

I Feel My Energy Body



By Ronda Myer

Illustrated by Devyn Lambert

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Forward

Many students over the years have discovered with delight how enthusiastically children embrace Chakra Energetics™, an exercise from my healing program. I was so excited when Ronda decided to write this book! It was a natural fit, as she spends a lot of time with her grandchildren and is such a caring person. She used every tool she had to create a happy, healthy environment for them.

Although I love Ronda, I was pleasantly surprised at how well the book is written and perfect the illustrations are. We consulted along the way about some of the nuances, and I even stole a few of her names for the different sounds and movements (“Hula Hoop” is brilliant). I am always happy when, through my work and that of my students, we bring more energy awareness into the world. And you never even have to mention the chakra word to reap the results!

As Ronda mentions, this exercise changed her as much as the children. Our ability to be patient, to see through the noise and our reactions, and ask ourselves what the deeper issue is, changes the whole situation. This is true for our interactions with other adults as well... and it has the cumulative effect of feeling more compassionate, while gaining a steadiness in our emotional responses. And we don’t often realize what a huge influence our presence can bring into a situation, much less our response. We are all responding to energy all the time in our relationships, although it’s mostly unconscious.

By bringing some of these tools for self-regulation, a way to express their true feelings and then shift out of a negative mindset, Ronda has given a great gift to the next generation. And along the way we adults can also enjoy and appreciate each other in a profoundly loving way.

Bear McKay
Founder and Director
The McKay Method® School of Energy Healing

Note to grownups:

This is not just another cute book for kids! It's a book to introduce exercises that energize and balance the chakra system. How cool is that? Emotions can affect the energy flow in our bodies. Doing these simple exercises gently releases and re-establishes energy flow to the chakra system. Chakra Energetics™ is a simple way for adults and children to create connection and restore peace and happiness in their hearts and home.

Read this book with your children and use it as a tool to open communication about thoughts, emotions, and feelings. Encourage your child to express what emotions they have felt during the day,

and what caused the emotions. Help them recognize how their body feels when they have these emotions.

Be aware of what emotions you are feeling and where those emotions live in your body. Notice how your body feels before and after doing the exercises with your child.

Customize this book to your child, I'm a Nana so I wrote it as if I am talking to my grandchildren. You can change the word Nana to whomever your children want to listen to: Mom, Dad, Grandma, Grandpa, Aunt, Uncle, or other beloved adult.

Written with much love for all children, especially Titan, Ryder, Mack, Piper, Wyatt, Kashlee, and the inner child in every grown up. ☺



Sometimes I feel angry,
I want to scream and shout!
I don't listen to my parents,
I want to hide and pout.

