

PHOENIX RISING

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Exercises were taken from the book:

Energy Medicine, written by Donna Eden with David Feinstein.

ENERGY EXERCISES

THE THREE THUMPS: Place your fingers on your collarbone slide them inward to the center and find the bumps where they stop. Drop down about an inch and slide slightly outward to the K-27's and thump while breathing in through your nose and out through your mouth five breaths.

-Drop down to the "Tarzan" spot on your chest, two inches below your K-27 points and in the center of your chest. Thump with your fist for five breaths. This is your Thymus point.

-Drop down to three ribs below your nipple line (right where a woman's bra ends, on a man three inches below his nipple) and thump for five breaths. This flushes your spleen. Move over about 4-5 inches on your ribs find the sore spot and massage for five breaths. Move over in a straight line to under your underarms (4-5 inches below the pit) and find the sore spot-massage for five deep breaths.

The Three Thumps will:

- ❖ Energize you if you are feeling drowsy
- ❖ Help you focus
- ❖ Stimulate all your energies
- ❖ Boost your immune system and increase your strength and vitality.

THE CROSS CRAWL: While standing lift your left leg and touch your right hand to the outside of your left knee, Your right arm crossing over your body. Exaggerate the lift of your legs and the swing of your arms across your body. Lift your right leg and touch your left hand to your right knee. Continue this exaggerated marching in place motion for one minute breathing deeply. The Cross Crawl will help you:

- ❖ Feel more balanced and think more clearly
- ❖ Harmonize your energies and improve strength and coordination

THE WAYNE COOK POSTURE: 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 foot. Hold for five slow deep breaths. Breathe in through your nose and out through your mouth.

-Switch feet. 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 foot. Hold for five deep breaths. This posture will help you:

- ❖ Untangle inner chaos, have a better perspective
- ❖ Focus more effectively, think more clearly, and learn more proficiently

THE ZIP UP: Briskly tap the K-27 points to assure that your meridians are moving in a forward direction. Place your hands on your pubic bone, thumbs and index fingers touching, forming a triangle. Take a deep breath and move your hands up the center of your body to your lower lip and throw your arms wide to the sky. Take another deep breath and repeat three times.

- ❖ Feel more confident and positive about yourself and the world
- ❖ Think more clearly and tap your inner strength
- ❖ Protect yourself from negative energies

THE HOOK UP: Place your middle finger of one hand in your belly button and place the middle finger of your other hand between your eyes and gently push in and up. Hold this position for three deep breaths.

- ❖ Hooks up your meridians.
- ❖ Clears your Strange Flows, leaves you feeling whole.
- ❖ Clears your thinking

FIGURE EIGHTS: Start bent at the waist hands hanging down to the floor, knees slightly bent. Sway as if to music from side to side shifting your body weight from one hip to another in large figure eights. At the waist stretch your hands out in front of you and make figure eights up one side and down the other then circle up over your head. Throw your arms open wide, take a deep breath, gather in the energy, make a pyramid with your finger tips and bring it down to the crown of your head. Take another deep breath. Repeat three times.

- ❖ Balances the right and left brain
- ❖ Aligns the energies and clears static
- ❖ Activates the crossover patterns that are dispersed throughout your body.

SEPERATING HEAVEN AND EARTH: Stand with your hands on your thighs, fingers spread. With a deep breath circle arms out and meet at chest level in a pyramid. Take a deep breath, hold it and stretch one hand to the heavens, palm out, and the other to the earth, palm out. Hold this for as long as is comfortable. Release your breath through your mouth and return your hands to the pyramid position. Do two lifts on each side.

- ❖ Jump starts the Strange Flows
- ❖ Opens meridians, expels toxic energy
- ❖ Stimulates fresh energy flow

JUMP START YOUR BRAIN: Do anytime your brain feels sluggish and combine with the Wayne Cook Posture.

- ❖ Rub your palms together briskly.
- ❖ Shake off excess energy and place one hand, palm down on the forehead.
- ❖ Place the other hand on the back of the head covering the occipital bone.
- ❖ Breathe deeply and slowly, in through the nose and out through the mouth.

ENHANCE YOUR MEMORY: Do this exercise daily before starting your day to keep your memory fresh and maximize its efficiency.

- ❖ Rub your palms together briskly and shake off the excess energy.
- ❖ Place your left hand over your heart on the left side of your body and your right hand on the right side of your head. Palm is covering your ear and fingers are spread up into your hairline.
- ❖ Breathe deeply in through your nose and out through your mouth five times. Do this vigorously enough to raise your body UP with the intake of breath and relax with the outflow.
- ❖ Move your right hand to the back of your head and repeat breathing.
- ❖ Rub your palms together briskly and shake off excess energy.
- ❖ Place your right hand over the right side of your chest and your left hand on the left side of your head, palm over your ear and fingers spread up into your hairline.
- ❖ Repeat the deep breathing.
- ❖ Finally, place the palm of your left hand on your forehead with your fingers spread and going up into your hairline. Deep breathe five times.

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