

# *Table of Contents*

7 IQ Balance Energy Tips _____	2
Shoulder Width Apart _____	4
Soft Belly Breathing _____	5
Breathe & Affirm _____	6
Spin Twist (Shoes off) _____	7
Focus Now _____	8
Neck Rotation _____	9
Relaxation _____	10
Want to learn more? _____	11

---

# I Q BAL

## *7 IQ Balance Tips*

**By Iqbal Ishani**

Welcome to your report. I'm delighted and honoured to share with you a few key **IQ Balance Energy Tips** from my [IQ BALANCE System](#) that is based on a 5000-year-old Qi Gong and Qi Yoga system for health and longevity. I studied for years with numerous Qi Gong masters and monks in Europe and Asia and have distilled the wisdom I received into a more modern system of simple exercises that are more easily integrated into the today's busy lifestyle.

Because our modern way of life is bombarded with so much information and we are living life at such an accelerated speed, we have become the most stressed out people ever to have lived on the planet. Researchers have been studying the effects of stress on the body and mind and have concluded that 89% of all the ailments today are stress-born.

Believe me, I understand stress intimately. For more than 25 years I worked in the film and television industry in Europe. While it can be a wonderful and exciting life, it also is a highly stressful job with long and demanding hours. Eventually, many people in that industry reach a point where they have to choose between their wellbeing and their career. I knew there had to be a better way.

---

I absolutely believe that living a calm, happy life is our birthright, but I also realized how hard it is to achieve in our modern world. I also knew as a sound engineer that vibration and music has a profound, if subtle, effect on the human mind. I decided to integrate the ancient wisdom of Qi Gong with sound into one simple, but highly effective program that could easily be integrated into the modern lifestyle. Voila! The **IQ Balance Energy System** was born.

So do yourself and your over-exhausted body and mind a favor and slow down for just a few minutes everyday to do these simple routines. That's all it takes! The **IQ BALANCE System** will not only help you overcome the destructive effects of stress, but will also bring something into your life that seems to have been forgotten in our daily rush for success and survival: Awareness!

As you incorporate **IQ BALANCE** into your life, you will start to feel the activation and flow of the Qi and will notice significant changes. At that point, I invite you to let me show you the full **IQ BALANCE System** that includes more daily exercises as well as the healing CDs that will transform your life into one of calm and well-being. To find out more, go to the end of this report to the section entitled: [Want to know more?](#)

May the Qi flow into your body and consciousness bringing you well being, peace and joy.

*Namaste,*

*Iqbal Ishani*

*\* Always consult with your doctor before starting any new exercise program.*

---

## *Shoulder Width Apart*

Proper posture is key to all the **IQ Balance Energy System** exercises.



The first posture that I would like to show you is called Shoulder Width Apart. This exercise is great for grounding and anchoring. Use this posture when you do other exercises in this Report such as the Spin Twist, Neck Rotation and others you will find on my [\*\*IQ BALANCE DVD.\*\*](#)

Make sure your feet are parallel and shoulder width apart. The knees should be slightly bent and relaxed, so that you can feel Mother Earth under your feet. The tailbone should be slightly tucked in so that your spine feels straight. Remember to breathe in through the nose and out through the mouth. Relax the shoulders, arms and neck. You may have the arms raised as in the photo or hanging loose and open at your sides. Make sure your head is balanced and free and is not tipped to one side or pulled too far back. If you feel any blockages or tension in your body, relax and move your breath into the area of tension.

---

# *Soft Belly Breathing*

## *Lying or Sitting*

This is a wonderful exercise to gently energize yourself. With your



palms together and the fingers pointing upwards, rub your hands quickly approximately 24 times for warmth and energy.

Place your energized - and healing - hands just below the navel or belly button. Become aware of how you are breathing and from where you are breathing. Is it from the upper part of your torso? Is it from your belly where your hands are?

Place your awareness on the belly and let it rise with each intake of breath. Then gently press your belly in with your hands as you exhale. Repeat 9 times. Do 6 more inhalations and exhalations, but now at the end of each inhalation hold your breath to a count of 4 before exhaling through you mouth. Repeat 6 times. Be aware of your belly.

*Enjoy this moment!*

---

## *Breathe & Affirm*

Here is an excellent **IQ BALANCE** exercise that I recommend when the mind is overly full of active thoughts:

Stand with your feet shoulder width apart. Take a deep inhalation through your nose and count to 5: 1...2...3...4...5. Then as you exhale through your mouth, let out the healing sound: "Ahhh". If there are people around you, you can let the sound out very quietly - quieter than a sigh - but still loud enough that you can hear it. As you exhale, say the following affirmation in your mind: "I consciously empty my breath to make space for new oxygen to energize me."

Do these affirmations 9 times. What is so wonderful about this harmonizing/energizing exercise is that you can do it anywhere, such as when commuting to work, driving a car or sitting at your desk. Of course it's ideal if you have a source of fresh air, such as walking out of doors.

*Enjoy this moment...because you can!*

---

## *Spin Twist (Shoes off)*



If you have been sitting at your work place for a long period this exercise will help to unblock the tension in your neck and spine. Stand up and remove your shoes so that you can feel the earth's energy beneath your feet. Get into the relaxed [Shoulder Width Apart](#) posture.

