



Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you. Tapping stimulates the meridians. The meridians are but one tree in the body's complex forest of energies. Today you will learn about your many energy systems and how to support them. I have the distinct pleasure and honor to interview one of the world's leading experts in energy medicine. Donna Eden from LearnEnergyMedicine.com has been teaching people for over 25 years how to direct their energies for health and happiness. Her book, *Energy Medicine*, is a groundbreaking book, that has introduced the world to these ancient and powerful techniques. It's always such a pleasure to get to speak with her. Welcome Donna.

Donna Eden: Hi, thank you, I'm so happy I'm here.

Jessica: Yes, I've been a fan of yours for so long and I always love getting the chance to speak with you. I am a big fan of your husband, too, Dr. David Feinstein, and he has contributed a lot as well to the field of energy medicine and energy psychology. I love how he is a real advocate to the science and research and then you're this dynamic duo because you have this very special and unique gifts to share with the world. Can you tell us about how you see and interpret energy?

Donna: Wow, that's quite a question. I was 20 years old before I found out that everybody didn't see energy. I had no clue. I think that many people develop their left brain much stronger than I did also, because I made sense of the world through the energies I was seeing. Because my mother saw energy, and my brother and my sister saw energy, I always assumed that everybody did. But I see them differently, depending on the type of energy I'm really sort of focusing on. It's like you mentioned meridians and meridians stream, like streamers, literal streamers in the body, and they are energy pathways. Like arteries carry blood, meridians carry the energy. And they pulse, the energy pulses in them and I often think - in my own head I know that tappers talk a lot about what happens in the brain and why psychological things shift and change, but I also see that when you tap, energy pulses in the meridians, and you watch it pulse up the meridian and go up into the brain, but it pulses into every chakra. There is such a pulsing that goes on, that literally begins to sort of be in tempo with your heart, and your capillary beds.

So everything gets in sync and stress isn't leading then, just an amazing harmony like an orchestra begins to lead, and you see it all the energy systems. So where was I going - what else did you ask me?

Jessica: Well, I asked you how you see and interpret energy. I can imagine that's a hard thing to describe.

Donna: Yes, it is. Again, meridians - you see them streaming in the body and you also see acupuncture points or acupressure. You see heat, and sometimes I see light there, where it really just beckons you to come and hold that point. That is how it feels like for me. I see - I mean, the aura is around the body so I always see color, and different forces in each of the 7 bands around the body, and each of those bands have significant meaning. It depends on which band you're looking at but the color and the vibration of that band has meaning. Somebody just asked me the morning, well, I've been talking about how the color around the planet is changing right now. It's like earth's aura and its outer aura is changing from violet to indigo and we were right in that interim place.

Interim places bring chaos, and as the old order is falling away we're trying to find out what we hold on to from the old order and where do we go into the new. It's always chaotic and that's what's happening now, it's difficult for an awful lot of people, but it's part of that changing of the earth's aura.

Jessica: That's so interesting. I want to just touch upon the meridians for just a moment before moving on to the other - we want to talk about auras, we talk about chakras, we want to cover it all. I'm happy that you're sharing this because there is so much research around what happens to the brain when we tap, but you're also saying let's not forget, that there is really something happening in our body. Is there anything else that's helpful for us to know about what's happening while we're tapping?

Donna: I would like you to know that it couldn't just possibly be happening in your brain. To make such significant changes because you have so many energy systems and when all of them are coordinating and cooperating and pulsing together, and it is such an amazing harmony that stress and stress chemicals just begin leaving your body, so the meridian network is really awesome. It is awesome, and the energies in meridians and in every energy system in your body, is profoundly intelligent. So in our world today, because we have gotten further and further away from the organic, natural evolution of our bodies, we are often out of sync with our

energies. But tapping puts you back in sync with the energies that run through you, and move around and that makes you more in sync with your environment and so things can't trigger you outside of yourself as much anymore. Ask me another question.

Jessica: Well what you told us was amazing. So Donna let's move onto the chakra system, which I think is a system that people know a little bit about. I have heard the words, heart chakra and things like that. But I don't quite understand exactly what a chakra really is and can you tell us more about that system?

