

Energy Medicine Your Personal Health And Wellness System For Today



MELANIE SMITH AND PAULINE MACDONALD



TABLE OF CONTENTS

GRATITUDE	3
OUR LIVES AND ENERGY MEDICINE.....	5
UNDERSTANDING THE BIG PICTURE OF ENERGY MEDICINE	6
EDEN ENERGY MEDICINE AS DESCRIBED BY DONNA EDEN AND DAVID FEINSTEIN	8
WHY ARE PEOPLE TURNING TO ENERGY MEDICINE	9
A MODEL FOR PERSONAL HEALTH AND WELLNESS—WHERE TO START	11
THE DAILY ENERGY ROUTINE.....	12
THE 4 THUMPS – K27	13
THE 4 THUMPS – THYMUS.....	14
THE 4 THUMPS – CV17	15
THE 4 THUMPS – SPLEEN NEUROLYMPHATIC REFLEX POINTS	16
THE HOOK-UP	17
THE CROSS CRAWL.....	18
HOMOLATERAL CROSS-OVER RE-PATTERNING	19
THE CROWN PULL.....	20
THE WAYNE COOK.....	21
SPINAL FLUSH.....	22
NEUROLYMPHATIC REFLEX POINTS	23
CONNECTING HEAVEN AND EARTH	24
THE TIBETAN PRAYER POSE.....	25
WEAVING FIGURE 8'S	26
ZIP UP.....	27
SUMMARY	28
BIOGRAPHIES.....	29
RESOURCES	30
REFERENCES	31



In Gratitude

We would like to offer an abundance of gratitude and love to Donna Eden and David Feinstein for the tremendous impact they have had on our lives as well as so many others. Their dedication and determination to bring Energy Medicine and healing to the world is truly inspirational. We will never forget that it all started with them!

~ Melanie Smith and Pauline Macdonald



“Alternative medicines deal with the body's energy—something that traditional Western medicine generally does not. We're beginning now to understand things that we know in our hearts are true but we could never measure. As we get better at understanding how little we know about the body, we begin to realize that the next big frontier in medicine is Energy Medicine. It's understanding for the first time how energy influences how we feel.”

**~ Dr. Mehmet Oz, MD
Cardio-Thoracic Surgeon
Medical Expert on Oprah**



OUR LIVES AND ENERGY MEDICINE

Do you ever feel like you are just getting through the day rather than **living** through the day? Two things people most commonly want to change are: “I want to have more **energy**,” and “I want to have more **peace** in my life.” We all know that there are thousands of books addressing these topics and people are reading them. If so, why are we as a society full of low energy, unhappy, stressful people?

Because change takes more than reading the next great self help book, it takes **focused action**. No one can fix our emotional or physical problems, only we can. That is not to say that having a practitioner of your choosing is not helpful, but truly the practitioner is only the facilitator. **You Are The Healer!** That is why Energy Medicine is so important.

The form of Energy Medicine that you will read about in this book is about **empowering ourselves** to better understand our body’s energies. When we understand our energies we become our own greatest health and wellness advocates. Everyone can learn the information in this book. You do not have to have any kind of medical background or expertise. You only need to have a **willingness** to begin by taking the steps that are described in the, “**Daily Energy Routine**.”

“The more willing you are to surrender to the energy within you, the more power can flow through you.”

~ Shakti Gawain



UNDERSTANDING THE BIG PICTURE OF ENERGY MEDICINE

Over the centuries energy has been described in many different ways. When you review the multiple definitions of Energy, the most accurate definition seems to be, "Energy is everything and everything is Energy".

Energy Medicine is one of five domains of “complementary and alternative medicine” identified by the National Center for Complementary and Alternative Medicine (NCCAM) in the United States. The foundation of energy medicine to health care is that everything that exists, that we see, sense or feel, is energy. Our physical bodies are comprised of various energy fields and energy systems.

Energy Medicine involves the use of energy fields to promote health. There are two types of energy medicine practice. The first is referred to as Biofield therapies and affect energy fields that surround and penetrate the human body. Examples of Biofield therapies include Eden Energy Medicine, Qi Gong, Reiki, and Therapeutic Touch. The second type is Electromagnetic-based therapies that involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating current or direct current fields. Examples include: acupuncture, magnet therapy, and pulsed electromagnetic fields.

More than 2,000 years ago, Asian practitioners discovered that the human body has a subtle bio-energy system made up of energy conduits called meridians. These meridians are interconnected in ways that allow the flow of energy, called Qi or Chi (pronounced chee), to move throughout the body from one meridian to another. Disruptions to the flow of energy created by blockages in any of the meridians can result in illness and disease. The flow and balance of life energies are necessary for maintaining health and there are tools to restore them. Acupuncture, acupressure, Chinese herbal medicine, energy medicine, moxibustion, and cupping, for example, are all geared toward correcting imbalances and restoring the flow of qi (energy) through meridians to reinstate health.



The human body is composed of moving particles of energy that organize into fascinating pathways and patterns which influence how we function. When our energies are flowing as designed, we feel healthy and emotionally vibrant. However, when we have an illness or disease, an energetic block has developed somewhere in the physical body. Thus, the body is not functioning properly creating an energy imbalance. The energy now needs to be moved or released to restore balance and harmony. This is where energy medicine is most beneficial. Its primary function is to eliminate energy blocks and balance deficiencies and excesses to get the body's energy flowing to support optimal health.

“Energy is the living, vibrating ground of your being, and it is your body’s natural self-healing elixir, its natural medicine. This medicine, this energy medicine feeds body and soul and attending to it restores your natural vitality. Energy Medicine is the science and the art of optimizing your energies to help your body and mind function better.”

~ Donna Eden
Energy Medicine for Women

Donna Eden, a pioneer in the field of Energy Medicine is widely recognized for her in-born ability to clairvoyantly see the body's energies, to track down the causes of physical and psychological problems based on the states of those energies, and to devise highly effective treatments. Over ten years ago she published *Energy Medicine* with her husband David Feinstein, Ph.D., which has become the cornerstone for alternative healthcare.



EDEN ENERGY MEDICINE AS DESCRIBED BY DONNA EDEN AND DAVID FEINSTEIN

Eden Energy Medicine is both a complement to other approaches to medical care and a complete system for self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance. You heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out of balance.

To accomplish this goal, Eden Energy Medicine utilizes techniques from healing traditions such as acupuncture, yoga, kinesiology, and qi gong. Flow, balance, and harmony can be non-invasively restored and maintained within an energy system by tapping, massaging, pinching, twisting, or connecting specific energy points (acupoints) on the skin; by tracing or swirling the hand over the skin along specific energy pathways; through exercises or postures designed for specific energetic effects; by focused use of the mind to move specific energies; and/or by surrounding an area with healing energies (one person's energies impacts another's).

