Energy Medicine Meeting March 21, 2012

Eden Energy Medicine Techniques for a Healthy Heart

Welcome
- Introductions
- First-time visitors
  - If you have a question any time on what we are doing please ask.
  - Do only what you can do easily. You can modify almost every exercise so that you can do it standing, sitting or lying down. Do not overdo these exercises.
  - Make sure and get a partner early. We want to move right into the program.

Daily Energy Routine Pages 69 – 100, EM
(Four) Three Thumps (Stomach), K-27, Thymus, Spleen
Cross Crawl
Wayne Cook
Crown Pull
Neurolymphatic massage
Hook Up / Zip Up
Celtic Weave (Weaving your Aura) Page 194, EM
Figure 8s (Rhythmic 8s) Page 201, EM

Page numbers are from Energy Medicine (EM) or the new Energy Medicine for Women (EM4W)

The Flow of Exercises to Strengthen The Heart

1. Prep
   ♥ The 3 Thumps

2. Calm Triple Warmer Meridian
   ♥ Trace Triple Warmer backwards
     ∞ To trace Triple Warmer backwards use the start and end points shown below and trace over the path with your open hand
Triple Warmer Smoothie – End with hands on heart chakra Page 253, EM

Place your fingers at your temples. Hold for one deep breath, breathing in through your nose and out through your mouth.

On another deep in-breath slowly slide your fingers up and around your ears, smoothing the skin while maintaining some pressure.

On the out-breath slide your fingers down and behind your ears, press them down the side of your neck, and hang them on your shoulders.

Push your fingers into your shoulders and then, when you are ready, firmly drag them over the top of your shoulders and smooth them to the middle of your chest over your heart chakra with one hand resting on top of the other. This brings you home to yourself.

Hold here for several deep breaths.

Triple Warmer / Spleen Hug

Place your right hand around the side of your body so that the fingers are resting on the spleen Neurolymphatic point.

Place your left hand so that the fingers are resting on the back of your arm just above the elbow. Hold this position for a couple of minutes.

You can switch to the other side if you like.

This is great to do anytime you would normally want to cross your arms.

Strengthen Spleen Meridian

Tap Spleen Meridian Points (found on the Daily Energy Routine handout)

Neurolymphatic Points – Under Breast

Acupressure Points – On sides outside breasts

Trace Spleen Meridian forwards (picture on the next page)

Flush Spleen Meridian – trace meridian backwards once and forwards three times (picture on the next page)

Strengthen Heart Meridian

Trace Heart Meridian forward **Never trace heart backwards or flush it**

Drying off after a shower or bath

Pinch and Tweak ends of baby fingers (picture on next page)

Heart Cross Crawl

Sunrise / Sunset – strengthens heart & balances blood pressure EM4W pages 221-222

Begin with your hands at the sides of your body, palms facing outward. Slowly with an in-breath, circle your arms above your head, as if directing the sun to rise.

With both arms now extended upward and palms facing each other, reach for the risen sun.
  - Stretch one arm up high toward the sun.
  - Imagine grabbing a rope with this hand.
  - Close your fist around it and pull it down, drawing the sunlight to you.
- As this hand comes down reach up to grab the rope with your other hand and pull it down.
- Keep drawing the sun, alternating hands for several more pulls.

∞ Turn your palms outward. Release your breath slowly as you circle your arms far out to the sides and down to the sides of your legs, as if directing the sun to set and your body to calm.

♥ Thymus / Heart Tap (new exercise)
- ∞ Tap over thymus – in your own rhythm
- ∞ Tap over heart – in same rhythm
- ∞ Tap over thymus – in same rhythm
- ∞ Cross both hands over upper chest (heart chakra & thymus) & breath

♥ Heart Breathing (new exercise)
- ∞ Breath in through nose
- ∞ Breath out through mouth and imagine breath is coming out through heart
- ∞ Do 5 or more breaths

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Meridian Flow Wheel

Central Florida Energy Medicine Study Group – Cindy Haight / Frank Dowler
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:

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