

# Daily Energy Routine

\*notes from Donna Eden's Energy Medicine

## 1. **The Three Thumps** - 1 minute

- a. K-27 just below clavicle in the slight indentation-30 seconds
- b. Thymus gland center of sternum - 20 seconds
- c. Spleen points from nipples, straight down beneath breasts and down over next rib-15 seconds

## 2. **Cross Crawl** – 1 minute

Lift right arm and left leg simultaneously, then switch, continue for one minute

## 3. **Wayne Cook Posture** - 2 minutes

Sit in chair with spine straight. Place right foot over left knee, wrap left hand around right ankle, right hand around ball of right foot, breathe in thru nose and let breath lift body, at same time pull leg toward you creating a stretch repeat 4-5 times then switch to other foot. Uncross legs and form a pyramid with hands, rest thumbs on third eye just above bridge of nose, breath slowly in mouth and out nose while thumbs separate and move across forehead pulling skin. Bring hands back to third eye position slowly bring hands in front of you pulling them into a prayerful position while breathing deeply.

## 4. **Crown Pull** - 15 seconds

Place thumbs on temples curl fingers and rest tips just above center of eyebrows, slowly with pressure pull fingers apart stretching skin

Repeat at center of forehead

Repeat at hairline

Repeat at top of head little finger at hairline

Repeat at center of head

Repeat at curve at back of head

Repeat all of the above once more

## 5. **Spinal Flush or Neurolymphatics** – 1 minute

Massage points on both sides of spine with strong pressure start at bottom of neck and go to sacrum. Massage each point between vertebrae for 5 seconds. Repeat and or finish by sweeping from shoulders to feet several times. Alternately, self massage each of the neurolymphatics, easily remembered by the Three T's.

## 6. **Hook Up**

## 7. **Zippering Up** - 20 seconds

Tap K27 points place hand at pubic bone take deep breath and move hand straight up center of body to lower lip.

Repeat 3 times