

ENERGY BALANCING TECHNIQUES For Rapid and Powerful Change

By: Marla Brucker (Excerpts from “Energy Medicine” by Donna Eden)

Learn to dance with your energy by balancing your body’s energy system for optimum health, joy and vitality. Your body is engineered so that if you tap into its healing force, that force will lead you towards better health and well-being.

It is important to identify the energies that operate within your own body as well as the energies that surround you. By also determining the impact of the environment on your own energy field you will learn how to unscramble and bolster your own energies for your own health and healing.

The body is designed to heal itself. Stepping back into the body helps the body to **re**-remember the balance. Below are some exercises to boost the immune system, which helps to balance and increase energy.

Bilateral Integration: Cerebral Hemisphere Integration: Muscle test (MT) the Indicator Muscle (IM) to make sure it is strong. The objective is for the energy to flow bilaterally. The proper hemispheric control of the brain **crisscrosses**; the right hemisphere of the brain controls the left side of the body and the left hemisphere controls the right. The same applies to the energy flow within the body.

- 1) Hold a large ‘X’ about one foot in front of your client’s eye level, and then muscle test (MT).
- 2) If the indicator muscle (IM) is weak, hold a large ‘I I’ (parallel lines) about one foot in front of your client’s eyes. (MT).
- 3) If client tests strong with the parallel lines this is an indication that their energy is flowing homolaterally.
- 4) This can cause sluggishness and an imbalance in the body’s energy system.
- 5) Correct with the **Cross Crawl Integration Exercise**.

Cross Crawl Integration Exercise (Infants energies flow up and down until they learn to crawl.)

- 1) Have client touch their right elbow to their left knee (raising knee up from the floor).
- 2) Alternate opposite arm and knee.
- 3) Inhale deeply through the nose and exhaling through the mouth.
- 4) Continue with Cross Crawl for 1-minute.
- 5) This can be done standing or sitting.

Doing the Cross Crawl Integration Exercise helps to:

- Harmonize energies
 - Think more clearly
 - Feel more balanced
 - Minimize learning challenges
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The Three Thumps: There are certain points on the body, when tapped will affect one's energy field in positive ways by sending electrochemical impulses to the brain and releasing neurotransmitters. By tapping on three specific points a sequence of responses are activated that will restore sluggishness, increase vitality and keep the immune system strong. All three points help to balance and stimulate the immune system as well as boost one's energy system. Practice these at least once daily.

K-27 Thump: Tapping or thumping on the K-27 Kidney meridian points send signals to the brain, adjusting energies so one can feel more alert and perform more effectively. Tapping or thumping the K-27 points helps to:

- Energizes if feeling drowsy
- Increases focus and concentration
- Boosts clear thinking

Location of K-27 point: This point is found just beneath the collarbone about 1-inch to the right and left side of the sternum. Feel a slight indent. (Tap or thump simultaneously on both sides 10-15 seconds.)

Thymus Thump: The thymus is the immune system's surveillance gland. If one overrides the thymus's intelligence by ignoring the body's needs, the thymus' surveillance mechanism becomes confused. By stimulating the thymus gland you will help awaken it and get it to work for you. This helps if one is catching a cold, fighting infection, or if the immune system is otherwise challenged. Stimulating the thymus also helps to:

- Boost the immune system
- Stimulate all of your energies
- Increase strength and vitality

Location of the Thymus Gland: The thymus is located about two inches below the collarbone in the center of your chest, on your sternum. Exhale deeply each time you thump. (Thump 10-15 times).

Neuro-Lymphatic Reflex Points (NLR): The job of the neuro-lymphatic system is to keep the lymph, blood and meridian energies flowing. By massaging these points toxins are moved out of the muscles, sending fresh energy through the body. If one's lymph system isn't flowing well their energy is also not flowing; hence one might feel ill or have no energy at all. Rubbing the NLR helps to:

- Increase energy level
- Balance blood chemistry
- Strengthen immune system

Location of Neuro-Lymphatic Reflex points (sore spot): This may be difficult to find. Found on the upper-middle portion of either side of your chest (5 to 6 inches out from the sternum.) Find the sore spot and begin thumping or rubbing it up-and-outward. (10-15 seconds).