Use energy medicine for any illness; to relieve pain; stop the onset of illness as soon as it begins, stimulate immune function, relieve headaches, release stress, improve memory, enhance digestion, relieve arthritis, neck, shoulder, and low back pain, balance hormones, cope with electromagnetic pollution and return the body to its natural state of health and wellbeing.

By learning simple energy techniques to keep your energies balanced and humming, you can improve your health, sharpen your mind, and increase your joy and vitality.

Energy medicine is an approach to healing that treats the subtle energy patterns of the body in order to ease the unpleasant and painful symptoms of illness. Energy medicine is gentle, non-invasive, and does not interfere with conventional treatments in any way. Many clients have reported that energy medicine has brought relief from specific symptoms and has improved appetite, mood, sleep patterns and vitality, thus enhancing



their quality of life. Practitioners use a light touch to work with nine different energy systems of the body: Meridians, Chakras, Auric Field, the Basic Grid, Celtic Weave, The Chinese 5-Rhythms, Triple Warmer, Radiant Circuits, and Electrics.

WHY ARE PEOPLE TURNING TO ENERGY MEDICINE

In addition, to the benefits described above, Energy Medicine does not involve the use of prescription drugs that can have side effects and adverse reactions to the body. However, it is important to note that it is not uncommon for Energy Medicine Practitioners to work with people who are on medications. Many people turn to energy medicine because they have not received the results they desired through the *Western Medical Model of Medicine* or have had negative experiences. Also, many use energy medicine in conjunction with traditional medicine to maximize their health benefit. In 2007, AARP reported on a nation-wide government survey that found nearly half of all adults over age 18 were turning to alternative healing methods including Energy Medicine. Statistics by *Patient Safety Focus* site the challenges in our current health care system relative to finding safe and effective forms of treatment:

- ✱ One in five Americans (22%) report they or a family member have experienced a medical error of some kind. Nationally, this translates into an estimated 22.8 million people with at least one family member who experienced a mistake in a doctor's office or hospital.
- ✱ According to Journal of the American Medical Association (JAMA), Doctors are the third leading cause of death in the United States after deaths from heart disease and cancer. Doctors are killing 225,000 people every year from iatrogenic causes. Iatrogenic is defined as induced in a patient by a physician's activity, manner, or therapy. Used especially for complication of treatment.
- ✱ The new Commonwealth Fund study suggests that the 1999 Institute of Medicine report, which estimated that there were 44,000 to 98,000 hospital deaths annually due to medical errors that could have been prevented.



- ✿ Between 5 and 10 percent of the patients who are admitted to U.S. acute-care hospitals acquire one or more infections there, and the risks have steadily increased in recent decades, from a February 2003 article in *The New England Journal of Medicine*. According to the Center for Disease Control (CDC), there are an estimated 1.7 million hospital-acquired infections each year resulting in approximately 90,000 deaths. A recent study in *Emerging Infectious Diseases* found that hospital-acquired infections are the sixth leading cause of death nationally, costing the health care industry \$6 billion annually.
- ✿ One in every four Medicare patients who were hospitalized from 2000 to 2002 and experienced a patient-safety incident died.
- ✿ An average of 195,000 people in the USA died due to potentially preventable, in-hospital medical errors in each of the years 2000, 2001 and 2002, according to a study of 37 million patient records that was released by *HealthGrades*.
- ✿ At least 44,000 people, and perhaps as many as 98,000 people die in hospitals each year as a result of medical errors that could have been prevented, according to the *Institute of Medicine*.

According to Dr. Joseph Mercola, “Care, not treatment, is the answer. Drugs, surgery and hospitals are rarely the answer to chronic health problems. Facilitating the God-given healing capacity that all of us have is the key. Improving the diet, exercise and lifestyle are basic. Effective interventions for the underlying emotional and spiritual wounding behind most chronic illnesses are also important clues to maximizing health and reducing disease.”

And in 400 BC Hippocrates, the Father of Medicine said, “The natural healing force within us is the greatest force in getting well.”



A MODEL FOR PERSONAL HEALTH AND WELLNESS—WHERE TO START

Learn to develop your own personal health and wellness model with a focus on self-care, personal empowerment, and a deeper understanding of your own body. Thus gaining insight as to how you feel and taking charge of your own health and wellness decisions. One step we can all take in creating wellness for ourselves is by doing **The Daily Energy Routine** described below. This Daily Energy Routine follows and expands upon the one presented in Chapter 3 of Donna Eden's *Energy Medicine* book. It is a sure fire way of getting your energies moving in the right direction for your day. You can begin your day or end your day with the entire routine. It will help your energies get energized and moving for the day or create a peaceful, balanced sleep for the night. You can also use any individual exercise as needed throughout your day. For example if you are feeling nausea and flu like symptoms, you can tap the Thymus and do the Hook-Up to begin to boost your immune function.

“The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.”

~ Anthony Robbins



The Daily Energy Routine

If you choose to incorporate The Daily Energy Routine into your life, you like so many others, will begin to experience the tremendous power you have within to create a life full of energy, peace, health and wellness. This routine follows and expands upon the Daily Energy Routine presented in Chapter 3 of Donna Eden's *Energy Medicine*.

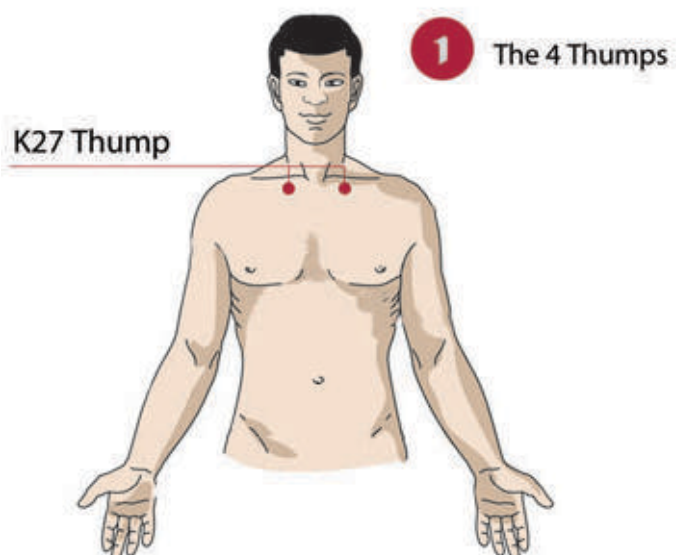


STEP 1a -- The Four Thumps - K27 Thump

How To: Tap, rub or massage the last point on the Kidney Meridian, K27 for 20 seconds.

