



The 5 Minute Daily Routine (Energy Medicine by Donna Eden)

The Three Thumps

K-27

Breathe slowly and deeply as you briskly tap or massage the two points immediately below the collarbone corners. Tap or massage 10 to 12 seconds.

- Jump-starts your energy system
- Focuses your mind
- Corrects for meridian energy that is “flowing backward”

Thymus Thump

At center of sternum, tap for about 15-20 seconds using your thumb and all of your fingers. As you tap, breathe slowly and deeply, in through your nose and out through your mouth.

- Stimulates your energies
- Boosts your immune system
- Releases stress

Spleen Points

Tap the neurolymphatic spleen points firmly for about 15 seconds (beneath the breasts and down one rib). Alternate tap: spleen acupuncture point (side of the body about four inches beneath armpit). Whatever location is most tender, use that one. Breathe slowly and deeply, in through your nose, out through your mouth as you tap.

- Boosts your immune system
- Balances blood chemistry and electrolytes
- Helps with the metabolism of food
- Reduces toxins and stress

The Cross Crawl

Briskly tap the K-27 points to assure that your meridians are moving in a forward direction. While standing, lift your right arm and left leg simultaneously. As you let them down, raise your left arm and right leg. Repeat, this time exaggerating the lift of the leg and the swing of your arm across the midline to the opposite side of the body. Continue this exaggerated march for at least a minute, breathing deeply in through your nose and out through your mouth.

- Supports the crossover patterns in your body's energies that are necessary for coordination, healing, and vitality.

NOTE: If the cross crawl makes you tired, your energies are probably caught in a homolateral pattern. To remedy this, march in place lifting the right arm and right leg, then the left arm and left leg. Do about 12 lifts. Then do the Cross Crawl. Sets may be needed to be repeated for several patterns. End with the three thumps.



The Wayne Cook Posture

Sit with your spine straight. Place your left foot on your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand. 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. Do the reverse (right foot on left knee, left hand on right ankle, right hand holding bottom of right foot). Breathe and stretch four or five times. Then “steeple” your fingertips, resting your thumbs just above the bridge of your nose and out through your mouth, 3 or 4 times. On exhale, separate thumbs slowly, stretching the skin on your forehead. Slowly bring your hands down in front of you. Surrender into your own breathing.

- Takes you out of overwhelm
- Focuses the mind
- Enhances your ability to learn
- Brings out your best in a performance or confrontation

The Crown Pull

Start with your thumbs on your temples, fingertips resting at the middle of your forehead. Apply pressure and slowly pull your fingers apart, stretching the skin. Breathe deeply, in through your nose and out through your mouth. Repeat as feels good. Place your fingertips at your hairline and repeat stretch. Repeat this pattern, starting at the top, center, and back of your head. Continue until you reach the base of your neck.

- Stimulates blood flow to your head
- Releases mental congestion
- Helps overcome insomnia
- Strengthens memory
- Opens the crown chakra to higher inspiration

The Hook Up

Place the middle finger of one hand on the third eye (between the eyebrows above the bridge of the nose). Place the middle finger of the other hand in the navel. Gently press each finger into the skin, pull it upwards, and hold for 12 to 30 seconds.

- Connects the central and governing meridians
- Increases coordination
- Stabilizes the entire energy system
- Helps overcome insomnia