

5 Ways to keep it cool in the heat

By Lilian Kluivers

Several years ago, I faced a challenge. The word "challenge" was not yet used for every trial then, but it would certainly apply to it. It was an energy test that was part of an intense week of training that I signed up for. It was sweltering hot, dry, and the sun was blindingly bright. Despite the scorching heat, we were supposed to walk for hours in the middle of the day through a sandy, desert-like environment, with no food or drink.

I will confess that I was not looking forward to this part of the program. Probably I wouldn't even attend this training had I known in advance the ways in which we would be pushing the limits of our capabilities that week—I don't like to tease my body and I trust that you do not interpret this text as an unwise invitation to hike in hot weather and certainly not without water. But now that I was there, I decided to rely on my strength, experience and intuition.

I was at the beginning of my career. Much of the theoretical knowledge that I had gained, I still had to experience in practice. This was an excellent opportunity for that. I decided to apply "kan-ro" (see tips below). A simple exercise you can do anytime, except when you're talking. Since this trip had to take place in absolute silence, that was no problem.

Long story short, I was surprised by the result.

My breathing remained calm and regular, even when we climbed over high dunes. I remained alert, despite the dizzyingly high temperature. And above all, I noticed that I was hardly thirsty. I followed my path at a leisurely pace. Step by step. Kilometer after kilometer, to the finish.

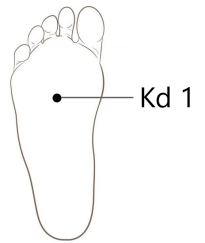
Tip 1: Kan-ro

Kan-ro is a simple exercise of the tongue: gently place the tip of your tongue behind your front teeth against the roof of your mouth. If you have a flexible tongue, you can slide it further back toward your palate. However, this is not necessary.

Kan-ro closes your energy cycle, connecting two powerful energy channels, the Conception Vessel that runs across the center of the front of your body, and the Governing Vessel that runs across the center of the back of your body. When these are connected, an energetic cycle is created in your body, which is called The Microcosmic Orbit. This supports optimal use of your energy supply, so that you can, for example, better tune in to the heat. This practice is also used to support meditation and healing.

Tip 2: Kidney 1

Give acupressure on Kidney 1 below your feet. Do this a little longer and firmer on your left foot. This has an extra cooling effect. Do this as often and for as long as you want.



Tip 3: Lung 10

Give acupressure on Lung 10 on the base of your thumb. This will help open your pores so you can cool down. Do this as often and for as long as you like, especially if the base of your thumb is paler, redder, or bluer than the rest of your hand. This also benefits your lungs.



Tip 4: Infusions

Drink refreshing drinks. For example, make an infusion: in a carafe of water, add a slice of (organic) lemon, a few leaves of green jasmine tea, a slice of apple, a slice of ginger, or a few leaves of mint. Let it sit for a few hours to let the flavors infuse into the water. I often make a pitcher in the evening so that we have delicious “iced tea” the next day. Drink this at room temperature. Cooled drinks close your pores, which means you don't cool down as well.



Tip 5: Calm stretches

When the life force energy flows well through all meridians, your body can adapt better to heat. To promote energy flow, practice one of these short series from my **YouTube Channel Do-In Academy - Lilian Kluivers**

The [Stretches of Masunaga](#) - this opens all the principal meridians.

The [Makko-ho series](#) - with this series you connect with your life force essence.

Or [a quiet meditation for deep relaxation](#) - to unwind.

Enjoy the sunny days!

