

Manuella Bénédicte ANGOT  
Artist  
Practitioner and teacher in :  
Osteopathy, Energy Medicine  
Energy Psychology , Dance therapy  
Writer

**From Death to Life :**  
**Dance to survive, Dance with your energies to Live, Dance**  
**with your Life to blossom.**

I am happy here to give you a transcript of my lecture and hope you'll get a feeling of what has been experienced in the alived improvised lecture in Saint Petersburg.

**Dance to survive**

May be you've seen the movie Billy Elliot ( Lee Hall, Stephen Daldry) or heard about some dancers who went to dance as a way to survive to a dysfunctional surroundings like Matthieu Brunel ( family, society) or as a way to help others to get out of discrimination like Israel Galvan... Or may be you have also experienced that dancing helped you to go through a difficult time...

This also has been my story and to make it short, here it is :

I always wanted to dance but because of some traumatic events in my early childhood I couldn't and wouldn't show my body in public so I didn't go to any dance class or physical training but found refuge in mathematics . But when nobody was at home and when I was done with my homework for school, I would close my room , put some music and would dance without any rules letting my body to express itself. This helped me to stay sane and have a rather balanced life. In fact I didn't know that I was helping my body through this organic and rythmed dance

to released out all the repressed emotions allowing consequently the energies inside me to move freely. It prevented me from being ill.

I went on with Life, had an aeronautics ingenieur diploma, raised my 4 children. You guess , I had my girls going to dance class !!! And when I saw my two girls at the dance's class spectacle, all the dreams to dance came back. So I asked the teacher to come with the children to attend the class. She agreed and even proposed me to join the grown up classical dance class. I was 45 when I went for my first dance class, so happy and I dance for 15mn in the final ballet ( Nutcracker). I learnt some others form of dances and suddenly because of an overcharged life and many stress I was expected to die as the doctor said. But I wasn't ready and didn't want to because I wanted so much to be here for my children so I thought it was better to leave my family and find a solution to be alive than to die near them.

I flew to France where I was lying in bed everyday, sad and deprived of vitality, like a robot. Once my therapist advice me a book where some energy exercises where explained. I tried them and suddenly after 8 to 10mn of practise I felt a surge of energy and joy. I get up of bed ready to live. I open the cupboard to dress ,full of happiness to start a new Day but suddenly negative thinkings went in the way ( I am alone, I have no one to love and to be loved, I have no work...) and of course consequently my energies went down and I reach for my bed.

You can here realize **how quick Energy can uplift you or put you down.** This is one of many principle in Energy.

And when you have some habits even bad habits, the body needs time and perseverance to change them. So every day I was doing the exercices making it a daily routine and little by little I built my vitality and joy back . I learnt Energy Medicine and now here I am , much more alive and vital than I was in my 40ies.I love to share and teach my knowledges, specially today with you.

But what is exactly Energy ?

Energy is your Life Force. It is situated in your Core. In some traditions they call it Qi or Chi or Prana or Holy Spirit or Dan Tien. ( the part between your pubic and your solar plexus ). Everyone has energy but generaly we don't take care of it and our life start little by little to be out of

balance. Then if you don't do anything you go into survival mode. Even if you manage to dance and go on with your life you start to work with only 50 per cent of your potentials and therefore the beginning of sport injuries, chronic fatigue, sleep problems and chronic illness, allergies, weight gains...

So let us experiment something so that you can discover how to

### Dance with your energies to heal

You can be seated or lying for the experiment.

Please, close your eyes .and open yourself to reality :

Let the sounds come to your ears,

let the temperature of the room affects you

feel the contact of the chair ( or bed or sofa...) with your body

feel your breathing, don't try to change it , let it be

So now you are more aware of your body reality so you may feel some pleasure or some tension or pain , some emotion.

Allow this to be.

Now slowly open your eyes

You may have a new perception of the environnement, notice the change in you.

