

Eden Energy Medicine For Pain

Techniques for Pain in Your Torso and Gut

Module #2

with
Janie Chandler

Sept 18-19, 2021



Module 2: Techniques for Pain in Your Torso and Gut

Important Note

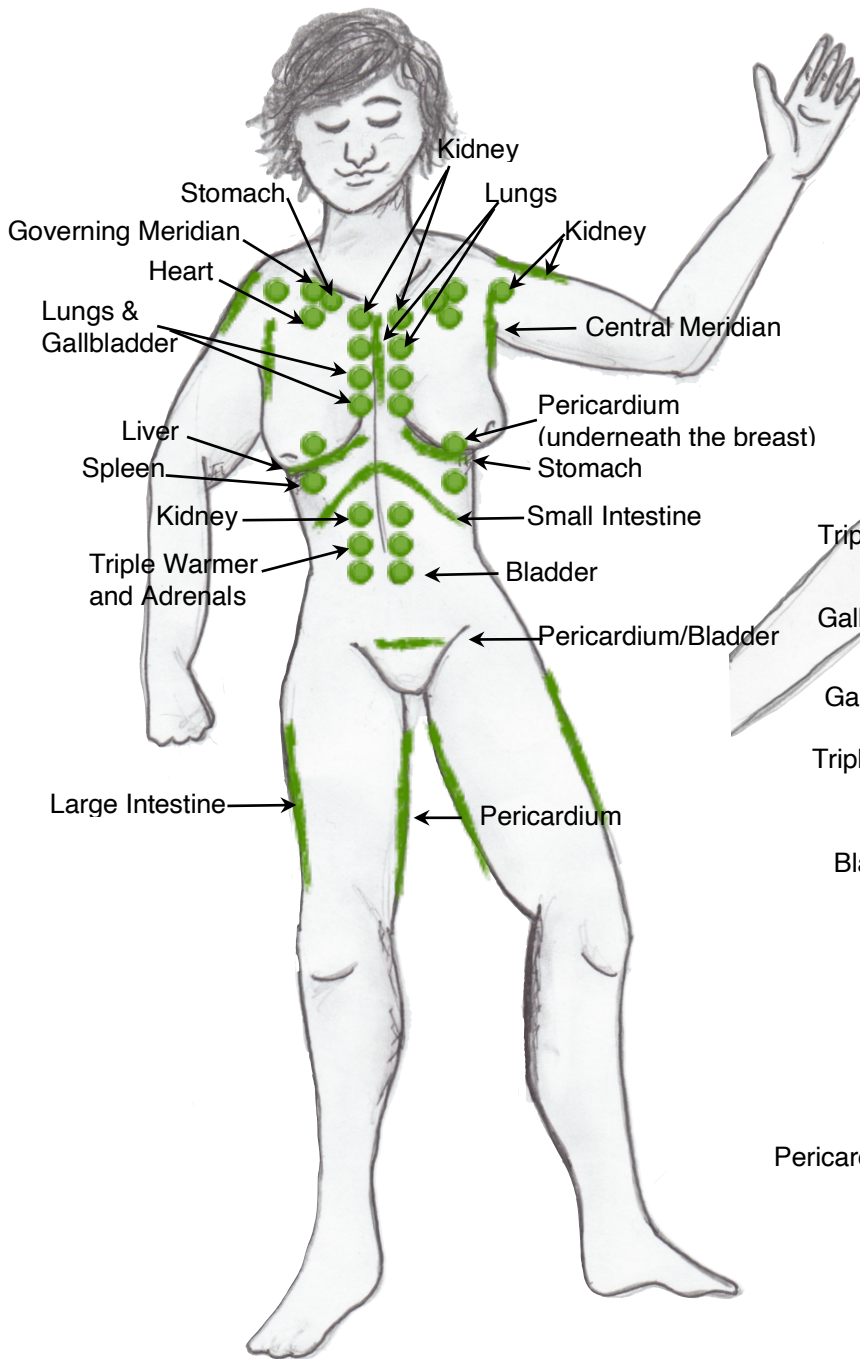
Pain is a signal that something is wrong. Energy techniques often address the pain as well as the underlying cause. If a pain is unexpected, unexplained, and persists or worsens (despite use of the techniques taught in this class), please arrange for an assessment by a competent medical professional. Some pains, identified in [this article](#), should never be ignored! If you are currently under the care of a medical professional, know that many people have found Eden Energy Medicine to be a great complement to Western Medicine.

