driving, in the bathroom, walking down a hall, at your desk and almost anywhere. This will be the new American Anthem. Have the capacity to realign ourselves in the depth of our being.

Let me know how these work for you. How they help with the stress? How long does it take most conversations to come to any financial melt down issue? It doesn't take very long these days. We can feed each others fear or hope? The biggest difference is your state of mind and heart. What can you do to let go of these internal and external stressors so we can allow hope back? With hope change is possible. With hope vision comes back. With hope we can take action. This is not the time to kill yourself nor bury yourself in depression or anxiety.

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They are my gift to you.

Shaking Hands - Change energy

Hold hands on either side of your head close to the ears and begin shaking the hands keeping the wrists loose and the fingers semi tight.

Gift: Brain Balancer. Helps release unwanted conversations and obsessive thoughts

Time: 90 seconds

Now I want to give you one you can do while driving, in the bathroom, walking down a hall, at your desk and almost anywhere. This will be the new American Anthem. It is the capacity to realign ourselves in the depth of our being.

Break Breath—To break overwhelm or frustration

Inhale in four equal sips either through your mouth or nose. Exhale in the same manner. When really stressed, it is easier to breathe through the mouth. Start this breath from as deep in the trunk of your body as possible.

Gift: It will break the problem into manageable pieces, give you a clearer thinking, and more energy.

Time: 60-90 seconds.

Let me know how these work for you.

These times give us plenty of fodder for stress if you didn't already have a very large dose of it. When we are stressed we have several patterns that usually go hand and hand with it and it's not a cozy loving hand.

We breathe shallowly

We eat badly. (What we lovingly call comfort food)

We sleep poorly

We drink way too much caffeinated drinks

We don't take care of ourselves

The reactions of these are not as simple to identify but they are all too common.

We get irritated easily

We don't have time for anything

We are exhausted

We don't feel loved

We don't have enough money to do what we want or need to do.

So what magic bullet can I possibly give you that you have not heard before?

I'm going to say step back 20 paces and just get a different perspective. You may need to change some things are you ready for that? Are you willing to do some things that will only take a couple minutes and could give you a new lease on life if you continue with them? Then read on. I'm going to give you a couple of very priceless exercises and tell you that some videos will be up on Youtube under the Energy Guru in the next couple weeks that will have me live doing these exercises. So here goes. Yes something this easy can make a difference. Remember that if you want to lose what you don't want go toward what you do want. Action alleviates anxiety so try these actions.

Claw Dance - For making you more charismatic and energetic

Make tight claws out of the hands; inhale through the mouth with the lips puckered, and saying “Who”, come up on your toes swinging the arms out to the sides in a big arc up and over your head. As you say “La,” squat down, allowing the arms to swing in a big arc downward. This can also be done sitting at your desk.

Gift: This clears difficult situations - feeling out of your immediate energy field. Increases your energy, and expands your awareness.

Time: Continue this motion for 60-180 Seconds.

Do it - do it now don't just read it that won't do it for you.

I'm going to give you one more. Claw dance help clears and this help balance relax make you happy again. 3 minutes remember is the best time frame. It will also help you sleep.

Sitali Breath

Breathe out that stress...

Roll the tongue and stick it past your lips. If you cannot roll it, just make an “O” shape with your mouth with the tongue protruding slightly beyond the lips. Breathe in deeply through the mouth. Exhale slowly through the nose emptying the lungs all the way.

Time: 1-2 minutes

Gift

The best anti-stress breath available. The breath passing over the wet tongue creates a cooling effect.

Okay Sexy really means ready to connect. Men can get there any time. Women are a little more challenged. We need lots of things to be right.

Start with you and your energy and branch out.

Truly what we hold and reflect creates a huge part of our reality. If everyone is having this collective discussion about how bad it is are you joining in? I say lets change the discussion to what do we want to do with this. We obviously have some severely broken systems are we going to be happy with patching them up? Would you be happy with retreads for tires never knowing when the whole thing may just spin off? Why would we be happy with retreads for our monetary systems, our government, and our business systems?

