

# Renew your Inner Energy through Human Internal Energy Sources: A Practitioner and Theoretical Approach

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**Abstract:** *This work deals with the human being renewals, which are most important for the good health and spiritual life. The global exergy phenomena can be utilized for human being is proved in this study. It applies to performance indicators for individuals under physical activity based on the concept of exergy destroyed and exergy efficiency.*

## Introduction

You can renew your lease when it runs out at the end of the year, you can renew your driver's license and license plate on your birthday, you can also renew a library book when you allotted them with it has expired. All sorts of things get renewed in our everyday lives when they run out or expire. They are easy to renew because you don't have to create new one, you just renew the ability to use whatever it is you are using.

You can apply the same principle to natural resources. We use all kinds of natural resources minerals, wood, coal, natural gas, wind, water, plants, animals and many more, some of these are renewable and some are non-renewable. The difference is that some renew at faster rates than others, making them more sustainable than those that do not renew very fast.

Renewable resources are resources that are replenished by the environment over relatively short period of time. This type of resources is much more desirable to use because often a resource renew so fast that it will have regenerated by the time you have used it up. Think of this like ice cube maker in your refrigerator, as you take some ice out, more ice gets made, if you take a lot of ice out, it takes little more time to refill the bin but not a very long time at all. Even if you completely emptied the entire ice cube bin, it would probably only take a few hours to 'renew' and refill that ice bin for you. Renewable sources in the natural environment work the same way.

Energy resources and their utilization intimately relate to sustainable development. In attaining sustainable development, increasing the energy efficiencies of processes utilizing sustainable energy resources plays an important role. The utilization of renewable energy offers a wide range of exceptional benefits. There is also a link between exergy and sustainable development. A sustainable energy system may be regarded as a cost-efficient, reliable, and environmentally friendly energy system that effectively utilizes local resources and networks. Exergy analysis has been widely used in the design, simulation and performance evaluation of energy systems.

## 1.1 What Is Exergy?

Exergy is a thermodynamic concept, used for many years within engineering analyses of chemical and mechanical processes and systems. Officially, exergy is defined as: "The maximum useful work which can be extracted from a system as it reversibly comes into equilibrium with its environment." (1)

The cardiopulmonary exercise test is one of the most used tests to assess the functional capacity of individuals with varying degrees of physical training. To perform the exergy analysis during the test, it is necessary to calculate heat and mass flow rates, associated with radiation, convection, vaporization and respiration, determined from the measurements and some relations found in the literature. The energy balance allowed the determination of the internal temperature over time and the exergy variation of the body along the experiment. Eventually, it was possible to calculate the destroyed exergy and the exergy efficiency from the exergy analysis. The exergy rates and flow rates are dependent of the exercise level and the body metabolism. The results show that the relation between the destroyed exergy and the metabolism is almost constant during the test, furthermore its value has a great dependence of the subject age. From the exergy analysis it was possible to divide the subjects according to their training level, for the same destroyed exergy, subjects with higher lactate threshold can perform more work.

Exergy analysis is applied to assess the energy conversion processes that take place in the human body, aiming at developing indicators of health and performance based on the concepts of exergy destroyed rate and exergy efficiency. The thermal behavior of the human body is simulated by a model composed of 15 cylinders with elliptical cross section representing: head, neck, trunk, arms, forearms, hands, thighs, legs, and feet. For each, a combination of tissues is considered. The energy equation is solved for each cylinder, being possible to obtain transitory response from the body due to a variation in environmental conditions. With this model, it is possible to obtain heat and mass flow rates to the environment due to radiation, convection, evaporation and respiration. The exergy balances provide the exergy variation due to heat and mass exchange over the body, and the exergy variation over time for each compartments tissue and blood, the sum of which leads to the total variation of the body. Results indicate that exergy destroyed and exergy efficiency decrease over lifespan and the human body is more efficient and destroys less exergy in lower relative humidity and higher temperatures.

Among our most valuable resources is our energy- physical, mental, emotional and spiritual energy. Each of these is necessary for optimal health and wellness. We know that positive emotions can increase our energy and negative emotions can drain our energy.

