

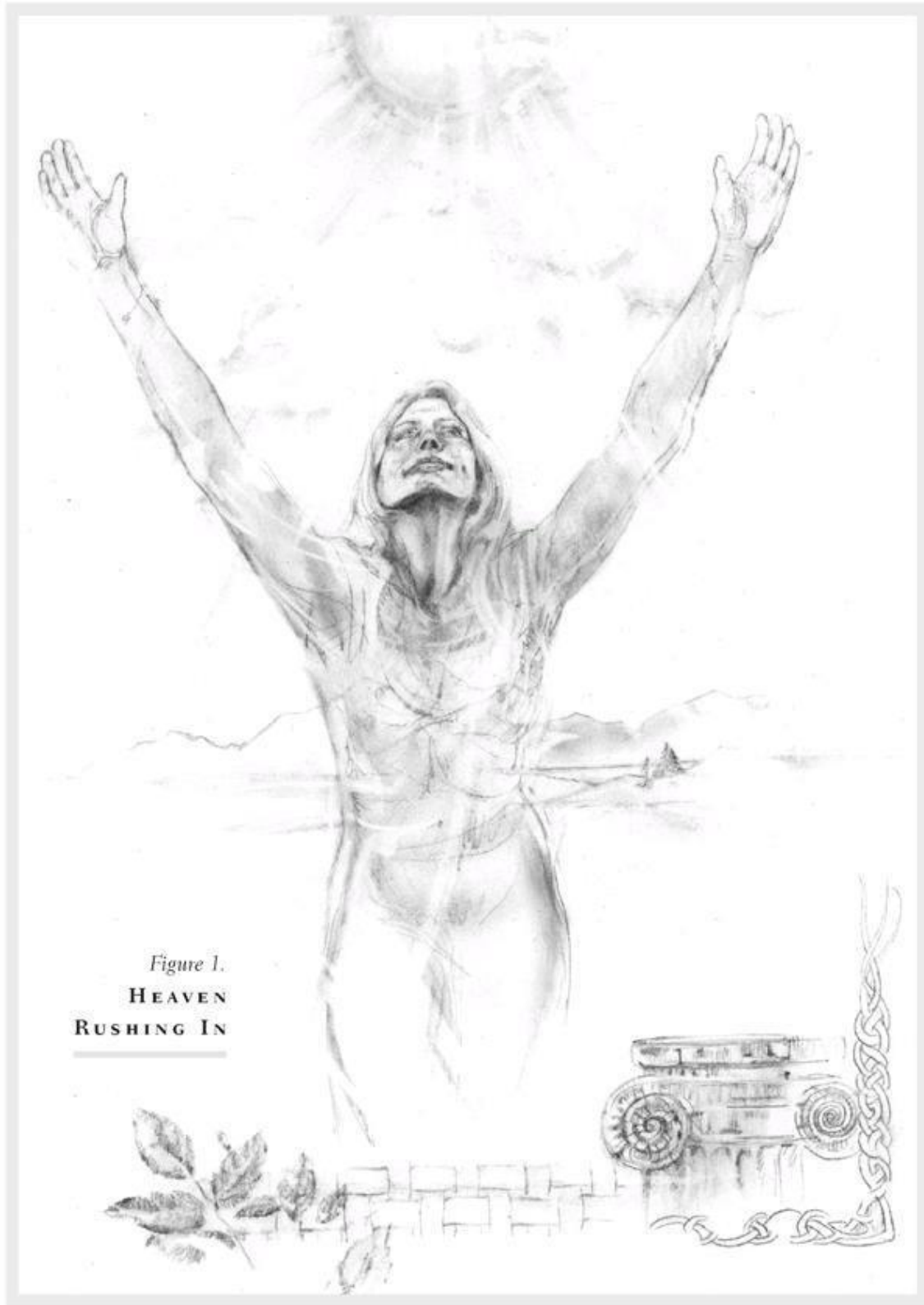
# **ENERGY MEDICINE**

**BALANCING YOUR BODY'S ENERGIES FOR  
OPTIMAL HEALTH, JOY, AND VITALITY**

**BY DONNA EDEN  
WITH DAVID FEINSTEIN, PhD**

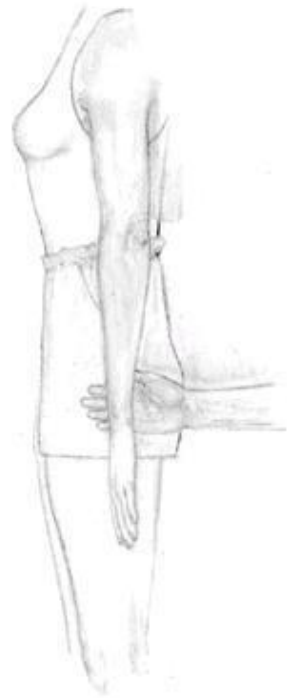
**ILLUSTRATIONS BY BROOKS GARTEN AND CINDY COHN**

