



Energy for Success

Energize Your Morning with Dr. B's Morning Routine

Start Your Day with Positive Energy and a Growth Mindset

EnergyforSuccess.com



Energize Your Morning

Start Your Day with Positive Energy and a Growth Mindset

Access the ancient energy discipline of Source Energy to cultivate positivity, flexibility, and success in your daily life with this easy morning routine.

Start your day with a powerful morning routine that will set you up for success! In this routine, you'll access the Source Energy, a pulsating force that connects everything and everyone, to cultivate a positive attitude and focus on personal growth.

The routine includes deep breathing, Rapid Transformational Vibration Technique, positive affirmations, stretching, and goal setting. These physical exercises will energize your body, improve flexibility, and help access your Source Energy.

In addition, you'll practice gratitude to improve your mood and overall well-being. Remember to listen to your body and modify the routine as needed to ensure that you are always comfortable and safe.

By accessing the Source Energy, you'll interface with it, and everything will feel lighter. Your body will move as if it's guided by some other force, giving you a constant boost.

This routine is based on a 5000-year-old energy discipline originating in China and is the source of all energy practices today, such as reiki, chi gong, tai chi, and more.

Are you ready to start your day in The Energy and access Source Energy for success? Try this morning routine today!

My morning routine includes a combination of deep breathing, Rapid Transformational Vibration Technique, positive affirmations, stretching, and goal setting. The purpose of the routine is to start your day in The Energy, with a positive attitude and focus on personal growth.

The routine includes several physical exercises that can help access your *Source Energy* (more about this below), energize your body, and improve flexibility.

It also includes the practice of gratitude, which can help to improve your mood and overall well-being.

It's important to listen to your body and modify the routines as needed to ensure that you are always comfortable and safe (or as always Consult your health, healthcare, professional).

Additionally, it's important to listen to your body and modify the routine as needed to ensure it's comfortable and safe for you to perform.

- ✓ When you wake up, immediately take 10 slowest deep breaths. Even if your life is challenging and difficult right now, aim to keep your mind clear. There will be plenty of time to take on these issues later. For now, don't think about anything.

If your mind drifts, acknowledge the drifting and reset your mind. Say the words: "I forgive you" and allow your mind to clear as energy comes in.

- ✓ Close your eyes and listen to a Rapid Transformational Visualization Technique (RTVT) on airplane mode to avoid interruptions.

- ✓ Sit on the edge of your bed and look out the window (if there's a window nearby). Wake yourself to the peaceful recognition that at this moment the day is opening for you to do whatever you want to do (including changing your plans).

- ✓ Next, say, "Thank you Thank you Thank you!" to the Universal Force (whatever you believe in) that supports everything while you were asleep and from Now on regardless how things might change. Put down 6 thoughts of thank you:
 - Thank you _____.
 - Thank you _____.
 - Thank you _____.
 - Thank you _____.
 - Thank you _____.
 - Thank you _____.

- ✓ Smile. Then put your hands together and say three times, "Today, I will smile and people who like me will smile with me. But if I frown, I'll be frowning alone and never find those wonderful people."

✓ Stand up and put your two hands together (palm to palm, prayer position) behind your lower back. Pull your hands up between your shoulder blades as high as you can. Relax your neck and see if you can get your palms closer together and higher up on your back. It's not a competition, do the best you can.

✓ March in place. Alternate your left foot and right foot for 9 times on each foot for. That's a total of 18 steps.

Swing your wrists loosely and slap the top of your thigh as it comes up, going higher each time.

✓ Make a telescope with your hand and look through it. Scan the window, then the room. Next, open your hand quickly and look around the room. Say, "Today, I enjoy experiencing everything, everywhere around me!"

✓ Lie down flat on a yoga mat. With your arms to your sides, slide your elbows, wrists, and back of your hands up over your head. Slowly slide them back down to your sides nine times holding your core throughout.

✓ Lie down on your back and put your feet up against the wall. Slide one foot up and then the other foot. Alternate each leg and do each side 9 times.

✓ Sit on your knees on the ground and let all your weight drop down. Then put one hand in front of you on the ground

straight arm pushing against the ground supporting you and the other hand behind your head. Bend forward and slowly rotate your core 9 times while smiling. While doing this, say, "I'm flexible today in every position."