### 1.1.1 Exergy is a measure of energy quality

Energy comes in many different forms, all of a different inherent quality. 'Quality' can refer to a number of attributes – ease of transport, energy density, environmental impact, etc. – but we refer here to its most fundamental form, which encapsulates the ability to perform physical work, i.e. to overcome a resistance to make an object *move*. This is important when considering thermal energy (heat), which is intrinsically of a lower quality than other forms of energy (such as electricity or mechanical motion) (2). This is because for a given amount of heat, a portion – depending upon its temperature – will constitute the low-grade waste heat which cannot then be recovered and made to do physical work (for example, in a heat engine). Exergy analysis is applied to assess the quality of the energy conversion processes that take place in the human body, aiming at developing indicators of thermal comfort based on the concepts of destroyed exergy rate, exergy transfer rate to the environment and exergy efficiency. In literature only destroyed exergy has been used to evaluate thermal sensation. To perform the exergy balance, it is necessary to calculate the exergy variation of the body over time which is a composition of metabolic exergy and the exergy variation due to transient environmental conditions. The exergy transfer to the environment is calculated as the sum of the terms associated with radiation, convection, evaporation and respiration. The thermal behavior of the human body is simulated by a model composed of 15 cylinders, naked and dressed for winter seasons, as a function of the air temperature, mean radiant temperature and relative humidity. The energy equation is solved to obtain transitory response of the body due to a variation in environmental conditions and the energy transfer to the environment. For relative humidity between 40% and 60%, results indicate that the destroyed exergy is minimal for thermal comfort conditions. Nevertheless, for low relative humidity and high temperatures the destroyed exergy is also minimal, indicating the necessity of another physical quantity to evaluate thermal comfort conditions. At this point the exergy transfer to environment is high, showing that the body may not be at thermal comfort condition. This article proposes is to use two terms of the exergy analysis to evaluate the thermal comfort condition: destroyed exergy and exergy transfer to environment.

## 1. Material & Methods

### Renewing our minds, transforming our heart-sound fait

#### 1.1 Emotional Renewals

##### 1.1.1 Reduce Denial and “Clean House” Emotionally

Everyone has defenses. We learn to cope with our emotional trials and issues by developing coping strategies. Some are positive, such as using relaxation, meditation, exercise, or participating in an enjoyable Denial is often difficult to recognize and change, because it involves a tendency to ignore or pretend that an issue does not actually exist. -Rita Milios

recreational activity. Others are negative, such as worrying, denying, or withdrawing. Denial is often difficult to recognize and change, because it involves a tendency to ignore or pretend that an issue does not actually exist. Yet denial costs us emotionally. It takes a lot of energy to “keep the lid on” uncomfortable or unwelcome emotions. But if we actively deal with such issues, we not only enhance our lives emotionally, we also recover vital energy that can be used for other positive purposes in our lives. (3)

Since denial is often maintained by distraction (use of substances, overspending, working excessively, etc.) and self-blame (internalizing an issue and automatically blaming one's self without validating the need for blame), it is important to look for “the truth that can set you free” from distorted beliefs and see reality for what it actually is, not what you fear or worry that it is.

Old, self-defeating beliefs from the past often direct our behavior, causing unwelcome consequences, whether we overtly recognize it or not. So, it behooves each of us to clear up the negative beliefs about ourselves that may be supporting our self-destructive behavior.

#### 2.1.2 Write a Letter for Emotional Release

One good way to dispel negative beliefs is to write a letter to yourself, detailing exactly why you feel emotions such as shame, guilt, worry, etc. Try to get all the negative emotions out of your body and mind, and transfer them to the written page. Do not judge what you are writing. When finished, set the pages aside for a day or so. Then, when you are ready, read them aloud. Consciously and logically determine if you should make amends and what these might be, taking into account how any other persons affected may respond. (Do not re-offend by tearing open old wounds. If the others involved would feel more distress than closure, simply ask forgiveness of them mentally, and do not make actual contact.) Then, once you have processed the emotions, re-frame any negative beliefs about yourself and tear up or burn the letter. Affirm that the guilt, shame or worry has been released, and make a conscious intention to act as if this has occurred.

