THE
LITTLE BOOK
of
ENERGY
MEDICINE
You can be in greater control of your health right now! The Little Book of Energy Medicine is an easy and fun guide that is based on my thirty-four years of teaching people simple ways to enhance their energy and health. It is a book you can open daily to any page and find an exercise that helps you clear your mind and feel happier, more vital, and more alert.

What Exactly Is Energy Medicine and How Does It Work?

Nobel Prize–winning physicist Albert Einstein’s formula $E = mc^2$ boils down to a simple concept: energy is all there is. There is flowing energy (what we usually simply think of as “energy”) and
Flow, balance, and harmony can be noninvasively restored and maintained within your body’s energy system by:

- Tapping, massaging, or holding specific energy points on the skin
- Tracing or swirling your hand above your skin along specific energy pathways
- Practicing exercises or postures designed to bring a feeling of calm and renewal
- Surrounding an area with healing energies

Just as there are different types of drugstore medicine, there are different types of Energy Medicine. Many can be traced back to ancient healing traditions such as yoga, qi gong, shiatsu, and acupuncture. Stone acupuncture needles that are eight thousand years old have been found in China. The body of a Neolithic man preserved in a frozen region between Austria and Italy had markings tattooed on his skin that correspond with the acupuncture points that would be used to treat the arthritis and stomach conditions revealed by a laboratory analysis of his body. Modern forms
Access easy exercises to combat “everyday” ailments such as headaches and high blood pressure.

Practice energy techniques that counter psychological problems such as depression, mood swings, anger, and stress.

Be able to teach family, friends, and clients ways of maintaining and improving their own energy balance.

Learn to protect yourself from negative energies.

Support your body’s immune system and ability to heal.

What Are the Benefits of Energy Medicine?

Do you wish you had more energy?
Are you tired of taking pills for everyday aches and pains?
Do you often wish there was a natural remedy when you aren’t feeling well?
Is your memory less sharp than it used to be?
Do you find yourself dragging in the afternoon?
Do you want to wake up more refreshed and eager for your day?
The Aura: The aura is a field that surrounds your entire body with an energetic embrace. Scientists who have detected the aura's energy call it the "biofield." It is a multilayered protective sphere of energy that interacts with the energies within you as well as with the atmosphere around you. Your aura is made up of many ever-changing colors which some practitioners are able to see, interpret, and adjust.
Find the area where your arm meets your body. Push your fingers in with pressure, massaging the length of the arm-body connection. Breathe out through your mouth whenever you feel any tenderness.

**Arm Attachment Stress Points**

- Stimulates the lymphatic system, which helps move toxins out of the body.
- Increases production of white blood cells, strengthening your immune system
- Helps your body remove toxins
- Strengthens your body and aura
- Calms emotions

**How it works:** The circulatory system and the lymphatic system are the two systems that send fluid throughout your body. Your heart pumps blood for your circulatory system, but your lymphatic system does not have a pump. Its fluids are pumped by movement—walking, running, exercising. But with our sedentary lifestyles, the lymphatic system—which is responsible for removing physical toxins and stale energies—gets clogged. Massaging the reflex points at the arm-body junction gets your lymph flowing so it can remove toxins.

**The Celtic Weave**

The Celtic weave “weaves” your aura and builds its protective surrounding. It organically connects all of the energy systems of your body together:

- Strengthens the energy field around you (your “aura”)
- Protects you from harmful energies in the environment

**How it works:** Your aura protects you from the effects of energy pollutants in the atmosphere such as those caused by high voltage wires and fluorescent lights, as well as the vibrations of people who are stressed, angry, or depressed. Celtic weaving laces your aura with all of your other energetic systems and helps hold your entire energetic structure together. You are literally making figures of eight with both arms from the top of your body to the bottom. When the Celtic weave is dynamically engaged, you have a sense of power, a feeling of being charged, and your energies really start humming.
1. Rub hands together, shake them off, face palms, and try to feel the energy between them. Rub and shake again, place palms close to ears, and take a deep breath.

2. Inhale and bring your elbows together. Exhale, cross your arms and swing out. This motion should make a figure eight with both arms, not just a crossing of the arms. Cross and swing them out again in a figure-eight motion.

3. Bend forward, repeat, and cross arms over upper legs. Swing out again, in front of ankles. Bend knees, turn palms forward, scoop up energy, stand, and pour that energy all over your body.
Connecting Heaven and Earth

A wonderfully energizing exercise that releases energy stuck in your joints and allows you to feel refreshed. Can be used alone or as a part of the Five-Minute Daily Energy Routine.

1. Start with your hands on your thighs, with your fingers spread.
2. Inhale through your nose, bring your arms out and together in a prayer position. Exhale through your mouth.
3. Inhaling through your nose, stretch one arm up and one arm down, pushing with your palms. Hold, exhale through your mouth, and return to the prayer position. Switch arms and repeat.
4. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two breaths before slowly returning to a standing position.

How it works: Connecting Heaven and Earth is one of the most popular exercises in Energy Medicine because it makes people feel so good. It opens the meridians and brings many people a feeling of joy and happiness. This powerful stretch for the hips, waist, and torso is one of my favorite ways to quickly renew myself if I’m feeling sluggish.
Cook’s Hook-Up

Variation of the Wayne Cook Posture. Useful as a shortcut for someone who cannot get into the full Wayne Cook Posture.

- Focuses the mind
- Enhances learning capacity
- Brings out your best in a performance or confrontation

How it works: This procedure is a modification of The Wayne Cook Posture (page 31). It is named to honor Wayne Cook, a pioneer in the field of bioenergetic force fields. Perhaps more than any other single approach that I teach, the Wayne Cook Posture can calm you, and help you better understand and confront the problems that you face. It is very effective when you are so upset that you find yourself yelling, crying, or sinking into despair. You will usually begin to feel less overwhelmed almost immediately. Holding the ending pose (#3) with an affirmation of how well you will do in your performance or encounter will turbocharge your affirmation.

1. Extend your left hand in front of you, turn your palm to the side, and cross your right hand over your wrist.
2. Clasp your fingers together and pull your hands underneath and up to your chest. If you are sitting, cross your ankles.
3. Take four slow, deep breaths, in through your nose and out through your mouth.
Crown Pull

The Crown Pull can be done as part of the Five-Minute Daily Energy Routine or simply when you are congested in your head or mind.

- Stimulates blood flow to your head
- Strengthens memory
- Opens the crown chakra, which is associated with spirituality and inspiration
- Helps overcome insomnia
- Can help alleviate headaches

How it works: Stress causes energy to accumulate and stagnate at the top of your head. The Crown Pull releases this energy. It can clear the cobwebs from your mind and bring calm to your nervous system. It can also often take away a headache or stress-induced stomach ache. Over the years, I’ve had many people tell me they use it as a prelude to meditation or other spiritual practices.

1. Apply pressure to forehead and slowly pull your fingers apart stretching the skin. Breathe deeply, in through your nose and out through your mouth. Next, place your fingertips on the top of your head and repeat the stretch.

2. Repeat this pattern starting at the top, center, and back of your head. Continue until you reach the base of your neck.