Over-Energy Correction: This is a powerful brain balancing technique. Use this correction when muscle testing is unclear, or when not progressing in therapy. This technique can also be used for general balancing of body and mind; it is also a great relaxation exercise, especially when the person's mind is on the go.

- Place left ankle over the right foot.
- Clasp right hand over the back of the left hand. (Rest hands on lap or upper chest.) Relax
- Breathe in (slowly) through the nose, rest tongue against palate behind top front teeth.
- Exhale through the mouth, resting tongue on the bottom of the mouth. (Continue 3-5 minutes)

Separating Heaven from Earth: This technique helps one take back the control in their life, such as when they feel stressed or over emotional. This is an excellent exercise to be used anytime you start feeling poorly, threatened by a cold or flu, or if you feel ache, dragged down with no energy. This exercise is a powerful stretch that releases excess energies and helps to:

- Brings fresh oxygen to the cells
- Opens meridians for better energy flow
- Expels toxic energies
- Stimulates fresh energy flow through the body and joints

Most people collect too much energy rather than have too little. We need to empty ourselves of this surplus or it becomes sludge-like in our system.

Technique:

- 1) Stand with your hands on your thighs, fingers spread.
- 2) Inhale deeply through your nose as you:
 - a) Circle your arms out, having your hands meet at chest level, fingers touching in a cathedral position. (Cross your thumbs – touching opposite hands.)
- 3) Exhale through your mouth.
- 4) Inhale deeply through your nose as you:
 - a) Separate your arms from one another, stretching one high above your head, palm facing toward the heaven.
 - b) Pushing the other hand down, palm facing the earth.
- 6) Exhale slowly through your mouth.
- 7) Return your hands to the cathedral position.
- 8) Repeat, switching the arm that rises and the arm that lowers.
- 9) Do a couple more lifts on each side.
- 10) Coming out of the pose:
 - c) Bring your arms down.
 - d) Allow your body to fold over at the waist.
 - e) Hang there with your knees slightly bent.
 - f) Take two deep breaths.
- 11) Slowly return to a standing position as you inhale, stretching out the spine, and then rolling the shoulders back.
- 12) Return your hands to the cathedral position. Take a deep breath and hold for a moment.

The Crown Pull: This technique helps to open the neuro-vascular system of the brain bringing blood into the forebrain, which allows for more clarity of thinking.

- 1) Place your thumbs at the side of your head on your temples.
- 2) Rest your (curled) fingertips just above the center of your eyebrows.
- 3) With some pressure slowly pull your fingers apart, stretching the skin just above your eyebrows.
- 4) Rest your fingertips at the center of your forehead, and repeat the stretch.
- 5) Rest your fingertips at your hairline and repeat the stretch at the hairline.
- 6) Continue this pattern, fingers curled and pushing in and out at each of these locations:
 - a) Fingers on the top of your head, with your little finger at your hairline. (Push down with slight pressure and pull your hands away from each other, as if pulling your head apart.)
 - b) Fingers placed at the center of your head, again pushing down and pulling your hands away from one another.
 - c) Fingers over the curve at the back of your head, using the same stretch.
- 7) Finish off with massaging your neck and shoulders.

Zippering Up: The Central Meridian governs your central nervous system: it runs like a zipper from the pubic bone up to the bottom of your lower lip. This meridian site is closely attuned to one's thoughts and feelings; therefore while doing the "Zip Up" state an affirmation. By *Zippering Up* you strengthen the meridian, and thus the meridian strengthens you. This exercise will help with feeling more centered and in control. Zippering Up helps to:

- Feel more positive and confident about oneself and their world
- Think more clearly
- Protect self from negative energies
- Tap into one's inner strengths

Location for the Central Meridian "Zip Up": Place your hand at your pubic bone (bottom end of the Central Meridian). Take a deep breath and state an affirmation as you simultaneously move your hand straight up the center of your body to your lower lip. Lock it in by making a locking sound and twisting your hand when you complete each Zip Up. (Repeat several times alternating hands.)

