

The Five-Minute Daily Energy Routine, from *The Promise of Energy Psychology*

1. *The Three Thumps*. This helps to restore you when you are tired, to increase your vitality, and to keep your immune system stronger amid stress.
 - A. **The K-27 Points**. These are the points right below your collar bone (same one used with the EFT Basic Recipe. Breathe slowly and deeply, in through your nose and out through your mouth, as you tap or massage these points for 12 seconds.
 - B. **Tarzan Thump**. This tends to stimulate your energies, boost your immune system and release stress. Tap for about 20 seconds, using your thumb and all fingers in the center of your sternum (middle of chest), while breathing slowly and deeply (in nose out mouth).
 - C. **Spleen Tap**. This boosts your immune system, balancing your blood chemistry and electrolytes, and it helps with the metabolism of food, toxins and stress. You can tap at one of two places (also part of EFT), whichever is more tender, either the neurolymphatic points beneath the breasts and down one rib OR spleen acupuncture points 4 inches below the armpit. Tap for 15 seconds while breathing slowly and deeply (in nose out mouth).

2. *The Cross Crawl*. This exercise supports the crossover patterns in your body's energies that are necessary for coordination, healing and vitality. *Note: If this makes you feel tired rather than revitalized, your energies may not be crossing over at all (they are forming a "homolateral pattern"), and an exercise called the Homolateral Crossover can bring your energies into a crossover pattern so the Cross Crawl can be more effective (see this below).*
 - A. March in place, exaggerating the lift of your leg and the swing of your arm across the midline to the opposite side of your body for at least one minute, breathing slowly and deeply (in nose out mouth).

3. *The Wayne Cook Posture*. This technique helps with dyslexia, ADD and other learning disorders, and it increases your mental acuity and brings out your best in a performance or confrontation.
 - A. Sit in a chair with your spine straight and place your left foot over your right knee. Wrap your right hand around the left ankle and your left hand around the bottom of your left foot.
 - B. Breathe in slowly through your nose and pull your leg toward you, creating a stretch. As you exhale through your mouth, relax your body. Do this 5 times.
 - C. Switch to the other foot, placing right foot over left knee, wrapping your left hand around right ankle and right hand around bottom of right foot. Do this 5 times with same breathing.
 - D. Uncross your legs and "steeple" your fingertips, forming a pyramid. Bring your thumbs to rest on your "third eye," just above the bridge of nose. Breathe in and out (in nose out mouth) four full breaths. Then as

you exhale, allow your thumbs to separate slowly across your forehead, pulling the skin.

- E. Slowly bring your hands down in front of you. Surrender into your own breathing.
4. *The Crown Pull.* This stimulates blood flow to your head, releases mental congestion, helps overcome insomnia, strengthens memory, and opens the crown chakra to higher inspiration. Energy naturally accumulates at the top of your head, and if this energy doesn't move out through the energy center at the top of your head, called the crown chakra, it becomes stagnant.
 - A. Place your thumbs at your temples on the side of your head. Curl your fingers and rest your fingertips just above the center of your eyebrows.
 - B. Slowly, and with some pressure, pull your fingers apart so that you stretch the skin just above the eyebrows.
 - C. Rest your fingertips at the center of your forehead, thumbs still at your temples, and repeat the stretch.
 - D. Rest your fingertips at your hairline, thumbs wherever comfortable, and repeat the stretch.
 - E. Continue this pattern, fingers curled, and pulling your hands away from one another, as if pulling your head apart, at each of these locations (top of head, center of head, back of head, neck). Basically, you started just above your eyebrows and worked back to your neck.
 - F. Do the entire sequence 3 times.
 - G. End with your fingers at the back of your shoulders. Give yourself a little massage, rake your fingers over your shoulders, and drop your hands.
 5. *The Neurolymphatic Massage.* The neurolymphatic reflex points, located all over your torso, regulate the flow of energy to the lymphatic system. This system removes toxins and dead cells from your body, but it has no pump like the bloodstream does. Its flow is stimulated by normal exercise, like walking and stretching. But if toxins accumulate, both physical toxins and stagnant energies can become so clogged that physical exercise doesn't move them. Massaging your reflex points breaks apart clogged toxins so they can be eliminated from the body. It also breaks up energetic blocks and ultimately energizes your body. You can find them by massaging the front of your torso between your ribs and along the sternum, noting where you're sore.
 - A. Find the collarbone and deeply massage below it (K-27 points). Move the skin in circular motion with strong pressure for at least 5 seconds.
 - B. Move out to your shoulders. Massage the points along the half circle where your shoulder meets your torso (arm connection points).
 - C. Find another point that is tender, probably along sternum or between the ribs or under the breasts. Each day, find 2 or 3 spots that are tender and massage them.
 6. *The Zip-Up.* Central meridian, the energy pathway that moves up the front center of your torso, teams with bladder meridian to keep your central nervous system