**Figure 1**

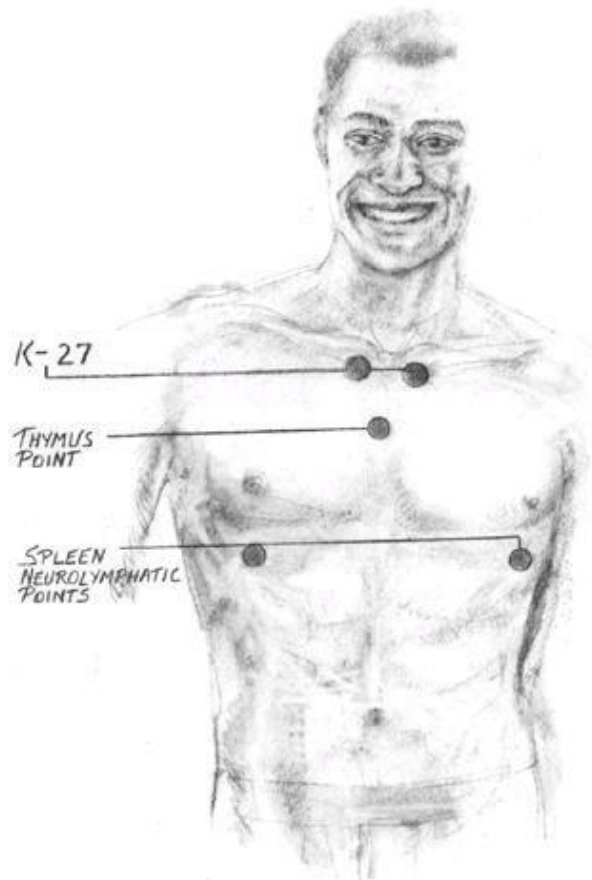


*Figure 1.*  
**HEAVEN  
RUSHING IN**

**Figures 2 and 3**

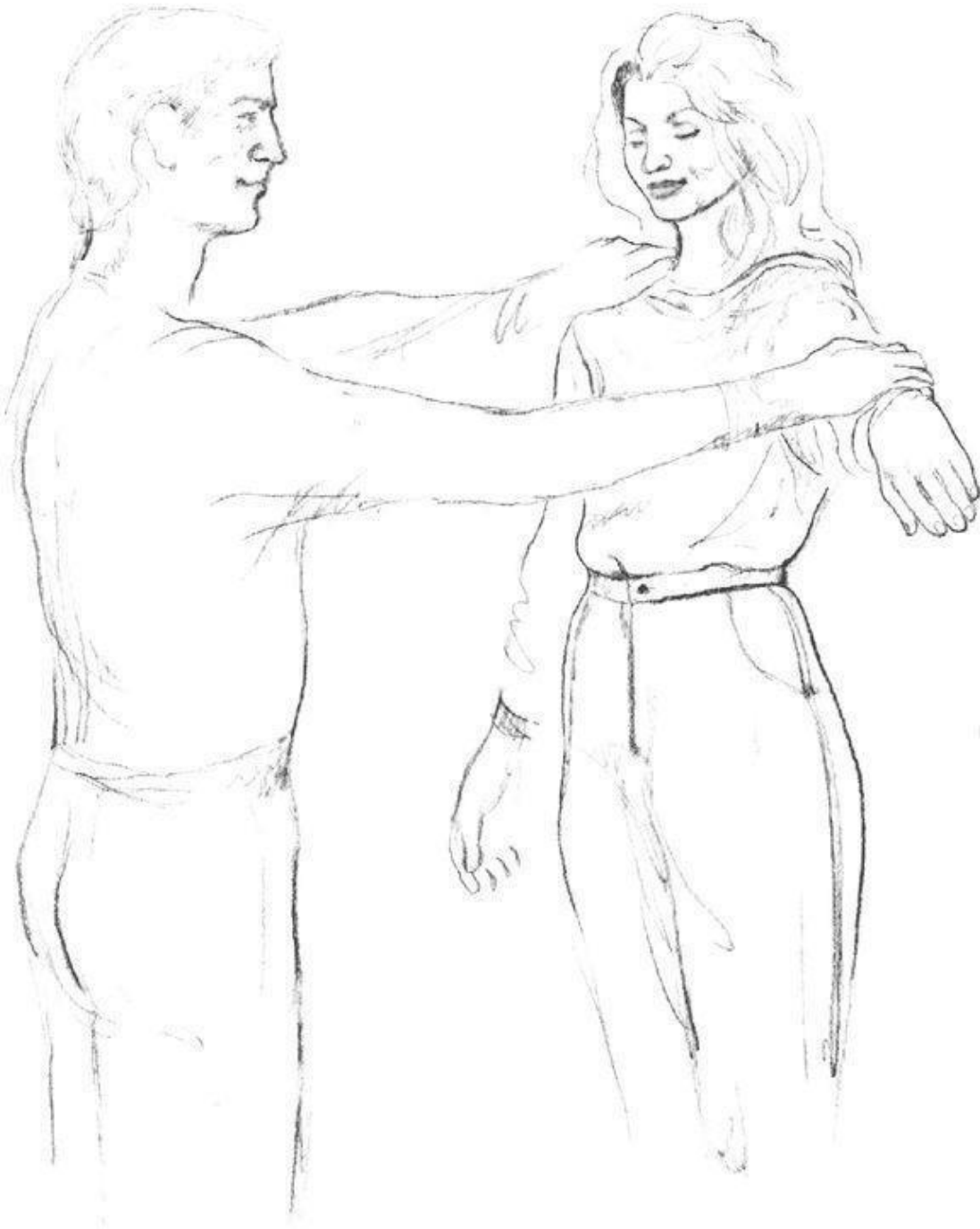


*Figure 2.*  
**SPLEEN-PANCREAS  
ENERGY TEST**

