



Eden Energy Medicine

The Daily Energy Routine

Created by Donna Eden



These simple techniques can benefit everyone! The Daily Energy Routine (DER) can build positive habits into your energy field, nervous system, and cell memory. The exercises are simple yet potent, and they are cumulative when you do the routine consistently. The entire routine averages five minutes.

The Four Thumps:

For: Grounding, Energy, Metabolism, Vitality, and the immune system.

Use several fingers or knuckles to tap the spots shown. Tap vigorously on each set of spots. Breath in through your nose and out through your mouth while you are tapping.

1. Tap on your cheekbones for the length of two to three deep breaths.
2. Place your fingers just below the corners of your collarbone, directly under the front of your neck. Most people have indents there. Rub or tap these points for two to three deep breaths.
3. Tap/press (or thump like Tarzan) the thymus point in the middle of your sternum for two to three deep breaths.
4. Tap/press the spleen acupuncture points on the side of the body about four inches down from the arm pits, for two to three deep breaths.



1. Grounding



2. K-27



3. Thymus



4. Spleen

The Crossover Shoulder Pull

For: Energy, coordination, and clear thinking.

1. Put one hand on opposite shoulder
2. Dig your fingers into the back of your shoulder, drag them over the top, and pull firmly down across your body to the opposite hip.
3. Do this several times and repeat on the other side.



The Cross Crawl

For: Harmonizing energy, coordination, and clear thinking.

1. While standing, sitting, or lying down, lift your right arm and left leg simultaneously.
2. As you let them down, raise your left arm and right leg.
3. Repeat while mindfully exaggerating the lift of your leg and arm and swinging them across the midline to the opposite side of your body. This is an exaggerated march.
4. Continue this exaggerated march for at least a minute, breathing deeply in through your nose and out through your mouth.



The Wayne Cook Posture

For: Clearing and focusing the mind and being able to see with better perspective.

1. Place your left foot over your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand.
2. Breathe in slowly through your nose, letting the breath lift your body while pulling your left foot toward you. Exhale slowly through your mouth, relaxing your body. Repeat four or five times.
3. Switch to the other foot and repeat this entire process.
4. Uncross your legs and "steeple" your fingertips, resting your thumbs just above the bridge of your nose. Breathe slowly in through your nose and out through your mouth four or five times.
5. On the last exhale, curl your fingers at the center of your forehead and pull slowly to your temples, stretching the skin on our forehead. Slowly bring your hands down in front of you. Surrender into your own breathing.



The Crown Pull

For: Clearing mental congestion, headaches, sharpening memory, and opening the crown chakra to higher inspiration or spirituality.

1. Place your thumbs at your temples with your fingertips resting in the middle of your forehead.
2. Slowly, with pressure, pull your fingers apart stretching the skin above your eyebrows.
3. Place your fingers at your hairline and repeat the stretch. Again, use pressure as you pull.
4. Repeat this pattern at the top, center, and back of your head. Continue all the way back and down until you reach the base of your neck.
5. Move down to your shoulders. Press your fingers into your shoulders and hold. When ready, bring your hands to the middle of your heart chakra and rest your crossed hands there for at least one deep breath.



Connecting Heaven and Earth

For: Opening energies throughout the body and lubricating the joints.

1. Start with your hands on your thighs, fingers spread.
2. Inhale through your nose, circle your arms out and up over your head, and bring your hands together in prayer position in front of your heart. Exhale through your mouth.
3. Inhaling through your nose, stretch one arm up and one down, pushing with your palms. Hold, exhale, and return to the prayer position. Switch arms and repeat.
4. Do this several times for each arm, emphasizing the stretch.
5. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two deep breaths before slowly returning to a standing position.
6. As you slowly roll your spine upright, make figure 8s with your arms all the way up and over your head until you bring your arms out to the sides and down.



The Zip-Up

For: Confidence, clearing your thoughts, and protection from negative energies.

1. Place one or both hands at the bottom of central meridian at your pubic bone.
2. Take a deep breath in as you move your hand or hands slowly up the center of your body to your lower lip.
3. Continue upward, exuberantly raise your hand or hands into the sky.
4. Repeat two or three times.



The Hook-Up

For: Relieving anxiety, centering, and calming. May help when feeling dizzy or faint.

1. Place the middle finger of one hand on the "third eye" (between the eyebrows).
2. Place the middle finger of your other hand in your navel.
3. Gently press each finger into your skin and pull it upwards. Hold for twelve to thirty seconds, or longer if you wish. (You may experience a deep sigh or yawn which indicates energies hooking up.)



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