



# Your Body's Energies: What Happens Both In Your Brain and Your Body with Tapping

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## The Body's Energies

While energy takes many forms—such as kinetic, thermal, chemical, nuclear—the energies most pertinent to energy medicine seem to involve the body's *electrical* energies, *electromagnetic* energies, and “*subtle*” energies:

- Like a miniature battery, each cell in your body stores and emits *electricity*. Every breath you take, every muscle you move, and every morsel of food you digest involves electrical activity.
- Wherever electricity moves, *electromagnetic* fields are produced, and we will be exploring the role of such fields in health and healing in the following discussion.
- *Subtle energies* were described by Einstein as energies we know of because of their effects even though we do not have the instruments to detect them directly. While these subtle energies cannot move a needle on a gauge, many healers know how to engage them to restore health and vitality. Interestingly, a device developed at Stanford University that detects a form of energy that until recently had eluded scientific instruments shows that this energy responds to human intention.<sup>i</sup>

Other energies are also at work in the body, though they are not so much the focus of energy medicine. The forces that hold an atom's nucleus in place, for instance, are more than ten



billion billion billion times stronger than gravity. If you start to feel droopy in the afternoon, it may be inspiring (though counter-intuitive in that moment) to recall how much energy sits in every one of your cells.

I see nine basic energy systems in the human body, each a mix of electrical, electromagnetic, and subtle energies. While people who see energy also see it through the filter of their own energy system, I was not the first to discover any of these systems. For instance, the chakras, one of these nine systems, can be measured according to electromagnetic frequencies in the area of the body where the chakra is located.<sup>ii</sup> But the chakras are not *just* electromagnetic frequencies. They also contain information that a sensitive person can “read” intuitively by becoming attuned to the subtle energies held by that chakra. That is why a healer may see or even re-live a person’s deep traumatic memories by tuning into the person’s chakra energies. Not only can these visions be immediately verified by the client, different healers working with the same person often pick up on the same story. Is a chakra an electromagnetic field? Yes. Is it a more subtle type of energy that carries information electromagnetic fields are not known to contain? Yes again.

While I have always seen these nine energy systems, it was only from working with people in my practice that I clearly distinguished among them and learned that each has been identified, named, and worked with in the healing tradition of one culture or another. Of the nine energy systems, names for three of them have entered our language: the meridians, chakras, and aura. Descriptions of these energies by “seers” often correspond with one another,<sup>iii</sup> and their physical existence is increasingly being verified by instruments measuring electricity, electromagnetic fields, light, or other forms of energy. The following overview of the nine systems is built around an *analogy* for each system, designed to give you a more concrete sense of the nature and function of these invisible systems.

**1. The Meridians:** In the way an artery transports blood, a meridian transports energy. As the body’s *energy bloodstream*, the meridian system carries the life force, adjusts metabolism, removes blockages, and even determines the speed and form of cellular change. The flow of the meridian energy pathways is as critical as the flow of blood. No energy, no life. Meridians affect every organ and every physiological system, including the immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular, and lymphatic systems. Each system is fed by at least one meridian. If a meridian’s energy is obstructed or unregulated, the system it feeds is jeopardized. The meridians include fourteen tangible channels that carry energy into, through, and out of your body. Your meridian pathways also connect hundreds of tiny, electromagnetically distinct points along the surface of the skin. These are known as acupuncture points. They have less electrical resistance than other areas of the skin, and they can be stimulated with needles or physical pressure to release or redistribute energy



along the meridian pathway.

**2. The Chakras:** The word chakra translates from the Sanskrit as disk, vortex, or wheel. The chakras are concentrated centers of energy. Each major chakra in the human body is a center of swirling energy positioned at one of seven points, from the base of your spine to the top of your head. Whereas the meridians deliver their energy *to* the organs, the chakras bathe the organs *in* their energies. Each chakra supplies energy to specific organs, corresponds to a distinct aspect of your personality, and resonates (respectively, from the bottom to the top chakra) with one of seven universal principles having to do with survival, creativity, identity, love, expression, comprehension, or transcendence. Your chakra energies encrypt your experiences in much the way your neurons code your memories. An imprint of every emotionally significant event you have experienced is recorded in your chakra energies. A sensitive practitioner's hand held over a chakra may resonate with pain in a related organ, congestion in a lymph node, subtle abnormalities in heat or pulsing, areas of emotional turmoil, or even tune into a stored memory that might be addressed as part of the healing process.

