

## Eden Energy Medicine Daily Routine

This is a great energy routine to do every day to rebalance and harmonize brain, body, mind, and spirit. For a visual and further instruction, please visit <http://stonehealthcenter.com/daily.html> or <http://www.youtube.com/watch?v=gffKhttrRw4>.

- 1. Three Thumps** - Pressing or massage these points, 30-45 seconds each:  
K27 - one inch out and below where the clavicles meet  
Thymus - at heart center between breasts  
Spleen Points - under the breasts, about an inch exterior of the nipples
- 2. Cross Crawl** - 30 seconds of "marching", swinging arms to create a crossover between arms and legs. OR **Homolateral Crossover** - marching and tapping same hand to same thigh. Switch legs after each tap for a homolateral movement. Do a full set of 12. Next, march and tap the opposite leg with the opposite hand to cross-over. Again, a full set of 12. Do this full series of homolateral and cross-over twice more and, on the last cross-over, add another set of 12 cross-over taps.
- 3. Wayne Cook** - sitting, cross left ankle over right knee, right hand on left ankle and left hand holding bottom of left foot. Sit up tall, letting the right foot settle into earth. Breathe 3 deep breathes. Switch sides. Release legs. Match fingers to fingers, make a temple with hands, placing thumbs on third eye. Breathe deep 3 times. Release and spread fingers over temple, "opening" the forehead. (See video for standing version of posture).
- 4. Crown Pull** - From the ending of Wayne Cook, continue to "open" the skull by spreading fingers over head and pulling down. Go front to back of the head.
- 5. Neurolymphatic Reflexes** - massage various neurolymphatic points along the front, sides, and back of body. Breathe deep and relax.
- 6. Connecting Heaven and Earth** - hands on thighs, breathe, ground. Bring hands to prayer position. Inhale deeply as you extend one hand up high to sky and the other to earth. Feel yourself pulling the heaven and earth energy into your body. Hold and stretch whole body. Exhale, bend knees, and bring hands together to prayer, moving into another inhalation as you reach up / down with other hand. Do one more full round then hang over, breathing 2-3 breaths, allowing whatever you've been "carrying" to be released into the earth. Create figure 8's with your hands and slowly bring your body up, continuing to create 8's or scooping the energy up and letting it "float all over you".
- 7. Celtic Weave** - rub hands together, shake them off, make a chi energy ball with your hands and feel. Rub hands together again, shake them off, place them by your ears and feel. Bring elbows together, cross your hands, and then expand/swing arms out above head. Cross arms at waist, at knees, and ankles, creating crossover weaves. Scoop up the energy from the base and bring it up over your head, letting it "float all over you". :)

8. **Hook-Up** - one middle finger in belly button, the other middle finger on third eye. Push both fingers up. Hold 30-60 seconds or until you feel an energy shift (may come as a yawn)
9. **Zip-Up** - Drawn your hand up the center of your body, front pubic bone to lower lip. Lock in your energy and throw away the key. Now drawn your hand from your tailbone, up your spine, over your head to your upper lip. Lock in your energy and throw away the key. It's nice to make a positive affirmation when zipping up. "I center myself in Spirit" for the front and "I ground myself in Gratitude" for the back.