Notes on Charts & Diagrams

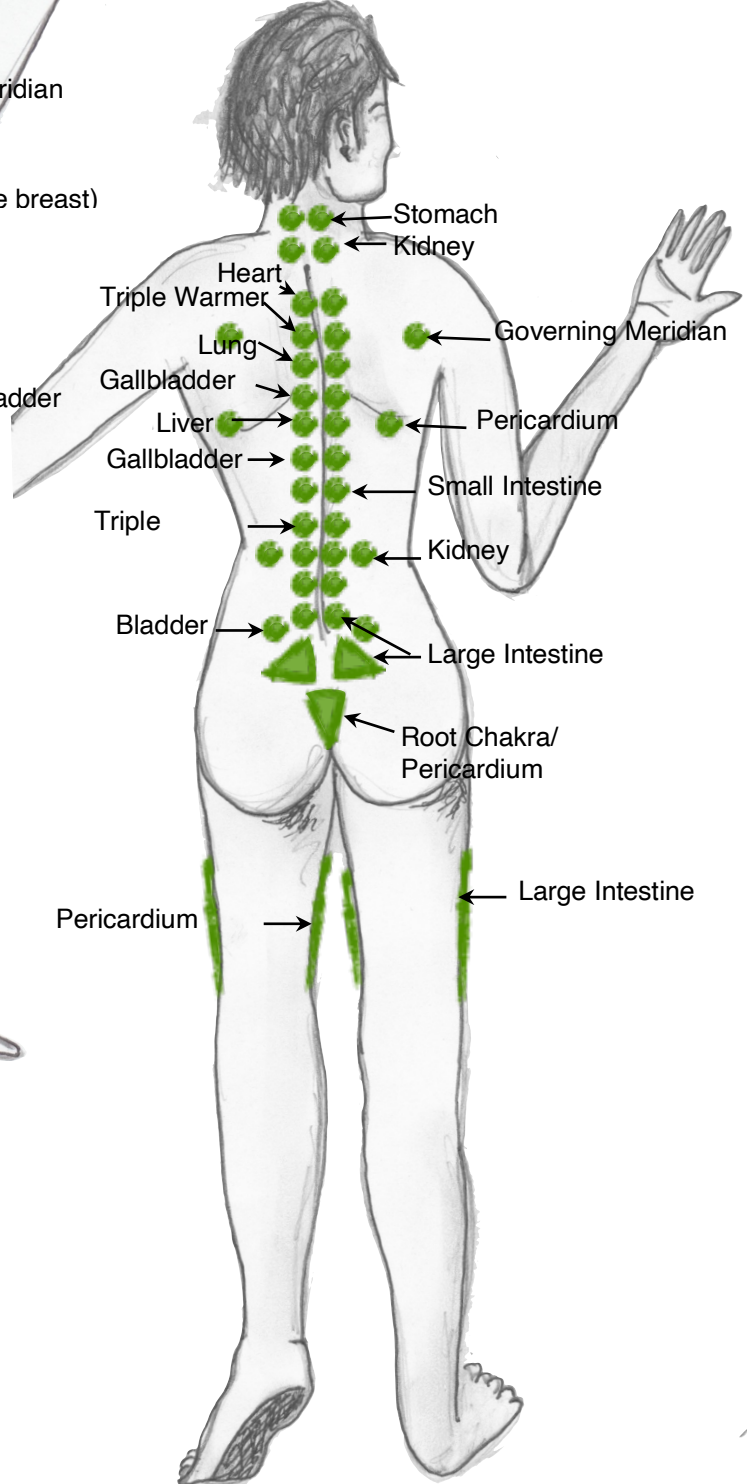
The charts and diagrams provided are not medically or anatomically accurate. They are provided to help locate the points and areas. Using two or three fingers will ensure you are over the correct location.

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Neurolymphatic Reflex Points