**3. The Aura:** Your aura (or biofield, the term used by scientists who have been studying it<sup>iv</sup>) is a multi-layered shell of energy that emanates from your body and interacts with the energies of your environment. It is itself a *protective atmosphere* that surrounds you, filtering out many of the energies you encounter and drawing in others that you need. Like a space suit, your aura protects you from harmful energies. Like a radio antenna, on the other hand, it brings in energies with which it resonates. The aura is a conduit, a two-way antenna that *brings in* energy from the environment to your chakras and that *sends* energy from your chakras outward. When you feel happy, attractive, and spirited, your aura may fill an entire room. When you are sad, despondent, and somber, your aura crashes in on you, forming an energetic shell that isolates you from the world. Some people's auras seem to reach out and embrace you. You know such people, and if you could see their auras, you would find that their aura energies do indeed reach toward your own. You also know people whose auras are so tightly bound and protective that they keep you out like an electric fence. A study conducted by Valerie Hunt, a neurophysiologist at UCLA's Energy Fields Laboratory, correlated "aura readings" with physiological measures<sup>v</sup>. The auras seen by eight practitioners not only corresponded with one another, they correlated with wave patterns picked up by electrodes on the skin at the spot that was being observed.

**4. The Electrics:** The electrics are an energy that seems to emerge from the electrical dimension of the other energy systems. They are not an independent energy system like the meridians, chakras, or aura, but they are rather intimately related to all the major energy systems: separate from each but also an aspect of each, something like the way liquid is separate from yet part of each of your organs. The electrics serve as a bridge that connects all



the energy systems at the basic level of the body's electricity. I usually have no idea what will occur when I first hold a person's electric points. The energy goes where it is needed. There are reports of scar tissue being healed during an electrics session, heart ataxia eliminated, a knee replacement operation avoided, and all manner of emotional trauma overcome. But most important in terms of whole body healing is the way the electrics connect all the systems. If energy fields such as the aura and chakras align the organs and other energies by surrounding them, the electrics move right through them, connecting and coordinating them at the tangible dimension of their electrical nature.

**5. The Celtic Weave:** The body's energies spin, spiral, curve, twist, crisscross, and weave themselves into patterns of magnificent beauty. The equilibrium of this kaleidoscope of colors and shapes is maintained by an energy system known by different names to energy healers throughout the world. In the East, it has been called the "Tibetan energy ring." In yoga tradition, it is represented by two curved lines that cross seven times, symbolically encasing the seven chakras. In the West, it is seen in the caduceus, the intertwined serpents on a staff—also crossing seven times—associated initially with the Greek god Hermes, messenger for the gods, and later used as a symbol in alchemy and then medicine. I use the term *Celtic weave* not only because I have a personal affinity with Celtic healing, but also because the pattern *looks* to me like the old Celtic drawings of a dynamic, spiraling infinity sign, never beginning and never ending and sometimes forming a triple spiral. Like *invisible threads* that keep all the energy systems functioning as a single unit, the Celtic Weave networks throughout and around the body in spiraling figure-eight patterns. It is a living system, continually weaving new cross-overs, ever expanding and contracting. The double helix of DNA is this pattern in microcosm. The left hemisphere's control of the right side of the body and the right hemisphere's control of the left side is this pattern writ large. These crisscrossing energies permeating your body are the "connective tissue" of your energy system.

**6. The Five Rhythms:** Your meridians, chakras, aura, and other essential energies are influenced by a more pervasive energy system. I do not see it as a separate energy but rather as a *rhythm* that runs through all the others, leaving its vibratory imprint on physical attributes, health patterns, and personality traits. Mapped long ago in traditional Chinese medicine, all of life was categorized into five "elements," "movements," or "seasons" (there is no perfect translation—all three terms have been used, suggesting qualities of being substantial, dynamic, and cyclical). These energies were considered the building blocks of the universe, providing a basis for understanding how the world works, how societies organize themselves, and what the human body needs to maintain health. Metaphors for describing these five distinct rhythms have drawn from concrete, observable elements of nature (water, wood, fire, earth, and metal) and from the seasons (winter, spring, summer, Indian summer, and autumn). Like the background music during a movie, the person's primary rhythm, in combi-



nation with the changing rhythms of life's seasons, directs the tone and mood of the entire energy system and sets the atmosphere of the life being lived.