We are entering a new era and this era requires a different set of rules. The Internet has shown us it is all about connection. Not only whom you are connected to but what you

are connecting about and what you are doing to support the people you are connecting with. Yes I do know there are all sorts of weird on the Internet in every field. I also know there is every kind of uplifting. People are not afraid to speak of soul and spirit. What is the state of our collective spirit right now? How are you contributing to that? How can you see building our collective spirit? What are you doing to get more energy? What are you doing to share it? How do we go about Greening ourselves? I don't just want to ask questions I do want to offer some tips that I have found work. You want more hope? Get more energy. Energy is the baseline of everything. Where do we go to get more energy? Usually, sleep, food, maybe exercise, meditation, prayer. So what do you eat? Is it truly feeding your entire being or just your taste buds? Are they getting to make the decision for your entire being?

Food

Look fearless at your food this week and see if you are truly feeding yourself or just placating some couple hundred taste buds. Watch how you feel after you eat. Do you get tired? Depressed? Nauseated? Or feel light and ready for more of your day? Paying attention is the first rule in changing anything. Having the foods that fuel you available is another biggie. Look at what you have available at work, at home and see what you are choosing? You know you can bring your won snacks and tea bags. Choose food that has life force. You are expecting it to feed your life force and if it does not have any, how can it? Go for drinks that will not take you down. That means juices, teas, water, lemon or limewater walk away from the caffeinated, carbonated drinks they will lift you up and drop you hard. I know we love the rush but then we turn to mush. Just look at food and choose comfort food that really will comfort you for the duration. Paying attention to our food while we eat is important. When we pay attention to how and what we eat we tend to not overeat. Overeating takes lots of energy to digest

Sleep

Do you get good sleep? Quality is different than quantity. What are you doing to get a better sleep? What are good alternatives to sleeping pills?

Check out herbs in the health food store and that will tell you that we have some full on sleep problems or there would not be so many choices. Do you watch TV in your bedroom? By the way this is a big no because that is what you take to bed with you. We often fall asleep with TV going and our entire subconscious gets filled with whatever comes at you no filtering system.

Try listening to your ipod or CD's very softly while you sleep. Use relaxing music and chants that will hold, embrace and take you deep. Have a dark room or use eye pillows or eye masks. What you eat before bed counts. Some people really need to eat something before they go to sleep and others really do not.

Know which one you are. Experiment and see what helps you. Eating in front of the TV means you are not focusing on your food but it still counts as food even though we have

had minimum enjoyment and often overeat.

Take that shower or bath at the end of each day so you don't take the whole day and all the people to bed with you. Take a moment and meditate before you go to sleep. Just get grateful for all you have even if it is just your breath. List all the people who have helped you in any way this day and bless them. Gratitude is truly a great attitude and how you go to sleep does matter. Wrapped in a great attitude will allow possibilities to come to you in your sleep.

Exercise

What is your exercise routine if any? Be truthful. Is it enough for you? Has your work or something else consumed you? Have you have backed off the exercise? Do you take breaks during the day to take a walk, run or just get away from your desk?

What exercise do I recommend you do? Something you love or be willing to do something outside your comfort zone and take up yoga or dancing or scuba. That's what I recommend. I started rollerblading hills at 57 yrs. old and it really clears my head. I also love the speed of that glorious down hill rush and the intensity of the uphill climb. I am going to give you some tips that you can do all day long. These are not to take the place of your regular exercise routine they are thing to do in the moment to regroup, release, revitalize yourself all day long.

Arm Lifts - Reach up for relief from eyes to base of spine

Sitting up straight, lift both arms overhead and interlock thumbs. From there you can do several exercises: Twisting the torso, inhale left and exhale right. Repeat motion rhythmically. Shoulder shrugs; inhale lifting the shoulders up toward the ears, exhale letting the shoulders down. Repeat shrugs rhythmically.

1 -3 minutes

Gift

Stretches and opens the spine. Relieves eye stress and strain. Stimulates lymph glands. Helps clear the mind

Eye Exercises:

inhale deeply and rotate the eyes in a counter clockwise motion as long as you can hold the breath. Exhale. Next inhale, repeat the exercise switching the directions. Exhale. Then inhale again moving the eyes diagonally, upper left to lower right. Exhale. Inhale and switch. Lastly, move the eyes up and down while holding the breath.

Time: 30-45 seconds each direction for eye exercise.

Gift

Stretches and opens the spine. Relieves eye stress and strain. Stimulates lymph glands. Helps clear the mind.

I'm going to give you another one, which is a breath and can be done anywhere, well almost anywhere.

Breath of Fire

Instant energy booster

Breath of fire is a continuous, rapid, diaphragmatic breath done through the nose or mouth. Both inhale and exhale are equal and even. Think of butterfly wings allowing the diaphragm to move easily and rhythmically.

