



Energy Balancing Techniques

Simple and Effective Ways to Strengthen Your Immune System and Enhance Your Vitality

Energy Medicine is based on the premise that energy is a vital, living force that moves throughout our bodies and determines much about health and happiness. The infrastructure of our physical body is comprised of both electromagnetic and subtle energies. Our chakras are spiraling wheels of energy that encode and process physical, mental, emotional, and spiritual experiences. The seven main chakras spin in front of the spine from the pubic bone to the top of the head. Because they store memories, the chakras can influence your sense of identity and your response to current experiences. Our meridians are our “energy highways” that carry energy to the various organs and systems in the body. Our health reflects the flow and balance of these energies. When these energies are blocked, out of balance, and/or not flowing smoothly we often experience physical symptoms of illness and/or dis-ease. We have the ability to learn our body’s “energy language” by tuning in to our body’s signals and influencing our health. As you learn healthy energy habits, you can facilitate self-healing. **When the body is balanced and its energies are aligned, it has a remarkable ability to self-heal and self-regulate.**

"Energy is the living, vibrating ground of your being, and it is your body's natural self-healing elixir" ~ Donna Eden.



I want to share a few of the most potent techniques that I’ve learned in my journey through energy medicine. The beauty of these techniques is that they are simple, effective, non-invasive, and available for you to access anywhere at any time. **Empower yourself to own your own health and vitality!** These techniques stimulate each of the body’s vital energy systems to bring them into harmony and balance. These techniques, when combined, comprise Donna Eden’s “Daily Energy Routine”. Make this practice a

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part of your daily routine, and your energy systems will become stronger and more resilient to stress, illness, and dis-ease. This practice can be completed in less than ten minutes per day, and the exercises can also be completed individually as you feel the need. You may feel compelled to complete this practice more than once per day.

Daily Energy Balancing Practice

The Four Thumps: *Boosts and restores energy, enhances vitality, and strengthens the immune system.*

1. Use several of your fingers to tap the spots shown in the pictures below. Use real pressure as you tap each spot vigorously (all spots combined require less than a minute). Focus on breathing in through your nose and out through your mouth during this exercise.
2. **Stomach Points:** Tap the cheekbones under each eye with several fingers. This stimulates the stomach meridian, which is an earth element that encourages **grounding**. You can also tap around whole orbital of the eye. This exercise also awakens the Gall Bladder, Triple Warmer, and Bladder meridians. When grounded, we are able to move through our day feeling more centered and calm, and better equipped to handle whatever life throws our way.
3. **K-27:** Find these points by placing your fingers on your collarbone and moving them towards the U-shaped notch at the top of your breastbone. Slide your fingers to the bottom of the “U” and then move down and out about one inch. Tap or massage for 10- 15 seconds. These are the end points of your kidney meridian. All yin (female energy) meridians pass through here, and then it flips over to yang (male energy), “waking” up the meridians (and restoring them to move in a forward direction if needed). In Traditional Chinese Medicine the kidney meridian is considered to be life’s “vital force”.
4. **Thymus Gland:** Place several fingers of one hand (or use both hands) in the center of your sternum and tap for 15 – 20 seconds. This exercise stimulates the immune system and generates and educates T cells against foreign invaders. Activating the thymus also stimulates all other energies in the body.
5. **Neurolymphatic Spleen Points:** Place several fingers directly under the nipples along the bra line (or bottom of chest for men), and tap for 15 seconds.
6. **Spleen End Points:** Tap the spleen acupuncture points, located on the side of the body about four inches below the arm pits, for 15 seconds. If you notice that one set is more tender than the other, use those points in the future (this indicates that they need more work and will have a greater overall impact to your spleen meridian).

Tap Your Stomach Points when you...	Tap Your K-27 Points when you...	Tap Your Thymus Point when you...	Tap Your Spleen Points When you...
<ul style="list-style-type: none">• Feel congestion	<ul style="list-style-type: none">• Feel drowsy/lack energy	<ul style="list-style-type: none">• Want to relieve stress	<ul style="list-style-type: none">• Need an energy boost• Experience blood-

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<p>in your head/sinuses</p> <ul style="list-style-type: none"> • Have a stuffy nose • Your eyes feel tired 	<ul style="list-style-type: none"> • Have trouble concentrating • Tire easily • Have trouble staying focused in classroom/work setting 	<ul style="list-style-type: none"> • Want to boost your immune system • Feel tired and in need of more strength/vitality 	<p>chemistry imbalances (hypoglycemia or diabetes)</p> <ul style="list-style-type: none"> • Want to facilitate the digestive process • Experience an autoimmune disorder • Experience chronic fatigue • Feel faint • Need to metabolize toxins • Experience food intolerances/sensitivities • Need to reduce a fever • Need to feel more centered
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Stomach Points