Donna: Yes, there are 7 main chakras, but the truth is there are many more than that in smaller dimensions. But there are 7 main that go up your body in front of your spinal column and they go from the bottom of the trunk of your body to the top of your head, and there are 7 layers on each chakra. They spin in a wheel, or vortex, and they are like energy stations. They are amazing because I think of them as sort of the stations of energy that go from the very physical to the very spiritual. You have all of these different pieces of information in your chakras that also govern your hormones, by the way.

For instance, when you do tapping, so all those meridians are the first thing that I see starting to pulse, but then you start seeing that energy swirl in the chakras, and each chakra governs different things. It governs an endocrine gland, and it governs different ways of being in this world, like the root chakra governs how grounded you are, and it also governs your drive to accomplish things in this world. It's your sexuality and it's your survival issues. So when something hits you, if it hits you on any of those levels, believe me your root chakra picks that up. And what you want and what all of us need and want is to have that energy moving so fluidly and so effortlessly, that we are always healed in that chakra, so that you don't get caught in anything. You know this in tapping but the root chakra often shows up from your past, from long ago, and it will be triggered by something in the present.

Then when that gets triggered it may turn off your drive to accomplish things. It may affect your sexuality, and it affects everything on that survival, and also sort of your family issues are in the root chakra. It can be any color. If you read a book it will tell you the color is red, but I have seen every color under the sun on the root chakra because it's individual. It's your energy, it's your life story that is carried in the chakras. Each layer of a chakra can have a different color and color is simply the vibration of light, in that that has tremendous meaning. If it is red, it

really deals with survival issues and old pain and sorrow. But, I have seen violet in the root chakra, which speaks of that you carry real spirituality there of things that have transcended and you always feel safe.

Jessica: Well we have all of these different chakras and you're focusing on the root chakra. Do you believe that the root chakra is something that we have to pay more attention to? Is that where a lot of our healing happens?

Donna: You know, it is, but every single chakra, I'll tell you just briefly about each one so you can get it. The second chakra is sort of the child in you that was free and carefree and was not bound by a lot of responsibilities or what you have to do and need to do, should do, any of that. You're just free. So often when healing happens, a person is free again and laughs again. It is easier in life again. So that's the second chakra. Also, healing. Somebody who is a real natural healer, it will show up in the second chakra.

The third chakra is your solar plexus, and it deals with power issues and individuality, and who you see yourself as, versus who other people see you as. It's ambition, and competition, and things like that.

The fourth chakra is your heart chakra and of course it's about how we love, but it's also about overcoming contradictions in love, and learning to love more unconditionally. But for some people, how to love more conditionally because they are on the polarity swing of the other side, they don't really make people walk the line sometimes because they're such an unconditional lover. So it's about finding the balance there.

Jessica: So the boundaries?

Donna: Yeah, it's also about going beyond personal love, but that universal love that is - well, it sets us all free. I would say the fifth chakra is the most unusual of all chakras, because it not only spins in a wheel or a vortex like all the others, it also has a figure 8 here to the side, and up and down. And it governs not only expression, but metabolism, and there are 7 chambers on that fifth chakra, the throat chakra, and those chambers go up and down. Each chamber connects to a different chakra. So the ancients used to think the throat was the Holy Grail of all chakras because if the throat chakra opens all the way, before you speak or before you know anything, information from every chakra comes out your mouth. So the fifth chakra is really, really crucial in evolution.

The sixth chakra is your pituitary gland and it's your third eye, it's inspiration, it's getting insight, it's your mind, it's all of that. The seventh chakra, boy when you're just channeling in information, or prayer, or feeling at one with everybody and it isn't personal, it's just being with what is and being safe and good. So that's the chakras, in a nutshell.

Jessica: Wonderful. Well, we know that tapping impacts our meridian system. When it comes to the chakra system, does the tapping we do impact the chakra system? Does anything else - I mean, is there any other way for us to work with that system of energy?

Donna: Well, I do know people who begin to tap the midpoint of the chakra, so if you go up the front of the body and tap the chakra, mid center as well, some people will do figure 8s over each chakra after they have done the tapping. Some people who have felt stuck, maybe they couldn't quite get to a 10, find then if they followed with doing something on the chakras, it was really helpful.

Jessica: That's great to know. You mentioned already the aura. I didn't even know the planet had an aura, so that was fascinating. But let's just start with ourselves, our personal aura. Can you tell us more about it?