#### 2.1.3 Be Aware of Your Feelings Throughout the Day

Periodically, throughout the day, do an “emotional check-in” to see how you are feeling. Every hour or so, simply take a moment to evaluate: are you happy, sad, angry, frustrated, or feeling something else?

Once you determine what you are feeling, if it is not a positive, helpful feeling, decide to change it. Do this by first desiring and intending to change your mood. Then visualize something that will produce the desired mood change in you. For instance, picture yourself doing something that makes you happy and proud of yourself. Then affirm, this is the feeling that I am encouraging in my mind. If you regularly “change the channel” of your mental and emotional state, you will create a habit of this mental and emotional re-adjusting process. Then your positive mood will be more likely to maintain itself without regular monitoring.

If you regularly ‘change the channel’ of your mental and emotional state, you will create a habit of this mental and emotional re-adjusting process. -Rita Milios(3)

## 2.2 Spiritual Renewals

### 2.2.1 Connect with Nature

Many of us find nature to be very renewing to our mind and spirit. Ironically, our busy lives often keep us from utilizing this valuable—and free—resource. But by making a conscious commitment, you can increase your exposure to the natural world and experience the recovery and renewal that being in nature provides. Simply taking a walk outdoors and noticing the environment – trees, water, sun, wind – brings your attention out of your own head, allowing you to relax mentally, and instead, note what you are experiencing from a higher, spiritual level.

If you have access to a lake or ocean view, spending some time just watching waves roll in is very relaxing and renewing for most people. Even if you do not have this option available, you can listen to the sounds of waves via a sound machine or CD. Today, there are even some television programs that offer meditative music and visuals for relaxation and renewal.

### 2.2.2 Read Spiritual Literature

Reading some inspirational or spiritual literature daily is a great form of spiritual practice. With such reading, you can temporarily remove yourself from the day's pressures, concerns and challenges and allow your mind and body to rejoin with your higher spiritual nature. Even a few minutes of this kind of transcendent experience can dispel negativity from your mind and emotions and allow you to feel rejuvenated and re-energized on all levels.

'Let me today respond to each person I meet with kind words, appreciation and patience.' -Rita Milios

You might also consider ways to bring this positive feeling into the rest of your day. One such option is to reflect on something that you are grateful for or something that you would like to set as an intention for the day. For example, you might affirm: "Let me today respond to each person I meet with kind words, appreciation and patience." (4)

### 2.2.3 Attend a Spiritual Group Activity

Being with others when we are involved in a spiritual activity often enhances the experience. For many people, attending church or a support group is uplifting and enjoyable. With like-minded people to share your spiritual experience with, you are also more likely to stay committed to a regular practice and therefore gain more of the positive benefits. It is worth taking the time to visit as many gatherings as necessary in order to find the group that fits you best. Finding a spiritual "home" can be one of the best things you do to renew and re-energize yourself.

## 2.3 Renewable Energy: How to Renew Your Physical and Mental Energy

**Energy a little low?** Like many people, you may be experiencing a bit of seasonal letdown. Now that the excitement of the holidays has died down, January and February seem to loom ahead with nothing to offer but short, cold and often dreary days. The transition from a hectic but fun schedule to your regular, everyday routine can seem boring and somewhat depressing at first. Not only that, like many others, you may have expended so much energy over the past couple of months that you need rejuvenating – not only in body, but in mind, emotion and spirit as well.

Fortunately, there are ways to do just that. This two-part article shares some rejuvenation and renewal techniques for all aspects of your being. So, take the next few weeks to explore, experiment and experience new ways to promote within yourself a more vibrant, energetic and renewed state.

## 2.3 Physical Renewals

### 2.4.1 Exercise

It's not a coincidence that many people embark on an exercise regime in January. Not only do many of us need to shed a few pounds that we gained by celebrating a bit too heartily, we also recognize that exercise, both literally and figuratively, can get you going. A 2008 study from the journal *Psychotherapy and Psychosomatic*(4) found that study participants achieved increases of energy of approximately 20 percent and decreases in feelings of fatigue of up to 65 percent, simply by participating in regular, low-intensity exercise.