Location: Tap K27 points in the hollow under the collarbone and above the first rib on each side of the sternum (breast bone).

Function: The Kidney Meridian in Traditional Chinese Medicine contains your root energy or essence. Energy is pulled up from the earth into The Wellspring of Life – K1 point on the bottom of the foot and flows out K27 (the last point on Kidney meridian) to all the other meridians in the body based on the Meridian Flow Wheel. It re-establishes the flow of Qi or energy through the entire body. It helps to get energy moving in a forward direction and sends energy up to the eyes and the brain.



Benefits:

- * Boosts and restores energy
- * Enhances concentration levels
- * Reduces fatigue
- * Increases strength and vitality
- * Strengthen immune system
- * Improves focus and memory
- * Helps with left/right brain switching
- * Keeps energies moving forward
- * Improves eye health
- * Alleviates cough and wheezing (Asthma)



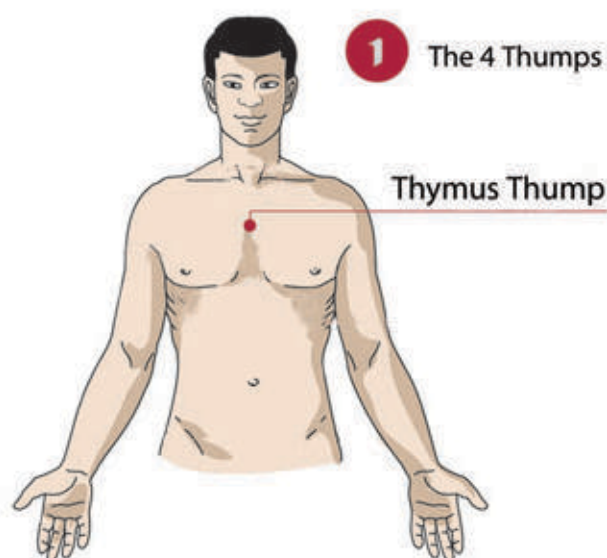
- ✿ Activates Meridian System

STEP 1b -- The Four Thumps - Thymus Thump

How To: Tap, rub or massage the Thymus point for 20 seconds with fingers or knuckles.

Location: The Thymus Point is on the upper portion of the sternum (breast bone) along the midline of the body just above the Thymus Gland.

Function: The thymus gland supports immune function in our body. Tapping it activates the gland to help the body fight off disease and boost your immune function. Tapping the thymus is like an energetic jolt of Vitamin C and it actually creates T-Cells. White Blood Cells are important to fight off infection. There are 80 trillion cells in your body. The ratio of white cells to red cells is 1:700 so they greatly need your support. Your body's energy systems will begin to respond immediately! It is also useful in calming and de-stressing the body. Since it supports your body as it metabolizes threats to your health.



Benefits:

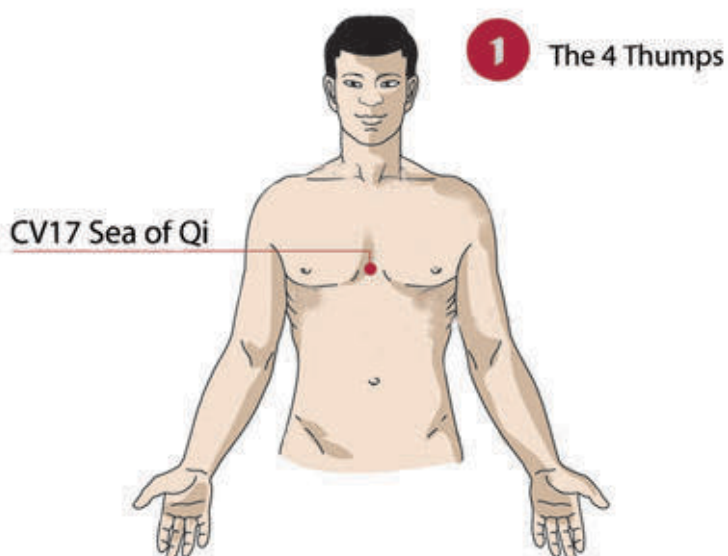
- ✿ Increases and restores energy levels
- ✿ Reduces fatigue
- ✿ Increases strength and vitality
- ✿ Strengthens and boosts immune function
- ✿ Reduces stress
- ✿ Increases T-Cell and white blood count
- ✿ Reduces a fever
- ✿ Opens into the Radiant Circuits or Strange Flows



STEP 1c -- The Four Thumps – CV17 Sea of Qi Thump

How To: Tap, rub or massage CV17 point on the Central Meridian/Vessel for 20 seconds.

Location: Tap in the hollow on the sternum (breast bone) directly between the nipples for CV17 on the Central Meridian.



Function: CV17 is called The Sea of Qi point in Traditional Chinese Medicine. Tapping it helps to get energy moving and increases the flow of Qi or energy through the entire body. CV17 is also the Alarm Point for the Circulation Sex/Pericardium Meridian that protects and calms the heart. See Zip Up and Hook-Up to learn more about the Central Meridian (Vessel) that runs up the front mid-line of the body.

Benefits:

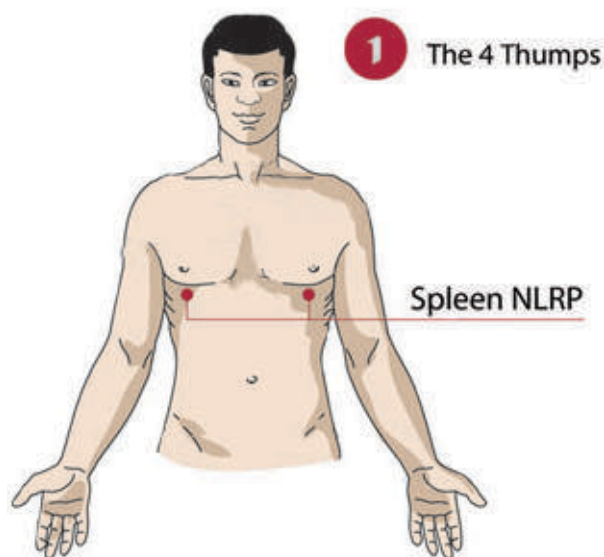
- * Increases energy flow
- * Reduces fatigue
- * Increases strength and vitality
- * Reduces stress
- * Unbinds the chest for asthma and chest pain
- * Calms heart palpitations and reduce fullness in chest
- * Stops hiccups
- * Benefits the breasts and promotes lactation
- * Improves swallowing



STEP 1d -- The Four Thumps – Spleen NLRP Thump

How To: Tap, or massage the Spleen NeuroLymphatic Reflex Point (NLRP) and/or the last point on the Spleen Meridian (SP21) for 20 seconds with pressure.