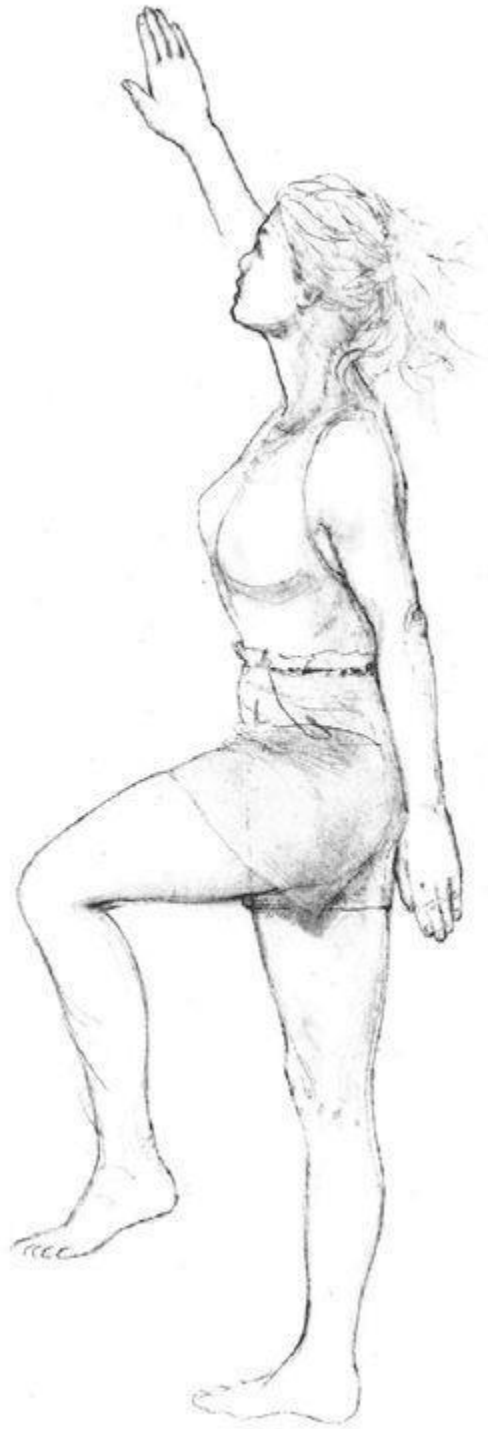


*Figure 3.*  
**THE THREE THUMPS**

**Figure 4: General Indicator Test**



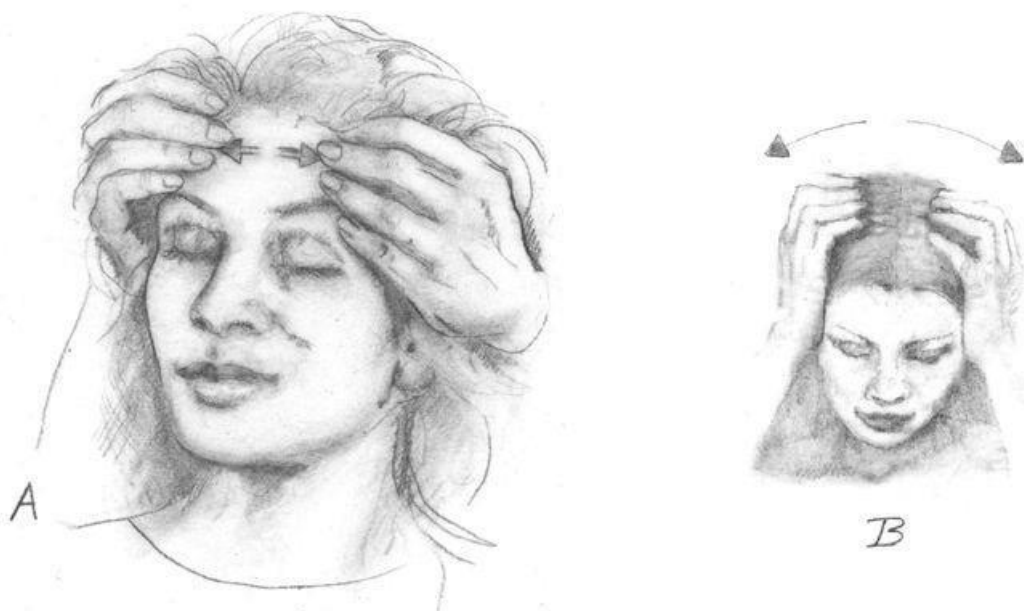