Donna: You have seven layers and the first layer closest to your body is the etheric field, and it's more like - it's almost like a mirror of you, of who you are, whatever you're going through, it reflects very strongly in your etheric band. Then after that is like a buffer zone, a little zone that goes around the etheric field that is a protectorate. If something very negative is out in the world, it's the last bastion of protection before it hits your body. I am very humbled by this, by the way, because it's so moving to think that we have this amazing systems of energy in us that all know how to take care of us so that we will keep evolving and being around forever, hopefully. That evolved as a very necessary part of our energy systems.

After that is a system about your mind and there are four little segments in that band of your sensory systems, basically. It's your mind and your senses, so some people are more kinesthetic, some people are more visual, some people are more digital, and some people are more tonal. That will show up in your band and that is really important to grasp, that it isn't something that you're just holding in your

mind or your brain about how to respond to life, you've got a system that is stronger than another system, and that one is closest to the outside of that band.

Then you have a celestial system, which is a system that is a band that really pulls for a higher spiritual way of being. There is a Celtic Weave that's further outside the band that weaves all of your fields together so that all of the bands communicate with one another and nobody is left in the dark. Each band has its own mission sort of, but the Celtic Weave, is a weaver - actually, this is a very important band because the Celtic Weave not only weaves your aura strong, it then makes all the auric bands move into your body, they affect your meridians, your chakras, really calms the triple warmer, it helps your radiant circuits turn on. It's incredible, the Celtic Weave, and it weaves in a figure 8, massive figure 8 surrounding your body.

The life color is out on the furthest edge and the life color is everybody in this world has a color that doesn't change. All the other colors in the bands change all the time, but your life color doesn't. I have actually known three people whose life color changed and all three of them had a near-death experience. It was like they finished those lessons or something, but the life color is very important and if you meet somebody else along the way who has your life color, even though you may be very different and have different lives, there will be something so similar and you'll recognize each other. It's just so strong and -

Jessica: Going back to the aura, is part of aura meant to protect us?

Donna: Yes, two things - the aura is like your invisible space suit that allows you to be here on planet earth, to really resonate with the energies around you, especially if you are in nature or something. They are also protectorates. The auric field is meant to be so harmonically flowing together and strong around you that it just naturally protects, like if somebody was to project something mean on you, it wouldn't go in and harm your soul and spirit. In fact, I have seen when that field is really strong and in harmony, it just is almost like it bounces off. It doesn't attack you in any way. Or even if you live in a town where there is a lot of pollutants in the air, it protects you. Where somebody else might be picking up allergies and asthma, you aren't. So it's really valid and important to really learn how to strengthen your aura.

Jessica: That is actually my next question, what are some tips to help us strengthen our aura?

Donna: There are quite a few things, but one of them is if you stand and take your arms and hold them far out to the side and then bring them together and cross them and then take them out again, like swooping together here. I am acting like you can see me and I am doing it in front of you Jessica.

Jessica: I am trying to do it, too. so do you mean it's kind of like trying to clap your own hands but you miss? Like over your head or in front of you?

Donna: All, over your head, in front of you, down by your ankles, to the sides of you. There is a - let's see, I'll talk you through the Celtic Weave exercise that's very easy, okay? You rub your hands together, and shake them off. Then bring your hands together and one more time just smooth them back and forth over your hands, and then hold your hands apart from each other. And many people will feel kind of a thickness of energy there. Then it doesn't matter if you do or you don't, it still works. If you put your hands up besides your ears and take a deep breath in through your nose and out through your mouth.

Now, swing your elbows together so they touch, and then cross your hands in front of you, and swing your arms way out. Then cross them in front of your body and swing your arms out and bend over this time.

Now, swing your arms in front of your ankles. Cross them and then swing them out, turn your arms toward the front, bend your knees just a little bit, scoop up the energy way over your head and then take your hands down the side of your body, just all the way down and let go.

Your hands, the energy on your hands are electromagnetic. The energy in your aura is electromagnetic and every cell in your body and in your field is like batteries. They are like electric circuits so you connect up with your own field and weave it, and it gets stronger and stronger.

Jessica: Well, I was just following along as you were saying the steps and I was able to follow along. If somebody is driving or not able to do this and they are thinking there is no way they are going to remember that, I will make sure this is in the workbook, so do not fear, we will all be able to do this. So what's it called? A Celtic Weave?