Imagine that you are being gently suspended by a golden thread that is goes from the crown of your head up to the sky.

Allow all the tension to drain from your shoulders, arms and neck, and into the ground through the soles of your feet. The arms should be slightly open under the armpits and not held tightly against the body. Like a small child at play, start to twist your body from side to side until your arms and hands freely swing and gently slap against your body. Allow your head to follow the movement.

*Enjoy this twist...because you can!*

---

## *Focus Now*

Instead of drinking coffee and indulging in office chitchat, try this exercise for a truly energizing break. Go to a nearby park or a quiet outdoor space and place your back against a tree. Close your eyes. Just stand completely still for a full minute. Become aware of your senses. Listen to the sounds around you. Smell the air. Sense your feet on the ground. How do they feel? Become aware of your legs, hips, torso and neck. Watch your breathing. As you sense each part of your body, mind and breath, let go of all your thoughts except one:



*I am in gratitude just for being here!*

---

## *Neck Rotation*

The neck holds the relatively heavy weight of the head all day and even a slight misalignment of the neck – such as cradling the telephone in your neck – can cause long-term problems.



Strengthening and toning the muscles of the neck will help prevent the ping pong effects that often happen as we age. For example: a strain in the right shoulder can lead to

problems in the left hip or knee. An added benefit of doing this exercise regularly is that you will find that your neck is more flexible during certain tasks such as driving a car.

This neck rotation exercise can be done at any time to relieve tension and stimulate the nerves of the cervical vertebrae. Don't forget to breathe – in through the nose and out through the mouth. Let go of the tension slowly by gentle rotation of the neck. Note: the rest of the body should be grounded, aligned and relaxed, but only the neck should be gentle rotating and stretching the neck muscles.

*Don't forget to breathe!*

---

## *Relaxation*

Let's conclude with an exercise that sums up all that you have learned



so far and then add an additional step.

First, you learned the Shoulder Width Apart posture. Please take that stance. With the previous exercises you have started to become more aware of your breath. Remember to breathe from

the belly. Now allow a beautiful thought to come into your mind as you hold the posture. Gently and deeply breathe. Here's where we will go further: *Put your thoughts into your pocket!*

What I mean by that is to just drop, or let go of your thoughts by using your breath. Imagine that each breath is emptying your body of any tension or thoughts. Move down from your head and breathe into your neck – relax the tongue – and let the Qi energy rise up and flow. Now go to your joints: the points between your bones and gently sense these openings. Breathe into these spaces. Imagine that your spine is like a cable that allows you to bend and stretch as you please. Breathe out from your spine to the larger joints: your hips, legs, shoulders and arms. Keep breathing. Keep opening. Keep flowing.

*Now really let go. Why? Because you can!*

---

## *Want to learn more?*

The **IQ BALANCE System** is much more than a just series of exercises. What makes it truly unique is that it contains a program of exercises for the body and mind, but also includes an additional component that I feel is essential for the challenges of modern day life.

When you buy the **IQ BALANCE System** you will receive:

- 1. A DVD**
- 2. An instruction booklet**
- 3. 3 CDs: Focus – Sleep Well – Sound Journey**

The IQ BALANCE System has been created as **one integrated program** to: reduce stress, revitalize the body and mind, and to increase mindfulness and self-awareness.

The DVD contains **IQ BALANCE exercises** carefully demonstrated with the benefits you can expect to receive while integrating them into

your life. The booklet is a helpful reminder when you are out and about and are unable to watch the DVD. It also goes into more detail about the individual exercises the DVD.



The 3 CDs are **FOCUS, SLEEP WELL** and **SOUND JOURNEY**.

These CDs include music with healing wave patterns and words that are designed to help you relax and take you into a relaxed or meditative state.

---

Here are just a few of the many benefits of the **IQ BALANCE System**:

1. Well-being and improved health. **IQ BALANCE** is a whole body, whole system approach to health, including de-stressing techniques, exercises and music.
2. Clear and tranquil mind. Peace begins with you. Listening to the CDs will open up the heart and calm the mind.
3. Deeper, more restorative sleep. The **IQ BALANCE** CDs use Theta wave patterns that help you find the deep relaxation and mental quiet necessary for sleep.
4. Increased energy, including sexual vitality and fertility. When you reduce your stress levels, you will feel more alive which means you will also feel more youthful and have more vitality.
5. Clearing toxins. **IQ BALANCE** is greatly beneficial in eliminating toxins and helping heal the inner organs especially the kidneys, liver, skin, etc.
6. Better digestion. When you get rid of toxins, your body is able to handle the heavy task of digestion. Improved digestion and healthier hair and nails are just some of the lovely side effects of **IQ BALANCE**.
7. Happy attitude. When you feel stress-free, your attitude soars. Expect to feel happier and more optimistic.

I invite you to enjoy these and many more benefits by using my **IQ BALANCE System** now available online at: [www.IQBalance.com](http://www.IQBalance.com)

Yours truly,

Iqbal Ishani