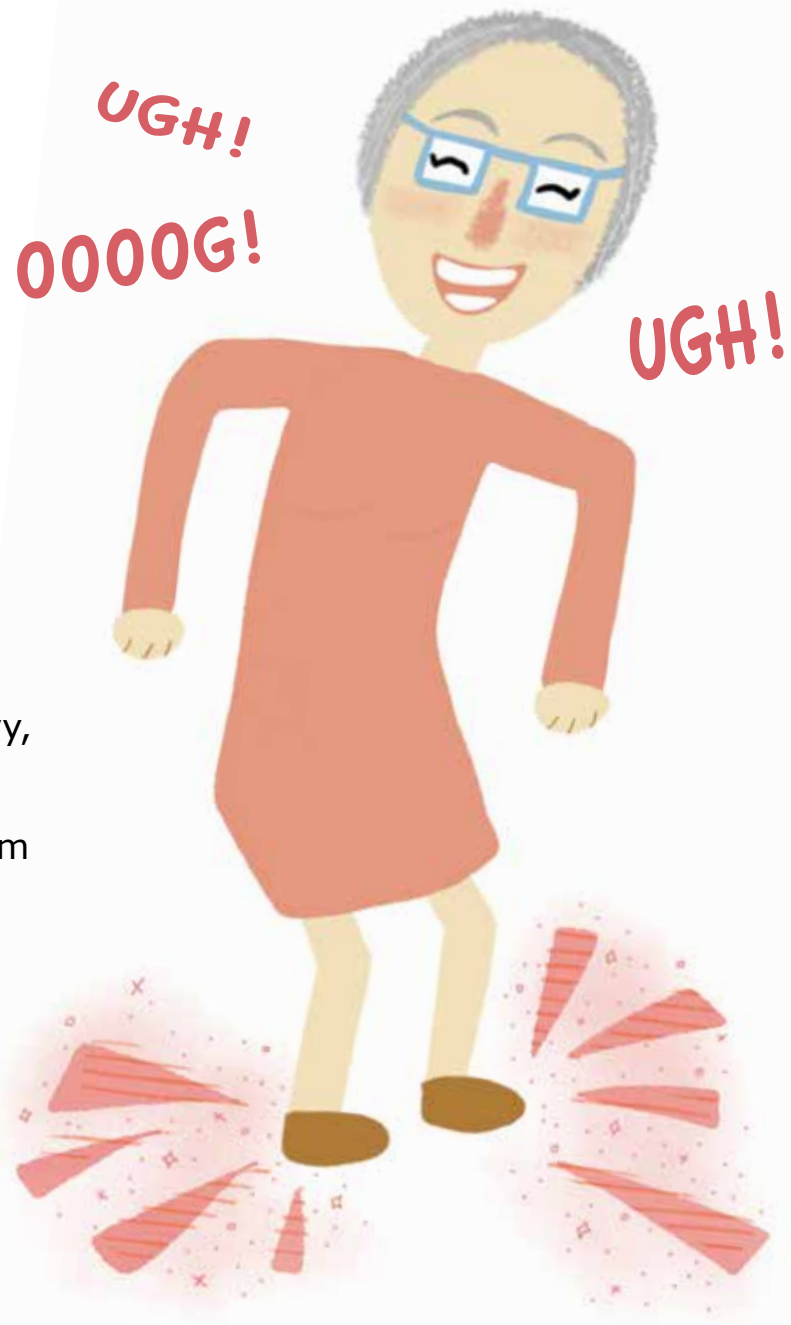
Sometimes I feel afraid,
I don't know where I belong.
I don't like feeling scared,
I want to be strong!



Then Nana asks me,
"Do you want to feel this way?"

*Or would you rather
feel happy
and move around
and play?"*

Then we talk about the problem
and we shake it off this way...



We let our arms and legs get heavy,
being pulled down to the ground.

We stomp our feet around the room
and make a BIG gorilla sound!

We move around the room being loud as we can be.
Pretending to be gorillas, we set our fear and anger free!

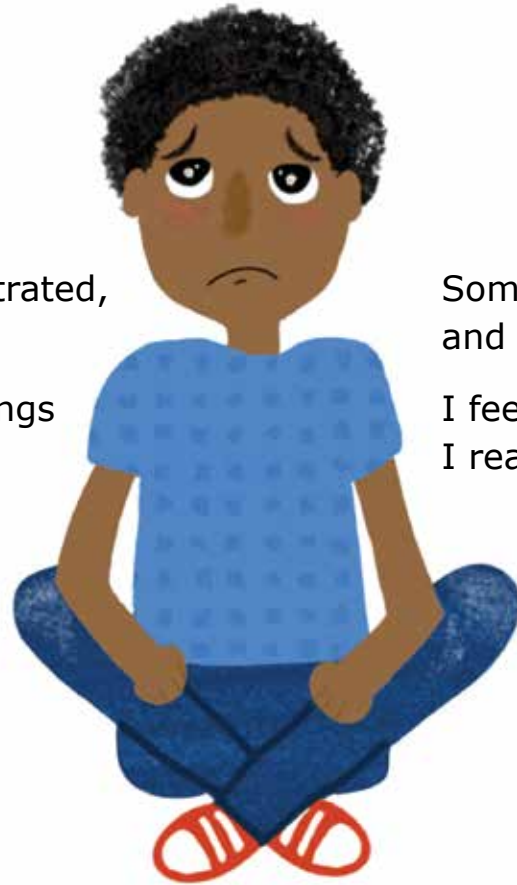


When we're done my angry thoughts
are stomped into the ground,

I felt my fear and anger
and gave them a BIG sound.

I am learning that my anger
is just one way I react,
when fear wells up inside me
and I feel attacked.

Sometimes I feel frustrated,
everything's my fault.
I try so hard to do things
just like an adult.



Sometimes I'm so emotional,
and I just don't know why.
I feel very tired and
I really want to cry.



Then Nana asks me,
"Do you want to feel this way?"

