



INTRO TO
ENERGY MEDICINE
PERSONAL JOURNEY TO HEALTH AND VITALITY

WITH MANON DE VERITCH
A L I G N E D E N E R G Y M E D I C I N E

Welcome!

As you start your personal journey to greater health and vitality you may be wondering what Energy Medicine is and how it can inspire and invigorate you. Here's one way to describe it...

“Energy is your life force. It animates every muscle, cell, and molecule in your body. Energy Medicine ministers to that force. When your energies are flowing and in balance, you are healthy and feel good. You feel enthusiastic and excited about life. When your energies are blocked or not in harmony, you feel tired and are vulnerable to depression and all kinds of illness. Energy Medicine gives you tools to stay happy, healthy, and vital.”

– Donna Eden

As you practice the Energy Medicine methods we will share, you will:

- Get to know, directly experience, and influence your body's intricate energy systems for greater health and resilience
- Practice a short, fun Daily Energy Routine that can:
 - ◇ Counter the effects of stress,
 - ◇ Revitalize you when you are tired,
 - ◇ Strengthen your immune system,
 - ◇ Boost your ability to bounce back from illness, and
 - ◇ Renew your spirits and love of life!
- Learn practical Energy Medicine tests and tools to release pain, restore healthy energetic flow and balance, and turn on your circuits for joy, aliveness, and vitality.

This handbook offers information to reinforce key points from our workshop and serve as an ongoing reference.

I'm profoundly grateful for the opportunity to share my passion for energy healing and hope it inspires your growth journey!

With much love, Manon



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"Everything is energy and that's all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way." Albert Einstein

What is Energy?

The prevailing paradigm in Western science says we are chemical, mechanical beings. But a new paradigm is beginning to emerge that suggests that we are fundamentally electromagnetic and vibrational, made up of light and sound and waveforms across an unimaginably vast array of frequencies. Like fish in water, we are swimming in an ocean of energy! Everything you see around you is part of the electromagnetic spectrum. Not only light bulbs and computers and iPhones, but planets, animals, stars, and entire galaxies – it's all electrical. The page you're reading, the chair you're sitting in, the ground beneath your feet, the planet you live on, the sun that heats the planet are ultimately just electromagnetic energy vibrating at different frequencies – in other words, electricity. It's all energy, frequency, and vibration.

Our emotions and feelings are just electromagnetic waves that naturally pass through our beings like waves in the ocean – unless we deny, suppress, or repress them, in which case they become frozen and stuck in our bodies and biomagnetic fields and create resistance and stasis that block the healthy flow of energy.

Reference: Electric Body, Electric Health by Eileen Day McKusick

Frequency and Vibration

The law of nature that states everything has a vibration. If you've taken a chemistry class you probably remember learning about atoms, and that everything is made up of atoms. These atoms are in a constant state of motion, and depending on the speed of these atoms, things appear as a solid, liquid, or gas. Sound is also a vibration and so are thoughts. Everything that manifests itself in your life is there because it matches the vibration from your thoughts.

There is no solidity in the universe. A form that appears solid is actually created by an underlying vibration. Vibrations express themselves in corresponding geometrical figures and in this way build up crystals that are the expression of vibration. Crystals collectively form a body of an element according to its particular vibration. The forms of snowflakes and faces of flowers take on their

shape because they are responding to some sound in nature. Crystals, plants, and human beings are music that has taken on visible form.

Scatter some very fine sand over the head of a drum. Then take a tuning fork and strike a note just above the drum head causing it to vibrate. The sand would shift and assume a geometrical figure corresponding to the particular note that was played. When another is sounded, the sand will shift and assume another figure. This shows that every vibration produces a corresponding geometric form

There is agreement among science, medicine and metaphysics that certain frequencies can repel disease, and certain frequencies can destroy disease. Herein lies the link between frequency (vibration) and health. Everything in nature vibrates at different frequencies. In fact, quantum physics describes the universe as nothing more than vibrating strings of energy! Scientific research has shown that different parts of our bodies have their own sonic signature. In other words, the sound of the cells of your heart differs from the sound of the cells of your lungs

When parts of the body become stressed or dis-eased, they are no longer producing the correct sound wave; in other words, they are not vibrating at their prime (optimal) resonant frequency. To re-establish or recalibrate your frequency, you need to understand how lower and higher vibrations affect your energy and health. Our bodies simply cannot fight dis-ease if our body pH is not properly balanced.

Schumann Resonance

With modern society bombarding us with so much electromagnetic energy, it seems increasingly obvious that getting more in tune with the "Earth energy" is universally healing. People who leave big, noisy cities and move out to the country enjoy spectacular health improvements. People who contact the earth through gardening, outdoors activities or consuming natural foods are far healthier than those who don't. And almost everyone agrees that a lush, green forest, humming with life, is calming and healing to both the mind and body.

One explanation behind all this is that the Earth itself hums at a specific frequency, well below the audible detection range of human beings, called the **Schumann frequency or Schumann resonance**.

From the dawn of life on Earth, the planet has had what's known as "natural frequency." The Earth's natural frequency is called the Schumann Resonance, which pulsates at a rate of 7.83 hertz. It surrounds and protects all living things on the planet. As people evolved, they became more in-tune with the Earth's natural vibrations.

Scientific studies show that the human brain reaches its ultimate potential for health and wellness when it resonates with the Earth's 7.83-hertz frequency. Staying in sync with the Earth's natural frequency can positively affect physical and mental health, daily performance and promote an overall sense of well-being.

But studies show that frequencies emitted from modern technology like electrical appliances, TVs, mobile phones and Wi-Fi, are interfering with the body's ability to stay in sync with the Earth's natural vibrations.

This interference can negatively affect the body's immune system, energy levels and interfere with sleep quality. It could be one of the reasons why so many of us are often feeling stressed and anxious.

We each have our own vibrations, and vibrate at our own rate. Vibrations vary in intensity within each person and from person to person, depending upon the experiences being manifested. We are attuned to our own vibrations - this attunement is acted upon or varied by the forces surrounding or within us. It would seem that vibrations act as a cohesive agent in all nature - holding things together - as all force is vibration. All bodies radiate those vibrations with which it, the body, controls itself, in mental, and physical, and such radiation is called the aura. Each functioning organ of the sensory system reflects a different vibration.

<https://philipstein.com/blogs/philip-stein/natural-frequency-everything-you-need-to-know>

“Energy is the body’s best medicine! It’s practical, it’s safe, it’s affordable, and it can help you stay healthy and thrive in our fast-paced world.” **Donna Eden**

What Is Energy Medicine?

You are an energy being. Your entire nervous system — an electromagnetic web interweaving every major organ — is interlaced with every other system of your marvelous body.

Energy medicine (energy healing) is based on the understanding that any physical, mental, or behavioral problem has a counterpart in the body’s energies and can be treated at that level. It provides a holistic approach to healing — by addressing not only your body, mind, and spirit, but by working also with your emotions, past trauma, and even your relationships.