Location: For Spleen NLRP tap one rib below the breasts (below the bra line) directly under the nipples. Spleen 21 is located on the side of the ribcage about four inches below the armpit and is not shown in illustration.



Function: The Spleen NLRP helps support the Spleen meridian in its work of overseeing the body's ability to metabolize energies, food, water, substances, thoughts and emotions. Spleen 21 is the last point on the Spleen meridian and is also called "The Great Luo" in Traditional Chinese Medicine. It is the Gateway or Connector into the Lymphatic System of the body. Vigorously thump or tap these points to activate the lymphatic system and clear toxins that are blocking the function of the Spleen meridian and organ.

Benefits:

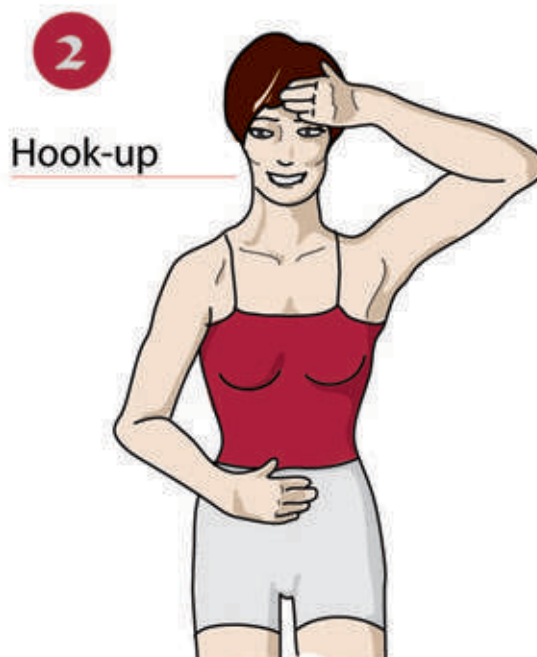
- * Provides an energy lift
- * Reduces chronic fatigue
- * Strengthens immune system, especially beneficial for autoimmune diseases
- * Excellent for any illness or disease
- * Balances blood chemistry and blood sugar levels (i.e. hypoglycemia or diabetes)
- * Boosts energy drop after eating due to blood sugar imbalance
- * Helps metabolize and detoxify the lymphatic system
- * Use when feel faint or to reduce a fever
- * Helps you to regain control and get centered



STEP 2 -- The Hook-Up

How To: Place one middle finger in the navel and other middle finger at the third eye (between the eyebrows). Gently press in and lift up on your inhalation. Hold for 30 seconds. Then exhale and repeat three to four times.

Location: The “belly button” is an easy one to find. The third eye is located at the bridge of the nose and between the eyebrows.



Function: The Hook-Up helps us create a connection between the Central meridian, the Governing meridian and the Radiant Circuits. The Central meridian begins at your pubic bone and runs up the center of your body and ends in the back of the throat. The Governing meridian begins at your tailbone and runs up along your spine, over the head, down the nose to the upper lip and ending in the back of the throat. These two meridians join in the back of the throat to create a circuit that sends energy out to all of the other meridians and the Radiant Circuit energy flows.

Benefits:

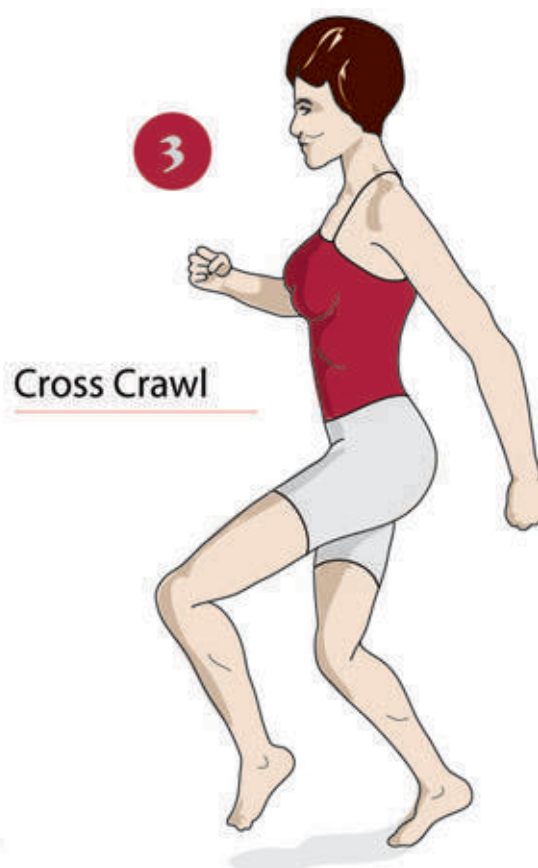
- * Helps you feel connected with self and others
- * Stimulates the Radiant Circuits and makes your Auric Field stronger
- * Increases coordination
- * Calms and de-stresses when overwhelmed or feeling like you are “losing it”
- * Settles any sudden shock or change to your system
- * Calms nervous system and can stop seizure activity
- * Helps reduce insomnia
- * Stabilizes entire energy system



STEP 3a -- The Cross Crawl

How To: This exercise can be performed while standing, seated, or lying down. Alternate movement of left hand or elbow to right knee and right hand or elbow to left knee. Lift your knees as high as feels comfortable. If you can, use your elbow to get a better twist and enhance the crossover pattern. Continue this exaggerated march while breathing deeply.

Function: It is important to keep the body's energies crossing over from right to left and from left to right in a series of Figure 8 crossover patterns to activate brain integration as an essential part of development and coordination. This Figure 8 crossover pattern is in every cell originating in the Double Helix strand of your DNA. You are considered to be in a *homolateral* state, (see next page) when this energy pattern is not adequately crossing over.



Benefits:

- * Promotes healing, increases vitality, strengthens and harmonizes your energies
- * Improves balance and enhances coordination
- * Clears thinking
- * Balances right and left-brain functioning
- * Stimulates the Radiant Circuits and Chakras
- * Enhances your Auric Field and Celtic Weave Energies

Note: If you have any of the symptoms listed on the next page or if doing the Cross Crawl exercise tires you or leaves you feeling uncoordinated, do the Homolateral Crossover Re-patterning Exercise that follows instead of this one.