*Or would you rather
feel brave
and be creative
today?"*

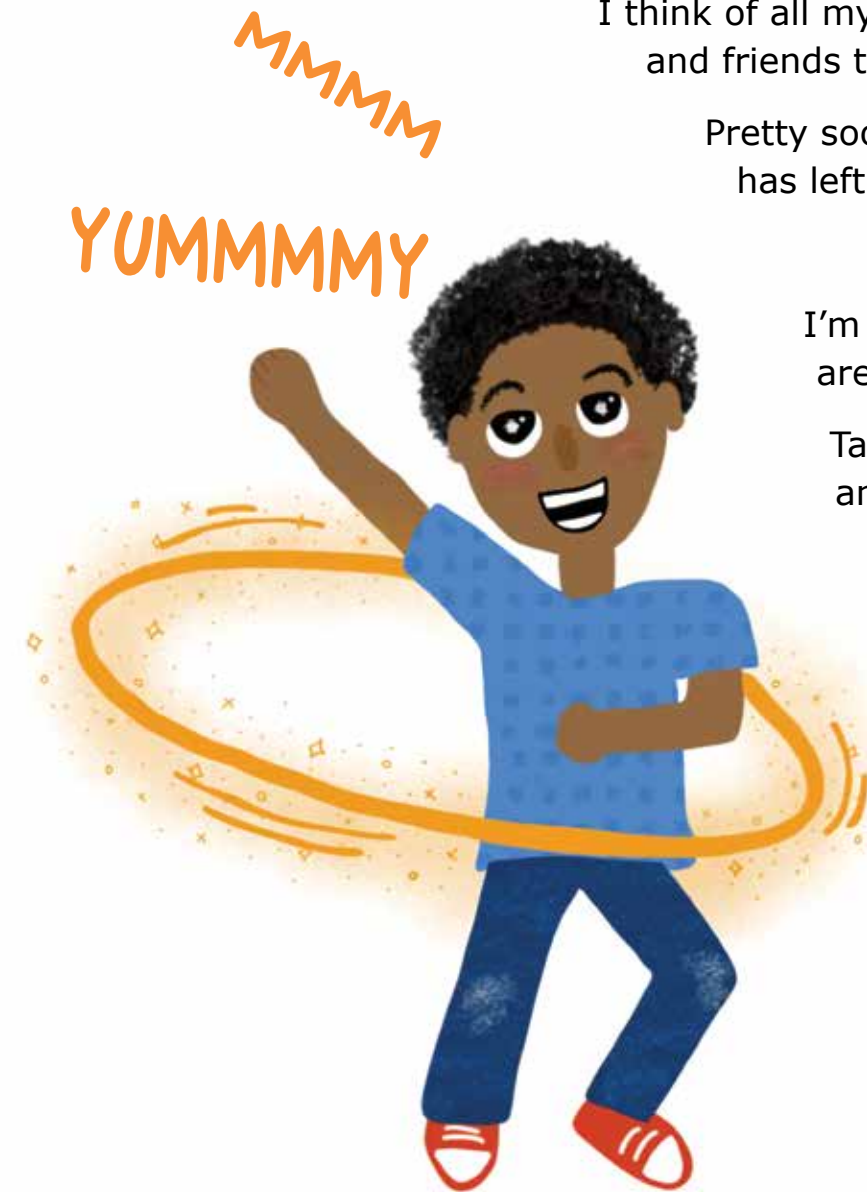
Then we talk about the problem
and we shake it off this way...

We gently pat our bellies and
make a yummy sound.

We move our hips in circles
around and around.

With a pretend hula hoop
to the left and the right.

We keep moving in circles
'til I'm filled with delight.



I think of all my family
and friends that love me so.

Pretty soon my bad day
has left me on the go!

I'm learning that emotions
are okay to feel.

Talking about them is easy
and not a big deal.

Sometimes I feel worthless
and out of control.

I'm never good enough,
I failed at my goal.

I don't know who I am
or what I want to be.

I feel embarrassed,
I'm afraid to be me.



Then Nana asks me,
"Do you want to feel this way?"

*Or would you rather
remember who you are
and feel powerful today?"*

Then we talk about the problem
and we shake it off this way...

We raise our fists above our head
while standing on the ground.

Then bang them on our chest
and jump up and down.

