

Daily Energy Routine (as taught by Donna Eden)

1. The Three Thumps
2. The Cross Crawl
3. The Wayne Cook Posture
4. The Crown Pull
5. The Spinal Flush (or Neurolymphatic Flush)
6. Zip Up

Step 1. The Three Thumps: By tapping three specific sets of points, you can activate a sequence of responses that will restore you when you are tired, increase your vitality, and keep your immune system strong amid stress.

First Thump:

Thump your K-27 Points. (The K-27 points are the 27th pair of acupuncture points on the kidney meridian.) These are juncture points that affect all of your energy pathways. Working them sends a signal to your brain to adjust your energies. Tapping the K-27s “flips” your energies around if they have started flowing backward.

Place your fingers on your collarbone (clavicle). Now slide them inward toward the center and find the bumps where they stop. Drop about an inch beneath these corners and slightly outward to the K-27's. Most people have a slight indent here that their fingers will drop into. You may choose to cross your hands over your body, this is not essential, but it does assist the energy to cross over from the left-brain hemisphere to the right side of the body and from the left hemisphere to the right side. Tap or massage the points firmly while breathing deeply, in through your nose and out through your mouth. Continue for about 20 seconds.

Second Thump:

Thump your Thymus Gland. This technique can help you if you are feeling bombarded by negative energies, catching a cold, fighting an infection, or if your immune system is otherwise challenged.

Move your fingers down a couple of inches and into the center of your sternum after thumping your K-27s. As you breathe deeply, firmly tap your thymus point with the four fingers of each hand for about 20 seconds.

Third Thump:

Thump your Spleen Points. Tapping your spleen's neurolymphatic reflex points serves to synchronize your body's rhythms, harmonize its energies and its hormones, remove toxins, fight infection, combat general malaise during or after stress, counter dizziness, modulate blood chemistry, and better metabolize food.

Find the points by putting your fingers under your breasts, slightly out from the center. Then move them down under the next rib. Tap firmly with several fingers for about 15 seconds, breathing deeply in through your nose and out through your mouth.

Step 2: The Cross Crawl: You may find the cross crawl to be particularly valuable if, for instance, you are feeling physically or mentally exhausted for no apparent reason, are feeling worse rather than better after you exercise, are becoming lethargic and unmotivated, or are off-balance from carrying a suitcase, shoulder bag, or child.

The Cross Crawl

While standing, lift your right arm and left leg simultaneously. As you let them down, raise your left arm and right leg. If you are unable to do this because, for instance, of being confined to a wheelchair, simply lift your knees to the opposite elbows or twist your upper torso so your arm passes over the midline of your body.

Note: If the Cross Crawl tires instead of energizes you, it probably means that your energies are locked in a homolateral (straight up and down the body instead of crossing) pattern, unable to cross over from one side of your brain to the other. If this is the case, do the Homolateral Crossover prior to doing the cross crawl.

Homolateral Crossover:

March in place, lifting your right arm with your right leg and then your left arm with your left leg. Breathe deeply throughout the entire routine. After about twelve lifts of your arms and legs in this homolateral pattern, stop and change the pattern to a Cross Crawl—lifting the opposite arm and leg—again for about twelve lifts. Repeat this pattern twice more—twelve homolateral movements, then twelve Cross Crawls. Anchor it by ending with an additional twelve Cross Crawls (so your last set will have twenty-four Cross Crawls). Do this daily until your body adjusts to allowing your energies to cross your body. (Note from Penny: If, when I start the Cross Crawl I have to stop and think in order to make my right arm go with my left leg, then I do the Homolateral Crossover.)

Step 3 The Wayne Cook Posture: Use the Wayne Cook posture when you are overwhelmed, hysterical, cannot get clarity on a situation, cannot bring order to your life, must confront someone, or are upset after someone has confronted you. It can help you bring a sense of order into your affairs, to better comprehend the world you are facing, and to literally put one foot in front of the other. Even when the upset is so intense that you are unable to quit crying, are finding yourself snapping and yelling at others, sinking into despair, or feeling you are beyond exhaustion, it will move stress hormones out of your body. Almost immediately you will begin to feel less crazy and overwhelmed.

The Wayne Cook Posture:

Sit in a chair with your spine straight. Place your right foot over your left knee. Wrap your left hand around your right ankle and your right hand around the ball of your left foot. Breathe in slowly through your nose, letting the breath lift your body as you breathe in. At the same time, pull your leg toward you, creating a stretch. As you exhale, breathe out of your mouth slowly, letting your body relax. Repeat this slow breathing and stretching four or five times. Switch to the other foot. Place your left foot over your right knee. Wrap your right hand around your left ankle and your left hand around the ball of your left foot. Use the same breathing. Uncross your legs and place your

fingertips together forming a pyramid. Bring your thumbs to rest on your “third eye” just above the bridge of your nose. Breathe out through your mouth, allowing your thumbs to separate slowly across your forehead, pulling the skin. Bring your thumbs back to the third eye position. Slowly bring your hands down in front of you, pulling them together into a prayerful position while breathing deeply. Surrender into your own breathing.