You have a keen ability to tap into this potent inner resource at any time — to treat ailments and illnesses, boost immunity and vitality, balance emotions, and prevent disease.

Two Ways Energy Medicine Can Help

There are TWO LEVELS where Energy Medicine might make a difference with a health condition:

1. **THE FIRST LEVEL** has to do with **getting your body’s energies into a good flow, harmony, and balance.** While not focusing on your health issue directly, this can create within your body an energetic environment that supports your overall health, vitality, and healing.

This is the place to start, even if you are also taking additional steps, such as assessing and working with specific vulnerabilities in your energy system or consulting with an Energy Medicine practitioner. Unlike treatments that offer pills or surgery, Energy Medicine focuses on the entire body as a system. Before doing more specific treatments, Energy Medicine practitioners routinely help people get their body’s *overall* energies into a strong and healthy flow.

Donna Eden has designed a “Daily Energy Routine” that combines the most potent techniques we know that are able to help the greatest number of people to stimulate each of the vital energy systems and bring them into harmony and balance. These are the methods you can use to strengthen and balance your own energies. There is much you can do for yourself through the Daily Energy Routine. We propose that you dedicate about 10 minutes each day to this. That is all that is necessary to begin to make a difference. Five minutes for the Daily Energy Routine and five minutes to experiment with repeating some of the techniques and using additional Energy Medicine methods available.

2. **THE SECOND LEVEL** is in **complementing Western medicine to support a specific health issue**. A key concept to understand is that the words "diagnosis" and "treatment" have a different meaning in Energy Medicine than they do in conventional medicine. In conventional medicine you *diagnose* and *treat* an illness. In Energy Medicine, you assess where the energy system needs attention and *correct the energy imbalances*. Physical symptoms may be a clue, but they are not the focus. For instance, the same stomachache might trace to an imbalance in Heart meridian for one person, in Liver meridian for another, and in Stomach meridian for a third. The same physical symptoms can reflect different kinds of problems in your energy system and call for different energy interventions.

The term “complementary medicine” is gaining traction as a way to bring holistic healing modalities into healthcare conversations with less contention from doctors and scientists. But rest assured, the technology used to prove what Eastern medicine has known for 3000 years is here, and most people are ready to lean in.

The Daily Energy Routine

- The Crossover Shoulder Pull
 - ◇ Balances energy, improves coordination, clears thinking
- The Four Thumps:
 - ◇ Cheekbones (stomach) – to ground
 - ◇ K-27 Points (kidney) – if tired
 - ◇ Thymus
 - ◇ Spleen
- The Cross Crawl
 - ◇ Balances energy, improves coordination, clears thinking

- The Wayne Cook Posture and Alternative (to de-scramble)
 - ◇ Focuses your mind, allows you to untangle inner chaos, see with better perspective, think more clearly, and learn more proficiently
- The Crown Pull
 - ◇ Relieves mental congestion and headaches, clears and refreshes mind, sharpens memory, opens you to higher inspiration
- The Neurolymphatic Clearing
 - ◇ Energizes and sends toxins to your body's waste removal system; clears stagnant energies from body
- The Zip-up (+add an intention!)
 - ◇ Boosts confidence, clears your mind, protects you from negative energies that may be around you
- The Hook-up
 - ◇ Calms and centers you, connects many of the body's energy circuits. May help when feeling dizzy or faint.

See Donna Eden's Day 1 of 7-Day Challenge @ <https://youtu.be/1xyCLGVtxoU>

The Nine Energy Systems

Just like the body has many physical systems – cardiovascular, digestive, nervous, etc. – your energy body has many systems. People who “see energy” can describe the anatomy of the energy body. Their descriptions are now backed by electromagnetic measurements, and they also correlate with descriptions of subtle energies found throughout the world, understood in each culture’s own terms and concepts.

We will highlight the three most known in our culture - meridians, chakras, and aura – along with the context that other energy systems have been identified as well.

Donna Eden, considered a pioneer in the field of Energy Medicine, sees the following nine systems that are especially important in keeping your body healthy and your spirits high:

1. Meridians – Your body’s energy pathways
2. Chakras – Spinning pools of energy that bathe organs & store memories
3. Aura – Energies that surround and shield you as they attract energies you need
4. The Five Elements – The rhythms of your energy systems
5. Basic Grid – The foundation of your energy system
6. The Electrics – The spark in your energy systems
7. Celtic Weave – The “connective tissue” of your energy systems
8. Triple Warmer – Energies that protect you
9. Radiant Circuits – Energies of harmony and joy

As you learn about the nature and function of each of these systems, you can gain a greater appreciation of how they work together, and how blocks in one may affect the balance of your entire energy body.

Ref: *Energy Medicine* (second edition) and *Energy Medicine for Women* by Donna Eden

Chakras: Your Energy Centers

Chakra (*cakra* in Sanskrit) means “wheel” and refers to energy points in your body. They are thought to be spinning disks of energy that should stay “open”

and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

Some say there are 114 different chakras, but there are seven main chakras that run along your spine. Each of these seven has a corresponding number, name, color, specific area of the spine from the sacrum to the crown of the head, and health focus.

Chakras feed energy to our body, and impact hormones, body chemistry and organ health. They store energetic and emotional memories, which can become energy blockages. They help align us with our spirit and nature, so clearing blockages and balancing them strengthens our energies.

Each energy center in our body is under the control of the autonomic nervous system (autonomic meaning automatic), and each center has its own energetic signature, its own frequency, carries its own message, has its own intent, and possesses its own consciousness. Essentially, each center is like a mini, individual brain, with its own intelligence.

Chakras and Meridians feed each other and if one system is out of balance, it impacts the other. Chakras channel and distribute energy through the energetic body system via meridian points

This chart shares the description and characteristics of “in balance” or “out of balance” along with affirmations and gemstones to help align.