But calm energy, which combines high mental energy with low physical tension (such as Pilates, TaiChi, walking...), allows the body to avoid fatigue and actually increases your energy level. - Rita Milios(3)

But not all exercise is created equal. According to Robert E Thayer, Ph.D., author of *Calm Energy: How People Regulate Mood with Food* (2001, Oxford University Press, NY) (5), there are actually two different types of energy—what he calls "tense energy" and "calm energy"—and they each have different effects on the body. Thayer says many of us typically utilize tense energy, working or exercising our bodies at a high, intense physical level, like when we work out at the gym. This kind of energy expenditure often makes you feel tired afterwards. But calm energy, which combines high mental energy with low physical tension (such as Pilates, TaiChi, walking and strength-training, if movements are done slowly and deliberately) (6), allows the body to avoid fatigue and actually increases your energy level.

### 2.4.2 Proper Sleep

Deep sleep, which happens in cycles about every 90 minutes throughout the night, is crucial for physical renewal, hormonal regulation, and growth. Without deep sleep, we are more likely to get sick, feel depressed, and gain weight. But according to the National Sleep Foundation, only about 28 percent of us get enough sleep each night. We need 3 to 4 deep sleep cycles (about 7 to 8 hours of sleep) to allow our bodies to renew and repair themselves. Sleeping in a cool, dark room enhances the sleep experience, and allows for the most restorative sleep, experts say.

### 2.4.3 Deep Breathing

One reason you may be feeling low on energy is that your cells may be starving for oxygen. Too many of us have gotten into the habit of breathing shallowly, which prevents air and oxygen from fully penetrating the lowest portions of our lungs. This kind of breathing can suck your energy and make you feel anxious, says Pam Grout, the Alternative & Complementary Medicine correspondent at the Dr. Oz health website.

To help you breathe better, practice taking full diaphragmatic breaths for several minutes a few times a day. The Harvard Mental Health Letter offers these suggestions: You'll notice that shallow breathing often feels tense and constricted, while deep

breathing encourages relaxation. -*Harvard Mental Health Letter* (7)

Start by observing your breath. First take a normal breath. Then take a slow, deep breath. The air coming in through your nose should move downward into your lower belly. Let your abdomen expand fully. Now breathe out through your mouth (or your nose, if that feels more natural). Alternate normal and deep breaths several times. Pay attention to how you feel when you inhale and exhale normally and when you breathe deeply. You'll notice that shallow breathing often feels tense and constricted, while deep breathing encourages relaxation.

## 2.5. Mental Renewals

### 2.5.1 Meditation: Give Your Left-Brain a Break

Most of us are left-brain heavy. We use our thinking, processing left-brain more than our creative, intuitive right-brain. You can refresh and renew your whole mind by giving your left-brain some down time. Meditation slows brain waves and "re-sets" your brain, increasing mental clarity and improving your problem-solving ability while relaxing you.

An easy way to meditate is to simply notice your breath and put your full attention there, noticing how it feels for your lungs to expand and your diaphragm to recoil. You can also repeat a word or mantra, such as "peace" or "relax" with each breath. Even a short 5 to 10-minute meditation, practiced regularly, can provide significant benefits.

### 2.5.2 Balance Your Brain

You can achieve even more left-right brain balance and mental renewal by doing a brain balancing exercise: Close your eyes and visualize your brain inside your head. Picture the left and right sides, with the corpus callosum, or centerline, between. Imagine that each side is filled with an energy-filled fluid, and that on the left side the fluid level is higher than on the right. Imagine "poking holes" in the corpus callosum that separates the two sides of your brain, so that the energy-fluid can flow from the left side to the right side, until the two sides are leveled out. Affirm to yourself, "My brain's energy is now balanced and I am centered."

### 2.5.3 Power Nap

Do you regularly nap for 10 to 30 minutes between the hours of 1 p.m. and 4 p.m. most days? If so, you are a "power napper" and according to Sara Mednick, researcher and author of *Take a Nap! Change Your Life* (Workman Publishing; 2006), you are boosting your alertness and possibly improving your memory as well. Apparently, the publishers of Mednick's book were so impressed with her research regarding the benefits of power napping that they created "napping rooms" so that their employees could refresh themselves during the work day. More companies are also approving power napping for their employees, and seeing improvements in their productivity as a result.