When we jump we shout out "I"
louder, stronger, higher, "I" "I" "I"

I feel my power coming back,
I think that I could fly!



From deep inside my belly,
I feel like ME again!

I know that I'm important
and I can't always win.

I'm learning to have confidence
in what I say and do.

Accept myself for who I am
and have compassion too.



Sometimes I feel rejected
I think I've made a mistake.

My heart hurts so much,
I feel like it could break.

I feel jealous of my friends
and they don't want to share.

I don't know who to trust,
my life seems so unfair.



Then Nana asks me,
"Do you want to feel this way?"

*Or would you rather be forgiving
and feel loved today?"*

Then we talk
about the problem
and we shake it
off this way...

We put our arms out in front of us
then back to our chest.

Like rowing a boat,
we grab the oars
and we say, "AH, YES!"



When we're done I'm grateful,
I feel love in my heart.

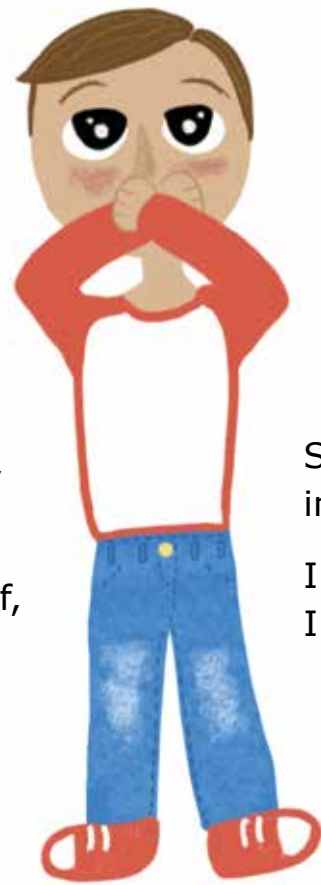
I can trust and feel happy,
I can have a new start!

I'm learning love is something
that will never run out.

The more I give, the more I get
that's what life is all about.

Sometimes I feel afraid to say exactly what I think.

I don't want to be made fun of, I wish that I could shrink.



Sometimes I say a lie instead of telling the truth.

I won't believe what you say, I want to see the proof.



Then Nana asks me,
"Do you want to feel this way?"

*Or would you rather
feel relaxed
and express yourself
today?"*

Then we talk about the problem
and we shake it off this way...



We pretend to have a lion face
and make a quiet roar.

When our face is stretched out
we are ready to do more.

We make a circle with our mouth
and make an "O" sound.

We move our head to see the sky
and then to see the ground.



When we're all done
I'm ready to talk and sing.

I can use my voice loud and clear
instead of whispering.

I'm learning to be honest
and say what is true.

To have good communication,
I get to be a listener, too.

Sometimes I feel anxious
and all stressed out.

My mind is going crazy
my thoughts are full of doubt.



Sometimes I feel confused
I don't always know what's real.

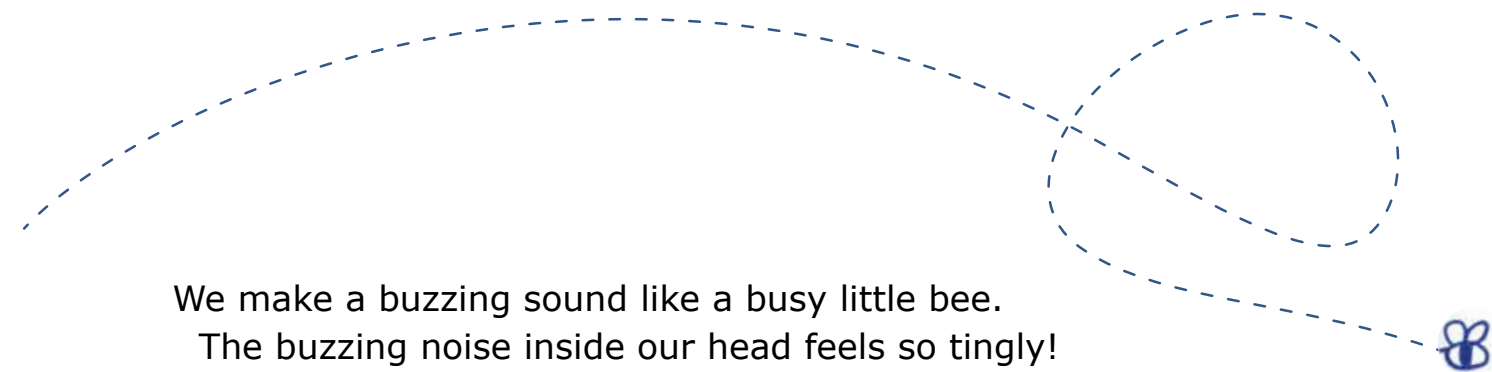
There's so much I want to do
my body won't hold still.