STEP 3b – Homolateral Crossover Re-Patterning

About Homolateral: As infants we are born in a *homolateral* state. When we learn to crawl, the brain begins to activate both its left and right sides turning on crossover patterns that are enhanced with the oppositional movement of right arm with left leg and then left arm with the right leg. This Figure-8 crossover pattern is in every cell originating in the Double Helix strand of your DNA. You are considered to be in a *homolateral* state, when this energy pattern is not adequately crossing over. In a *homolateral* state, you only have access to about 50% of your overall energies. This is nature's way of saying slow down, rest, heal and re-group. Over time, this pattern becomes a new habit for the body and begins to interfere leaving you feeling fatigued and disorganized.

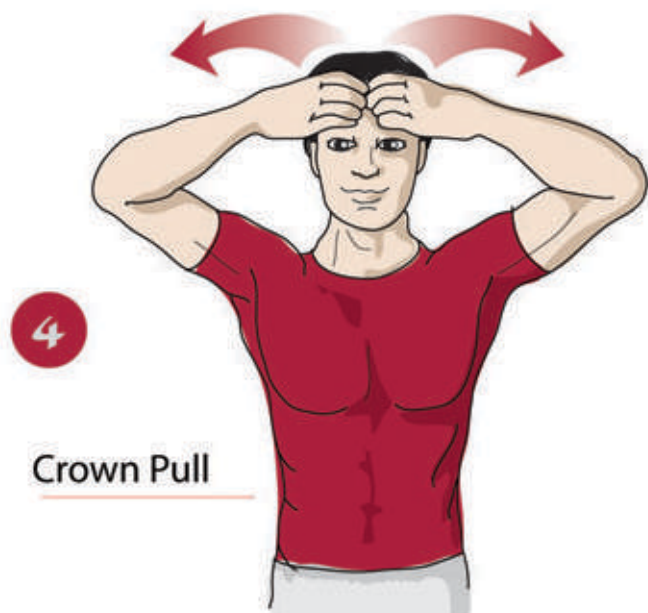
Symptoms of Homolateral Energy Imbalances:

- * Difficulty staying focused or thinking clearly
- * Chronic fatigue, exhaustion, illness of unknown origin, autoimmune illnesses
- * Depression, anxiety or other emotional imbalances
- * Senses are less acute and you feel less alive
- * Difficulty shifting habits and changing patterns
- * Feeling drained from physical activity or exercise

How To Correct Homolateral Energy Imbalances: This exercise is best done slowly and can be performed while standing, seated, or lying down works best. Start by placing same side hand to knee -- left hand to left knee and then alternate with right hand to right knee for a series of 12 lifts. Lift your knees as high as feels comfortable. Now alternate movement with regular cross crawls – crossing over the body with left hand to right knee and right hand to left knee for a series of 12 lifts. This completes the first set. Now repeat this pattern two more times ending with 12 additional cross crawls. Continue this exaggerated march while breathing deeply. **Another way to support this change is to begin between your eyebrows tracing a big Figure 8 pattern around your eyes with your index finger crossing at the 3rd Eye Point between the brows. Trace several in each direction.**



STEP 4 -- The Crown Pull



How To: Place your fingertips at your forehead with thumbs resting at the temples. Gently press in and pull your fingers apart stretching the skin over the forehead. Repeat this pattern as you move up and over the head to the base of the neck. Now move down the neck to your shoulders. Push your fingers in and hold. Pull across your shoulders toward the front of your body and hold. Now release your arms.

Function: The skull is comprised of several bones or plates that fit together like a jigsaw puzzle. With your breath, there is subtle movement between these bones at the suture lines of the skull. During inhalation and exhalation this slight movement helps to pump cerebrospinal fluid (CSF) and oxygen to the brain. The Crown Pull helps support the natural movement of these plates and releases stuck energy from the head. The CSF protects the brain from damage by "buffering" the brain to cushion a blow to the head and lessen the impact. Because the brain is immersed in fluid, the net weight of the brain is reduced creating buoyancy. The one-way flow from the CSF to the blood takes potentially harmful metabolites, drugs and other substances away from the brain excreting waste products. The CSF also serves to transport hormones to other areas of the brain.

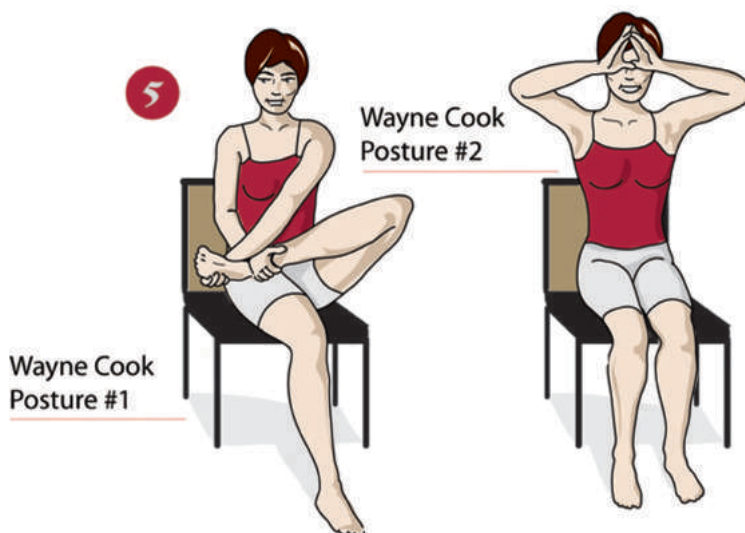
Benefits:

- * Relieves a headache and lifts brain fog
- * Clears mental congestion and sharpens your memory
- * Opens your crown chakra to higher inspiration
- * Makes space to bring in more information and enhance learning
- * Releases negative thoughts
- * Increases oxygen to brain when over thinking or working too much on a computer



STEP 5 -- The Wayne Cook

How To: Sit up straight, cross your left foot over your right knee. Place your right hand on your left ankle and your left hand on the bottom of left foot. Inhale slowly through the nose letting your breath lift your leg up and hold. Exhale slowly through the mouth and repeat 4-5 times. Switch to the right leg and repeat. Uncross legs and bring your hands together in a prayer position with your fingertips touching and the thumb between your eyebrows. Breathe in through your nose and out through your mouth several times relaxing into your own breathing. Slowly stretch your thumbs across your forehead and relax your arms.