## 2.6 How to Manage and Revitalize Your Personal Energy

### 2.6.1 Energy, Health, and Conscious Living

One of the major health issues affecting people today is lack of energy. The energy crisis we are currently facing is not limited to our environment and the planet we live on. The crisis extends to each one of us, and the bodies we live in. More and more people suffer from stress related illnesses. In fact, research

suggests that as many as 80-85% of all disease and illness is caused by stress.<sup>1</sup>

The technological age that promised extended free time and increased leisure is draining us energetically. Work pressures, relationship issues, parenting, financial worries and fears for the future, all drain energy and create stress. Stress leaves us feeling tired, wound up and low in energy. In our fast paced, I need it yesterday world the only constant is change. And when everything changes we must adopt new coping mechanisms. How we manage personal energy is the new key to creating a high quality of life.

### 2.6.2 Managing Personal Energy

Most of us want enough energy and vitality to live life to the fullest. We don't want to feel drained, exhausted and stressed out all the time. And why should we when being full of energy is our birthright. Energy is the fuel humans are designed to function on. We need regularly topped up, good quality energy for optimum health and wellbeing.

Everyone is familiar with energy and describes it in different ways. How many times have you said or heard others say 'I feel full of energy' or 'I am low on energy'? You may have heard people speak of 'having no energy left at all'? (8) We speak of liking and disliking someone's energy or vibration. Energy is very much part of our experience and common language. [AMA Business Week 2003]

### 2.6.3 How One's Energy Gets Drained

Energy has been the focus of my work for over the last twenty-five years. As a Health and Success Coach I have had the privilege of working with thousands of people all over the world. From my experience I have observed five main ways people allow their personal energy resources to get drained.

1. **Overwork is the number one energy zapper.** The culture of working long hours in the office or working from home without clear boundaries causes tiredness, poor concentration and eventually leads to exhaustion.
2. **Reluctance to exercise takes the number two spot.** We all know the benefits of exercise yet travelling by car and sitting down all day creates insufficient movement, which is a major energy zapper and cause of stress.
3. **Poor diet is another issue,** with people eating foods lacking in vitality and nutritional value. Eating on the move and yo-yo dieting prevent nutrients being adequately absorbed. We need to consume foods that provide energy and sustain life. Most of us know the theory of what to eat, yet still fall prey to all manner of poor eating habits.
4. **Constant worrying** is another way energy gets depleted. People often entertain fears and play out dramas, in the mind, that never happen in real life. Not to mention carry the weight of the world on their shoulders. Can you imagine how much energy that takes?
5. And on top of all that there never seems to be **enough me-time** to refuel. Think about it, even cars get an oil change and a regular service. No one expects a vehicle to run on empty and I am sure you always give your car the best fuel you can afford.

So how about your body? Surely you deserve the best. What is the key to good health, optimum function and living life to the full?

## 2. Conclusion

### 3.1 Energy is the Fundamental Building Block of Life

We have seen that energy is the fundamental building block of life. We know that modern living encourages the use and abuse of our personal energy resources. What then is the way forward? My research over twenty-five years has involved the study of energy, holistic healthcare, psychology, spirituality and new paradigm medicine. I traveled worldwide and experienced how people maintain health and achieve success in different cultures. This led me to develop a powerful energy-based approach to balanced living. I literally took the most potent, quick acting, easy to use techniques for energy management and created a new approach to health and conscious living. Having uncovered the five main energy zappers, I looked at ways energy could be restored and revitalized. I knew from my work in holistic health care that there is absolutely no need to wait to get ill before making life changes that positively impact your health and wellbeing. Therefore, we explore four main ingredients that are guaranteed to get energy flowing and not only to restore energy levels but also to prevent illness; creating healthy, happy and successful lives in the midst of a changing world.

#### The four main ingredients are:

- ✚ Energy Exercises to re-energize your body
- ✚ Energy Psychology to release stress and free your mind
- ✚ Energy Foods that re-vitalize your system
- ✚ Energy Balance to relax and calm you

Creating abundant energy is not as difficult as it seems. The magic of this formula is that it can be used to revitalize energy anytime and anywhere. A few minutes every day can make an enormous difference to your energy levels and quality of life.