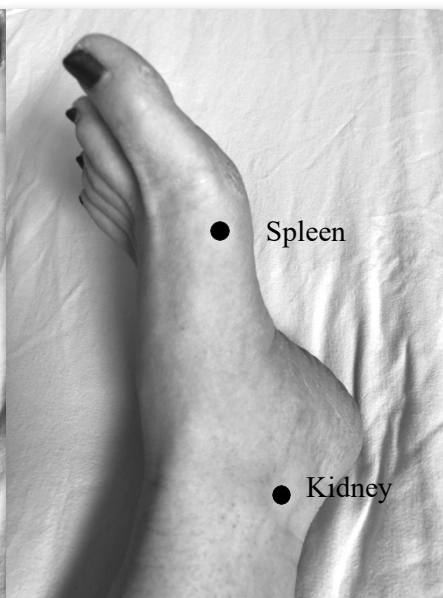
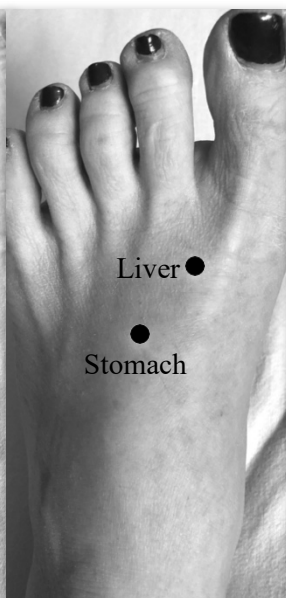
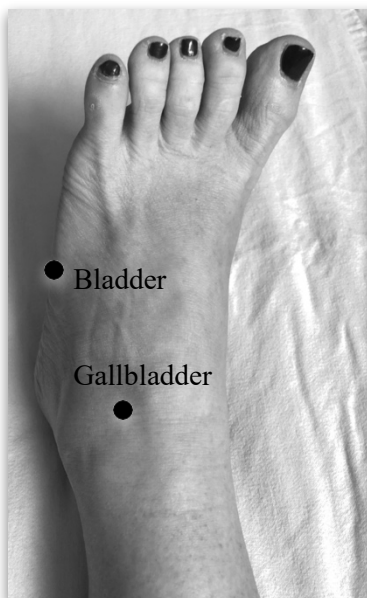
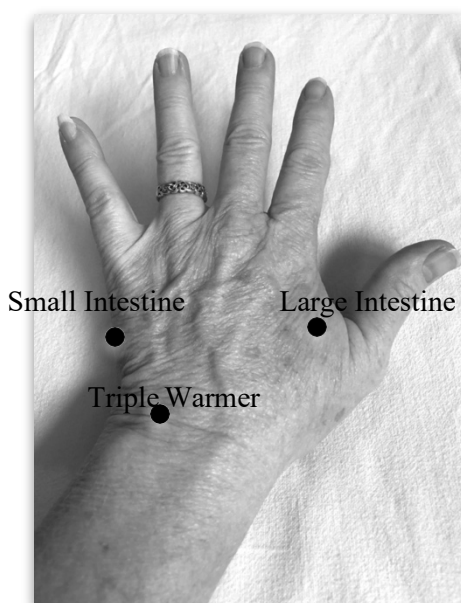
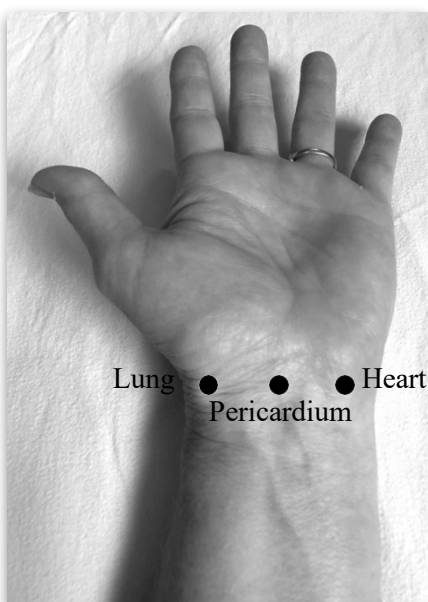
All points are approximations, and all points are bi-lateral. Find the sorest spot in the vicinity of the organ or meridian you want to affect. Doing a thorough spinal-flush on the back will cover all of the reflex points to stimulate the entire lymphatic system.



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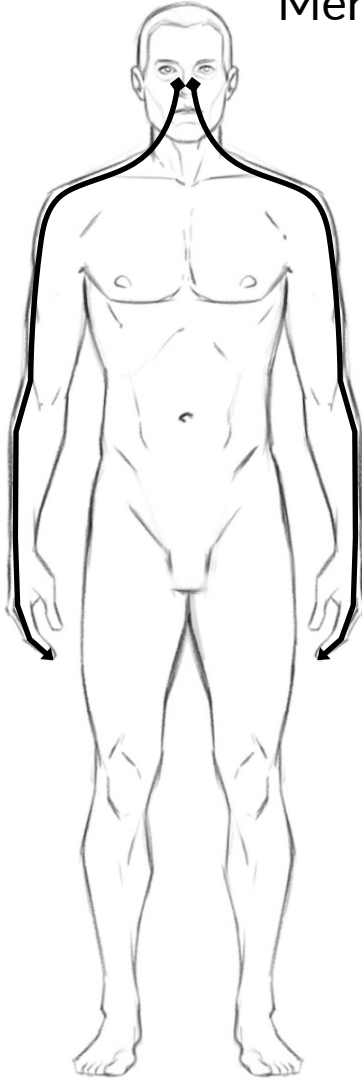
SOURCE POINTS