K-27



Thymus





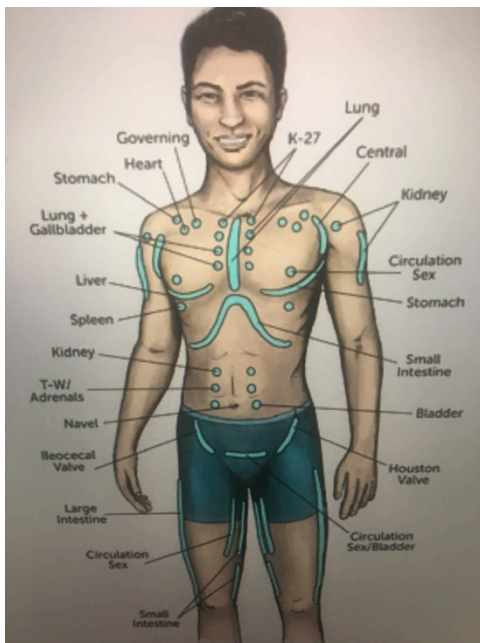
Spleen



Spleen End Points

Neurolymphatic Massage: *Energizes and renews body, releases toxins and lymph, clears stagnant energies from the body.*

1. Massage a subset of the points shown in this figure using real and significant pressure with a circular motion. Massage each point for about five seconds. Alternate each day so that you get through all of the points every few days.
2. Work tender points for several extra seconds. This indicates a need to clear congestion/stagnant energy.
3. Neurolymphatic massage is great to do on a daily basis. If done consistently, you will likely feel a difference.



Note: Neurolymphatic massage helps remove toxins from the body. If you have a lot of toxins in your system, you may not feel well as the toxins are released from your bloodstream into the system. Although this is not harmful, you may want to proceed more slowly as you incorporate this into your daily routine.



The Cross Crawl: *Balances crossover energies, improves coordination, clears thinking.*

This exercise encourages your energies to cross over properly. When your energies aren't crossing over, the body is at a deficit and has to work harder to execute all of its actions. While standing or seated, lift your right arm and left leg simultaneously.

1. Raise your left arm and right leg. Lower
2. Repeat 20- 25 times (or about 1 minute). If you can, twist so that your elbow touches your opposite knee.
3. If you are unable to access this comfortably, find a comfortable seated position. Lift one knee and touch it with the opposite hand. Then lift and touch the other knee. Repeat 20-25 times for about 1 minute.

Do The **Cross Crawl** when you:

- Feel off balance
- Feel low on energy
- Feel uncoordinated
- Want to strengthen balance between right and left brain functions
- Are chronically depressed



Crown Pull: *Alleviates mental congestion, headaches, and sinuses, clears and refreshes the mind, sharpens memory and concentration, opens the crown chakra to higher inspiration.*

1. Place your thumbs at your temples and your fingertips resting at the middle of your forehead.
2. Inhale through your nose and pull your fingers apart towards your temples (slowly, with pressure), stretching the skin above your eyebrows.
3. Place your fingers at the hairline along the center of your head, and slowly pull your fingers apart.
4. Repeat this pattern starting at the top, moving along the center and towards the back of your head. Continue all the way back and down until you reach the base of your neck. Use pressure as you pull.
5. When you get to your shoulders, push your fingers in and hold. Then pull across your shoulders towards the front of your body and hold your hands there for a few breaths.



Do the **Crown Pull** when...

- You have a headache
- Negative thought patterns are prominent
- You want to sharpen your memory
- To encourage greater opening in the crown chakra



Wayne Cook Posture: *Improves focus and concentration. "Unscrambles" your energies, changes perspective, improves learning proficiently.*

1. Sit with your spine straight. Place your left foot just on top of your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand.
2. Breathe in slowly through your nose, allowing your breath to lift your body, while gently pulling your leg toward you. Exhale slowly through your mouth, relaxing your body. Repeat four or five times.
3. Switch to the other foot and repeat this entire process.
4. Uncross your legs and "steeple" your fingers, resting your thumbs just above the bridge of your nose on your "third eye". Breathe slowly in through your nose and out through your mouth 3-4 times. As you exhale, slowly pull your thumbs across your forehead, stretching your skin towards your temples.

Do the **Wayne Cook** posture when...