For added benefits, pump with the abdomen: pull the navel inward as you exhale, release on the inhale.

Time: 1-2 minutes

Gift

Increases the metabolism; excellent rejuvenating and energizing exercise

Last one that you can do at your desk and it will give you energy without leaving your office, home, or place of work.

Desk Bowing - Self reverence for a clear mind

Place fingertips on the edge of desk or table with the arms extended.

Begin repetitive bowing. Quickly move head and torso up and down by bending the elbows. Inhale up, exhale down.

For added benefits, close the eyes and focus in the middle of brows. Be aware to not bang the head (padding the edge with a garment is recommended).

Time: 1 minute

Gift

Stimulates lymph glands. Enhances spinal fluid flow. Instant mind clearing.

Meditation/Prayer

This is the place where you get to do something truly great. Promise to spend some quite time each day with and by yourself. Sit and pray. Sit and meditate. Take a silent walk and open yourself up with matching your breath with your steps. Take a walk in the woods or beach and smile and breath.

I'm big into mantra. We all have them but the word mantra is a weird word. What is a mantra? Something you say over and over again to yourself. They can either be a chosen mantra or one that is just a habit. How do your mantras serve you? Do you know what your mantras are? What do you say over and over again? Do you say that you don't know? Do you speak to your self about how great you are or how dumb? I want to suggest a mantra that will uplift you and are very short. Sat Nam means truth is your identity. You can match it to the cadence of your gate while walking or just whisper it to yourself all day long.

This **meditation** is very easy:

Wahe Guru: meaning of these words is The ultimate WOW!!!

Roll your tongue and inhale through a rolled tongue. Exhale Wahe Guru
WHA HAY GOOO RUUU. If you want energy do it loudly using your entire breath if you want to release and relax whisper it.

Do this for at least 3 minutes up to 11 minutes or infinity. Which ever comes first.

Gift: Gives you back to the best part of you.

Prayer is you talking with the infinite. Meditation is you listening to what the Infinite is saying to you.

What is your pledge to using these four tenants or pillars to support your life?

Truly I want to hear from you. Support and accountability is truly important in this time.

Anxiety or Upliftment which are you choosing?

Anxiety robs us blind. It steals the essence of us which is even beyond happiness it is contentment. We actually have a birthright and it is not the A word or the F word but the H word, happiness. How many truly happy people do you know? What makes them happy?

Have you studied what they do and why they do what they do? I have?

These days' anxiety and depression are acceptable twin fates. They are flip sides of each other. What do we do with these creepy friends we have brought home? Release them get new friends. Anxiety is self-absorbed. To uplift yourself and uplift others requires energy. I want you to have lots of energy.

I have an experience that what you go towards is what is attracted to you. You don't really have to worry about what you need to loose because as you make different choices the aspects that you empower are what awaken and the neglected ones leave. True in relationships, true in our relationships with plants, animals and yes just about everything. So if you choose what you want you will find many things coming in and many leaving. Choosing something new does require energy. Everything requires energy.

I have spent the last 40 years living very differently than most and I want to share some things I have learned in this life study. Practice does indeed make habits. If yours are not serving you well it's time to get some new ones. There is no new habits stores so you will have to develop them translated "go toward them, embrace them."

Our breath and our capacity to create uplifting sounds (chants, prayers) are two of the fastest ways I know to shift your energy and align with the essence of you. Combine those with some motion and we get to take our bodies with us. Yeah! body and soul connected right. This is the Aquarian age and the body has to come too. The Aquarian age is I know, I believe not the other way around. That was the last age, the Piscean one. So knowing means you have to experience it. I want to give you an experience right now.

Try this to connect to you.

Cheer for the Self

Empower yourself; be your own cheerleader.

Standing on tiptoes, extend the arms up above the shoulders with hands and eyes wide open.

Say "SA". Next, squat down swinging the arms down and back with eyes and hands closed. Say "TA".

Then, come to standing, with eyes and hands open, swing arms to cross in front of chest. Say "NA".

Stay standing tall and swing bent arms back on your side with closed hands and eyes.

Say "MA".

Repeat the cycle.

Time: 2-3 minutes

Gift

Strengthens your magnetic field. Helps reinstates power in who you truly are. This one is great too and you can do this one in your car at your desk lots of places. Share this with everyone.

Four Part Breath: Miracle Breath

Break up with overwhelming feelings
[Blow your stress away!]

