



Clapping

Feeling sluggish? Holding tension in your head, neck or shoulders? Would you like to “clear the air” around you?

Clapping is one of the simplest ways to **increase your energy**. Your hands are like built-in clashing cymbals with the power to generate a huge amount of sound that impacts your surroundings and creates a dynamic change around your body. This sound ripples out in wavelengths and can break up stagnant energy even in a room, getting rid of that stale, sometimes funky, vibe.

When you clap your hands, it **invigorates pressure points** on your hands that correspond with organs and systems in the rest of your body, according to the theory of Chinese medicine. It moves your Chi (Chinese for “energy”) and clears any blockages in these areas. That’s why you can use it for a range of symptoms that have you down in the energy dumps.

Also, because both your hands are sub-energy centers of your heart, clapping **opens up your heart** to give and receive more love. No wonder clapping, or applause, is an expression of appreciation from the heart practiced around the world.

HOW TO:

- Get into a comfortable standing or sitting position.
- Close your eyes and connect to your breath.
- Begin to clap around your body - all or parts of it.
- Allow your hands to clap in whatever rhythm, speed, or intensity you are drawn to until you naturally come to a stop.
- Breathe and connect to the energy moving throughout your body.

Clapping Options:

Here’s a fun option. Grab a friend, your partner, or your kids. Take turns clapping around each other. As one stands still, eyes closed and relaxed, the other claps around their body as noted above. Afterwards, share what you noticed and experienced.

Want to wake your team up at a meeting...and probably cause a few laughs? Pair off and take turns clapping around each other for at least a minute each. Notice the surge of energy and connection afterwards.