Function: Energies become scrambled when under prolonged stress or your nervous system is in great need of rest to rebuild itself. The Wayne Cook connects the energies of the forebrain (neocortex) to the energies of the back brain (limbic system) to improve communication within the brain, harmonize energies between head and heart, and provide support for mind and body. Holding the bottom of the foot over K1 (wellspring of life point) at the beginning of the Kidney meridian helps to ground and center your energies returning you to a state of balance and wellbeing. NOTE: If this posture is difficult or painful, use the alternate found in Step 8 The Tibetan Prayer Pose.

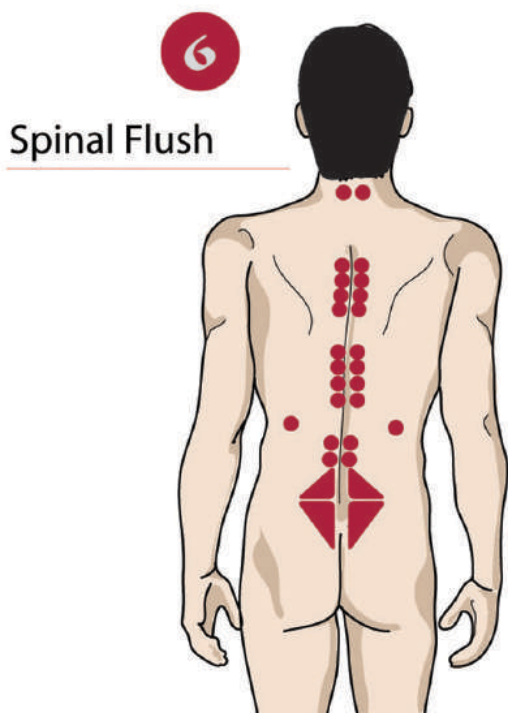
Benefits:

- * Grounding, calming and centering
- * Unscrambles energy patterns and chaos, restores inner peace
- * Improves reading comprehension and recall
- * Reduces left and right confusion (i.e. following directions, reading a map)
- * Focuses the mind, think more clearly and improves one's perspective
- * Assists with speech impediments and remedies stuttering



STEP 6a – Spinal Flush

How To: Lie face down or stand facing a wall and lean into it with your hands supporting you to stabilize your body. Have your partner massage with some pressure the lymphatic



points down both sides of your spine. They can massage from the base of the skull along the neck and spine down to the bottom of your sacrum using their thumbs or fingers as they lean in with their body weight to create strong pressure. Repeat twice. Next have your partner apply pressure in the notches between your vertebrae on the spine being careful not to press directly on the bones.

Location: Neurolymphatic Reflex Points (NLRP) are located along each side of the spine along the Urinary Bladder Meridian and on the front torso of the body (see next page).

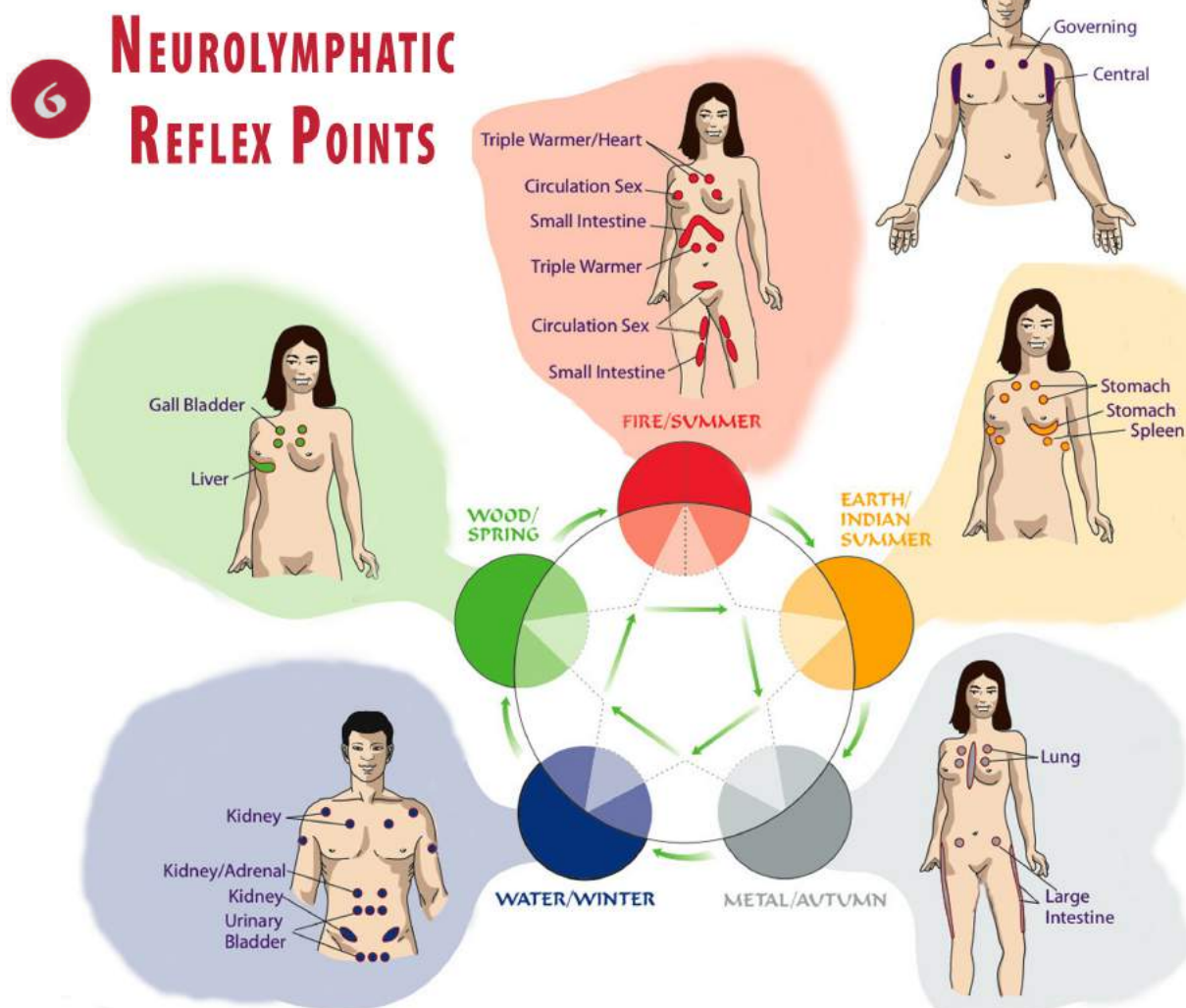
Function: In Oriental Medicine, each vertebra is associated with a meridian and an organ. Your body's lymphatic system removes toxins and waste to help balance the related meridians and associated organs. It does not have a pump like your circulatory system has the heart so it is dependant on physical activity or deep manual massage to stimulate the lymph flow. When energy and lymph are stuck in the body, these areas may be tender to the touch. A sore spot is an indication the area needs work. Once the energy in the meridian is moving and the lymph has been flushed, the healing will begin.