**7. The Triple Warmer:** Triple warmer is the meridian that networks the energies of the immune system to attack an invader, and it mobilizes the body's energies in an emergency for the fight, flight, or freeze response. It operates in ways that are so beyond the range of any other meridian that it must be considered a system unto itself. Its energies work in conjunction with the hypothalamus gland, which is the body's thermostat and also the instigator of the body's emergency response. Like an *army*, triple warmer mobilizes during threat or perceived threat, coordinating all the other energy systems to activate the immune response, govern the fight/flight/freeze mechanism, and establish and maintain habitual responses to threat.

**8. The Radiant Circuits:** Whereas the meridians are tied to fixed pathways and specific organs, the radiant energies operate as fluid fields, embodying a distinct spontaneous intelligence. Like hyperlinks on a website, they jump instantly to wherever they are needed, bringing revitalization, joy, and spiritual connection. If triple warmer mobilizes your *inner militia*, the radiant circuits mobilize your *inner mom*, showering you with healing energy, providing life-sustaining resources, and lifting your morale. The radiant circuits function to ensure that all the other energy systems are working for the common good. They redistribute energies to where they are most needed, responding to any health challenge the body might encounter. In terms of evolution, the radiant circuits have been around longer than the meridians. Primitive organisms such as insects move their energies via the radiant circuits rather than through a meridian system, and the radiant circuits can be seen in the embryo before the meridians develop. As in the way that riverbeds are formed, it is as if radiant energies that habitually followed the same course became meridians.

**9. The Basic Grid:** The basic grid is your body's foundational energy. Like the *chassis* of a car, all the other energy systems ride on the energy of the basic grid. For instance, when you are lying down, it would appear to a person who sees subtle energies that each of your chakras sits upon this foundational energy. Grid energy is sturdy and fundamental. But severe trauma can damage your foundation, and when this occurs, it does not usually repair itself spontaneously. Rather, the other energy systems adjust themselves to the damaged grid, much as a personality may be formed around early traumatic experiences. Repairing a person's basic grid is one of the most advanced and intense forms of energy medicine. If a grid's structure or a car's chassis is sound, you never notice it is there; if it is damaged, nothing else is quite right.



<sup>1</sup> William A. Tiller, *Psychoenergetic Science* (Walnut Creek, CA: Pavior; 2007).

<sup>1</sup> Valerie Hunt, *Infinite Mind: The Science of Human Vibrations* (Malibu, CA: Malibu Publishing; 1995).

<sup>1</sup> David Feinstein and Donna Eden, Six Pillars of Energy Medicine, *Alternative Therapies in Health and Medicine* 2007, 14, 44-54. Available online from <http://www.EnergyMedicine-Principles.com>.

<sup>1</sup> Beverly Rubik, The Biofield Hypothesis: Its Biophysical Basis and Role in Medicine, *Journal of Alternative and Complementary Medicine* 2002, 8, 703-717.

<sup>1</sup> Valerie Hunt, *Infinite Mind*.

**Following are descriptions and instructions of the exercises Donna Eden shared in her interview with Jessica.**

**The Celtic Weave:** The Celtic Weave energy system forms figure 8 crossovers throughout your aura.

1. Stand tall, hands on thighs. Breathe deeply, in through the nose and out through the mouth throughout.
2. Rub hands together, shake them off, face palms, and try to feel the energy between them. Rub and shake again, place palms close to ears and take a deep breath.
3. Inhale and bring your elbows together. Exhale, cross your arms and swing them out to the side.
4. Cross and swing them out again. Bend forward, repeat and cross arms over upper legs.
5. Swing out again, in front of ankles. Bend knees, turn palms forward, scoop up energy, stand, and pour that energy all over your body.





**Crossover Shoulder Pull:** Several meridians run through the shoulders and tend to become clogged at the shoulders when we feel stress. This also interferes with natural left-right cross-over patterns. All this can be quickly reversed with the Crossover Shoulder Pull.