- Donna: A Celtic Weave, yes. I will tell you a really simple one. Because there are two ways the aura goes around you - it just goes around sort of horizontally and that it also goes vertically around the top of your body, up around your body and over your head. That one you can hook together very simply by putting a finger in your belly button and another at your third eye, push them both in and pull up. Then take a couple of deep breaths, and it hooks up that field and it just is really good for your aura and every energy system in your body.
- Jessica: That's a very easy one, you can just do this sitting at your desk. I am doing that right now, that's great. So we are just plowing through these amazing energy systems and for many people I think that this is the first time they are hearing this and even for me, I know a lot about the meridians, obviously, but I love learning about these other systems. So that takes us to the electrics. That sounds fun, what are the electrics?
- Donna: Just think of the electricity in a house and you flip a switch on and the lights go on. Well, the electrics in our bodies, sometimes because of stress, it's like somebody has turned the switch off, and your electricity isn't on very strong, but you can turn that electricity on in your body, and we all have electric circuits all through our body and one of the ones that you can reach easily, is like socket into that electric system in your body, at the back of your head and down at the top of your neck, just out from your spinal column and pushing into the bottom of your head. For most people there are a couple of little dents. Can you find them?
- Jessica: Yes, I found it.
- Donna: If you just massage those you help the electrics in your body. Electrics are, again, in every cell in your body. So wherever things aren't electrically turned on you can help them turn on. Another thing about those points is if you have a friend and nobody even has to know how to work with energy medicine to do this, if you lay down on your back, and you have a friend come in and put their middle fingers on those points and hold your head so that you can relax all the way and neither of you talk, because you don't know how long it will take, it could 15 minutes or it could take an hour. I have had it go up to 3 hours. The electrics start turning on and the person who is getting this done, sometimes they won't feel anything for a long time. But then they do and the electrics have their own intelligence and start just - I don't know, I have had people, many people, do this. Say they had a scar, maybe they had surgery or something in their body and that electricity went to the scar. It's cleaned away the scar tissue. So this is an amazing

system. But you don't get to say what's going to happen, the electrics have their own brilliance and do what is needed and understand the priorities in the body.

Jessica: And is that the only spot to activate it? Or is it just the most common?

Donna: That's the easiest one. You can also, right over your heart, there is often a pain place and the best way I can say it is to come straight up from your nipple and above your breasts there is a point there, that if you hook that across the body on the groin, and you can hold yourself there, it starts hooking things up. People who do this, who really want their electrics to turn on more and more. They do this periodically, maybe once a day, and they say they get more alive, more vital, more turned on.

Jessica: Yes, that's so cool. So those are the electrics, and that takes us to the five rhythms.

Donna: Oh, they are wonderful and because I work with energy, I really watch the rhythm of a person and that is the first thing you can see. People walk differently than other people because they have a different rhythm. We are all born in a different element or rhythm and they are not only fascinating they help you make sense of the whole world and yourself, and why maybe your relationship isn't going so well, because you are on different elements. You have different elements.

When things get tough or you get into an argument with one another you are suddenly on different wavelengths if you have different elements. The way life works is that we tend to be attracted to our opposite. So we really know it when we get into trouble with one another that oh my god, what happened? We're so wonderful together but what happened when we got into trouble? That's because our elements are different. There is water, wood, fire, earth, and metal.

And water is a person who moves slower, through life. They tend to stick to their own rhythm better than others, but they have amazing ideas often about what could make the world better or what could make their career better, or with anything it doesn't matter what it is, they have amazing ideas. But they often have a hard time implementing them. They are such the idea people they are often philosophers, but there is another side to them that is a baby, also a baby. So when they do let go, they are fun - they are just fun.

Jessica: I want to ask you a question before we go through all of these. So as we're listening to these descriptions I think it's so great for the listener to begin to notice

what resonates with them, to be clear on this energy, is this an energy that we're born with and we tend to stay this way? It's kind of just part of our nature?

Donna: Thank you for asking that. Maybe two explanations for that - one is that yes, you're born in your element, you are born there, but depending on your family, and your early upbringing, and as you grow up different things will pull towards that element, expanding and growing and evolving and getting really full. Or, for some people, that element will actually crash because maybe it's not supported in your family. It just depends, or maybe they had been traumatized and maybe because they were - the next one that follows, for instance, is wood, so maybe if they were outspoken and they had a father who was telling them to - you don't speak back to me, whatever it is, their element might have gotten squelched. So an element tends to carry both your vulnerability and your strength, your vulnerability and your strength.