Now, please contract your buttocks and release. Feel the difference

Contracts your feet and release

Contract your shoulder and release, your hands

Contract your head making faces, release

Notice the difference ( more space, larger, heat...)

A second and third principle in Energy

**When you move you move you energies and you change something in your inner chemistry. Your energy needs space to move.**

Let us go further

Rub your hands together for a few seconds, shake them

Rub them again and let hte palms facing each other and be in contact.

Slowly and gradually put your hands apart in front of each other.  
 Notice what you feel : tingling, heat.  
 Play with this. It is like a ball of heat.  
 Bring the hands close to your body, palms facing your chest for example.  
 Move them slowly so slowly that you'll be able to feel the energies inside your body moving. Play with this.  
 Normally when you move your hands along your body you'll feel something moving

A fourth principle in Energy :

**You can move yourself your energy using your own energies. So you have a power to help yourself, to educate your energies for a better health and vitality.**

So what we have done until now ? We have started a dialogue with our own energies. And therefore we are more aware of our body needs.  
 So Now you need to know what are the energy tools to fulfill those needs.  
 I will tell you a few of them and if you need more you can come to my workshop or to my classes.

What is very important is to realize that if you change your energies you can change your mood, your state of health, your thinking and even the way you age.

### Some Energy exercises

1 The Three thumps : To boost and restore energy, to increase strength and vitality, to strengthen the immune system

#### **Kidney 27** for energy

To localize these points, place your fingers on your collarbone and move them towards the center until you come to the corners of the collarbone just below the throat. Move your finger down about an inch. For many people there is an indent there. This is the location of the paired K 27. Massage deeply and if pain don't worry : it means your energies are blocked here so massaging will help you to remove stagnant and toxic energies.

Then tap ofr 15 secondes breathing in with nose and breathing out from mouth

**Thymus** for immune system

To localise it , it is on the sternum, the bone in the middle of your rib cage in front .

Massage and tap for a few seconds

**Spleen** for vitality, clearing toxins, metabolizing foods and emotions

To locate them : just under the nipples in the indent taht is one rib below the line where the brests meet the ribcage.

Second location : on the side of the ribcage at the base ot the ribs, approximatively four inches down to the armpits.

Massage and tap for a few seconds.

2 To adapt to stress : It helps you to balance your energies

When you are in stress you use the energies of other meridians and organs to find extra strenght but consequently you deprived this organs of their vitality

These to exercises will help you to relax quickly

**Round the ears** Place your fingers of one hand at the top of ears and trace the part behind the ear. For both ears

**Triple Warmer Hug**

Put the right hand on your Spleen ( left side of body under left breast).

Your lower arm form a line in the middle of torso. Put theleft hand above the right elbow. Rock yourself for a few seconds

As you have seen, energy can move quickly in the body but also with the mind.

Let us have our last exercise using the mind

3 Gratitude

Bring to mind something you may be gratefull for.

Examples :

I am grateful I can walk  
I am grateful I can see well  
I am grateful to have a house  
I am grateful I have a job  
I am happy to be alive  
I am happy to learn new informations...

Now feel. Do you feel better ?  
When you concentrate on things hta makes you happy you feel better

A fifth principle in Energy Medicine

**You can change your energy using your mind**

Doing these exercise plus some more in a daily basis , you will improve your Well Being. You can include these exercices in your days while climbing the staircases, or while being in a file or watching Tv or video... Little by little you will experience a better quality of Life and you'll be able to see your Life as a dance. Then you 'll discover the pleasure to Live in the Now, aware, in your body...

I wish you then to experiment Presence in all your dances and in Stillness so you'll meet the Light and bring it in your performances, teachings ans meetings with your full personal expression.

Thank you very much  
Spasiba bolshoya

Manuella ANGOT

[therapie.etre@gmail.com](mailto:therapie.etre@gmail.com)

0033468762317

0033670678171

[www.medecine-energetique.net](http://www.medecine-energetique.net)

Energy Medicine for children from 7 to 77 years

Energy psychology for children