**Figure 5: Cross Crawl**



**Figure 6: Wayne Cook Posture**



**Figure 7: Crown Pull**



**Figure 8: Spinal Flush**



Figure 9

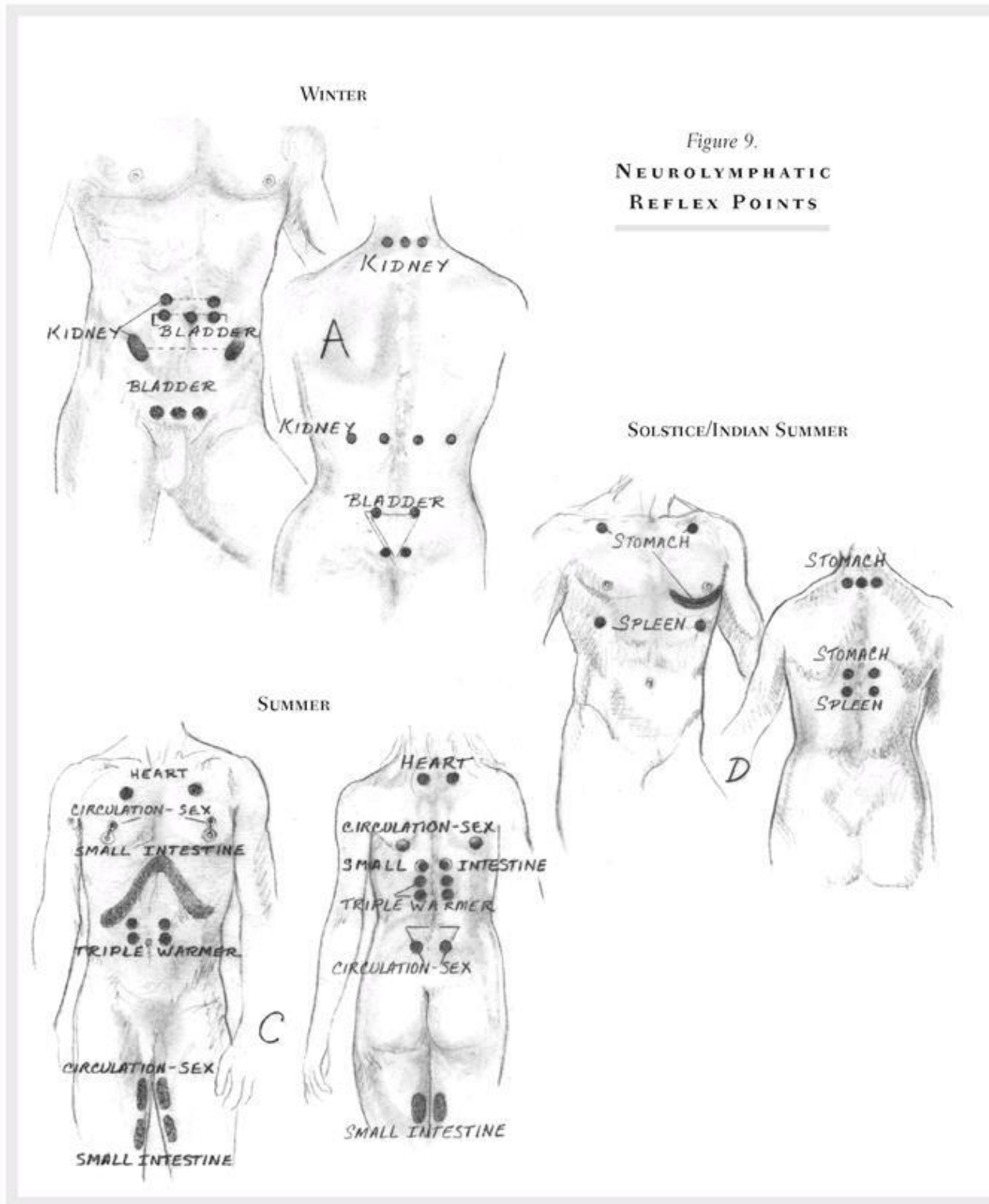
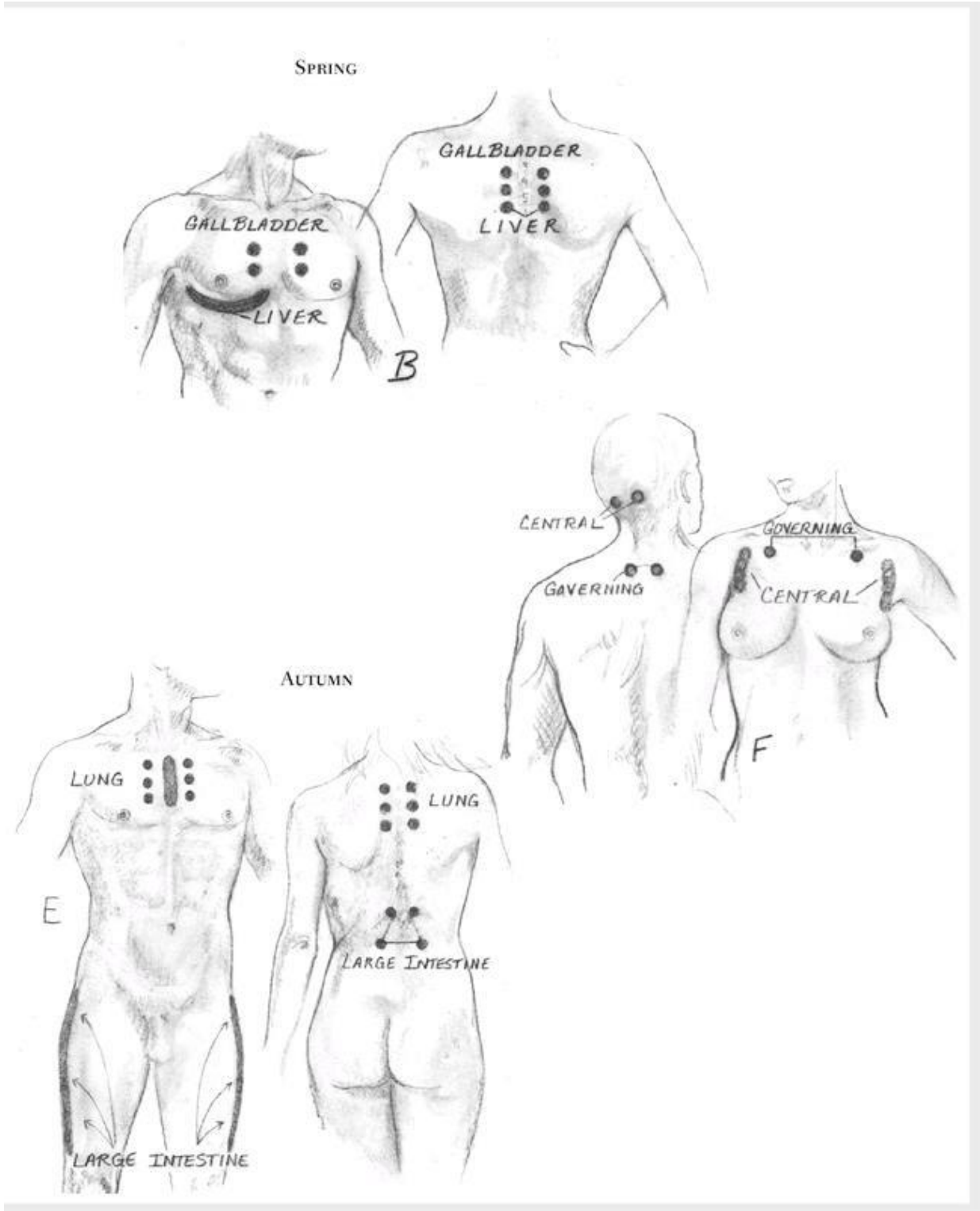


