Welcome

- Introductions
- First-time visitors?
- At the sign-in table please do the following:
  - Sign in
  - Sign up for our email mailing list if you are not already on it.
  - Drop a name in our healing basket for anyone needing healing energy
  - Pick up the following if needed:
    - Parking pass
    - Daily Energy Routine handout: For the new attendees
- Please ask questions if you have any
- Do only what you can do comfortably. You can modify almost every exercise so that you can do it standing, sitting or lying.

5-Minute Daily Energy Routine  Pages 69 – 100, EM

Four Thumps  Stomach, K-27, Thymus, Spleen
Cross Crawl
Wayne Cook
Crown Pull
Neurolymphatic massage
Hook Up / Zip Up
Celtic Weave
Figure 8s Page 201, EM
Connecting Heaven and Earth Page 266, EM
Aura-Roll-Up

Topic – The Hopi Healing Technique

This is a great exercise for working with people who have pain dispersed throughout large areas of the body, particularly if it results from an autoimmune disease such as fibromyalgia or lupus. It is also helpful for other diffuse pain, such as when your muscles ache or your back is sore. Another place it can be beneficial is when working with nervous issues as you work directly on the bladder meridian which affects the nervous system. You calm the nervous system while doing this technique.

Prior to doing the Hopi Healing Technique we will be doing the Quickie Energy Balancer. This is a great warm-up procedure for any techniques and is also a great stand alone procedure as it brings the body into an energetic balance.
Quickie Energy Balancer  
*(Takes about 15-30 minutes)*  
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Stands alone, or as a prelude to any other energy treatment

### Lying face down:

1. Connect with hands at top of spine and sacrum  
2. Spinal Stretch  
3. Spinal Flush  
4. Rock sacrum (releases Triple Warmer)  
5. Pull energy down the body & off feet  
6. "Figure 8" them

### Lying face up:

1. Hook-up: 3rd eye and navel – pull up!!  
2. Massage K-27s, plus Governing and Central Neurolymphatic Reflex points  
3. Power Point pull at center notch, top of neck  
4. Belt Flow  
5. Pull from forehead to temples  
6. Crown push/pull at top of head  
7. Hold Neurovascular Reflex points on forehead (gently)  
8. Pull energy down body and off feet (squeezing “bunions”)  
9. "Figure 8" them
The Hopi Healing Technique

1. Have one person lie face down. We start with the Quickie Energy Balancer on the preceding page.

2. Curl the fingers and place the fingers of one hand on the side of the spine that is closer to you.

   Finger Positions (#2 – 4)

3. Place your other hand, fingers curled, on top of the first hand, reaching across the spine so that it is between the two sets of curled fingers.

4. With your fingers exerting a bit of pressure move your hands along the length of the spine. Mentally “laser beam” energy through your fingers into the person’s back. Start at the bottom if you want to move energy up or the top if they are prone to headaches.

5. An alternative is to put both thumbs on the side closest to you and all your fingers on the opposite side of the spine. Then move to the other side and repeat the procedure.

6. A variation from traveling straight up and down the spine is to make spirals along the spine. Let one set of curled fingers spiral the skin in a clockwise direction on the far side of the spine and the fingers on the other hand spiral the skin in the opposite direction on the near side of the spine.

   Finger Positions (#5)

7. Before finishing, pinch and lift the skin over the spine itself, beginning at the waist and traveling up the spine. Stop at the point where your fingers cannot get enough skin to pinch and lift.

8. Figure 8 your partner’s back and body.
Orlando Regional Medical Center
1414 Kuhl Avenue
Orlando, FL 32806

Directions to the ORMC Multi-Purpose Rooms A&B

- Parking garage A is closest to the entrance to ORMC.
- Exit the garage on Copeland Street, turn right and walk to the Main Entrance of the Hospital.
- Enter and turn right.
- Go past the information desk and turn left at the first hallway.
- Follow this hall until it ends and turn right.
- Go a short distance and turn left through the double doors.
- Go part way down the hall to the first entrance on the right.
- Turn right into this hallway.
- The entrance to the rooms is on your left.

The path to the rooms is marked by this line:

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Signs to the Multi-Purpose Rooms are easily found in the hallways.