"The Thoughts we choose to think are the tools we use to paint the canvas of our lives" - Louise Hays

Energy and Vitality is a place in our lives where we choose to be what we want to be. Our body, mind and spirit are a result of the thoughts, actions and goals that we set for ourselves and the tools we embrace to help us achieve our dreams.

The start of our day can begin with a negative thought, ("Oh, another cloudy day, I feel like I have been hit by a truck this morning"), a groan to get out of bed, an alarm clock that strikes a chord with our inner spirit, and food that does not nourish us, but sustains us to the next fix, or... Our day can begin with an affirmation of success, an energizing Cook's Hookup to bring the energies on board, two glasses of water to prepare the body for success, some Meditation, Yoga or Tai Chi to coordinate brain and body, and a nourishing breakfast to support the body for the needs of our day. We have a choice, we decide the pattern and the motivation.

Proper hydration is a simple, but often ignored part of our daily routine. Good, clean water drunk throughout the day to keep the synapses firing strongly in the body, allow for messages to get from brain to body, and to allow the organs and energy systems to function properly. Two glasses in the morning before doing anything else allows the energy systems and organs to prepare for the day and begins the process of setting up the digestive juices for breakfast. Water consumed 30 minutes before meals keeps this digestive bliss happening all day. As well, a glass of water before bed allows the body the opportunity to function in a restorative way while we sleep.

Breathing is also key to our success with energy and vitality. We need deep breathing from the belly to nourish our cells, calm our mind, and allow us the opportunity to focus. After 15 minutes of deep breathing our body begins to repair at a cellular level. To begin the day with Meditation, Yoga or Tai Chi starts this process of support for the body, and allows the day to unfold in a thoughtful way.

Cook's Hookups is one of my favorite ways to begin the day. Lying in bed and staring out my window at the fields and mountains, as well as the cloud formations and sky allows me to find peace. I cross my hands and feet and determine what kind of a day I would like to have. I use affirmations, clear thinking, goal setting and thoughts of organizational detail to begin this process. Then, I uncross my hands and feet, place my finger tips together in front of my navel, and I give quality to my thoughts for the day. These thoughts might include: I am calm and focused for my meetings today, or I am open to new ideas and relationships, or I feel strong and vibrant throughout my day today. Once I have completed this little bit of time with myself, then I get up from my bed.

Candace Pert researched our nerve cells to see how our thoughts would affect our health. Her team of researchers discovered that nerve cells secrete neuropeptides in order to communicate with other cells in the body. Neuropeptides are released when we have certain thoughts, and this in turn affects our immune system as monocytes also release these neuropeptides. This means that how we think and act, as well as dream, will affect the way our whole body reacts, not just our brain. The heart, lungs, kidneys and liver also secrete these neuropeptides based on our feelings and thoughts. Consequently, if we want to do something new, we have to choose it for our body to be able to react differently.

As Dr. Seuss says: "Oh the things we can think!" We can begin with the thoughts of success for us, with the care of our body, mind and soul at the forefront of our actions, and with the deliberate process of creating an energetic and abundant day for ourselves.