Benefits:

- ✳ Moves lymph to flush toxins and clears stagnant energies from the body
- ✳ Calms the nervous system, de-stresses, releases emotional stress and grounds
- ✳ Improves communication to nervous system and between meridians and chakras
- ✳ Use when you first feel sick, sluggish or overly emotional



STEP 6b – Neurolymphatic Reflex Points



How To: Massage with pressure the lymphatic points located on the front of the body.

Location: Neurolymphatic Reflex Points are located in various locations on the front torso of the body. These points have the same function as those used in the Spinal Flush. However, they are much easier to reach for self-massage. The **Kidney Reflexes** in front of the hipbones are the Illeocecal and Houston Valves that aid in digestion and elimination.

Function: Moves lymphatics to flush toxins and clear stagnant energies from the body.

Benefits:

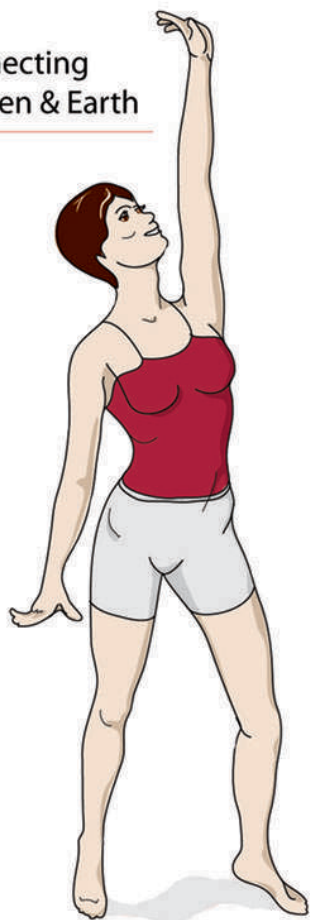
- * Same as the Spinal Flush (See 6a). Also excellent for breast self-care
- * Energizes the body



STEP 7 – Connecting Heaven & Earth

7

Connecting Heaven & Earth



How To: Place your hands on your thighs, palms flat. On the inhalation, circle your arms around and bring your hands together in a prayer position. Exhale through your mouth. Inhale through nose as you stretch one arm up and one arm down with palms flat. Stretch, reach and hold for several seconds. Then exhale through the mouth as you bring your hands back to prayer position. Switch arms and repeat. Do each side 2-3 times. Now fold forward at your waist with arms hanging down and knees slightly bent. Take two deep breaths before slowly swinging your arms in Figure 8's as you bring them up over your head. Now let the energy trickle down over you.

Function: Moves stuck energy out of the body and makes space, especially in the joints. Activates the Spleen Meridian while connecting heaven/yang and earth/yin energies and expanding into your Auric Field.

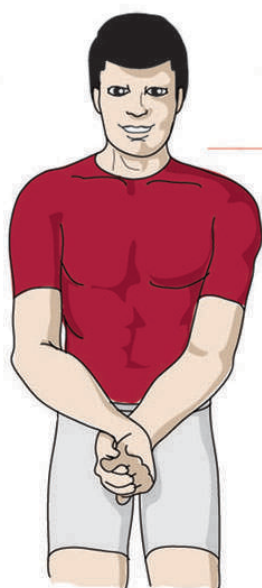
Benefits:

- * Clears out old energy and makes space for new energy
- * Great for relieving sore and achy joints, stimulates fresh energy to flow through
- * Connects the earth/yin and heaven/yang energies to ground and center you
- * Activates your immune function and strengthens your Spleen
- * Wonderful exercise for manifesting your heart's desire -- balances heart and mind
- * Opens the meridians, strengthens your Auric Field, and turns on Radiant Circuits
- * Expels toxic energy including energies picked up from others and releases emotions
- * Aligns body, mind and spirit
- * Helps reduce insomnia



STEP 8 – The Tibetan Prayer Pose

8



Tibetan
Prayer
Pose #1



Tibetan
Prayer
Pose #2

How To: Extend your left hand straight out in front of you with your palm facing away from your body. Cross your right hand over your left wrist and clasp your fingers together. Tuck and roll your hands under as you bring them up to your heart. Cross your ankles if it's comfortable. Close your eyes and focus on your breathing as you inhale through your nose and exhale through your mouth for several breaths. Feel the hug as you bring in the love and healing light.

Function: The Tibetan Prayer Pose is also known as “Cook’s Hook Up” as it is a nice alternative for anyone having

physical discomfort while doing Step 5 The Wayne Cook. It has the same benefits as doing the Wayne Cook, but sometimes this exercise is easier if you need to use it in a public place. You can also do this standing, sitting or lying down. It's nice to use while standing in the “slow” line at the store or sitting in a stressful meeting (see Pose #1 – the hands can be linked in front or in back of the body).

Benefits:

- * Same benefits as The Wayne Cook – See Step 5
- * Calms the nervous system and focus the mind
- * Enhances learning and reading comprehension
- * Brings out your best when in front of others (i.e. for a performance or confrontation)



STEP 9 – Weaving Figure 8's

How To: Weave your entire body and arms in a Figure 8 pattern all around you. Dance to the music and move those hips. Figure 8 as you move in any direction and every direction. Can also Figure 8 another, an animal or an object.



