



## Four Foundations of Wellness: Safety, Grounding, Sourcing, and Flow

Ellen Meredith, D.A., EEMAP

Four conditions help deepen the energy medicine you do: **Safety; Grounding; Sourcing; and Flow** (energies moving the way they are designed to move). These can serve to FRAME what you choose to address using Energy Medicine, and how you address it.

**SAFETY.** Radiance is our expansive and evolutionary energy, and Triple Warmer (its partner in Chapter 7 of *Energy Medicine*) is our shaping/forming/ limiting factor. **Safety** arises from having the two dance together for us – Inspiration finds form and can be shared; expansiveness is harnessed within containers that shape it; joy is brought into habits that allow it to deepen.

I call the TW energy system the “Gatekeeper”. Its job is to create and maintain a form that can accommodate the radiance that feeds us. It is designed to keep us in body and physical, so we don’t float off into the undifferentiated mush. Gatekeeper plays four key roles: it protects us AND the sanctity of our “self”; it keeps the habits that run the auto-pilot; it decides what to fund energetically; and it maintains our identity or “self”.

Helping a client (or yourself) find safety involves working with both outer and inner safety! I call these two aspects the Yang Gatekeeper and Yin Gatekeeper.

### Exercises:

**Smart Filter** – Figure 8 the edge of your aura, between the “you” and the “not you”. Then fill the smart filter with a color.

**Porcupine Reactivity and Inner Porcupine Reactivity** – When the Gatekeeper is challenged it flips many polarities in the aura and body (hence TW out of balance can create many irregular energies). To pull yourself out of porcupine reactivity, grab the energy at the top of your head with two hands. *On the inhale*, pull it straight up to arm’s length. Then *on the exhale*, pull it down on either side of your body, bowing out (egg-shaped bow) and tack the energy to the floor. Then grab energy from the earth and *on the inhale*, pull it up with both hands, bowing out, and tack it to the top of the head.

To correct inner porcupine reactivity: Repeat the same process, but begin and end at the third eye, and send your intention inward 3 layers of the aura.

**Yin Hearts** – To calm the Yin Gatekeeper, slowly and lovingly trace hearts over your physical heart, touching the skin and connecting with the fascia if possible. This also calms the Vagus Nerve.

**GROUNDING.** Grounding goes beyond whether our feet are rooted in the earth. We are energetically grounded and anchored in a number of ways: via our spiritual roots, our “air roots” out into the environment, our connections with people, ideas, membership, rituals and habits, and our elemental nature.

*Lack of grounding – or faulty grounding - often underlies chronic energy imbalance and the stress that leads to disease.* If someone is not grounded, energies may balance, but they won’t hold. Lack of grounding almost always triggers Gatekeeper reactivity or hyper-vigilance (including immune symptoms). Lack of grounding is a part of any acute and chronic disease.

Other words for grounded: rooted, anchored, tethered, plugged in, balanced, centered, calm, feeling grace, connected, focused, nourished, in our element, oriented, supported, at ease, settled, at home, aligned.

### Exercises:

**7 Spirals** – To ground in the seven sacred directions: *in front, behind, above, below, to the left, to the right, and within*, use your palm to circle in front of you about 8-10 times, then circle the opposite direction. Then repeat circling clockwise and counter-clockwise in each of the other sacred directions. This helps balance electrics and pulls someone out of homolateral, as well as grounding them in space, time, and spirit.

**5-element Table** – Place representatives of each element around your bed/table, with metal (bells, sacred metal statue) at the bottom right side below the feet, water (in glass or crystal) at the bottom left side below the feet, wood (living wood such as a potted plant) at the left middle of the body, fire (crystal or a light is safer than a candle) at the head, and earth (stone or rich loam) at the right middle side of the body. This creates a safe, balanced field and grounds you in the base language of the body: the 5 elements.

**SOURCING.** We aren’t a free-standing machine. We are actually constantly fed by energetic exchanges in our field, our body, and between our energies and our environment and inner affiliations. Imagine a vacuum cleaner not fully plugged into wall – it stutters! And the same happens to us if we aren’t adequately sourced.

### Exercises:

**Divine Hook-up** – Use your INDEX finger to plug into a source of divine radiance. You can plug into the “heart of the Divine” (however you understand that), into the “heart of

mother earth”, or into a quality such as “Deeper Truth”, “The sacredness of Nature. It doesn’t matter which index finger you use to plug into source. Then with your other index finger or with your full palm, bring energy to your heart, your 3<sup>rd</sup> eye, your belly button, or any other place that needs to be sourced.

**Sourcing the chakras** – Use the Divine Hook-up to source each of the chakras in turn, starting with your root chakra. Notice how the energy shifts and what it feels like as it becomes “juiced”.

**FLOW.** Most of EEM deals with flow, with energies moving the way they are supposed to move. Subtle Energies move and flow, swirl, pulse and oscillate, feeding the organs and work of the body. There is an integrative system that supports this flow, the Celtic Weave energy system, represented by the figure-8 pattern and other integrative shapes.

### Exercises:

#### Metabolizing 8 –



This 8 helps to strengthen spleen and metabolize food and energy. It is a horizontal 8, traced parallel to the ground.

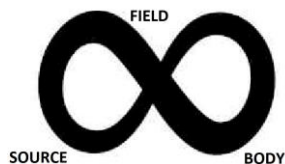
1. It can be done in front of the body: start at your heart chakra, draw left along your chest, circle forward in a clockwise half circle, returning to your heart chakra. Then drawing right along your chest, circle forward in a counter clockwise half-circle, back to center.
2. Or it can be seen as a wave: Send energy from the front of your chest through your central/governing vessels out the back and draw a clockwise circle that encompasses your left side and returning to the front. Travel through central/governing to the back again, and draw a counter clockwise circle encompassing your right side, and landing back in the center of your chest.

#### Cosmic figure 8 –



This is a very large energy flow that travels between SOURCE, SELF, and WORLD. It carries energy from Source into your body, out into the world of activities and shared energy exchange, returns energy to your body, and carries it back to Source, in constant renewal. Reach behind you with both hands to scoop up source energy, bring it through your body, and out into the world in front of you, then cycle it back through your heart chakra, and repeat the pattern several times.

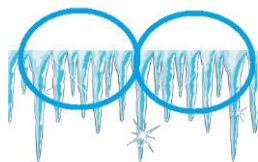
### Creation-of-self figure 8 –



This flow carries energy from Source, into your field, then manifests in the body, carries information back to the field/aura, and then returns to Source.

Trace this one in front of you: from as far as you can reach (Source) into your aura, arriving at your body, then figure-8 ing back into your field and out to Source again.

### Frozen 8's –



A frozen 8 is a pattern that has stopped circulating adequately and is holding the energies of a particular area stuck.

In essence, you can be certain there is a frozen 8 wherever you find a whole region of the body testing “weak” or feeling sluggish (for example, across the chest).

To UNFREEZE, twirl a crystal or magnet along the figure 8. You will know you are successful when you feel the energies release, or when a post-test shows comfortable energy flow.