Reiki is a spiritual healing art focused on balancing and connecting the chakras. The word Reiki comes from the Japanese word (Rei) which means “Universal Life” and (Ki) which means “Energy”. Reiki is not affiliated with any particular religion or

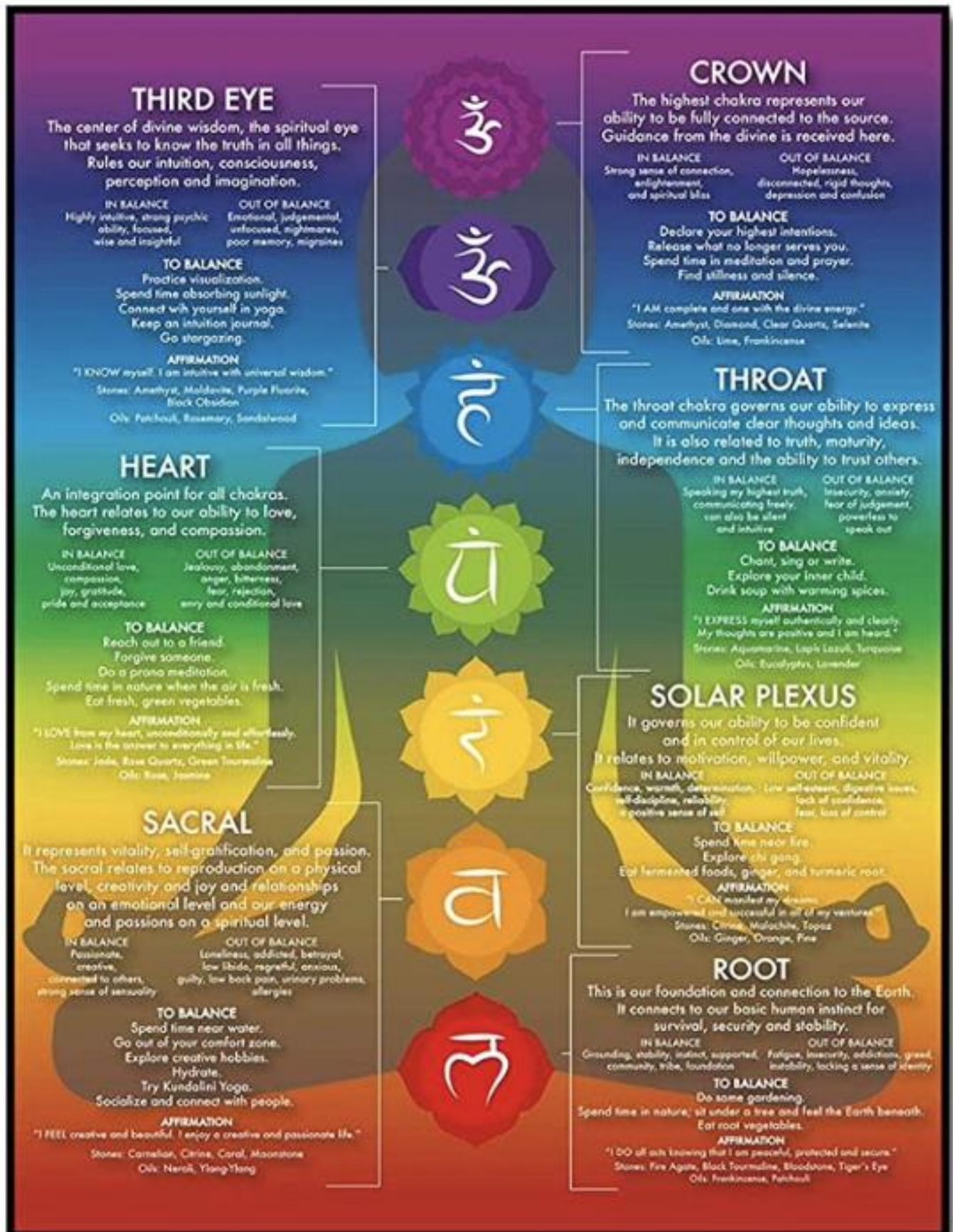


religious practice. It is not massage nor is it based on belief or suggestion. It is a subtle and effective form of energy work using spiritually guided life force energy.

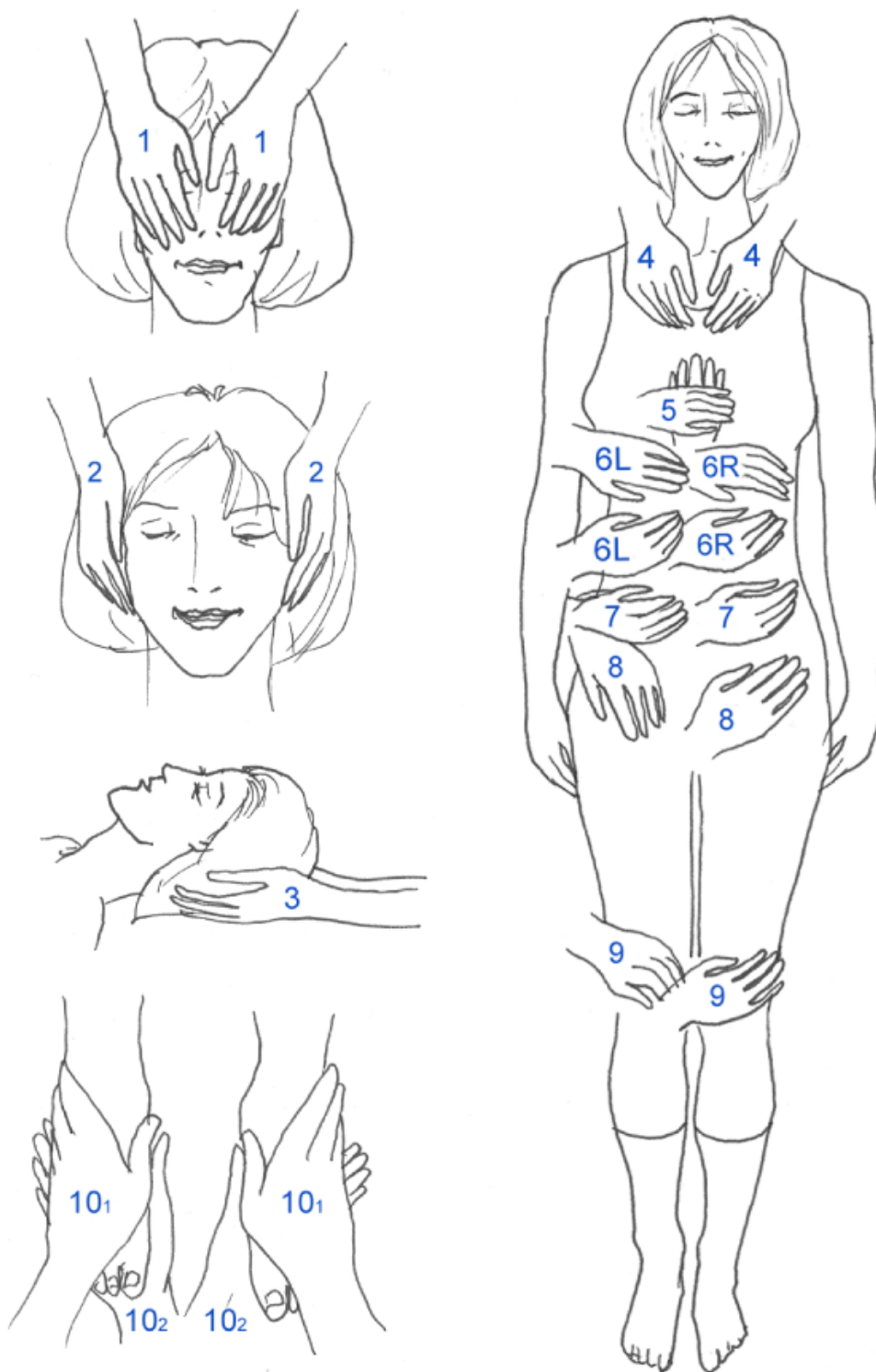
Reiki is the life energy that flows through all living things. Reiki practitioners understand that everyone has the ability to connect with their own healing energy and use it to strengthen energy in themselves and help others. It is believed that a person's "ki" or energy should be strong and free flowing. When this is true a person's body and mind is in a positive state of health. When the energy becomes weak or blocked it could lead to symptoms of physical or emotional imbalance.