Sitting up straight, inhale through the mouth, filling your lungs in four equal parts—starting the breath as low as possible in the abdomen. Exhale through the mouth in four equal parts, from the upper chest down. If you feel relaxed you can do this exercise breathing through the nose. Repeat the cycle.

Time: 1-3 minutes

Gift

Instantly reduces stress, so you may see a situation more objectively. Helps dissolve overwhelming feelings.

Lasso Pose

The energy wrangler

Sit up straight, make fists with your thumbs tucked inside. Move arms wildly overhead in backward circles. All the while, relax shoulders and engage the core to power the arms. Breathe!

Time: 1-2 minutes

Gift

Creates greater clarity and helps being more receptive. Increases heart rate; very energizing.

Experience is the new God. God is awareness, vastness of experience and connection. If you can change your focus, your energy and awareness you become the essence of you.... God

Anxiety is all about separation because fear is about separation. Anxiety is a nice word

for fear state. Soul is about knowing the known and the unknown. It includes. Choose early choose often which one you want connection and hope or fear and aloneness. All one or alone each minute is a choice. These exercises help you in those moment-to-moment decisions. Choose your soul; choose the god in each moment. "If you can't see God in all you can't see God at all." What do you truly want to see? Clear the two eyes and look through your third eye. See the unseen and then all the anxiety will look silly to you and you can relax and be you. That is where the power to change and uplift comes from.... You being you.

Businesses have the capacity to be the shapeshifters of the future should they accept the capacity to use change to assist everyone involved. What is the main component in productivity? Energy right? Without energy there is no mental clarity to see the possibilities. Without energy there is no power to move things forward. Most of all without energy we are easily irritated, angered, upset you call it whatever name you like. Energy is the component that gives you the capacity to step back and be the visionary, be the one who sees how to connect the dots or the people most effectively. We all know about energy cheaters, most of us have used them or continues to use them the caffeine in it's many forms of full throttle or just your double espresso, sugar in all the pretty. Tasty things that take us up and then crash us down, stimulants other than caffeine, and drugs of the prescriptive and non prescriptive variety. Why do I say cheaters because they give you a false sense of you've got energy and then when they wear off it's either more of the same or you die.

What we don't speak of is the long- term effects. Not that long term really. This is not like do these things for 20-30 years and then pay the piper. It is the fact that our adrenals get so depleted and we don't really know it. I have people proudly tell me they can have a cup of coffee and go right to sleep. What they are really saying to me is "My adrenals are so shot that I can do this outrageous thing and my body doe not even register it as outrageous.

What do depleted adrenals look like? Okay take away the stimulants you do for a day and see how you feel? If the answer is tired then your adrenals need support and not the kind we have been speaking of. Sugar the other lover does two big things. It strips the myelin sheath off your nerve endings (Does that sound scary? Hope so) which leaves the nerves feeling like exposed wires, frayed and it puts on weight like crazy. Also not great for your skin.

I want to give you a couple things that can help you to reenergize right at your desk. You actually have to do them to have an experience. First one you can do right at your desk:

Desk Bowing - Clears head and activates glands

Place fingertips on desk and begin bowing the head up and down quickly by bending the

elbows. Close eyes and do not bang head.

Gift: Instant head clearing without leaving your desk.

Time: 30-90 seconds

This one says come stand up by your desk, in the bathroom, parking lot somewhere you can do this in relative peace.

Standing spine flexes –

Gets you up from your desk. Creates strength and flexibility

Standing with feet hip width apart, heels out bend knees, place hands above the knee and flex your spine. Inhaling as you arch head back and chest forward. Exhaling as you arch the spine in a concave motion.

Gift: Grounding, connects and clears both body and head.

Time: 60-180 seconds

Businesses and People Dealing With Businesses

So many heads of businesses and corporations relate to The Art of War

Interesting book of strategy but these times call for more connectivity.

I'm going to share something that is one of the oldest books on the planet, the I Ching. I want to share a couple of insights that written longer ago than we know are truly relevant today.

The two parts are Limitations and Prosperity. We now are starting to see how these two are connected. In the I Ching a change line in the hexagram will give you both at the same time, which is what happened to me.

Limitations: The establishment of regulations or organizations that limit extravagant practices is in order. Set limitations in business interests as well. Although these restrictions can be bothersome, it is a wise plan given the current economic atmosphere. Make sure your position is consolidated should difficulties come. In this way you and your associates will be protected during changes in the economic climate. However, do not carry the limitations too far, or you may create unhappy relations. Put limits upon your Limitations as well.