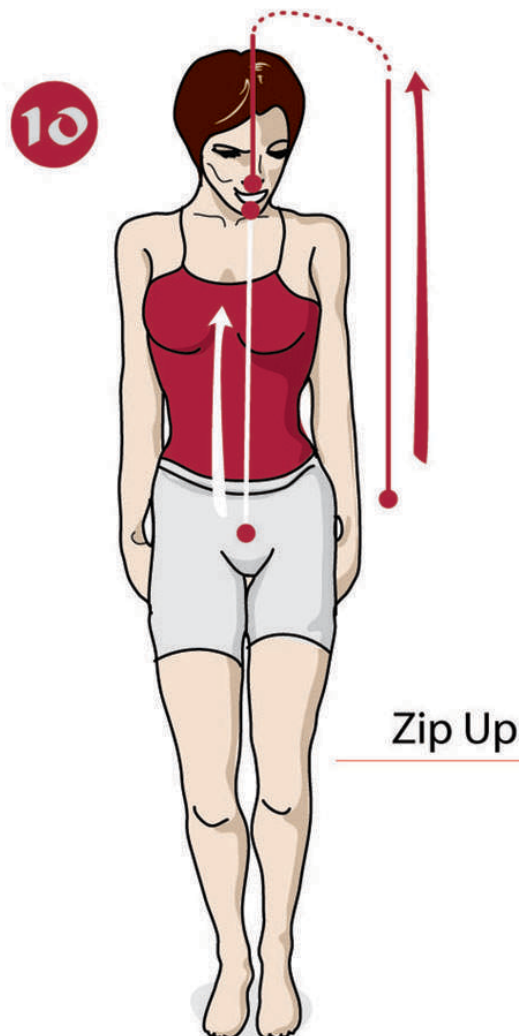
Function: Weaving Figure 8's out in your Auric Field helps to build and strengthen the body's Celtic Weave pattern. If you have seen a double helix DNA strand, then you know we have a Figure 8 pattern (infinity symbol) in every cell, every tissue, every muscle, and organ. This pattern is crucial to our health and protection. You can also trace Figure 8's over the surface of your body or over someone else where there is pain, bruising, broken bone, over joints, scars, burns, incisions, and around your eyes to promote healing. You can Figure 8 your computer or cell phone when experiencing technical difficulties or to reduce electro-magnetic frequencies. Use Figure 8's over foods if you must microwave, for supplements, water, and over your foods to enhance their energy and raise their vibration before ingesting. It's helpful to Figure 8 another when experiencing conflict or having difficulty being heard.

Benefits:

- ✦ Stimulates the Radiant Circuits and weaves all of your energy systems together
- ✦ Strengthens your energy field and weaves your Auric Field around you
- ✦ Protects you from harmful energies in the environment and from others
- ✦ Improves communication, helps to ground and center



STEP 10 – Zip Up



How To: Trace with one hand from the base of your spine, up the spine, over your head, the bridge of your nose to your upper lip and hold. Now trace with your other hand from the pubic bone up the midline to your chin. Twist like a key and lock it in.

Function: The Zip Up brings energy up the Governing Meridian that runs along the spine and up the front Central Meridian along the midline. These two meridians meet and connect in the back of the mouth forming a circuit that feeds energy out to all of the other meridians. These two meridians are the first energies developed in a fetus from which all other meridians are created. They are both Meridians and Radiant Circuits. The Zip Up has similar function to the Hook-Up (Step 2). You can also trace the front Central Meridian by itself. It is great to use for affirmations or

visualizing how well you will do in a performance or situation. The Central Meridian is used for hypnosis and connects energies into your Chakras and right into your core. You can also “Unzip” Central Meridian to release unwanted energies from others and re-Zip.

Benefits:

- * Lifts your spirit and your energies -- boosts confidence and clears your thoughts
- * Creates a strong boundary/ protective field around your body, reduces vulnerability
- * Great to “Zip Up” affirmations or positive images
- * Strengthens the energies of Central and Governing Meridians, all Meridians, your Auric Field, the Radiant Circuits and your Chakras



Summary

The Daily Energy Routine is one of many empowering tools and techniques that energy medicine is offering to the world. It is the first step in a new direction toward health and wholeness. There has never been a better time than now to begin a new journey on your life path. We so often put things off even when we know they may transform our selves and those we love. We say, "I don't have enough time in my schedule" or "It's too hard" or "I'm too old" and so on. Excuses are simply false beliefs that we hold on to.

"You have an unquestionable ability to eliminate excuses - they'll get up and go when they're revealed as the false beliefs that they are. There's simply no question about this!"

~ Dr. Wayne Dyer
Excuses Begone

We all have energies of love and healing running through our bodies beckoning us to wake up and take notice. You've now been introduced to your body's energies and how to bring them to a new level of awareness -- emotional, physical and spiritual fulfillment. Are you ready? We wish you peace, health, and joy on your continued energy medicine journey. **Be Well Within!**



BIOGRAPHIES



Melanie Smith is an Acupuncture Physician, Doctor of Oriental Medicine, Eden Energy Medicine Advanced Practitioner, Licensed Massage Therapist, Author and Teacher. Her practice Well Within Natural Medicine, Inc. is located in St. Petersburg, Florida where she integrates a variety of energetic, emotional, and therapeutic bodywork techniques. Melanie is senior faculty for Donna Eden, faculty for the Eden Energy Medicine Certification Program in Phoenix, Authorized Energy Medicine for Women class instructor, and an Advanced Practitioner offering Grid work and facilitates the Florida Eden Energy Medicine Foundations Program. She teaches workshops and travels the country speaking and teaching on The Power of Energy Medicine for Healthy Living. Melanie is the author of the *Energy Medicine for Healthy Living*[™] series of Color Laminated Charts and DVD's. For more information <http://wellwithin.net/aboutus/melanie-smith/>



Pauline Macdonald is Co-Owner of Well Within Natural Medicine, Inc. With over 20 years in the behavioral health field, Pauline obtained both clinical and operations knowledge. During her career she provided individual, group and family counseling in both inpatient and outpatient settings. As a business developer and consultant, she traveled to various parts of the country, setting up behavioral health services to meet the needs of specific populations. She is a licensed Marriage and Family Therapist and Mental Health Counselor and is a Certified Holistic Lifestyle Educator. She is passionate about using her strong behavioral health, nutrition and energy medicine background to empower individuals globally to learn techniques and habits to improve their emotional, physical, environmental and spiritual well being. Her role at Well Within Natural Medicine, Inc. is to continually put that passion into action through operations, development and marketing efforts. For more information <http://wellwithin.net/aboutus/pauline-macdonald/>



RESOURCES

For more information on Energy Medicine for Healthy Living™, Dr. Melanie or Well Within Natural Medicine, Inc.: <http://www.wellwithin.net/>

Energy Medicine for Healthy Living™ Resources -- Laminated Charts and DVD's: <http://www.energymedicinestore.com>

Energy Medicine for Healthy Living™ Daily Energy Routine Companion Color Laminated Chart and DVD: <http://www.energymedicinestore.com>

For private in office or Skype appointments with Melanie Smith, email support@wellwithin.net or call 727-522-6515.

For more information on Donna Eden and Energy Medicine: www.LearnEnergyMedicine.com

Energy Medicine Institute: <http://www.energymed.org/>



The advertisement banner features a blue background with a glowing, ethereal light effect. On the left, there is a circular logo containing a colorful, multi-pointed star or mandala design. The text is white and blue, providing information about the website and the services offered.

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