A Reiki session can help ease tension and stress and can help support the body to facilitate an environment for healing on all levels – physical, mental, and emotional. A session is pleasant and relaxing and is often utilized for one's personal wellness.

Even if you have not had a Reiki attunement or received formal certification, each of us is born with the ability to heal. With open heart and an intention of "balance", you may practice Hands On Healing. Simply place your hands lightly on or over yourself or another individual where pain or tension is felt. Follow your intuitive guidance. You are a conduit to direct divine energy to a focused area.



Reiki hand positions



Aura/Biofield: Your Spacesuit + Antenna

The aura acts as our energetic **spacesuit**/filtering so that we can prosper in our environment. When people are environmentally sensitive (reacting badly to smells, electronic/EMF's, other people's energies), it's often the aura that needs to be balanced corrected.

The aura also acts as an **antenna**, bringing in fresh energy and distributing to our bodies and other energy systems, including meridians and chakras. It also sends information from us out to others in our environment.

If you feel frail, invisible, weak, vulnerable, lost, isolated, react to your environment, or have had a serious illness or surgery, you will benefit from aura work.

Donna Eden describes the Aura as being made up of **seven layers**, each surrounding the body like a fluid and energetically dynamic eggshell, and all seven nest within each other like Russian Dolls.

1. *Etheric field* – innermost layer, mirrors your spirit and serves as blueprint for your physical body
2. *Protective Mist* – second layer, shields you from destructive energies that range from microwaves to the negative anger vibes
3. *Mental/Emotional* layer contains information about your sensory systems and which of these are dominant for you
4. *Morphogenic* field – holds energies of the Five Rhythms and imprints this personal energetic signature on your body's primary energy systems via resonance. Major shifts in your life show up in this band.
5. *Celestial* layer gives you the ability to sense and align with the energies of Nature and the Universe.
6. *Life Color* reflects the theme of your life and the lessons it can bring you.
7. *Celtic Weave* surrounds and permeates all the rest of the auric layers. The geometric energy forms that infuse this 7th layer (including large and small Figure 8s) weave together and vitalize all the energies that it contains.

Your aura may need attention when you are:

- Easily overwhelmed in the presence of others

- Feeling small or ignored
- Experiencing a chronic illness or autoimmune disease
- Highly sensitive to the environment
- Highly sensitive to surrounding electromagnetic energies
- Recovering from a serious accident, illness, surgery, or near-death experience

Exercises to clear, strengthen and balance your aura:

- Celtic Weave
- Push or Fluff the Aura
- Trace Figure 8s over and around your body
- Spin a magnet or a crystal in and out in all directions*
- The Hook-up and the Zip-up

**Test for magnet sensitivity and use a crystal if evident.*

Meridians: Your Body's Energy Pathways

The Meridians are energy pathways that serve as the body's energy "bloodstream." Each meridian runs both along the surface of the skin and deep into the body, where it takes energy to at least one organ.

Twelve meridians are associated with individual organs and two meridians are considered central channels: the Ren (Conception) and the Du (Governing), which run down the center of the body and are paired.

These **14 meridians** flow constantly, in a consistent pattern and direction. Most are named for one of the organs they flow through. For instance, the Liver meridian is an energy pathway that flows through and feeds the liver organ (as well as other physical systems and organs in the vicinity).

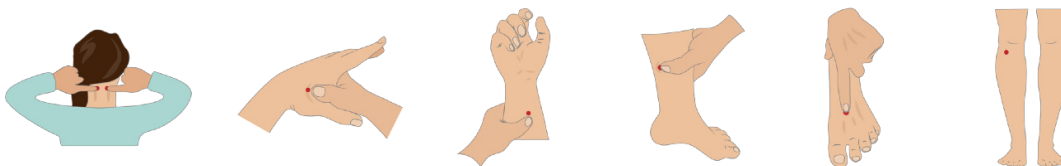
- | | |
|-------------------|-------------------|
| ◇ Spleen | ◇ Circulation Sex |
| ◇ Heart | ◇ Triple Warmer |
| ◇ Small Intestine | ◇ Gall Bladder |
| ◇ Bladder | ◇ Liver |
| ◇ Kidney | ◇ Lung |

- | | |
|-------------------|-------------|
| ◇ Large Intestine | ◇ Central |
| ◇ Stomach | ◇ Governing |

Meridians affect every organ and every physiological system in the body, including the immune, nervous, endocrine, circulatory, respiratory, digestive, reproductive, skeletal, muscular, and lymphatic systems. Each system is fed by at least one meridian.

The meridians bridge mind, body, and spirit. They bring vitality and balance, remove blockages, adjust metabolism, and even determine the speed and form of cellular change. Their flow is as critical as the flow of blood. If a meridian's energy is obstructed or unregulated, the system it feeds is jeopardized. Working with the meridians can activate healing for the physical body and support the mental and emotional realms, as well.

Acupuncture and acupressure are examples of meridian treatments which are thousands of years old yet have only recently become commonly accepted treatments in the U.S. for treating every possible physical and emotional disease.



Acupressure Points for Stress & Digestion

Acupressure is a **free and easy** way to **help improve your circulation**, thereby **keeping you healthy, and stress-free**. You can do it to yourself anywhere and trade off with friends!

- ◇ Use gentle pressure to begin with. Slowly increase the pressure over time.
- ◇ Can use many massage techniques such as gentle circular motions.
- ◇ Massage the point for at least 30 seconds. Can do with eyes closed and deep breathing for maximum effect.
- ◇ These points are generally very tender. Upon massaging, you may feel an "oh so good sore" feel.

<https://medium.com/acupuncturists-buying-groceries/six-acupressure-points-for-stress-digestion-d2dad88c9ffb>

Tapping is also known as EFT (Emotional Freedom Technique). It is a powerful holistic healing technique that resolves a range of issues. It's based on the combined principles of ancient Chinese acupressure and modern psychology.