Place either hand on its opposite shoulder and press in hard behind the shoulder with your fingers. Drag your hand over your shoulder, maintaining the pressure. Continue, with less pressure now, to your opposite hip. Repeat two or three times. Shift to the other side.

**The Triple Warmer Smoothie:** Triple warmer is a complex energy system, but one of its aspects is that it functions in some ways as a meridian. It has its own energy pathway that runs along the surface of your body. You can sedate triple warmer by tracing your fingers over part of this pathway in the direction that reduces excess energy:



1. Bring to mind a situation that evokes the habit of thought you wish to change.
2. Lay your fingers sideways across your closed eyelids and take a deep in-breath.
3. As you let your breath out, drag your fingers across your eyes to your temples.
4. With your fingers at your temples, take another deep breath in and bring your fingers up so they are just above your ears.
5. As you let your breath out, trace around the backside of your ears with light pressure and go down the side of your neck.
6. Lay your hands over the top of your shoulders and, with an in-breath, push your fingers into the back of your shoulder,
7. Let your breath out as you pull your fingers hard over your shoulders and drag them down to the middle of your chest (heart chakra). Place one hand over the other.
8. With several deep breaths, softly cradle in your heart the words, "I am safe!"

**Figure 8's:** To connect yourself with others. Donna used the example if 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

1. Take your hands and touch your third finger tips to each other, so the other fingers are pointing towards you or in front of you, right in front of your heart chakra, (center of chest).
2. Bring both hands down and under and then over, making a figure 8 out towards the world.





3. Your hands don't have to keep touching. If you go from yourself, to your audience the energy starts building between you.

**Wayne Cook Posture:** Focuses your mind and allows you to untangle inner chaos, see with better perspective, think more clearly, learn more proficiently.



1. Sit with your spine straight. Place your left foot over your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand.
2. Breathe in slowly through your nose, letting the breath lift your body, while stretching your leg toward you. Exhale slowly through your mouth, relaxing your body. Repeat four or five times.
3. Switch to the other foot and repeat the entire process.

4. Uncross the legs and “steeple” your fingertips, resting your thumbs just above the bridge of your nose at the third eye. Hold this position as you breathe deeply for five times
5. On the last exhale, curl your fingers at the center of your forehead, push in, and pull slowly to your temples, stretching the skin of your forehead. Slowly bring your hands down in front of you. Surrender into your own breathing

**The Hook Up:** Strengthens auric field, and leaves you feeling whole again. Calms you and helps you feel connected.

1. Place the middle finger of one hand on the “third eye” (between the eyebrows above the bridge of the nose).
2. Place the middle finger of the other hand in the navel.
3. Gently press each finger into the skin and it pull upwards. Hold for twelve to thirty seconds. (or longer if you like).
4. Often you will experience a deep sigh and/or yawn. This shows your energies have hooked up.







**DONNA EDEN**, a pioneer in the field of holistic healing, is among the world's most sought, most joyous, and most authoritative spokespersons for Energy Medicine. She has been able to clairvoyantly "see" the body's energies since childhood, and her abilities as a healer are legendary. Her invigorating presentations are rich with audience participation and stunning demonstrations of simple methods for shifting the body's energies for health and vitality.

Donna's classic book, *Energy Medicine*, is the textbook in hundreds of healing classes. Available in 20 languages, it won golds in both the *U.S. Book News* and *Nautilus* competitions. *Energy Medicine for Women* was awarded the prestigious 2009 *Nautilus Gold Award* in the Health, Healing & Energy Medicine category, and her most recent book, *The Energies of Love*, achieved best-seller status on the *NY Times* Relationship List. From her clairvoyant-like ability to see the body's energies, she has developed a system for teaching others, who do not have this gift, to nonetheless work effectively with their own energies.

More than 1,100 practitioners are certified "Eden Energy Medicine" practitioners and are, in any given month, teaching hundreds of classes and providing healing services to thousands of clients around the world. Many of Donna's students are physicians, nurses, and other mainstream health professionals, and she is widely referenced in the alternative health field. She has been a consultant or guest speaker in numerous universities, hospitals, and corporations. When she isn't travelling the world teaching people how to heal, she gets her bliss from spending time with family, sewing and bonding with her grandson.