

## The “Less-Than-A-Minute” Energy Fix

### Mary “Mo” Wheeler

You simply cannot get reliable answers to any of your questions if your energy is not balanced. Two excellent resources are, *Energy Medicine: Balance Your Body's Energies for Optimum Health, Joy, and Vitality* by Donna Eden with David Feinstein (1998), and *Brain Gym: Teacher's Edition Revised* by Paul E. and Gail E. Dennison (1994). Here we will briefly discuss a few quick methods drawn from or adapted from these resources that I have found most helpful. They can all be done unobtrusively—even at a business meeting. They can all be done in less than a minute. After you drink a glass of water, the rest can be done in about fifteen seconds! *Do them every day! Do them twice a day, in the morning and in the afternoon—every day. Five easy steps to balanced energy!*

#### 1. Drink Water

Adequate hydration is essential. Adequate hydration is essential. Adequate hydration is essential. We are energy systems. We are batteries, and batteries need water. Start every day with a glass of water. Drink water all day. Carry a water container with you in your car and wherever you go. You can drink more all day if you drink more each time you raise the glass to your lips! Caffeine is counter-productive to hydration because it *dehydrates* you. For every 8 ounces of caffeine you drink, you need about 12 ounces of water to compensate for what you have lost!

*Check it out.* You can demonstrate dehydration to yourself and others. Try it after your morning coffee or coke, or simply hold a can of coffee or coke in your hand! Then hold your hair and test the strength of a muscle. If your hair is “thirsty,” a muscle will be weak when you touch your hair. To test muscle strength, you can use an energy testing method or just pick up a heavy object and see how it feels. Then drink a glass of water and test again. You will be amazed at the difference.

#### 2. Zip Up

Zippering up is so quick and easy you can do it in about two seconds. Move your hand a few inches from your body, starting with your pubic bone and moving up to the top of your chest. (Donna Eden's method continues to the bottom of the mouth.) That's it. What you are doing is strengthening central meridian, a meridian that helps regulate which energies are allowed into our energy field. Central meridian can jump around and help out other meridians as well. Don't continue beyond your mouth, as that will weaken another meridian, governing meridian, which also ends at the mouth. We are stopping at the collarbone to lead into the next step.

*Check it out.* You can test this out for yourself as well. Think about something unpleasant. Test the strength of a muscle and it will most likely be weak. Zip up. Then think of the same thing, or something even worse, and your muscle will test strong. Two seconds—two seconds that can strengthen your biofield in the face of people who

are negative; the electromagnetic energy of your television, computer or cell phone; and some of the denser energies that may compromise your biofield. Two seconds that say to the world, “I am in charge of my energy and what I allow into my biofield. I will only allow in what is helpful to me.”

### 3. *Rub K-27*

The K-27 acupuncture points are the end points of the kidney meridian. They are easy to find: Follow your collarbones toward the center of your chest. When you get to the bump at the end, drop down about an inch into an indentation just below, one on each side of the center of your chest. Rub the points firmly for about ten seconds. You can do this right after you zip up. The effect is to correct your energies if they have started to reverse, or flow backwards. When your energies flow backwards, a *yes* will be a *no* and a *no* will be a *yes*. And *you* will feel tired and unable to focus.

*Check it out.* Open a book and read any sentence backwards. A muscle will test weak to indicate this is not as it should be. Your energy is now reversed. Test a *yes* or *no* response and your answers will be reversed. Then rub the K-27 points and test again. *Yes* should be *yes* again, and *no* should be *no*.

### 4. *Do the Space Buttons*

Space Buttons are “buttons” on your body that you can push to correct the energies from front to back and back to front. One hand pushes the “button” under your nose and the other pushes the button just above your tailbone (Dennison and Dennison, 1994). We have found that you can push in anywhere on the midline of your back and get the same results, so your non-dominant hand can push in on the back of your neck or the back of your waist, while your dominant hand pushes in under your nose. You are strengthening the governing meridian that runs from your tailbone to the top of your mouth and is associated with the central nervous system. The Dennisons say pushing Space Buttons will “facilitate increased nourishment to the brain through the blood and cerebrospinal fluid, nourishment necessary for relaxed, optimal functioning.” (p. 28) Your hands are already up there on K-27—just change position to the Space Buttons and push in to feel more relaxed, centered, and grounded.

Check it out. You can test this for yourself. Quickly run your eyes down these three columns of numbers and then test the strength of a muscle:

|    |    |    |
|----|----|----|
| 12 | 77 | 59 |
| 42 | 24 | 87 |
| 38 | 92 | 62 |
| 75 | 85 | 33 |
| 61 | 38 | 41 |
| 94 | 52 | 76 |
| 17 | 99 | 20 |
| 49 | 14 | 18 |

Then do Space Buttons, run your eyes down the three columns, and test again.

### *5. Think of an X*

For both hemispheres to work together, your energies need to cross over the midline of your body. Thinking of an X can help this process. Think of an X in whatever way works best for you. Visually oriented people may want to make an X with their index fingers and look at it. You may want to close your eyes and see an X, or write one on a piece of paper. It only takes a few seconds! You will improve whole body coordination in movement and thought.

*Check it out.* You can test this one too. Count from one to five. Hum a few notes of a tune. Count from one to five again. A muscle will probably test weak. Then think of an X. Repeat the counting and humming and test again. You will test strong.

### *Still not balanced?*

If your energy is still not balanced, do the Wayne Cook Posture. You can find it in Donna Eden's book (1998, pp. 73-77) or on line. If you are at a business meeting, just cross your arms and ankles and breathe slowly. After you have done the Wayne Cook Posture, read a line in a book from right to left and test again.

### *Summary*

You can use the "less than a minute" Energy Fix to strengthen your energy (drink water), establish solid boundaries (zip up), stay alert and focused (rub K-27), keep you centered and grounded (push the space buttons), and facilitate the whole brain working together (think of an X). It's a little Energy Fix you can use anywhere, any time.

### **The "less than a minute" Energy Fix**

- 1. Drink Water*
- 2. Zip Up*
- 3. Rub K-27 Points*
- 4. Push the Space Buttons*
- 5. Think of an X*