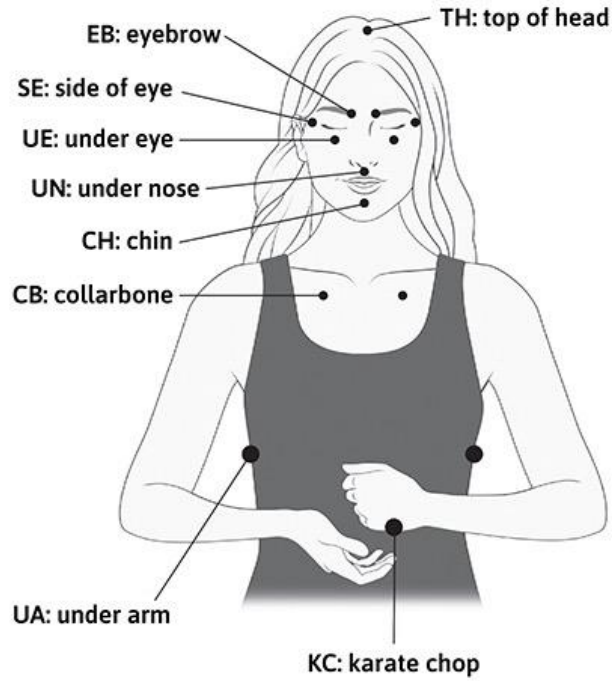
The basic Tapping technique requires you to focus on a negative emotion at hand. This can be a fear, a worry, a bad memory, or any unresolved problem. You do this while maintaining your mental focus on this issue. Then you use your fingertips to tap 5-7 times on 9 specific meridian points of the body.

Tapping on these meridian endpoints, while addressing the root cause of distress, sends a calming signal to the brain. This allows you to feel relaxed and in control.

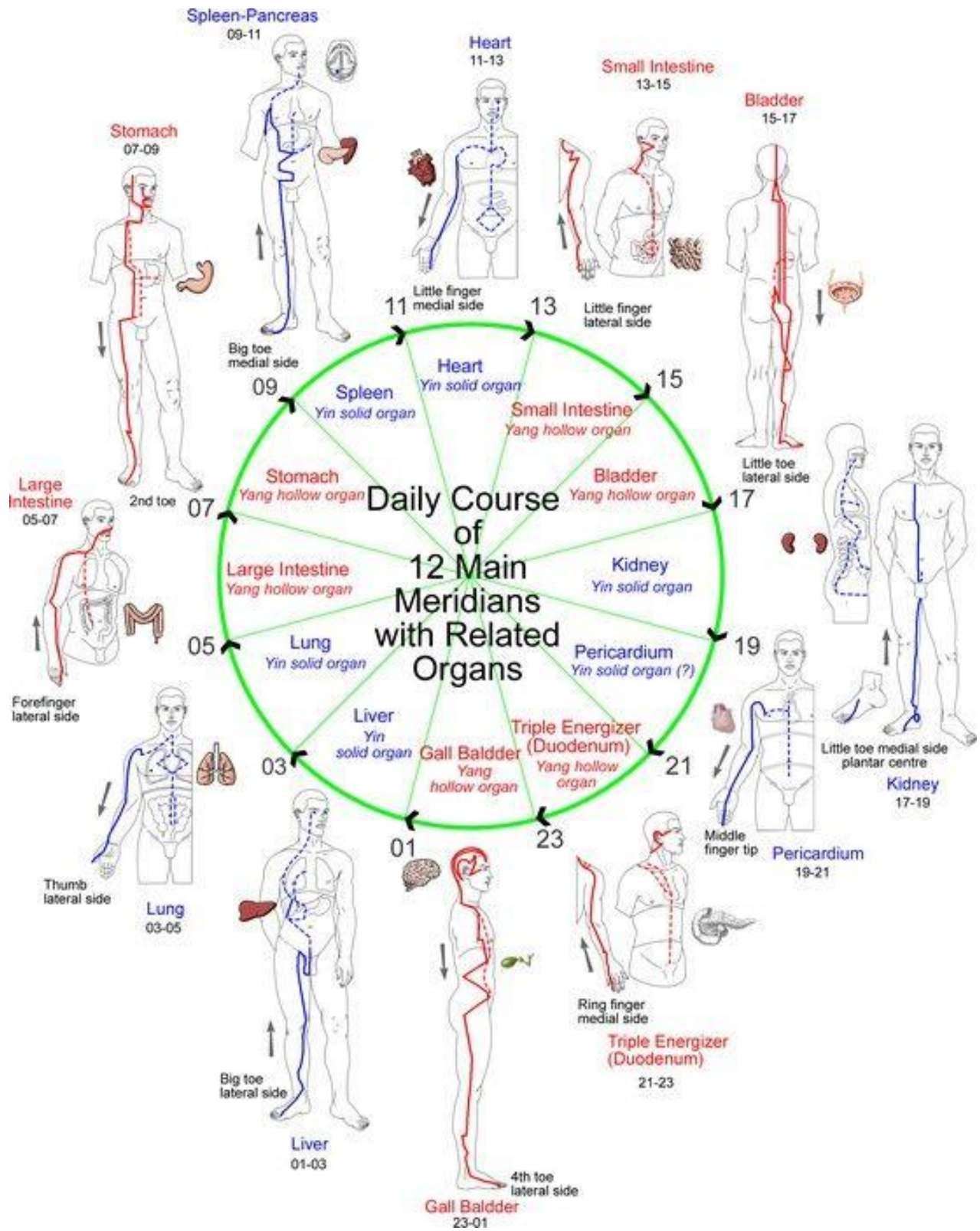
I highly recommend downloading *The Tapping Solution*, free from the App Store. It has hundreds of short and easy programs to address stress, anxiety, cravings, relieve pain, improve sleep, and so much more!

<https://www.thetappingsolution.com>

Tapping Points



Meridian Tracing



Vibrational Medicine

Vibrational medicine is one of the most, if not the most widely studied field of medicine today. There is now global interest and research in the clinical applications of Vibrational Medicine. Vibrational Medicine, of which Homeopathy is a part, has been used by various systems of medicine throughout the ages, but because of its subtle nature, until recently it has been largely ignored by the mainstream medical establishment. Fortunately, this is no longer the case. Advancements in modern technology have made it possible for the unseen/subtle to be seen. Researchers can now view and measure the body's subtle energy fields, as well as changes in these fields after Vibrational Medicine modalities have been applied. With these findings has come a new surge of global interest, research, and discoveries in all systems of medicine vibrational in nature.

http://www.esalq.usp.br/lepse/imgs/conteudo_thumb/Everything-in-life-is-Vibration.pdf

Sound and Light Healing

This integrative energy therapy utilizes light, color, sound, frequency, and vibration to activate the body's natural ability to balance and restore itself. Adults and children have experienced relief from anxiety and difficult emotional issues, injuries and pain, spiritual dissonance, mental and developmental disorders, and illness. **Examples include Crystal Alchemy Singing Bowls, Tibetan Bowls, Biofield Tuning and Gail Lynn's Harmonic Egg (www.harmonicegg.com).**

- Relief from stress and PTSD
- Relief from pain and injuries
- Recovery from many illnesses
- Greater mental clarity and focus
- Spiritual and emotional restoration
- Better health and less anxiety in pets

Biofield Tuning

The term *biofield* refers to our body's electrical system in its entirety - both the electric current that runs through our bodies, and the magnetic field that surrounds it.