And, what you really want is for as you grow to be able to pull from all of the elements. But, there are always going to be one or two, sometimes there is two, that are really strong in you.

So wood element is somebody, they're just very, they speak their mind, they know their truth, they're not going to let you cause problems to anything that they are thinking, they are not afraid to say it, they are not afraid. The United States is a very green country, or it has been - well it still is, green is also, I'm the best, I know more than you know. Woods are harder for me to explain, because there are wonderful woods, woods who really have evolved. They carry an assertiveness that's beautiful, they have courage, they speak up, and they don't slink away from difficult things. They are very strong and it's very beautiful, but they still have compassion and they are not - so with every one of these elements there is something positive and negative.

Jessica: I think that takes us to fire?

Donna: Fire, if you see a fire out there walking, they kind of skip as they move. They have got a buoyant energy, they laugh more, their energy is more up and high, they are fun. It can drive some people a little crazy if it can seem like they're not deep. That's what it feels like sometimes because they are just on the surface, but the truth is fires are very deep on the surface, but nobody knows it. But it's easier often for a fire to feel joy and happiness and gladness and can transcend whatever is going on. Joy is their big thing, and love. But they also have all the issues of the

other side of it. It's very, very hard to see a fire who is without joy because think of fire as though their embers have gone grey and the fire is burning out and that sort of thing. But a fire usually bounces back and starts another blaze. But let's see, fires are very much in the now, I should say that. They are very much in the now and sometimes people have a hard time with them because they have such a huge yes in them. They don't have boundaries, and it's like fire will jump a ravine and go to the next spot of land and keep burning.

That's fires, and they have a tendency to burn out more than other types because they will burn the candle at both ends and not know that it will suddenly burn out. They don't even know it, it is going so well.

And earth are wonderful nurses and schoolteachers, mothers, and people who care for people. They are those people who want to care for people, they are just caretakers. If they don't have children of their own they will take care of dogs and cats or whatever. They are loving, their voices sound like - here is the voice, and this is exaggerated, but an earth is like somebody who is called up on the phone and a child has answered the phone and the person on the phone says, 'Is your mommy there?' Like speaking to a child.

Jessica: Very nurturing.

Donna: Very nurturing, and it's a singing voice. A wood is more da ta da ta da, and they sort of stamp when they walk. I have a girlfriend who is very strong earth and she looks somewhere between the harmony of a deer prancing through the fields and this swinging back and forth as she moves and walks. Earths, when they are really in their element, just like planet earth, it holds everything and lets everybody grow and do their own thing. And so an earth that's really together is able to let everybody grow. If they are not together, they want to take over for you and do it for you and help you too much and enable.

So a metal is a person who is - gosh, their whole thing is to find a diamond in the rough, to chip away at all that isn't any good. So people might think of a metal as being critical, but they don't think of themselves as critical. The truth is a metal sees that gold in you, and is going to try to chip away all the other stuff. So they are kind of above the cloud a little bit. Their head is higher, they don't drop into their feelings easily. In fact, it's very hard, often for a metal to feel. But, the truth is the older they get, it's such a joy for them to feel, that they really love dropping down into the feelings.

Jessica: Right, so we're going through a lot. When we look at this energy system does it appear to you as the other energy systems? Is it something that you can actually see or is it more like a characteristic as to how other energy systems act?

Donna: It's several things. One, is I see it in the aura and the third band, the fourth band out. You can see which element they are by just looking in their auric band. It's also, you can really learn to notice what somebody is by how they walk, how they move, and how they stand. All of it is really easy to learn, and I love teaching the elements because people catch on so fast. They've got it, they got it, and originally they just see how a person moves their bodies and the rhythm that body is in, but as time goes on they can pick it up so fast because even if they can't see energy they can feel it or they know it in another way. I think most people do know it and maybe they don't know they know it, but you can feel it when somebody comes up to you and that energy is great and you want to connect with that person, or that energy isn't so great and you're not so sure.

It may be that their energy is great but it's not an energy that resonates with your energy. It's like people - I mean, the elements have everything to do with energy and it affects your chakras very much so, it affects the radiant circuits. It really affects the radiant circuits because the radiant circuits really deal with your happiness and your freedom and all of that. So people are free in different ways, depending on - I mean, not even looking at the elements, although it comes into that, if you know people who would rather be out surfing on the ocean or somebody who would rather golf and somebody who would rather stay and be with a book - those are very different energies, so people can learn them in that way just as easily.