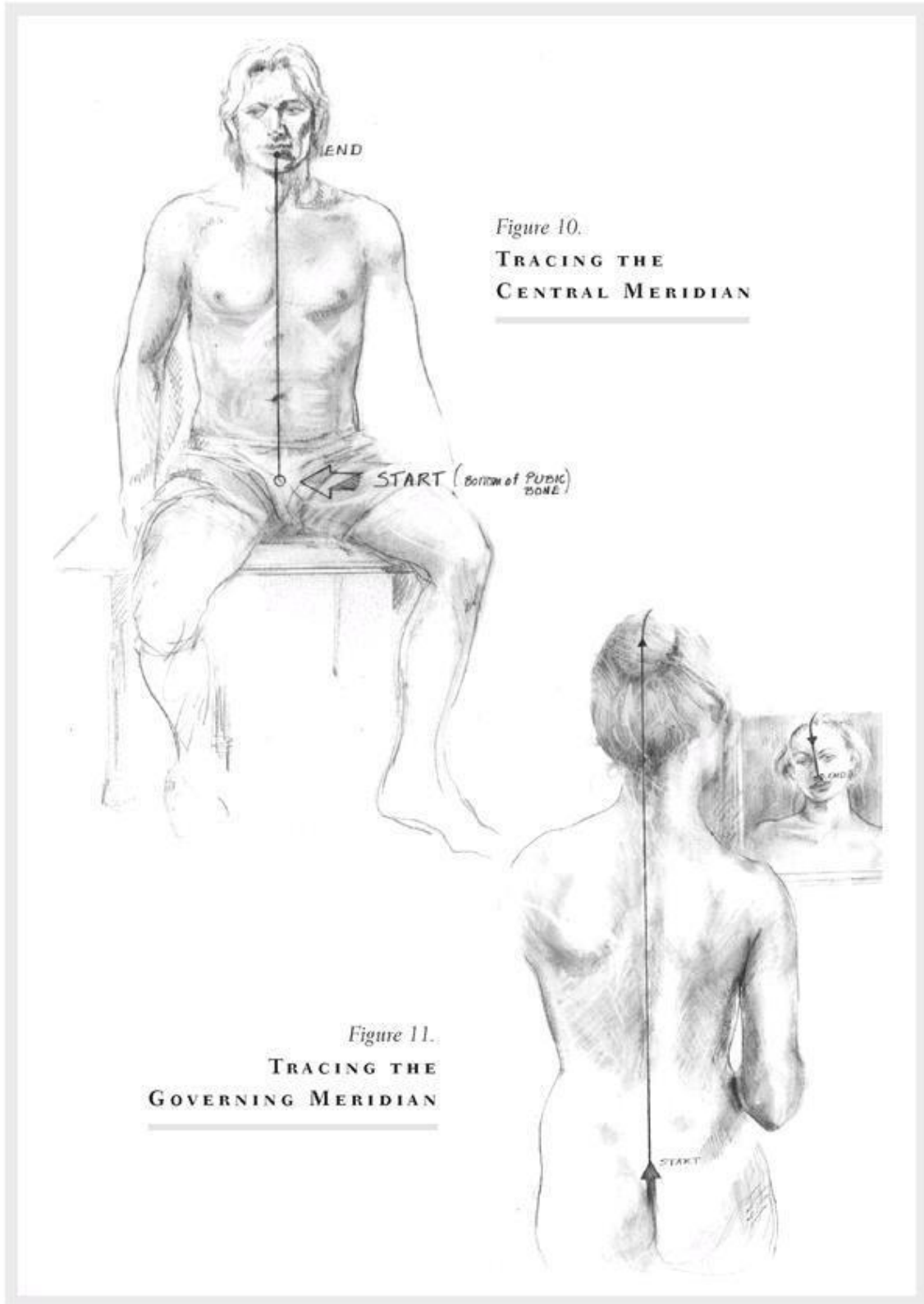
Figure 9.  
**NEUROLYMPHATIC  
REFLEX POINTS**