functioning at its best. Central meridian, whose path runs directly above and connects with five of your seven chakras, also bridges your body's energies with the environment. When you are feeling sad or vulnerable, central meridian can be like a radio receiver that channels other people's negative centers. It is as if you are open and exposed. Simply running your hand up this meridian weaves tight the energies of central meridian, and this is a natural form of self-protection. It runs like a zipper from your pubic bone up to your lower lip, and you can use the electromagnetic energies of your hands to "zip it up." This will help you feel more confident, think more clearly, tap your inner strengths, protect yourself from negative energies that may be around you.

- A. Briskly tap the K-27 points below your collarbone to assure your meridians are moving in the right direction.
- B. Place your hands at the bottom end of central meridian (at your pubic bone).
- C. Inhale deeply as you move your hands, slowly and deliberately, straight up the center of your body to your lower lip.
- D. Continue upward, bringing your hands past your lips and exuberantly raising them into the sky.
- E. Circle your arms back down to your pelvis and exhale through the nose.
- F. Do two more times.

7. *The Hook-Up.* This simple routine connects central and governing meridians, increases coordination, and stabilizes the entire energy system. It also strengthens the aura, putting you into a protective energetic cocoon. It can help you think more clearly.

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

THE HOMOLATERAL CROSSOVER

Your energies are designed to crisscross. When energies are not crossing over adequately, they are in a "homolateral" pattern, and your functioning is compromised. You cannot think as clearly, find your natural coordination, heal as rapidly or assimilate interventions designed to help you, such as tapping or the daily energy routine. Re-patterning is one of the most frequent interventions used by energy-medicine practitioners. If your energies are homolateral, whatever else you are doing to improve your health, the benefits are less likely to last.

It is critical to get the energies back into their natural crossover pattern (the procedure takes about 3 minutes). It is almost always effective, but because the homolateral pattern may be a deeply ingrained habit, the energies may quickly revert to the homolateral pattern. Persistence pays. By doing the three-minute routine two or three times per day,

a new energy pattern has been installed within ten days to six months. If you are homolateral, it is indeed interfering with your responsiveness to tapping and your general energy level, resilience and mental acuity. Shifting homolateral patterning can be a godsend. If you're not sure you are, it won't harm you to do the exercise. If you feel better afterward, you needed it.

The Homolateral Crossover

1. Begin by tapping or messaging the K-27 points (below your collarbone—See 1A above) and then do a full body stretch that “reaches for the stars.”
2. Do the “Homolateral Cross Crawl,” simultaneously lifting the right arm and the right leg at the same time (this is one lift), and then the left arm and left leg (considered one lift). Do 12 lifts, deliberately and slowly, more like a walk than a run. This is like marching in place using the same arm and leg.
3. March in place, doing a normal Cross Crawl (item # 2 above), lifting your right arm and left leg and then your left arm and right leg for 12 lifts.
4. March in place for 12 lifts doing the Homolateral Cross Crawl (same arm & leg).
5. March in place for 12 lifts doing the Cross Crawl (opposite arm & leg).
6. March in place for 12 lifts doing the Homolateral Cross Crawl (same arm & leg).
7. March in place for 12 lifts doing the Cross Crawl (opposite arm & leg).
8. March in place for 12 lifts doing the Homolateral Cross Crawl (same arm & leg).
9. March in place for 12 lifts doing the Cross Crawl (opposite arm & leg).
10. March in place for 12 lifts doing the Homolateral Cross Crawl (same arm & leg).
11. March in place for 12 lifts doing the Cross Crawl (opposite arm & leg).
12. Again, stimulate the K-27 points.
13. End with the Wayne Cook Posture (item # 3 above) which will help reinforce the new crossover pattern.