Biofield Tuning is a sound therapy method that works directly with this system, seeing it as inextricably connected with our conscious and subconscious mind, including our memories.

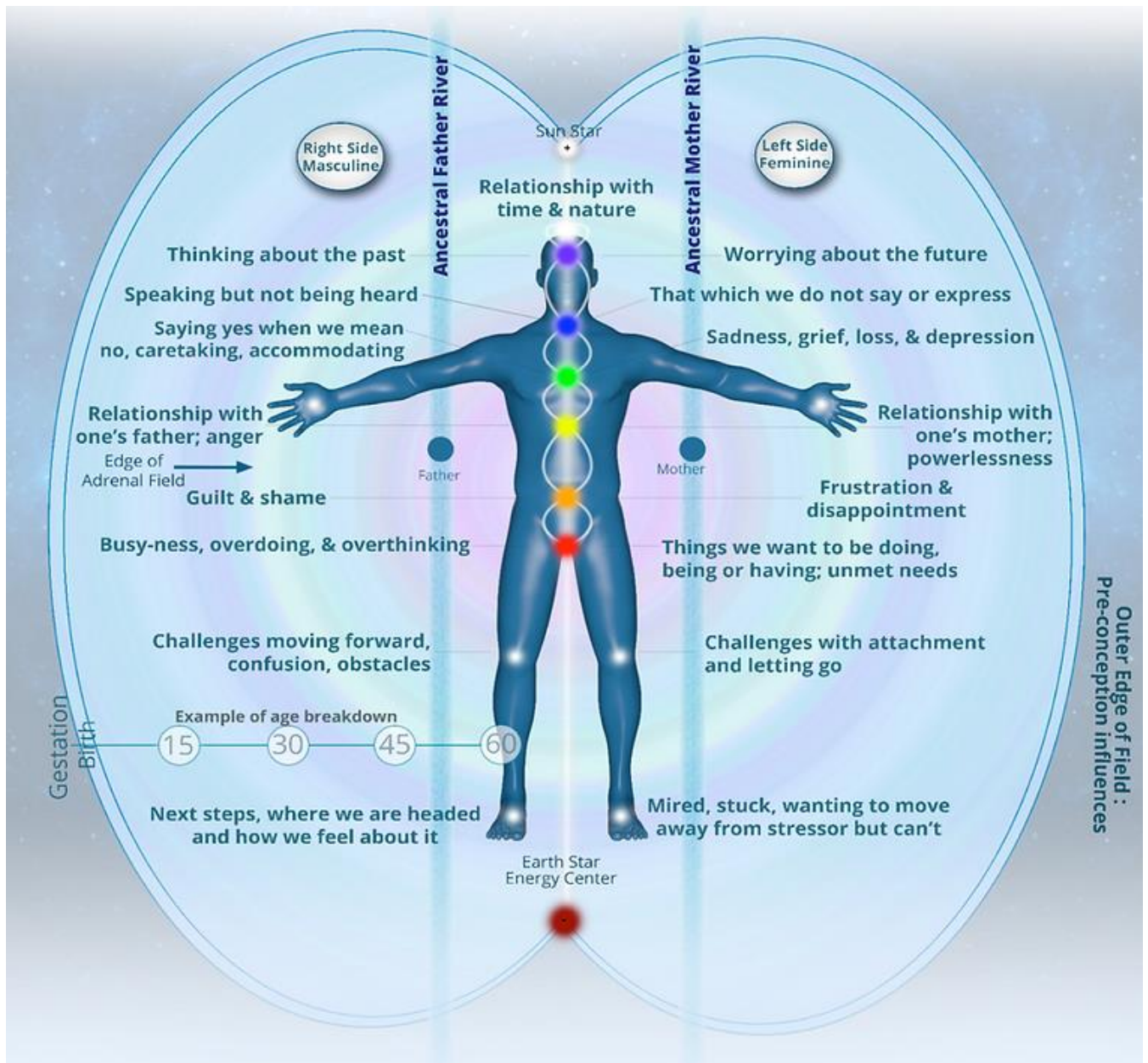
All physical, mental and emotional disorders can be perceived as "dissonance" in our electrical system. Biofield Tuning is able to locate, **diminish** and **resolve** this dissonance and in doing so, alleviate and even eradicate the corresponding physical, mental and/or emotional symptoms.

The practitioner feels for resistance and turbulence in the client's biofield, and listens for a change in the overtones and undertones of the tuning fork.

When the practitioner encounters a turbulent area s/he continues to activate the tuning fork and hold it in that specific spot. Research suggests the body's organizing intelligence uses the steady coherent vibrational frequency of the tuning fork to "tune" itself.

In short order, the dissonance resolves and the sense of resistance gives way. This appears to correspond to the release of tension with the body. People relax and breathe more freely and the body enters into an increased flow state, reporting feeling "lighter."

The "Biofield Anatomy Map" is a compilation of Biofield Tuning's founder, Eileen Day McKusick's 25+ years of biofield observations:



Fun Facts

- ~ Sound is light slowed down.
- ~ Sound travels 3x faster in water than air.
- ~ Since sound waves travel so much faster underwater than in air, it is much harder for us to hear/detect where they are.

What is Energy Testing?

Energy testing is an effective biofeedback mechanism that can help you check your body's responses to food, supplements, personal items, environmental conditions, and even energy exercises. Historically, it traces to "muscle testing" as used in Applied Kinesiology and the practice of Touch for Health.

You may be familiar with "muscle testing" or even energy testing from another context, where practitioners ask the body questions. In Eden Energy Medicine (EEM), verbal queries, such as "Do I need to eat more protein?" or "Is this lump dangerous?" are not used.

The body speaks in energy pulses and flow and has trouble interpreting the sometimes complex intent behind verbal questions. Energy testing is a focused way to tune into the language of the body and the flow of the body's energies. **You are checking on the flow of energy through a muscle, not on the muscle's strength.** Using a meridian energy test can help you determine whether the flow of energy in the muscle is disturbed or undisturbed, interrupted or steady.

This type of energy testing is generally quite reliable and can give you accurate information about the flows, blockage, and patterns of energy movement in the body. It can also be used to test whether substances can be metabolized or if they will trigger undesirable reactions if eaten. Learning how to energy test yourself is a key to making healthy choices that improve long-term vitality.