Source points are acupressure points that store a reserve of energy specifically earmarked for the organ that it serves (these points are bilateral). Making sure that the point associated with an organ of concern is awake and ready for service will be of benefit to the function of that organ. You can do this by rubbing the point, stretching, or pinching the skin around it, and then tapping it for a few seconds. You might also try holding the point gently with the palm of your hand while breathing deeply for a minute or two.



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Meridians for Digestive and Menstrual Pain



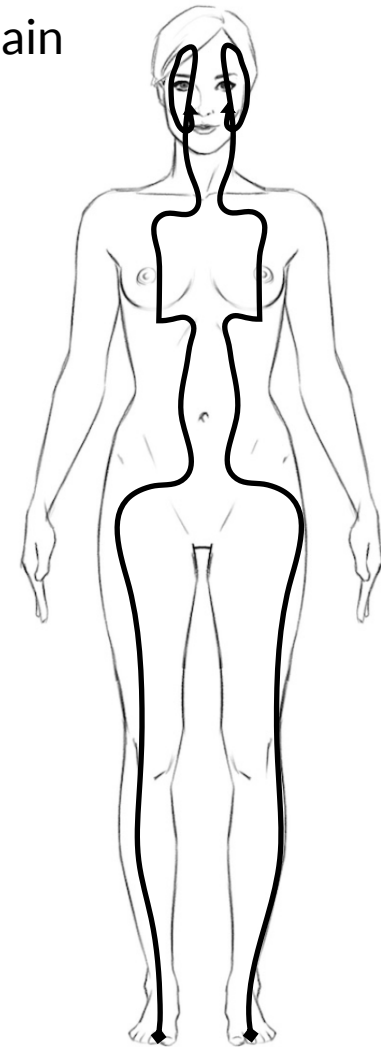
Large Intestine

Begins on the tip of the index finger and runs up the 'seam' of the arm (on the edge between inner and outer), across the top of the shoulder, up the neck, over the jaw to the nostril and then to the flare of the nose.



Circulation Sex (Pericardium)

Begins at the side of the breast, runs through the center of the inner arm, ends on the tip of the middle finger.

