



Are you low on energy or feeling out of sorts? Try some energy medicine.

Earlier in June, I had the incredible opportunity to attend the annual conference for the Association of Comprehensive Energy Psychology (ACEP). Many of you may know that I study with a local lead psychologist on this subject. The term holistic health means mind-body health and wellness. Studying energy psychology is one of the most effective ways I have seen to help my clients with the mind/emotion portion of their health and wellness goals. It provides me with the ability to help people to overcome health challenges that are often triggered by emotional patterns or issues. By unblocking their energy meridians (ancient system used by acupuncturists), my clients are able to open up to the healing power of food and lifestyle improvements.

Energy methods take the perspective of ancient Eastern traditions and bring this wisdom into the modern Western world. These methods apply principles and techniques for working with the body's physical energies to bring about positive changes to emotions and the physical flow of energy throughout the body. The technique to improve the body's energy system include doing certain movements with the body and tapping on specific meridian points on the body. When you tap on these points throughout the body, it affects your nervous system in positive ways and helps to unblock any energy that may have become kinked due to stress or other emotional challenges.

Some of the practices of energy medicine, that I learned from Donna Eden and David Feinstein, Ph.D., specifically help to boost your energy and vitality which also boosts your immune system. Through normal everyday life experiences, the nervous system can become a bit disorganized. When this happens, it can become difficult to feel and be your best. This may not only affect your level of energy, but it may have an impact on your ability to think clearly and have a productive day.

So, the following are some exercises to help rebalance and boost your energy system. Consider bringing them into your daily routine:

- 1) In either a standing or sitting position, cross your left foot over your right foot, put your arms straight out in front of you with the backs of your hands touching, cross your right hand over your left hand, lock your fingers together and pull your arms forward to your heart. Hold that position while you breath deeply in and out.
- 2) This next exercise will ensure that your energy is flowing in the right direction. Swing one arm out front while you lift the opposite knee. Then swing that arm back while you swing the other arm forward and lift the other knee. Do this in sort of a marching in place pattern. If after doing this about a dozen times, you



- still don't feel balance and clarity, then add this next series of movements. After doing the march a dozen times, switch so that the same knee and arm are raising at the same time. Do this for a dozen times and be sure to switch back to raising the opposite arm and leg for another dozen times.
- 3) To boost your positive emotions and energy, begin by making the shape of a heart by moving your fingers around your heart. The motion should come up first and then around. Continue to do this and each time make the heart larger and larger until you are finally bending over toward the ground and coming up the center of your body and swinging your arms out fully extended. Once you've gotten as large as you can with your motions, end the last movement up your body and leave your hands and arms reaching up and out to the sky. It feels so good!!!

Please see my next YouTube video later this week for a demonstration of these great yet simple exercises to balance and boost your mood and energy.