Wayne Cook Posture: Wayne Cook Posture has demonstrated profound effectiveness for treating dyslexia and stuttering. The procedure connects the body's energy circuitry. It also helps a wide range of physiological and emotional (or psychological) problems, such as: disorganization, compulsivity, confusion, depression, obsession and anger.

This posture moves the energies between the forebrain and the autonomic nervous system in a harmonious manner. It also helps to strengthen the body's energy integrity, by making it less vulnerable to outside influences, (pollution, toxin, etc.).

When energy is scrambled, speech, and thoughts are also scrambled. Your messages are not being received in the manner of which you are trying to convey; it gets caught up in this energetic chaos. Scrambled energy is contagious. A speaker's energy can put audiences to sleep or rivet their attention. The energetic impact is instant and is often outside the listener's awareness. When a person's energies are clear and centered, it is also contagious. This technique is helpful for presenters as well as listeners.

Make sure you do opposite crossing, such as: right arm over left, left knee over right. The Wayne Cook Posture helps to:

- Untangle inner chaos
- Think more clearly and positively
- Focus and comprehend information
- Learn more proficiently
- Create organizational thinking

Testing the Wayne Cook Posture:

If you feel tired while reading or having difficulty comprehending the words, your energies are flowing backwards and the MT will test weak. Your energies are scrambled making it difficult for you to read, make sense of new material, or perform simple tasks. To test for reversal or scrambled energies, have the person:

- 1) Read a sentence, as you Muscle Test them.
- 2) Have them read a sentence backwards from right to left. Muscle Test them.

If the person tests strong while reading backwards and weak while reading forward, their energies are scrambled or reversed.

Wayne Cook Posture Technique:

- 1) Place your right ankle over your left knee. Wrap your left hand around your right ankle and your right hand around the ball of your right foot.
- 2) Inhale slowly through your nose. While lifting your body as you breathe in pull your leg in towards you, creating a stretch.
- 3) Exhale slowly through your nose and exhale through your mouth, relaxing your body.
- 4) Repeat this breathing and stretching three times.
- 5) Switch to the other foot. Place your left ankle over your right knee. Wrap your right hand around your left ankle and your left hand around the ball of your left foot.
- 6) Use the same breathing and stretching techniques. Repeat this stretch three times. Uncross your legs.
- 7) Position your fingertips together forming a pyramid. Place your thumbs to rest on your 'third eye' (just above the bridge of your nose).
- 8) Inhale slowly through your nose as you gradually separate your thumbs across your forehead, pulling the skin.
- 9) Exhale through your mouth while releasing your thumbs from your forehead. (You are opening the Neuro-Vascular System.)
- 10) Bring thumbs back to the 'third eye' position. (Repeat again two more times).
- 11) Slowly bring your hands down in front of you, placing them in a prayer position while breathing in deeply.
- 12) Surrender into your breathing.

BIO:

Marla Brucker is an accomplished motivational trainer and seminar leader. As a Peak Performance Coach, Marla has inspired thousands worldwide to realize their hidden potential by learning to trust their intuition, as they move toward achieving greater success. Marla has her Doctorate in Clinical Hypnotherapy, is a Registered Hypnotic Anesthesiologist, a Master Practitioner in NLP, and is a certified laugh leader.

Dr. Brucker has been practicing in the area of performance enhancement, hypnotherapy and counseling since 1978. She has worked in hospitals, mental health clinics, educational institutes and social service agencies. Marla has been teaching hypnotherapy since 1991 and is Executive Director and CEO of the Motivational Institute of Hypnotherapy, a certified hypnotherapy training institute in San Diego.

Marla also conducts seminars and leadership training programs in Energy Therapies, Peak Performance and Psychokinesis. Her frequently requested empowering *Mind over Metal* seminars are the highlight of many professional and corporate gatherings, seminars and parties. Marla is in private practice, working with individuals and groups.

Read more about Dr. Brucker and her work on her website at: www.SanDiegoHypnosis.com.

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