January 20, 2010 Energy Medicine Meeting
The Foundation of Energy Medicine

Welcome
- Introductions
- First-time visitors
- Notes
  - 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.

Topic: The Daily Energy Routine


Demonstration and practice of the Energy Tests for the Daily Energy Routine
We will be demonstrating these techniques then you will get to practice them. At the end of your practice on each technique we will ring the chimes. When we ring the chimes please stop and listen.

Using the Spleen Meridian Energy Test
We will use the Spleen test on the following parts of the Daily Energy Routine

Three Thumps
  - K-27 test
  - Thymus test
  - Spleen test

Cross Crawl

Wayne Cook

Crown Pull

Connecting Heaven and Earth

Celtic Weave

Hook Up

Questions: Time for your questions

Finish with the basic DER

Healing Circle
Energy Tracking Form

Energy Testing for The Daily Routine

A strong energy test is noted with a +. A weak energy test is noted with a -.

1. **Three Thumps** (Daily Routine Test and Correct)
   - K 27 Result
   - Walk backward (should be weak)
   - Walk forward (should be strong)
   - **Thymus**
     - Energy localize over thymus (upper breast bone)
   - **Spleen**
     - Energy test using Spleen test on both arms.

2. **Cross Crawl Result**
   - look at X & energy test (should be strong)
   - look at II & energy test (should be weak)

3. **Wayne Cook Result**
   - read forward (should be strong)
   - read backward (should be weak)

4. **Crown Pull**
   - energy localize top of head (should be strong)

5. **Connecting Heaven & Earth**
   - lay finger on several joints and energy test (all should be strong)

6. **Celtic Weave**
   - slash through energy field at angle in several places (all should be strong)

7. **Hook Up**
   - gently "smash" nose and energy test (should be strong)
Tests and Corrections for the Daily Energy Routine

1. **Three Thumps**
   a. **K-27 Points**
   Correction: Thump or massage K-27, retest.
   b. **Thymus**
   Test: Place hand on thymus point, test. They should be strong.
   Correction: Thump the thymus, retest.
   c. **Spleen**
   Test: Place hand on spleen points or use spleen test, test. They should be strong. Correction: Thump the spleen, retest.

2. **Homolateral (Cross Crawl)**
   Test: Have them look at an X, test. They should be strong. Have them look at II, test. They should be weak. This tests if their energies are crossing.
   Correction: Homolateral re-patterning: a) Begin with the 3 Thumps and Heaven & Earth, b) March in place lifting the same arm, same leg 12 times, c) Do the Cross Crawl marching in place lifting the opposite arm and leg 12 times, d) Repeat above pattern twice more, ending with additional cross crawls, e) Do the Three Thumps. Retest. Figure 8's and poi balls can help this repatterning.

3. **Wayne Cook**
   Test: Have the person read or follow your finger from left to right, test. They should be strong. This tests to see if their energies are scrambled.
   Correction: Do the Wayne Cook, retest.

4. **Crown Pull**
   Test: Test points along a straight line from mid-hairline all the way over the top of the head. They should be strong on each test. This tests if the crown is open to inspiration, and free of mental congestion
   Correction: Do the crown pull, pull gently on the hair, retest.

5. **Connecting Heaven and Earth**
   Test: Lay your index finger on a joint and energy test. Do this for multiple joints.
   Correction: Connecting Heaven and Earth, retest.

6. **Celtic Weave**
   Test: Take your hand and slash through your partner’s energy field from the shoulder to the opposite hip and energy test. Also do this from hip to knee, knee to ankle and on the head. You can also test the sides of the body and the head.
   Correction: The Celtic Weave, retest.

7. **Hook Up**
   Test: Smash the nose, test. This should be strong. This tests Governing and Central meridians connection.
   Correction: Do the hook up, retest. Zip up front and back to lock it in.
Eden Energy Medicine
Why Do We Do the Daily Energy Routine?

1. **Work K-27 points when you are:**
   - Feeling drowsy and lack energy
   - Having trouble concentrating
   - Tiring easily as you move forward in your day
   - Forgetting what you just read
   - Having trouble staying focused in a classroom setting

2. **Thump your thymus when you:**
   - Feel low on energy
   - Want an immune system boost
   - Feeling tired and in need of strength and vitality
   - Want to relieve stress

3. **Tap or rub your Spleen points when you:**
   - Need an energy lift
   - Suffer from a blood chemistry imbalance (ex. hypoglycemia or diabetes)
   - Suffer from an auto-immune disease
   - Suffer from any illness or disease
   - Suffer from Chronic Fatigue
   - Feel faint
   - Need to reduce a fever
   - Need to metabolize toxins
   - Need to feel in control again and centered

4. **Do a Cross Crawl when you are:**
   - Feeling out of balance
   - Feeling low energy
   - Feeling uncoordinated or that you can't walk straight
   - Wanting to balance the right and left brain functioning
   - Sick or depressed. You are always homolateral when you are ill.

5. **Do the Wayne Cook posture:**
   - Before reading or studying something you really want to absorb and retain
   - When you need to articulate you thoughts and find the right words
   - When you feel overwhelmed
   - If you are feeling too emotional
   - If you stutter, or are dyslexic
   - If you feel confused, scrambled or inarticulate
6. **Do a Crown Pull:**
   - When you head feels clogged
   - To relieve a headache
   - When negative thoughts are pervasive
   - When you want to sharpen your memory
   - When you want to open the crown chakra to inspiration

7. **Work the Neurolymphatics (Get a Spinal Flush):**
   - There is not an energy test for the neurolymphatics. Pain is the self test. If painful then rub them for about 10 seconds
   - When you need more energy
   - When you are just getting sick, to help move toxins out
   - When you are distressed or too emotional

8. **Do a Connecting Heaven & Earth**
   - When you want to activate Spleen (metabolize, promote healing)
   - When you want to bring more joy into your life
   - When you need to release excess energies and bring fresh oxygen to the cells
   - When you want fresh energy to flow through the joints
   - When you start to feel poorly, perhaps a cold or the flu coming on

9. **Do the Celtic Weave:**
   - When you feel your aura needs a boost
   - When you feel the energies around you (lights, electricity, emotions of others) are affecting you
   - After doing other energy exercises to weave your field together

10. **Do the Hook-up:**
    - When you are feeling disconnected from yourself or others
    - When you are feeling as though you are coming apart
    - When you need a sense of calmness

11. **Do a Zip-up and Lock when you are:**
    - Feeling vulnerable to the energy of others
    - Needing a boost of confidence
    - Needing more clarity of thought