### 3.2 How to Revitalize Your Personal Energy

I strongly believe in the dictum, *less is more*. Don't sweat the small stuff and Pareto's 80-20 law definitely works for me. The Italian economist Pareto said that 20% of your energy creates 80% of your results. That means most of what you do creates very little. For example, 20% of your wardrobe accounts for 80% of what you wear. 20% of the world's population uses 80% of its resources. Does that make sense? It's all about learning to master energy. So don't underestimate the power and simplicity of the following exercises. The secret of this lies in the simple things you can add into your day to create maximum impact. Didn't Duke Ellington once say, "*I merely took the energy it takes to pout and wrote some blues*".(9) That is energy mastery and the simple exercises below can help you achieve it.

#### 3.2.1 Breathe and Relax.

For just two minutes stop what you are doing, slow down and be completely mindful of your breath. This re-oxygenates, rejuvenates and relaxes your body-mind, which in turn creates calm and greater clarity. If you doubt two minutes can make a difference, try it. Regularly incorporate mini vacations into your day. I recommend two minutes in every hour.

#### 3.2.2 Get out of your head and into your body.

Especially if you usually sit at a desk all day. Take a moment to stretch with awareness. Rotate your neck, arms and shoulders to release any tightness. Walk upstairs, stretch your ankles and feet to improve circulation, release blockages and elevate energy.

#### 3.2.3 Inner smile

Great for releasing negative energy. Close your eyes and visualize your lungs smiling, then see your heart smiling and your liver, your intestines and all your internal organs one after another. This is hard to do without bringing a smile to your face and releasing negativity. Negative emotions create disease, so let go of any stored negativity and give yourself a big inner smile.

#### 3.2.4 Make use of nature's perfect health drink H<sub>2</sub>O.

There is no better way to lift energy than by drinking water. Fatigue, headaches, digestive problems and low energy levels are often removed simply by drinking more water. 75% of the population are dehydrated. So next time you feel low, reach for the H<sub>2</sub>O.

The energy crisis we are experiencing can be alleviated with more awareness of how we go through each day. It's important to remember that the flow of energy in the human body, mind and spirit is the foundation of health and success.

Human power used to be all the rage. 150 years ago, products that relied on human energy such as the bicycle, pedal-powered lathe or sewing machine could be found in most households. But as electro-mechanical motors developed, reliance on human-powered products gradually diminished.

Today, human power is not appropriately recognized for its potential as an alternative solution to our growing energy needs. Indeed, as we search for more renewable energy sources, is it possible to abandon using traditional electricity for certain tasks and return to human power? The way that more and more products are becoming digital and even internet-connected makes this a challenge. But humans emit energy that can easily be harnessed from our everyday behavior.

The bicycle is a great way of using human power in a way that allows us to exercise, transport ourselves and save on the consumption of conventional energy at same time. If, for example, we can design bicycles to become more entertaining for people to use, they could encourage more people to adopt human power in this way. For example, London-based company Electric Pedals is using the pedal-powered technology to generate electricity for events such as outdoor cinemas, educational workshops and music stages.

Human-powered products also have the potential to encourage us to become more physically active. According to the British Heart Foundation, around 32% of adults spend six hours a day during the week being sedentary, which means too much sitting and not enough exercise. According to my calculations, if these individuals spent half of their sedentary time exercising on a pedal-powered television, approximately £49 million worth of electricity could be generated per year, with a lot of calories burned on top.

Using human-powered products as a countermeasure to our increasingly sedentary lifestyles could create a credible new

perspective towards exercise as an alternative energy source. In some respects, human-power can be seen as the cleanest renewable energy source available, with great potential for helping people stay healthy and have fun.

The human body contains enormous quantities of energy. In fact, the average adult has as much energy stored in fat as a one-ton battery. That energy fuels our everyday activities, but what if those actions could in turn run the electronic devices we rely on? Today, innovators around the world are banking on our potential to do just that.

Movement produces kinetic energy, which can be converted into power. In the past, devices that turned human kinetic energy into electricity, such as hand-cranked radios, computers and flashlights, involved a person's full participation. But a growing field is tapping into our energy without our even noticing it.

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