

THE BODY IS ELECTRIC

HUMANHUB

SMALL SHIFTS THAT BRING MORE ENERGY
INTO EVERYDAY LIFE



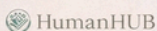
Pause for a moment

Feel the breath

Gently bring your attention back

Little by little

Energy Leakage



Energy does not leak randomly.

It leaves where the body is out of flow.



Energy leaks

- Unfinished processes
- Open connections.
- Unclear boundaries.



Balanced energy

You don't need more energy
You need to bring it back

Restless breath


Unclear boundaries

Attention drifts away

You give more energy than you receive

The body is electric

The Breath

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Breath affects the whole body.

It controls how energy moves through the system.



Shallow Breathing

When breathing is short and shallow, energy gathers in the chest

Body tenses up

Flow is restricted



Body Breathes Freely

As breathing deepens, the body opens up

Energy moves through the whole system

The breath is always with you

Calm

Quiet

It doesn't wait

It is there

You can come back

at any time

Boundaries

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Grenser handler ikke om avstand.
De handler om kontakt.



Uklare grenser

Når du mister kontakt med deg selv
blir grensene uklare
Du gir mer enn du har
Tar inn mer enn du trenger



Kroppen holder seg samlet

Når du er i kontakt med kroppen
blir grensene tydeligere
Energi får bli der den
hører hjemme

Boundaries are not something you create
They are something you feel

What do you open yourself to
What do you let pass through

You can close a little
You can choose

Attention



Your attention is energy

It follows where you place it

Small things pull you away

Small choices bring you back

You can bring yourself back

Again and again

Relationships



Relationships affect your energy

Some open you up

Some pull you away

You feel it in your body

before you think it

You can listen

and choose what feels closer

Safety



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The Body Changes When It Feels Safe

It affects the whole system.



Body in Discomfort

- When the body does not feel safe, it contracts
- Energy is held back and the system holds tension



Body Feeling Safe

- When the body feels safe, it opens up
- Energy flows freely and you gain more access to yourself

Safety calms the body

You don't have to fix everything

You can be here


When the body feels safe

energy begin to gather

You are already closer

than you think

Wholeness

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Energy follows awareness.

When you meet the body, energy integrates.



Energy flow and wholeness

A process has happened from leakage to regulation.
Energy gathers and flows freely in and around body.
Everything feels harmonious, interconnected, and

Everything is connected Body

Body
Breath
Attention


Small shifts make a difference

When you listen



it begins to come together

*Little by little
it becomes whole*

FOOD


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Food affects your energy.
What you give your body, you will notice.

 Poor nutrition	 Supportive nutrition
When the body doesn't get what it needs	When you give your body what it needs
<ul style="list-style-type: none"> It has to work harder The energy becomes heavy Flow is reduced	<ul style="list-style-type: none"> The energy changes It becomes more stable and accessible

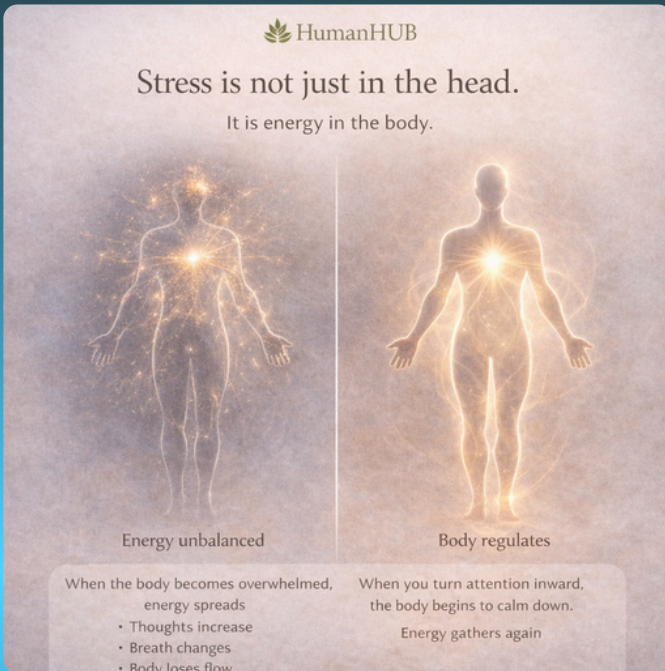
What you give your body shapes your energy

Food is not just nourishment
it is information

The body listens

You can support it
through what you choose

Nervous System



Your nervous system regulates much
more than you think

It responds before you have time to think

When it feels calm
energy begins to flow more easily

You can support it
with small, gentle shifts

You don't have to do everything

You can begin right where you are

A little attention

a little breath

a little calm

is enough

You are already on your way

Next Step

You have begun to tune in

If you want to go deeper
there is a space where you

can

*explore this further
at your own pace*

[Explore the courses](#)