A separate energy test has been devised for assessing the flow of energy in each of the 14 major meridians ("meridian energy tests"). We are using two today:

1. General Indicator Test: An individual holds an arm out parallel to the floor and the tester presses down gently to see if the arm stays steady (strong) or collapses (weak).
2. Spleen Test: Used to determine if a substance can be safely and harmoniously ingested AND metabolized by the body.

If not strong, rub K-27 points deeply for a few seconds then retest. If still not strong, vigorously thump K-27, Thymus & Spleen NLR points.

The Spleen Meridian Energy Test

Set the intention that the energy test will be *accurate and beneficial*. You might also invite the person you are testing to set an intention to allow the body's energies to dialogue with you, the tester.

1. Stand to the side of the person you are testing.
2. Ask your partner to hold the arm you want to test straight down the side of the body, with palm facing back and thumb alongside the thigh. Fingers should be open and elbow straight.
3. Place one hand on the shoulder of the arm being tested.
4. Place the palm of your other hand between your partner's arm and body, just above the wrist. Gently pull straight outward and away from the body for about two seconds, as your partner resists the pull. (Ask the person to "hold" or "meet my pressure" before you begin to apply the pressure.)
5. By exerting pressure gradually, you can better sense the quality of the energy flow and begin to distinguish a strong response from a weak response. Some people will show very little variation between weak and strong. Others will show a marked difference.
6. Once you have tested strong, hold the substance to your solar plexus and test Spleen. If it now tests weak, it's out of harmony. If it stays strong, the substance is in harmony with your body's energies and may be beneficial, or simply neutral.

Testing Food, Supplements & Personal Items

Energy testing foods, supplements and personal items can determine whether the vibration of a substance is harmonious with your own vibration. If yes, the indicator muscle will remain strong when the item is placed in your energy field. When you start with a strong indicator muscle, you can test whether the item disrupts the energy flowing to this muscle. **Always use the Spleen meridian when testing substances.**



Three Ways to Test Yourself

Often you will want to test yourself to verify your systems are clear and organized, or to confirm your intuition as you gain confidence dialoguing with your own energy systems.

Start by ensuring the test is consistent with a clear true/false statement, such as "My name is _____" and then "My name is Minnie Mouse."

Use a barbell whose weight allows you to lift when holding at the side of your leg and pulling out from the body (like Spleen test) while making a true statement.

Use your body as a pendulum. While standing, hold the substance up to your solar plexus with one hand and place your other hand over the first. Bring your elbows to your sides and breathe in deeply. As you release your breath, release all thoughts, as well. Let your body fall forward or backward to indicate strong or weak, respectively.

(Easiest) Use your leg muscle. While sitting down, lift one leg slightly off chair and extend foot 30 degrees forward. Then push down on knee. Strong muscle will remain locked, weak will collapse back to the chair.

Energy Hygiene

Grounding, clearing, and balancing your energies shows how clearing toxins removes blockages makes space for energy to move and flow. **Grounding** includes our relationship to the Earth's magnetic field and the Earth energy. When it's blocked, energy can't leave, backing up and creating problems (think U.S. appliance cords and the necessary grounding prong).

An electrical device is "grounded" when it is connected to the ground in a way that allows excess energy to leave the system. Human beings also need grounding, but we are a bit more complicated. We need to be grounded for the natural exchange between our complex energy system and the Earth. Like trees, we need to send our energetic roots into the Earth so they hold us steady.

Being grounded helps you physically, emotionally, mentally, and spiritually. Grounding may assist when you are feeling:

- Anxious
- “Spacey” or lightheaded
- General discomfort
- Disconnected or unable to relate to others or the environment
- “Stuck”
- Have trouble listening, learning or focusing
- Have trouble walking or balancing
- Don’t feel emotionally supported
- “Pick up” too much energy from others

The “figure 8” or “crossover” pattern runs through all the body’s energy systems and is vital to maintaining healthy flow and balance. If you’ve been sick or depressed (or stuck in negativity) or compromised in any way for a while, you need to retrain your homolateral pattern so that you can regain vitality and turn on your innate capacity to heal again. **The Homolateral Crossover Repatterning** exercise can get you back on track.

1. Begin with the 4 Thumps: Cheekbones, K-27, Thymus, Spleen
2. March in place with same hand to same knee ~ 12 times/ea
3. Cross crawl with opposite hand to knee ~ 12 times/ea
4. Repeat steps 2 and 3
5. Anchor it in by adding 12 add’l Cross Crawls & Four Thumps

We also experience stress more quickly and easily than most of us realize. When stress chemicals are dumped in our system, they can stay and accumulate if the emotions aren’t allowed to complete. Using **Neurovasculars** are a deceptively easy and profoundly powerful way to not only move emotions to completion as they’re happening, but also after the fact and to neutralize our stress response to specific topics with repeated use.

A great way to get energy flow moving, especially through joints (great for arthritis) and out through the ground is doing **Connecting Heaven and Earth**. This exercise can also help with back/neck pain and headaches, and excellent to clear energies in between clients/patients if you work in the health field. Alternate stretch one hand up, other down.

Several of the exercises we'll learn here will help you ground, align your energies with the force field of the Earth, and enable your energies to move freely through your body, including: The Four Thumps, The Wayne Cook Posture, The Crown Pull, and The Hook-up.

Self-Care and Energetic Hygiene Balancing Tips

- Clear your energy field: smudge, take Epsom salt baths or wash to elbows in cold (salt) water
- Lie and walk barefoot upon the Earth
- Rub underneath feet with stainless steel spoon
- Spend time in nature, give energies that no longer serve to tree
- Take a few deep, cleansing breaths
- Meditate or do another contemplative discipline
- Get plenty of exercise
- Go for walks
- Dance or sing
- Listen to music that you love
- Enjoy authentic friends
- Create a beautiful environment, one that nourishes you
- Eat food that is delicious and nourishing
- Seek the company of those who nourish you
- Cultivate times for solitude and silence – incubate and dream
- Do energy work on yourself, and receive it
- Play, be childlike!
- Listen to your body to honor what you feel
- Do self-massage
- Draw, paint, or write in your journal
- Rub your body briskly and/or brush your palms and the soles of your feet
- Read something inspiring – entrain your mind to good things!
- Talk with nature beings: trees, stones, waters, etc.

Empathy, Psychic Ability, and Intuition

Empaths are emotionally and physically sensitive to others. They are psychic sponges who suck up the emotions and physical feelings of everyone around them. Empaths don't just notice that you are having a feeling; they feel it as if it's *their* feeling. And proximity makes it stronger!

There are two types of empathy:

1. Physical empathy – you feel in your body what they feel in theirs
2. Emotional empathy – you feel someone else's feelings

Psychic ability is our capacity for getting information from outside of our own system, i.e., your deceased grandmother, angels. Psychics can connect with this spirit guidance and receive messages from another realm of reality. Psychic ability can be developed and increased with practice.

