

## 5-MINUTE DAILY ENERGY ROUTINE

Find a fuller explanation of the 5-Minute Energy Routine in Donna Eden's book, *Energy Medicine*.



**Complete breath:** Breathe *in through the nose* and breathe *out through the mouth*. Try to count to 12: 6 in, 6 out.

### **The Three Thumps**



**K-27 Thump.** Lightly thump your K-27 points in a steady rhythm with your fingers, for one complete breath.



**Thymus Gland Thump.** The thymus gland is located in the middle of your breastbone. Simply thump it rhythmically with your fingers for one complete breath. Or use your fists like Tarzan to make it more fun.

**Spleen Neurolymphatic Points Thump** Place your fingers directly down from each nipple to the bottom of the ribs. This spot may be tender. Tap for one complete breath.

**Cross Crawl** This consists of walking/marching gently in place, with each knee moving at the same time as the opposite hand as if you were a baby crawling in the air instead of the floor. Or crawl on the floor for about 20 steps.



**Cook's Balance Posture** Cross your ankles; cross your hands at the wrists with thumbs facing down, clasp fingers together; roll clasped hands toward you so the little-finger side of your clasped hands are resting against the center of your chest. Spend about a minute in this position.



**The Crown Pull** Imagine your fingers are combs and you are parting your hair in the middle and combing the hair towards your ears. Repeat until hair is completely 'imaginarily' parted to back of the neck. This takes about 15 seconds

**Zip-up** Imagine there is a zipper from your pubic bone to your dimple under your lower lip. Place one hand on the pubic bone (your imagined zipper). Take a deep in-breath while zipping up to just below your lower lip. Let your breath out while placing the key to your zipper in your pocket. Do this three times.