Then Nana asks me,
"Do you want to feel this way?"

*Or would you rather
feel calm
and quietly play?"*

Then we talk about the problem
and we shake it off this way...



We make a buzzing sound like a busy little bee.
The buzzing noise inside our head feels so tingly!

While we feel the buzzing, we stand still in one place.
We put our hands together, and rest them on our face.

Then we take a deep breath and listen quietly.
I remember all my answers are inside of me.

When we're done my body has quit acting like a clown.
My thoughts come into focus. My mind can slow down.

I'm learning to understand what things are really true.
And even though I'm young, there's lots of good I can do!



Sometimes I feel sad, and all alone.
I don't always know which way to go.

My body feels so heavy,
I can't move with the flow.

My thoughts are so full of questions,
I don't ask them, because I feel shy.

Like, where do people come from?
And what happens when they die?



Then Nana asks me,
"Do you want to feel this way?"

*Or would you rather
feel peaceful
and comforted
today?"*

Then we talk about the problem
and we shake it off this way...

We reach our hands up to the stars
stretching high as we can go.

Then reach our hands down to
the ground touching our big toe.

We're a shooting star from heaven
landing softly on the ground.

And as we land we make
a nice, calm, soothing sound.



When we're done my heart feels light and free,
I know my life has value and I can just BE.

I'm learning I'm connected to the Heaven that's above,
I remember I'm an angel who is full of LOVE!





Hula Hoop



Row Your Boat



Power Up



Gorilla Stomp



Lion Face



Buzzing Bee



Shooting Star

The world would be a better place if everybody knew,
we are all connected, you to me, me to you.
When you have a bad day, don't keep it inside,
feel your energy, shake it off, let love be your guide!



About me:

My Name is Ronda. I am Nana to three fun-loving boys and one little princess. I live with Papa in a small Utah town, I love children and my grandchildren are keeping me young. I have my own business called The Balanced Soul, where I do massage therapy, foot zone therapy and energy healing. I enjoy crocheting, being outdoors, and ice cream is my favorite food!



When I learned Chakra Energetics™ at The McKay Method® School of Energy Healing, a light bulb went off! I saw how much children would enjoy doing this, and without knowing anything about chakras they could easily energize and balance them with this fun activity.

I came home and started doing Chakra Energetics™ with my grandchildren and something funny happened. The energy in the house changed! The crying, whining, and fighting stopped.



Not forever and sometimes only long enough for me to catch my breath and not pull my hair out. However, it was long enough for me to notice Chakra Energetics™ made a difference. It didn't always change the kids like I thought it would, but it changed me. I could be more patient. I could listen to their crying or whining and instead of being triggered by it, I could think about what was going on in a different way.

If you're a grownup who is trying their best to keep it all together and feel like you're coming up short, hang in there! I promise you're doing better than you think.

To share your experience doing the exercises in the book, or learn more about energy awareness sessions with children contact me at ifeelmyenergybody@gmail.com

If you would like more information about energy awareness and healing, go to www.themckaymethod.com and download a free copy of Bear's book, "Your Energy Signature". You can also access a free video of Chakra Energetics™ (the adult version). Contact us at info@themckaymethod.com with any questions about other ways to increase your energy awareness and healing potential.



A special thanks to:

Bear McKay for creating Chakra Energetics™

Devyn Lambert for her intuitive illustrations.

Julie Bales for putting all the pieces together.

Steve and my family for all their support and encouragement.

My children, Kearsta and Mark, they are the reason I was inspired to write this book. I wanted them to have a tool to use with their children that I didn't have.

YOU for purchasing and reading this book, and for doing these exercises with the children in your life.

A fun activity book to read with your children. Connecting with an emotion, then doing these simple sounds and movements, will leave everyone feeling calm and energized!

