

## **MLA YSS 2019 Retreat    Destressing Techniques**

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**Grounding:** encourages a state of calmness; reduces stress; improves: mood, immunity, inflammation in the body and sleep; helps release anger.

**Tapping:** 1. Under cheekbones. 2. Under the midpoint of collarbone.

**Spooning the Feet:** use a stainless steel spoon to gently rub the bottom of each foot. Do the sides and tops too. Use figure 8 patterns or sweeping motions. Breathe!

**Work the Gaits** (channels between the tendons on the top of the feet).

Pinch each gait area gently 2-3x before working them.

Rub firmly: toes, bottom of foot, each gait area. Pull energy off toes.

Rub hand gaits in a similar fashion. Use thumb on palm area and top.

### **Tap Your Anxiety Away**

Place one hand over your heart.

Tap 10x on the back of your hand, just below knuckles, between ring finger and little finger while you think of stressor and **BREATHE!**

Stop. Take a deep breath. Continue tapping at least 30x as above.

Switch hands and repeat all steps.

### **Neurovascular Hold**

Place one hand horizontally across your forehead and the other across the back of your head. Hold the position for several minutes while you breathe and think of the stress that is the issue.

Another Neurovascular option:

Cluster thumb, pointer, and middle finger and place in hollow at base of throat.

Take other hand place along side of face so fingers go over temple, heel near jawbone, and thumb near ear. Breathe!

Switch hands after a few minutes and do other side.

**Adrenal Points** (located about an inch up from navel and an inch out to either side)

Rub these points deeply and often. Think hundreds of times a day! These critical points help to restore tired adrenals.

Frequent and deep rubbing interferes with the stress loop habit.

## Expel the Venom

Rub hands together, shake and place on thighs. Deep inhale and exhale.  
Hold arms straight in front of you, hands in fists, facing up (Stressor is in your grip!)  
Inhale as you swing arms around, up in a circle behind you and over your head.  
Exhale saying a loud "haaaaa" as you forcefully bring your fists down quickly, opening them as they drop in front of your legs, casting the stressor to the ground. Movement is quick and forceful as you are vigorously throwing out what is bothering you.  
Repeat 3 more times, then do once more but move slowly and deliberately and use softer voice. Repeat above cycle until anger/stress dissipates.

Belt Flow (aka Where's My Belt?): prepare by stretching arm overhead and bending to opposite side; change arms and stretch to other side. Stretch forward.

\*Spread fingers; circle has around one side of body at the waist (one arm will be across the front and one across the back)  
Pull hands from the back of the body to the front (with some pressure) all the way across the belly to the opposite side.  
Return hands to original position and repeat 2 more times.  
On the last time, slide hands down the outside of the leg and off the foot.  
Repeat from \*. On the other side of the body.

Daily Energy Routine (separate handout)



# The Eden Energy Medicine

## DAILY ENERGY ROUTINE

**The Techniques:** These simple techniques can benefit nearly anyone living in the stress-producing, polluted, nature-alien, energy-scrambling environments that mark our technological progress. I suggest you combine these methods into a "Daily Energy Routine," and that you use it every day. The daily routine builds positive habits into your energy field. The techniques are simple yet potent, and they are cumulative.

- ◆ Four Thumps
- ◆ Crossover Shoulder Pull
- ◆ Cross Crawl
- ◆ Wayne Cook Posture
- ◆ Crown Pull
- ◆ Connecting Heaven & Earth
- ◆ Zip-up
- ◆ Hook-up

### THE FOUR THUMPS

Helps with grounding, boosts and restores energy, increases strength and vitality, and strengthens the immune system.

Use several fingers or knuckles to tap the spots shown in the pictures. Without hurting yourself, tap vigorously on each set of spots. Focus on breathing 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 To locate K-27 points, place your fingers on your collarbone and move them toward the center until you come to the corners of the collarbone just below the throat. Move your fingers down about an inch. There is an indent there for most people. Tap or press/buzz these points for two to three deep breaths.

- 3 Tap or press/buzz the Thymus point in the middle of your sternum for two to three deep breaths with your fingers or your knuckles.

- 4 Tap or press/buzz the Spleen acupuncture points on the side of the body about four inches down from the arm pits, for two to three deep breaths. Alternately, tap or press/buzz the Neurolymphatic Spleen points, beneath the breasts and down one rib, for two to three deep breaths. If either set is more tender use these points in the future.



1. Grounding



2. K-27



3. Thymus



4. Spleen

### THE CROSSOVER SHOULDER PULL

- 1 Put one hand on opposite shoulder.
- 2 Dig your fingers into the back of 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

Balances and harmonizes energy, improves coordination, and clears 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, this time exaggerating the lift of your leg and the swing of your arm across the midline to the opposite side of your body.
- 4 If you can, twist so that your elbow touches your opposite knee.
- 5 Continue this exaggerated march for at least a minute, breathing deeply in through your nose and out through your mouth.

*If doing the Cross Crawl tires you or leaves you feeling uncoordinated, precede it with the Homolateral Crossover Repatterning in Energy Medicine, 2008, pages 251 – 252.*



## THE WAYNE COOK POSTURE

Focuses the mind, allows you to untangle inner chaos, see with better perspective, think more clearly, and learn more proficiently.

- 1 Sit with your spine straight. 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 stretching your leg 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 your forehead. Slowly bring your hands down in front of you. Surrender into your own breathing.



## THE CROWN PULL

Relieves mental congestion and headaches, clears and refreshes the mind, sharpens memory, and opens the Crown chakra to higher inspiration.

- 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. Then pull across your shoulders towards the front. Keep your fingers there as long as feels good. 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

Opens energies throughout the body, particularly in the joints. Use in moments of transition to clear out old energy and make space for new energy.

- 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 twice 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, you may make small or large Figure 8s with your arms.

Alternatively, you can "roll" your energy up your body with your hands starting at your feet and rolling all the way up and over your head and out to the sides.



## THE ZIP-UP

Boosts confidence, clears your thoughts, and protects you from negative energies that may be around you. An excellent time to do affirmations.

- 1 Place your hands at the bottom of Central meridian at your pubic bone.
- 2 Take a deep breath in as you move your hands, slowly and deliberately, straight up the center of your body to your lower lip.
- 3 Continue upward, bringing your hands past your lips and exuberantly raising them into the sky. Circle your arms back to your pelvis.
- 4 Repeat two or three times.



## THE HOOK-UP

Calms you and centers you. Connects many of the body's energy circuits. May help when feeling dizzy or faint.

- 1 Place the middle finger of one hand on the "third eye" (between the eyebrows above the bridge of the nose).
- 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.

*Often you will experience a deep sigh and/or yawn, showing that your energies are hooking up.*



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