

## ***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.

Einstein demonstrated through physics, what sages have taught for thousands of years: *Everything in our material world – animate and inanimate – is made up of energy, and everything radiates energy...*

People who are suffering and are victims of their own body become empowered after attuning to the subtle energies within and around themselves; thereby enabling them to direct subtle energies to effect positive change.

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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 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 IM is weak, hold a large ‘11’ (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. This can cause sluggishness and an imbalance in the body’s energy system.
- 4) 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 touching 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 for 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's surveillance mechanism becomes confused. By stimulating the thymus gland you will help tune it and awaken 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 this point (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 flowing well isn't either. One might feel ill, or have no energy at all. Rubbing the NLR points 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. Find the sore spot and begin thumping or rubbing up and-outward. (10-15 seconds).

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**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 ankle
  - Place both hands out in front, arms extended with back of hands facing each other
  - Bring right hand over left. Have palms meet
  - Clasp fingers (gently), bringing hands and arms in, and rest on upper chest. Relax elbows
  - Breathe in through the nose, rest tongue against palate behind top front teeth.
  - Breathe out through the mouth, rest tongue against the bottom of the mouth. (Continue about 3-5 minutes)
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**Separating Heaven from Earth:** This techniques 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.
  - 3) Exhale through your mouth.
  - 4) Inhale deeply though your nose as you:
    - a) Separate your arms from one another, stretching one high above your head and flattening your hand back (as if pushing something above you).
    - b) Stretch the other hand down, flattening your hand back (as if pushing something towards the earth).
  - 5) Release your breath through your mouth.
  - 6) Return your hands to the cathedral position.
  - 7) Repeat, switching the arm that rises and the arm that lowers.
  - 8) Do a couple more lifts on each side.
  - 9) Coming out of the pose:
    - a) Bring your arms down.
    - b) Allow your body to fold over at the waist.
    - c) Hang there with your knees slightly bent.
    - d) Take two deep breaths.
  - 10) Slowly return to a standing position, stretching out the spine, and then rolling the shoulders back.
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**The Crown Pull:** This technique helps to open the neuro-vascular system, thereby 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 at your forehead.
  - 5) Rest your fingertips at your hairline and repeat the stretch.
  - 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 some pressure and pull your hands away from one another, 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.
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**Zippping 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 *Zippping Up* you strengthen the meridian, and thus the meridian strengthens you. This exercise will help with feeling more centered, in control and in your own power. Zippping 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.)

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

This posture helps move 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.

If you are in public where you can't do this process in front of others, but definitely need to get centered, cross your arms, knees, ankles and or wrists and breathe slowly, inhaling through your nose and exhaling through your mouth. 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 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 mouth, letting your body relax.
  - 4) Repeat this breathing and stretching three or four 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 or four 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.
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**BIO:**

## **Marla Brucker, DCH, R.HA**

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, and a seminar leader with the American Seminar Leaders Association.

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 hypnosis school in San Diego. She 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 my work on my website at [www.SanDiegoHypnosis.com](http://www.SanDiegoHypnosis.com) .

To Your Success,

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