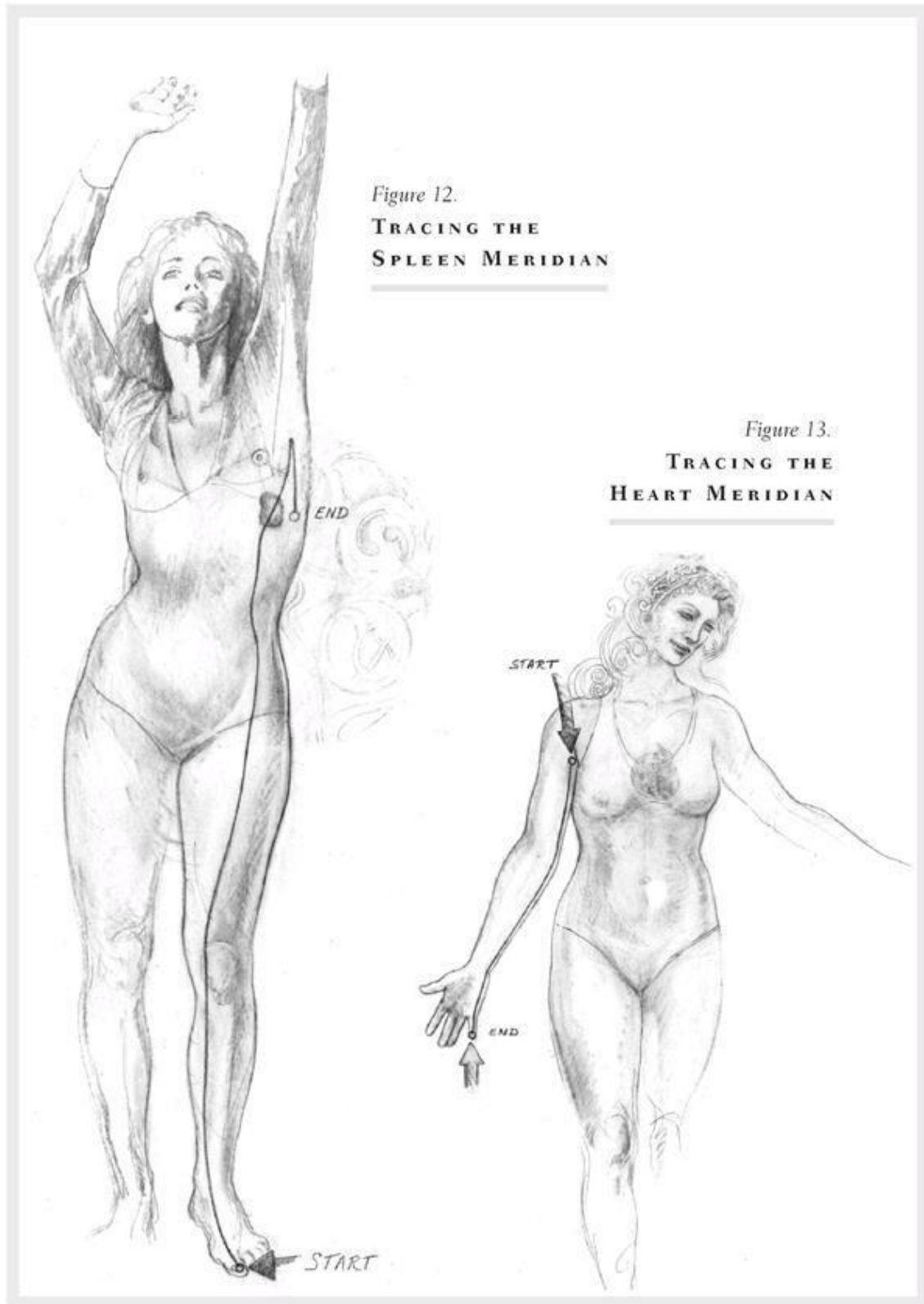
Figure 9 (continued)