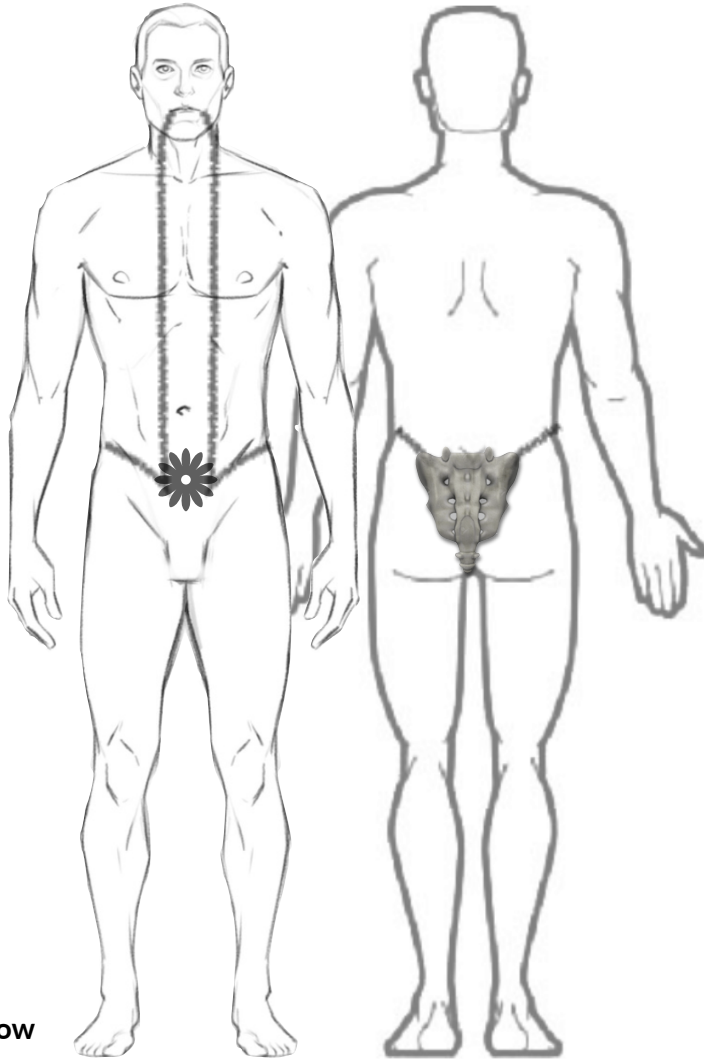


Stomach

Begins under the eye, circles around the face and comes down again through the eye and then down the front of the neck. Out at the collarbone, down over the breast, in under the breast, down to the pubic bone, out to the center of the thigh and down the outer edge of the leg. Ending on the second toe.

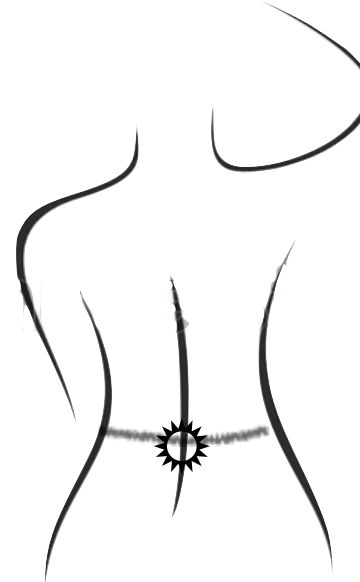
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Radiant Circuit Pathways for Menstrual Pain



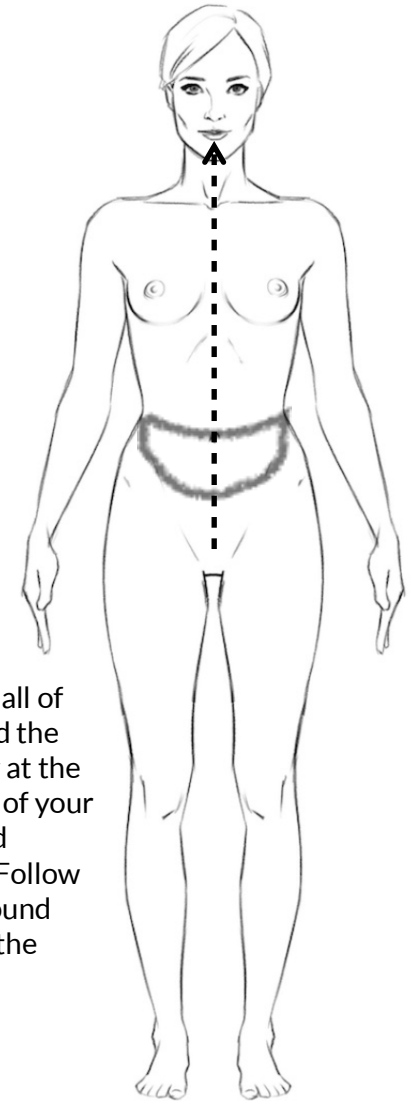
Penetrating Flow

Begin at the sacrum (rub vigorously with knuckles) then sweep up and over the hip bones to the front of the body and just above the pubic bone. Pause and take a breath before drawing hands upward on either side of the central line, all the way to the mouth. Pause for a final breath with fingers resting on either side of the mouth.



Belt Flow

From the mingmen point in the small of the back, drag your thumbs around the waist to the front and off the body at the bellybutton. Then take a firm hold of your waist with thumbs to the back, and deeply drag hands forward again. Follow by sweeping your broad hands around the waist several times and down the opposite leg.



Central Meridian

From the pubic bone straight up the center of the torso to the lower lip, stretch segments in increments between fingers, creating slight tug and friction all the way up.

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Acknowledgements:

Donna Eden & David Feinstein - Energy Medicine: How to use your body's energies for optimum health and vitality Revised Edition Tarcher/Penguin, 2008 LearnEnergyMedicine.com

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Janie Chandler LMT, is an Advanced Eden Energy Medicine Practitioner, and founding faculty member of Donna Eden's Energy Medicine Certification Program. A transformational practitioner and powerful teacher, her decades of work integrate therapeutic massage, in-depth study of physiology, energy medicine and spiritual practice. Join her groups for Self-Healing Sessions, and Study Guilds for novices and practitioners, where you will deepen your lived experience through her articulate, fun, authentic, and profound teaching style. JanieChandler.com.