Does this sound like pertinent information for us today? Maybe slightly after the fact yet paying attention to climates is important. As a head of any company or corporation knows you must create time for visioning or you always find yourself at the mercy of the

times, not ahead of the curve.

This next section is the promise of productive leadership.

Prospering: When Spring comes to any situation, the superior human uses their awareness of this cosmic signal to cultivate the fertile ground presented. They separate, regulate, control and limit the rich beginnings so as to shape the future and organize their life. It is possible now for strong and good ideas to advance while reforming the inferior and degenerating elements of the past.

New systems must and will be formed will you be part of that formation?
I know I will be that is what The Energy Gurus is all about. Giving you back the energy that is lost in so many ways in your business and organization.

This is a small part of jump starting your energy. Do it, regain your vision.

The Time to Make A Commitment to Yourself

This is the place where you get to make the commitment to yourself and your energy. Are you willing to change your habits so you feel more supported? If so proceed forth and answer these questions.

Here are some questions that I hope will help you figure out your energy patterns. Be as truthful as possible the answers will help you and possible your people.

1. What do you reach for when you are out of energy? Be Truthful.!!

2. How much energy in percentages do you have invested in other ventures or situations? Write it down.
i.e.: family, health, worries, being found out (Ha) etc

3. Do you notice fluctuations in your energy levels during the day?

4. Is there a pattern of when you have your energy dips?

5. How is your energy after meals? Lunch in particular?

6. What are your current support tools to get your energy level up again?

7. Are you aware of people who require a lot of energy to be around?

8. How do you deal with them?

9. Try to avoid them or get them out of your office as quickly as possible? Let them drain you? Cut them off at the pass? Something else?

10. What situations in your business in particular take the most energy?

11. What situations in your daily life gives you energy?

12 are you willing to cash in old habits for new ones? If yes, state the ones you will cash in and what exercises or new habits you will trade up to.

Answer these truthfully and you will start creating the habits you want to sustain you, your energy and those around you. You will become successful. Truly successful.

20. What would you like to see happen for your energy levels? More consistent? More energy endurance? Able to summon renewed energy when called upon?
21. What currently gives you clarity?
22. How do you see health and energy connected?
23. What happens to your perspective when your energy is depleted? **Energy Guru Tips For People in Life and Business by Gurutej 32** www.gurutej.com and www.theenergygurus.com

24. Do you know how to get everyone to a one-mind place before meetings so you can cut down on the time and maximize the connection?
25. Is your ability to connect and your energy level in direct correlation with each other?
26. What is enough sleep for you?
27. Do you get good sleep most nites? With assistance? Without assistance? **Energy Guru Tips For People in Life and Business by Gurutej 33** www.gurutej.com and www.theenergygurus.com

Support Tools From Gurutej

I have some wonderfully uplifting products that will give love, hope and support for these days that seem to be offering very little of any of those attributes.

Gifts: Those wonderful things that allow us to know someone else is not only thinking kindly of us but also going the extra steps. The step of seeing what they think would make your life brighter and then putting some of their energy (we call money) down to send it your way.

Check out my Chakra Pillows: They are a wonderful combination of color and aromatherapy. They are designed to strengthen and balance your energy. Who does not need that now? They have luscious removable silk covers and each one has a different combination of herbs or spices to help balance that particular area of your being. There is a little questioner on the card that helps you determine which one is perfect for you or the person you are gifting. All recyclable materials in the pillow and packaging. **Energy Guru Tips For People in Life and Business by Gurutej 34** www.gurutej.com and www.theenergygurus.com

Yoga DVD's that will see you through these times: Do you know anyone who needs more Mental Clarity? Or a healthier Immune System? Then I have the gift for you. Balanced Chakras to go along with the pillows and help everyone on your list have a more balanced uplifted life. The last but not least is Awakening the Intuition for Women. We all need this and the world needs our intuition. So ready set go. Give the gift that truly does keep on giving.

Energy Flip Charts: What are these? They are wonderful 5.5 x 4.5 charts that can sit on your desk, be carried around in your purse and give you things you can do in 1-3 minutes to totally release funky energy and recharge you. These are something no one can be without at this time.

Businesses are using them, individuals are using, and groups are using them.

Are you ready to use them? Really they are fun, wild, and best they work.

They give you great energy in the moment.

Check them all out for more information.

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