Jessica: Yeah, I think what's so interesting about this work, is when you gain clarity around what your energy is, you can then take action that helps you just feel better about life, in a sense. You know what's in your nature so you can do more of that.

Donna: That's exactly right. I have had so many people tell me, 'I was always criticized for this, that, and that, and now I realize that's my element.' So they can do something with it and actually expand it instead of trying to stuff it down. They expand it, but in a positive way. Often if somebody is trying to squelch your natural way of being, it still comes out, it just comes out sideways.

Jessica: That's very true. Well that takes us to the triple warmer, which you mentioned briefly. What is the triple warmer and how is it connected to the meridian system?

Donna: First of all, triple warmer is both a meridian, it is one of the 14 meridians, but it is also a radiant circuit. It is two things - meridians, I believe, evolved out of the radiant circuits in our evolution. Millions of years ago we were probably just radiant circuits, and radiant circuits are about joy but they are more also about what comes natural, what you just do instinctually to survive and what opens your eyes bigger, everything. Radiant circuits are radiant, but out of those radiant circuits that go anywhere they want, anywhere in the body, anywhere in your aura, they infiltrate everything else. They are different, depending on which element you are.

I used the example a moment ago about whether somebody played golf or surfed or just wanted to stay with a book, well that may be your joy, but if you were a book reader and you just want to be with books, you're not going to love going out to golf every day. So you find your joy differently in which is your element.

Jessica: Right, so tell us a little bit more. How do we connect with the triple warmer?

Donna: Yes, thank you. The triple warmer governs your fight or flight response. It is the most primitive of all energies in your body before anything because it allowed you to survive, to either fight or run away. It is the energy that on any kind of stress, the triple warmer is always involved. Any kind of trauma or anything, triple warmer takes over. I believe it is critically important to be able to evolve triple warmer, and just triple warmer alone is a reason to learn energy medicine. Learn it because you can evolve triple warmer so that it won't react so fast over things that you really don't need to react over, because in other time, millions of years ago or thousands of years ago, you had to react fast to get away from danger or beat danger up or freeze and not move at all so that nobody knows you're there.

But now we can't do that as much. You can't run away from danger because it's out there in the traffic, and you can't go into road rage. You can't fight -

Jessica: A phone call with bad news.

Donna: Yes. You can't fight these things. And not only a phone call with the bad news, but there is all this electricity going through the phone and hitting your body, the triple warmer will often fight. Triple warmer often fights anything it doesn't

recognize, because for millions of years it was all very familiar. Everything was natural but now we live in a world we didn't evolve for and everything is unnatural. So you may not know, say you felt wonderful and nothing happened, but you don't know why your mood changed. And your mood may have changed, just because of the electromagnetic energy in our atmosphere. Every square inch of our atmosphere now has manmade electromagnetic energies going through it. They interfere with your energies, or else they learn to be in harmony.

I don't think we have a choice anymore, we have got to learn about our own energy systems and learn how to work with them so things don't throw you off. When I was very young I know that triple warmer attacked me because I had every ailment under the sun. I had multiple sclerosis, I had asthma, I was allergic to everything you could eat. Literally, the only thing I could eat was red meat, everything else - I couldn't eat organic vegetables or fruit out of the garden, nothing. My body would not metabolize and triple warmer would react.

So triple warmer, I was an extreme case, but triple warmer reacts more and more and for more and more people and people are getting allergic and people are in PTSD, and we have got to learn how to move those triple warmer stress chemicals out of our body or else you can end up with a stress-related disease.

So I used to think it was elective subject what I teach, but now I think it's mandatory, I really do. Triple warmer alone - here is something else, when you have got too many stress chemicals running in your body, because we live in a world you can't beat anybody up and you can't run away, so if you don't have ways to move that stress out of your body, then it starts taking from other systems in your body.

By the way, every meridian in your body can get more and more depleted, except for your heart. Triple warmer can take energy from every other meridian in your body so you get more and more depleted, it takes it away. It takes it away because it's like when we used to have the draft in the Army, you could take the soldiers because we needed them all to fight. Well triple warmer begins to feel like it needs that other energy to fight the stress, to fight the danger. But we're at a difficult place because then we don't have all of our energies to deal with all of the other things that we need to deal with, and to keep ourselves very healthy, alive, and vital.