Intuition is part of being psychic and consists of our own inner knowing and inner wisdom. We have a good or bad feeling about something. Or we just know something is going to happen. Everyone is intuitive, and many of us are psychic. We can grow these gifts if we pay attention to them and act on them. If you have powerful latent gifts, they are part of your life's purpose and it's wise to train them.

The "Clairs"

The clair senses are types of psychic abilities that correspond with the five senses of seeing, hearing, feeling, smelling and tasting. To help you determine what your dominant clairs are, let's start by first explaining what they are and how our preferred senses shape our lives.

***Clairvoyance* means clear seeing.**

This is when visions past, present and future flash through our mind's eye, or third eye, much like a daydream. Many of us are highly visual and able to understand an idea best when we see it written or sketched out as an image on a computer screen or on a canvas. Visual people often choose to be artists, builders, photographers, decorators, designers and so forth. If this sounds familiar, your clairvoyance is most likely a dominant sense.

***Clairaudience* means clear hearing.**

This is when we hear words, sounds or music in our own mind's voice. On rare occasions, spirit may be able to create audible sound, though this takes a tremendous amount of focused energy. Some of us best retain and comprehend information when we hear it spoken aloud. Our natural talents tend to lie in our auditory faculties, often making us gifted musicians, singers, writers and public speakers. If this feels right to you, clairaudience may be a leading sense for you.

***Clairsentience* means clear feeling.**

This entails feeling a person's or spirit's emotions or feeling another's physical pain. Many of us are clairsentient without consciously being aware of it. When we get a strong "gut" feeling, positive or negative, about someone we just met or when we get the "chills" for no apparent reason, we may be tuning into the emotional energy of a person or a spirit around us. When we are highly sensitive and are in tune with not only our own feelings, but also the feelings of others, this makes us natural healers and caregivers. We often feel inspired to pursue careers as doctors, therapists, counselors, nannies and teachers. If this is you, clairsentience is at the top of your senses list.

***Clairance* means clear smelling.**

This is being able to smell odors that don't have any kind of physical source. Instances of this could include smelling the perfume or the cigarette smoke of a deceased relative, used as a sign of their presence around us. When our sense of smell is strong and distinct, we may find that certain smells connect us to past memories or we may be drawn to working as a florist, a wine taster or a perfume fragrance creator.

***Clairgustance* means clear tasting.**

This is the ability to taste something that isn't actually there. This experience oftentimes comes from out of the blue when a deceased loved one is attempting to communicate a memory or association we have with a particular food or beverage that reminds us of them. If we have a heightened sense of taste, this would make us natural chefs, bakers or food critics.

***Claircognizance* means clear knowing.**

This is when we have knowledge of people or events that we would not normally have knowledge about. Spirit impresses us with truths that simply pop into our minds from out of nowhere. An example of this would be a premonition: a forewarning of something that will happen in the future. Claircognizance requires tremendous faith because there's often no practical explanation for why we suddenly "know" something. Many philosophers, professors, doctors, scientists, religious and spiritual leaders and powerful sales and business leaders tend to be highly intuitive and seem to just know the facts with a sense of certainty. If this is you, consider claircognizance as one of your dominant senses.

Now, how do you recognize what your preferred or dominant style of sensing is? Begin by sitting in a comfortable place where you won't be distracted for a few minutes. Scan the area around you, taking in all details and feelings of where you are. Then close your eyes and focus on your breath. Breathe deeply and slowly as you mentally review what caught your attention when you scanned the room. Was it the *sight* of something that stood out, the *sound* of something that you heard, the *feeling* of something registering in your stomach or heart, a *taste* or *smell* that suddenly appeared or a strong *thought* about something that hit you from out of the blue?

<https://www.oprah.com/spirit/developing-your-5-clair-senses-rebecca-rosen/2>

Conclusion

In Energy Medicine, you heal the body by activating its natural healing energies, and by restoring energies that have become weak, disturbed, or out of balance. Energy Medicine can be a complement to medical care, addressing physical or emotional difficulties. Energy Medicine can also be a complete system for self-care and self-help, promoting high-level wellness and peak performance.

Today we learned ways to sense the flow of energy through your body, how energy flow and blocks can affect your health and vitality, how your own energetic well-being can influence the people around you, and how to get your energies flowing in a healthy direction.

As you practice and learn your body's 'energy language', you will:

- ◇ become better attuned to its signals and needs
- ◇ become more sensitive to how other people influence your energy, and how your own energies affect others
- ◇ bolster the effectiveness of your communication
- ◇ have short, simple exercises for an immediate energy boost
- ◇ instill healthy energy habits by practicing the Daily Energy Routine, building long-term resilience and vitality

Hopefully this framework inspires and empowers you to up-level the relationship you have with your body, mind, and by extension, our electrically interconnected world. The more energetically aware and aligned we become, the greater our joy and zest for life will ripple!

You are more powerful than you know.

Recommended Resources

Books

- *The Art of Psychic Reiki: Developing Your Intuitive and Empathic Abilities for Energy Healing* by Lisa Campion
- *Essential Reiki: A Complete Guide to an Ancient Healing Art* by Diane Stein
- *Energy Medicine and Energy Medicine for Women* by Donna Eden
- *Frequency, The Power of Personal Vibration* by Penney Peirce
- *The Hidden Messages in Water* by Masaru Emoto
- *Super Attractor* by Gabrielle Bernstein
- *Tuning the Human Biofield, Healing with Vibrational Sound Therapy* by Eileen Day McKusick
- *Electric Body, Electric Health* by Eileen Day McKusick
- *You Can Heal Your Life* by Louise Hay
- *The Astonishing Power of Emotions* by Ester and Jerry Hicks

Movies/Documentaries

- The Secret
- The Celestine Prophecy
- What the Bleep Do We Know!?! (2004, Documentary)
- Heal - Change Your Mind. Change Your Body. Change Your Life. (Deepak Chopra)
- Heal: Discover Your Unlimited Potential and Awaken the Powerful Healer Within
- The Power of the Heart (Gaia movie)
- *Becoming Supernatural: How Common People Are Doing the Uncommon* by Dr. Joe Dispenza

Mindvalley Masterclasses

- Duality, Jeffrey Allen
- Energy Medicine, Donna Eden
- The Silva Ultramind System, Vishen Lakhiani

Meditations

- Pillar of Light @ <https://youtu.be/6XnYoRfjFZo>
- 6 Phase Meditation by Vishen Lakhiani (YouTube)
- Blessing of the Energy Centers by Dr. Joe Dispenza (drjoedispenza.com)

- Many choices from Abraham Hicks, Louise Hay, Wayne Dyer, Deepak Chopra (YouTube)

Biofield Tuning Sessions – Live + Recorded

- <https://www.biofieldtuning.com/audio-sessions>
- YouTube @EileenDayMcKusick

Apps

- The Tapping Solution
- BrainTap

Notes