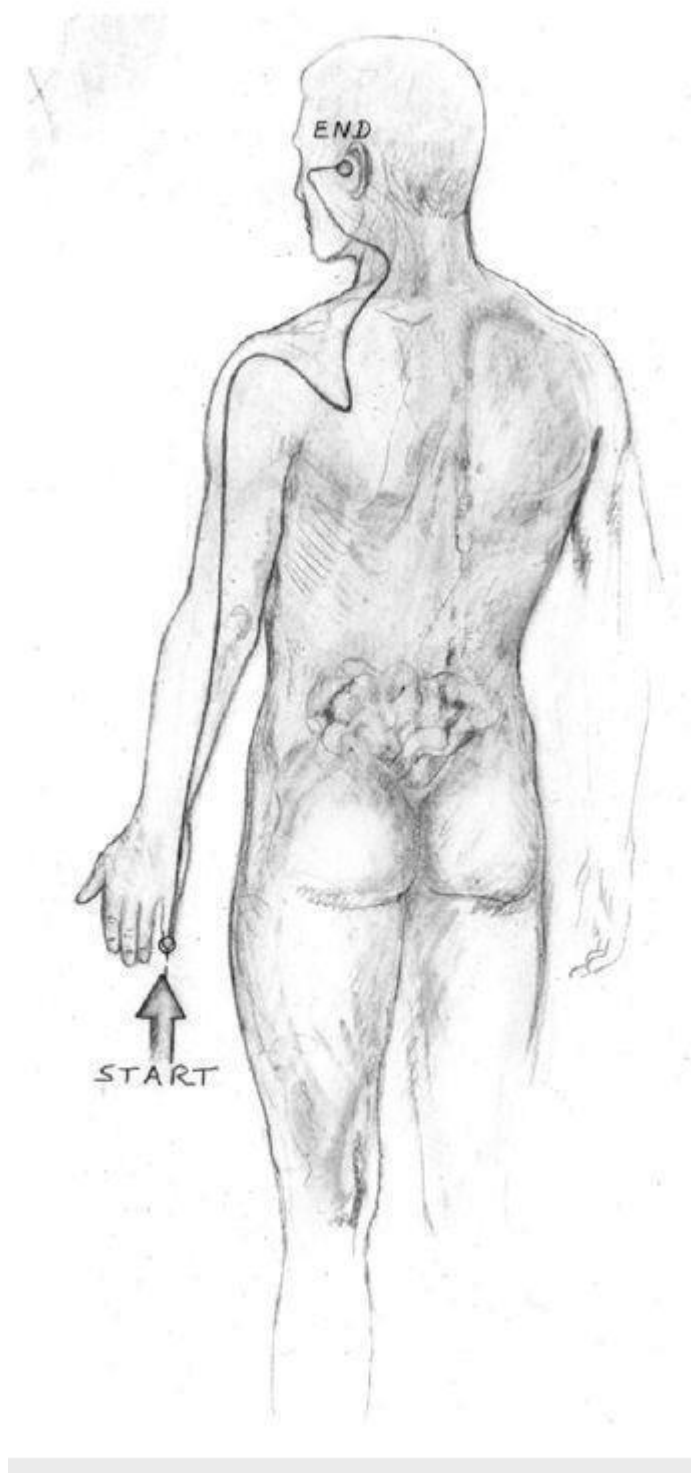
**Figures 10 and 11**



**Figures 12 and 13**



**Figure 14: Tracing the Small Intestine Meridian**



**Figures 15 and 16**

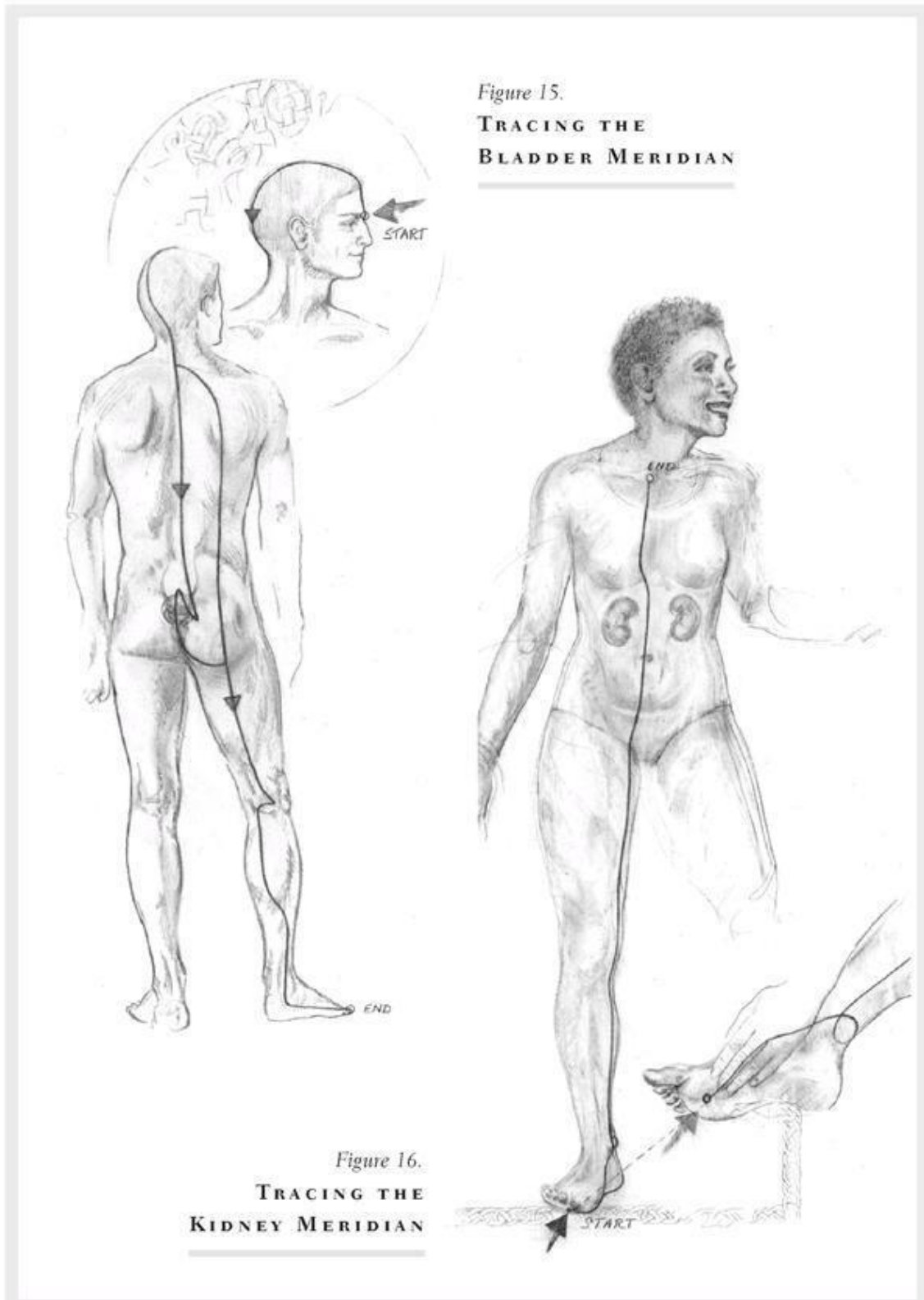