But here's the good news - you can learn to work - and by the way, tapping is one of those things that makes triple warmer calm down because tapping is something that the body trusts. It trusts it because our hearts beat and our capillaries beat, so it is a rhythm we are used to regardless of what your element rhythm is - we trust tapping. So it's one of the things that immediately takes triple warmer and starts calming it down. So it's really, really good stuff, tapping.

Jessica: Yes, well we know tapping is a great thing to do, obviously, and it helps triple warmer, which is incredible to learn. Is there anything else that we can do to help support our triple warmer to relax? And is relax the right word? Does it get kind of fired up when it's triggered?

Donna: It gets fired up. Triple warmer is a fire element, and it gets fired up and it gets on alert all the time where it doesn't need to be on alert, and you want it to calm. So I will give you a simple one right now, I'll let you go through it with me, okay? You're going to rub your hands together and shake them off. Now, place your fingers sideways on your eyes. Close your eyelids and lay your fingers sideways. Now, take a deep breath in through your nose, and as you let your breath out, drag your fingers to your temples. Now take a deep breath in here with your fingers right at your temples. Take a deep breath in and drag your fingers above your ears, go down around behind your ears, down your neck, and hang on your shoulders. Now take another deep breath in and drag your fingers over your shoulders with some pressure and then land on your heart chakra with your hands one on top of the other on your heart chakra. That's one of the best things you can do.

If you're in stress or if you're not in stress, believe me, we all walk around with too much accumulated stress in our bodies and that smooths it out. It's just really, really good for you. I call it the triple warmer smoothie.

Jessica: I love it. You know, I worded my question incorrectly. I said what can we do besides tapping? I think we can do this with tapping in conjunction to the great tapping that we're doing.

Donna: Absolutely. You can do that in conjunction and it's just really good. Even if somebody really, really comes out of PTSD and they are so much better and everything is good, just think of some of the - I mean, triple warmer also governs habits, so sometimes triple warmer will hold onto you staying a little alert. This will help it move out.

Jessica: Yes, oh I love it. I am going to do that all the time. It's something we can do at our desk. I feel like if people do it, people aren't going to look at you too weird. It just looks like you're relaxing.

Donna: That's right.

Jessica: So I encourage people to do it. Even if you're in the office and people are around, it's not a big deal.

Donna: It's true, somebody told me that they tried to meditate for years and couldn't until they started doing that. they would do that right before going into meditation and then they could meditate.

Jessica: That's so good to do that before meditation, wonderful. I want to go through two more before we wrap up. Let's talk about the radiant circuits.

Donna: Okay, the radiant circuits, there are six circuits, and there is a circuit called the regulating flow and we're okay, they work by helping all the energy systems coordinate together, they regulate really good, healthy patterns in your body and then there's a bridge flow. The bridge flow helps you bridge into your deepest feelings. It helps you bridge to other people, and hook in with where they're at. It bridges the love experience so that you can feel them, so that other people can feel them. If say you're standing on a stage in front of lots of people and you're not connecting with your audience, you can make a figure 8 between you and your audience, and I have done it before, and suddenly the energy starts - you start taking in your audience and your audience starts taking in you on an energetic level.

Jessica: So is this visualizing a figure 8?

Donna: I do them all in front of everybody?

Jessica: Do you mean like with your hips?

Donna: Nope, with my hands. Take your hands and touching your third finger tips to each other, and so the other fingers are pointing towards you or in front of you, right in front of your heart chakra, bring both hands down and under and then over, making a figure 8 out towards the world, just a sideways figure 8. Your hands

don't have to keep touching. If you go from yourself, to your audience the energy starts building between you. Once I saw a woman I knew who was absolutely bombing on stage and I began to figure 8 her from the audience, just doing it myself, and boy she took a deep breath,, and then she got onto some fluid flow with everybody and it turned out really good.

Jessica: Can we do this behind the scenes if it's before we're going to get on stage? Maybe not stage, but maybe it's a meeting that we're walking into where we have to share an idea?

Donna: Oh, it's a really good thing to do. Another good thing to do is the Wayne Cook posture, which is so good. I do the Wayne Cook posture before I ever speak to anybody. I also do - here is a shorter one, I make sure my energies are crossing over, so say I'm walking into the meeting or walking into something, I will take my right hand and put it on my left shoulder. I will push my fingers in really hard and then lighten up my fingers and drag it to the opposite hip. Then I will do it on the other shoulder. I really push into the back of the shoulders and drag them across and I will do it a few times until I know - I mean, you can feel a difference. If your energies weren't crossing over well enough and then you do that, you go okay, I'm ready. You can feel it.