Step 4 The Crown Pull: The crown pull clears your head and mind, making space for the energy in your skull to move more freely. It reminds you to attend to the realm of the crown chakra, which governs you spiritually.

The Crown Pull:

While doing the crown pull breathe deeply, in through your nose and out through your mouth. Place your thumbs at your temples on the side of your head. Curl your fingers and rest your fingertips just above the center of your eyebrows. Slowly, and with some pressure, pull your fingers apart so that you stretch the skin just above your eyebrows. Rest your fingertips at the center of your forehead and repeat the stretch. Continue this pattern with your fingers curled and pushing in at each of the following locations: fingers at the top of your head, with your little fingers at the hairline; fingers at the center of your head; fingers over the curve at the back of your head. Repeat each of these stretches one or more times.

Step Five The Spinal Flush (or Neurolymphatic Flush): If you are moving through intense emotional or physical stress, or if you have been exposed to environmental toxins, doing the Spinal Flush will clear your lymphatic system. The Spinal Flush not only cleanses the lymphatic system, it stimulates the cerebrospinal fluid, clearing your head as well. It is a quick rebalance. As a cold is coming on, the Spinal Flush can help stop it in its tracks.

Spinal Flush with a partner:

Lie face down, or stand three or four feet from a wall and lean into it with your hands supporting you. This positions your body to remain stable while your partner applies pressure to your back. Have your partner massage the points down both sides (NOT ON the spine) of your spine, using the thumbs or middle fingers and applying body weight to get strong pressure (NOT BACK BREAKING PRESSURE, just enough pressure to move the lymph). Massage from the bottom of your neck all the way down to the bottom of your sacrum. Have your partner go down the notches between your vertebrae and deeply (not painfully!) massage each point. Staying on the point for at least 5 seconds, your partner moves the skin up and down or in a circular motion with strong pressure. Upon reaching your sacrum, your partner can repeat the massage or can complete it by sweeping the energies down your body. From your shoulders, with an open hand, your partner sweeps all the way down your legs and off your feet, two or three times. Do not worry about a point being missed. Each of your meridians will be covered by simply going between all the notches. Rather than knowing which meridians are associated with which points, simply ask for special attention on any points that are sore.

Spinal Flush without a Partner:

If you do not have a partner available, massage the many points that you can reach on your own. You can massage as much as you can reach on your back, paying special attention to ones that are sore. You can also do the following points on the front of your body, if you do them every day you will still be stimulating these points along the meridians and they will work their magic throughout your meridians.

Rub each point for about 10 seconds each, notice if they hurt and rub them more. Remember to breathe in through the nose out through the mouth. Shake off your hands periodically as they will collect energy.

Under the clavicle, out from the K 27s.

Out a little further from the K-27s.

“Stitch” your arms on. (This one is amazing for clearing stress out of the body.)

Go straight down the sternum. (This is the lungs, it can make you cough.)

In between the ribs on the sides of the sternum.

Under both breasts in a half moon shape.

Cup fingers and go under the rib cage, following it down to the end of the rib cage.

1” above and 1” to the side of the belly button.

1” to each side of the belly button.

Above the pubic bone.

Along the side of the legs from the top of the legs to the knees (along the hemline of your pants).

Lay your hands on the front of your legs and push your thumbs down along inside your legs (from top of legs down to your knees).

Step 6 Zipping Up: When you are feeling sad or vulnerable, the central meridian, the energy pathway that governs your central nervous system, can be like a radio receiver that channels other people’s negative thoughts and energies into you. It’s as if you are open and exposed. The central meridian runs like a zipper from your pubic bone up to your bottom lip, and you can use the electromagnetic energies of your hands to “zip it up.” Pulling your hands up the central meridian draws energy along the meridian line. Remember to breathe deeply as you do so, and you will begin to feel centered, in control, and in your own power.

Zip Up:

Place your hand at the bottom end of the central meridian, which is at your pubic bone.

Take a deep breath as you simultaneously move your hand with deliberation straight up the center of your body, to your lower lip. Repeat three times. Complete this by zipping up the back of your body, starting at your tailbone bring your hand up your spine as far as it will go, leave it there and bring your other hand up over your shoulder to “meet” the first hand. They won’t meet, but envision them doing so and complete the zip with your second hand bringing it up your spine, along the neck, over the back of the head, down over the forehead, to the upper lip. Again, repeat three times.