

# 16 Lazy Eights

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*If you lose focus and concentration*

*If you're tired*

*Whenever you're low on energy*

A horizontal figure of eight is an ancient symbol of timelessness and eternity. Making this shape with your arms, following it with your eyes, actually connects you to that timeless energy. It helps the energy in your body to cross over from left to right and right to left, to balance and harmonise you and restore your focus and concentration.



When you can remember to do this exercise, you'll feel refreshed, and at peace as this boundless energy fills your body and feeds your soul. It also opens you up to creativity and insights. This is very powerful. Turn to it as often as you like.

1. Stand up and trace a sideways figure of eight in the air with your right hand, running your arm upwards through the mid-point of the eight. This direction lifts your energy. Sweep your arm out wide to the right and wide to the left. Follow it with your eyes and whole of your body. See the diagram above.
2. Repeat at least a dozen times.
3. Use your left hand to trace the same sideways figure of eight in the air, again sweeping your arm up through the centre of the eight, and as far to the left and right as possible.
4. Finish by using both hands to sweep the figure of eight. Repeat at least 12 times.
5. You can also walk the pattern of a figure of eight along the carpet several times which will restore harmony and peace to your body and mind and open you up to greater awareness and creativity. Try it and see.
6. If you are at work and unable to do this physically, use a pencil and paper and trace out the figure of eight on it, first with your right hand, then your left, and then both, following the movement with your eyes. This is not quite as effective, but it still works.