- You want to absorb and retain something you are reading/studying
- You need to articulate your thoughts
- When you are feeling overwhelmed or emotional
- You are stuttering or if you struggle with dyslexia
- When you feel confused or scrambled



Hook Up: *Gets strange flows moving, strengthens auric field, and leaves you feeling whole again. Calms, helps you feel connected. Hooks up the energies of the upper and lower halves of your body.*



1. Place the middle finger of one hand on the “third eye” (between the eyebrows above the bridge of the nose).
2. Place the middle finger of the other hand in the navel.
3. Gently press each finger into the skin and pull upwards. Hold for twelve to thirty seconds (or longer if you feel inclined).
4. Often you will experience a deep sigh and/or yawn. This shows your energies have “hooked up.”

Do The **Hook UP** when you:

- Feel disconnected from yourself or others
- Need to quickly ground and center yourself
- Feel anxious or nervous



Connecting Heaven & Earth: *Opens the meridians, expels toxic energies, facilitates grounding, and stimulates fresh energy to flow through the joints.*

1. Start with your hands on your thighs, fingers flat and lightly spread.
2. Inhale through the nose, circle your arms out, and bring them into prayer position as you exhale.
3. Inhale again through the nose, stretching one arm up (palm facing sky) and one down (palm facing earth), pushing up and down respectively, with your palms. As you exhale, bring both hands together in prayer position with slight bend in knees.
4. Repeat switching arms, performing this at least 2 times.
5. Drop your arms down, fold forward from the waist, and relax with your knees slightly bent. Take 2 deep breaths and slowly return to standing position.

Do **Connecting Heaven & Earth** when you...

- Want to activate the spleen meridian (to promote healing, metabolize food, toxins or emotions)
- Want to feel more grounded or joyous
- Need to release excess energies and bring fresh oxygen to the cells
- Want to create space between the joints to allow fresh energy to flow
- Feel a cold or flu coming on



The Zip Up: *Boosts confidence, clears your thoughts, protects you from negative energies that may be around you. Protects you from other people's energies and the energies of environment. Connects and stabilizes the central meridian with governing meridian (your two core meridians). **It is perhaps the single most important thing to strengthen your aura,** and helps with spinal and emotional alignment.*

1. Place your hand at the bottom end of the central meridian - at your pubic bone.
2. Take a deep breath in as you move your hands, slowly and deliberately, straight up the center of your body to your lower lip.
3. Continue upward, bringing your hands past your lips and raising them into the sky. Circle your arms back to your pelvis.
4. Repeat three times.
5. Zip up this meridian as often as you like.



Do the **Zip Up** when you...

- Feel vulnerable to the energy of others
- Need a confidence boost
- Feel vulnerable to a specific environment
- Need to secure your personal space
- Wish to strengthen an affirmation (simply state the affirmation before you “zip up” each time)



Some important concepts about energy:

- Energy wants and needs space to move.
- Energy moves in patterns. It's possible to learn how to work with the patterns to affect changes.
- Energy Forms habits. Habits are not always beneficial. The good news is that it can be repatterned.
- Energy has priorities, and the priorities are always consistent. The first is to keep you alive (Triple Warmer meridian), so it sometimes sacrifices the less important systems to do so. Next, your energy supports your intentions (both conscious and unconscious). For example, if your energies are busy healing your physical body, they are unavailable to fulfill your desire for a new job.
- Energy is affected by thoughts, environment, and the people we come into contact with. By changing any of these, you can change your energy flow, and therefore your life.
- Some energetic patterns are deeply embedded and hard to shift. When you change one component of your energy system, you affect all other systems.
- Energy starts out in its subtlest form and moves towards its densest form. When it gets dense and slows down, it's going against the two most important principles: energy needs to move, and it needs space to move. In Donna Eden's system of Energy Medicine, all pathologies are traced to the need to move energy and the space to do so.

"Look within your very centered space and see the part of you that is pure spirit. Pure light. Pure energy. Visualize all your limitations falling away one by one, until you are safe, healed, and whole. Know that no matter what is going on in your life, no matter how difficult things may be, at the very center of your being you are safe and you are whole. You always will be." ~ Louise Hay

More Information:

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If the simplicity and effectiveness of Energy Medicine resonates with you, I offer 1-1 Energy Medicine consults, as well as workshops that include techniques to help manage the stress response, boost immune function, and enhance vitality. I also teach all levels of [Reiki](#) (a simple, effective self-care and healing modality that balances the body's energy). Visit <http://amymazeski.com> for more information. You will also receive updates about upcoming events and workshops via my newsletter. You can unsubscribe at any time.

Much of the information in this guide is sourced from Donna Eden's material (her classes, books, and handouts). You can find additional information and resources from Donna Eden at learnenergymedicine.com.