- ✓ Write down your daily goals. Make sure you have at least 20 minutes during the mid-morning and or the midafternoon to watch a video that's the second element.
- ✓ Set yourself up for success. Select a course or book you would enjoy listening to today while working, cooking, cleaning, running errands, etc. This will be your companion.
- ✓ Finally, drink 32 ounces of water with electrolytes to rehydrate.
- ✓ Start your day!

Origins of Source Energy

Based on a 5000-year-old energy discipline originating in China, these Energy Principles were developed and used to protect the Chinese royal family.

Over time, this energy discipline gave rise to all energy disciplines you see today like reiki, chi gong, tai chi, etc. That's why it's called "**Source Energy.**" It's the energy that's the source of all energy practices.

Here's How It Works

Source Energy is a force -- a pulsation, resonance, or vibration between everyone and everything. It is the Energy of the universe. Source Energy connects you to life force. Source Energy is active, works for you when you focus it on the areas of life in which you are most interested.

There are 3-steps to use Source Energy to cultivate even more success in life:

Access It: Once you enroll in an Energy for Success Program, actively engage with the materials by listening to the audios, watching the videos, and by doing the physical & mental exercises and guided visualizations.

Begin to focus daily on receiving the Source Energy. There is no effort nor struggle to get it. You learn that you don't produce the Energy, you connect with it. Once you're able to Access it, your next step is...

Interface With It: As you regularly access the Source Energy, you may notice everything feels lighter. Your body might begin to move as if it was guided by some other force -- like you're receiving a constant boost.

Imagine your body feeling healthier, looser, warmer, and smoother, without you having to direct or force it, as life comes to you with ease, grace, focus, and clarity.

Evolve With It: The best way to use Source Energy is to enjoy it. Just like you may enjoy your car without knowing what its parts are and how it works.

Enjoy it like you may enjoy electricity. You might not know how it is generated or how it works, however you enjoy the lights coming on when you flip the switch.

You can best enjoy the Energy by moving towards it and being active with it. You have a choice at every moment to evolve and expand with it.

By doing the physical & mental exercises, guided visualizations and focusing the Source Energy on your short- and long-term goals, YOU can produce extraordinary victories in each of your *Great 8*.

Introducing: Your Great 8

Energy for Success is the energy practice that lets you obtain long lasting results in all of the Great 8 areas of life:

Relationships: Relationships improve daily with self and other people at work, at home. They improve wherever you are spending your time. Relationships become remarkably rewarding for you and other people. Have more fun and enjoyment.

Expanding Finances: Consciously focus Source Energy towards every aspect of financial security and wealth. Use Source Energy in structuring your goals so that you become sharper every day and more effective at having success in your goal of financial abundance.

Accessing Equanimity: Find the joy in overcoming the upset and meet daily challenges.

You can have the answers as you grow in the moment. Stop the rough matrix road and shift your focus to winning.

Re-adjust from upset to fascination and exhilaration as you follow the path towards success.

Creativity: Find unique winning solutions in every one of your endeavors. Be creative to address the surprises.

Be fortified to be in concert and merge with nature, your environment, and the universe.

Health, Vitality, Strength: Improve your ability to access the Source Energy to WIN!

Amp yourself with practices to increase your ability to surf the waves and experience the vibrations of success.

Get stronger, look & feel younger, and have your body's metabolism support you.

Intelligence: Use Source Energy to have access to excelling in your intelligence, in your perceptivity and in improving your talents daily.

You get smarter and more creative in noticing the exciting opportunities. You get to discover the answers newly and joyfully.

Serendipity on Command: Allow things to come to you in remarkable ways.

Improve your Energy practices daily, watch what fuels your daily goals, and have them come to fruition in many surprising and unexpectedly positive ways.

Get in The Zone: Increase your efficiency and effectiveness daily in reaching your goals. Make one of your daily goals to experience yourself being in the Source Energy zone.

Increase the flow of Energy in whatever you are doing. Mobilize the sensors in your body to be in a creative flow state in handling your ideas. Handle the now with excitement.

Here's what to do next.

You're here now, you're reading this, and you know learning how to access, interface with, and evolve with your Source Energy can help you expand in every area of life.

If you'd like to dip your toe in and get started at your own pace, ***Dragon Energy*** is the world's best-kept Source Energy secret. [Click here for details >>](#)

If you'd like to go deeper, faster –***Life Mastery*** is a comprehensive and accelerated Source Energy experience. [Click here for details >>](#)