Jessica: Great, and I will just remind everyone that we will put these in the workbook but I love these, I love these exercises because they're so easy to do and so fast. Let's go to the basic grid.

Donna: The basic grid is really - you know, we have a certification program and we never teach the basic grid until the very last thing because it's the energy system that sits between all the other energy systems and the bottom. The bottom of you is the very - it's like your foundation. If you think of a building and they're going to build a building and they lay the grid work down first, you know? That's why it got the name because it was the only thing I could think of. It was like it looks like the grid to me, and you've got to build on top of the grid. So if you have been traumatized, or if you have PTSD, if you have gone through something that you even think well, I've overcome that, I have had plenty of therapy, it's not a part of my life anymore. Maybe you have an understanding of it, and everything is so much better.

But maybe there is still a feeling that something is amiss still in your life and you can't quite grasp, then that's usually the grid. If you imagine it as gridlines, if you

get traumatized badly enough - and it can happen so easily as a child, if a child is frightened or if somebody yells at you hard or if your life really is threatened, that grid goes out fairly easily. So you build your life up and you go on with your life and you think everything is okay but underneath, there was a grid line that just pulled apart. It pulled apart, and your life built up fine without it connecting. But if you go and get your grid repaired, your life changes. I mean it really changes. You go, 'Oh my God,' it will always be different, depending on what happened to you, but suddenly there is a pathway where energy can cross that could not cross for all of your life. So if you have a grid out, it's really valuable to get it in.

Jessica: So knowing that this is the last thing that you teach, I'm guessing that the way to correct this isn't that simple to do or share in two minutes, but what advice do you have for someone who thinks they want to learn more about this basic grid energy.

Donna: First you really want to learn about energy medicine itself because I would never - I used to do this because I didn't know any better, but you really want to teach people how to heal themselves, how to build up their fields so they get better and better in life and always, and then the grid fixes easily. Somebody else - basically this is the only thing that I teach where somebody else has to come in and do something. and you become basically a jumper cable for their body, and that energy that had stopped and broken suddenly will go through the practitioner's body and hook up again. And the person, the practitioner who is doing it, really has to understand energy, and has to be able to undertake that other person's energy because you might get their story, you might get their memories, it's their energy. And it goes through you.

Jessica: That's so interesting.

Donna: Yeah, when you're ready to do it or receive it, your body is so ready that it is amazing and wonderful and it's really, really good.

Jessica: But not everybody needs it, right?

Donna: No, not everybody needs it. I have known plenty of people who didn't have a grid out. It's as if you've been traumatized badly, or a series of unhappiness's that just kept hitting you and sort of shocking your being when you're young. I always think of them as your being, you had an earthquake, and you built the house up

over where the earthquake fault was, but the fault itself wasn't quite healed. So that's what it is about.

I will tell you, I have known two people in my life who had grids earlier and nobody fixed them and they were fixed on their own, but both of them had this same life path. Both of them stepped out of life for about 7 years as monks.

Jessica: Wow. So that's a strategy, be a monk for 7 years. But also to know that just by doing all this other work, it can impact the grid and it might not be something that you need.

Donna: Absolutely, and there is something called Minor Grids that I have had a few people report to me oh, maybe I am learning about something. I can teach people to do their own Minor Grids and hook them up and something called Cloacals and when you hook them up and help the body - I don't know, they are able to adapt and everything starts going in like all these puzzle pieces of your energy that start configuring together. sometimes they say, that the Minor Grids and the Cloacals built on top of all the other energy systems, they didn't have a grid out anymore. So I haven't seen a lot of people like that, but I'll bet I'm going to see more and more people like that because people are learning energy medicine.

Jessica: Yes, definitely. Well you have taught us so much and I know that we went through a lot. For those who are listening, my advice is to really notice what caught your attention and to stay open and continue to explore. That is our hope here, that this is a beginning of a greater journey and that even all these little techniques you taught us within the last hour are so helpful and something we can incorporate with our tapping. So I am very grateful for all of your work, very grateful for you, and thank you so much for being with us.

Donna: Thank you, Jessica. You're great. Okay, I'm looking forward to seeing you sometime.