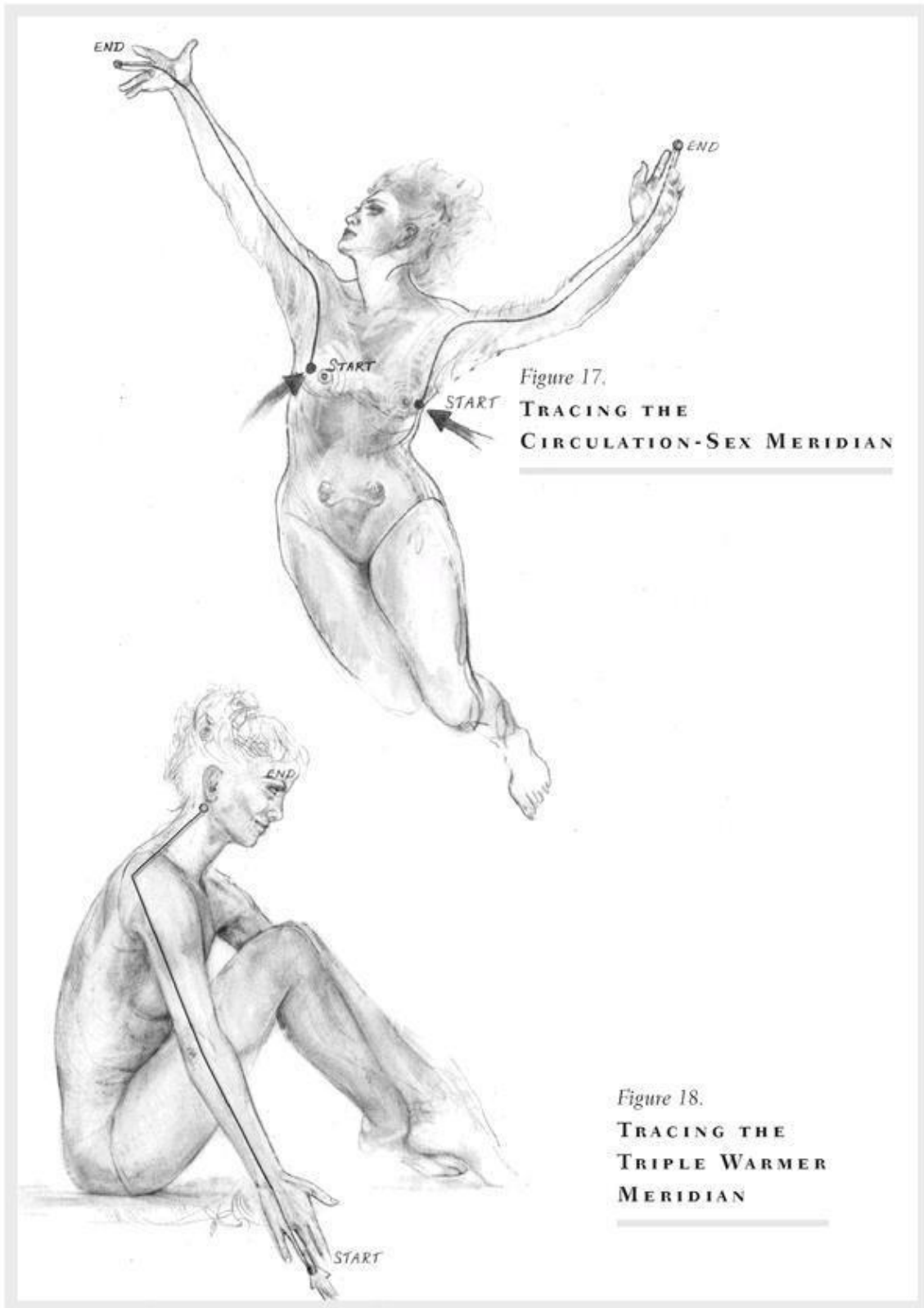


Figure 15.  
**TRACING THE  
BLADDER MERIDIAN**

Figure 16.  
**TRACING THE  
KIDNEY MERIDIAN**

**Figures 17 and 18**



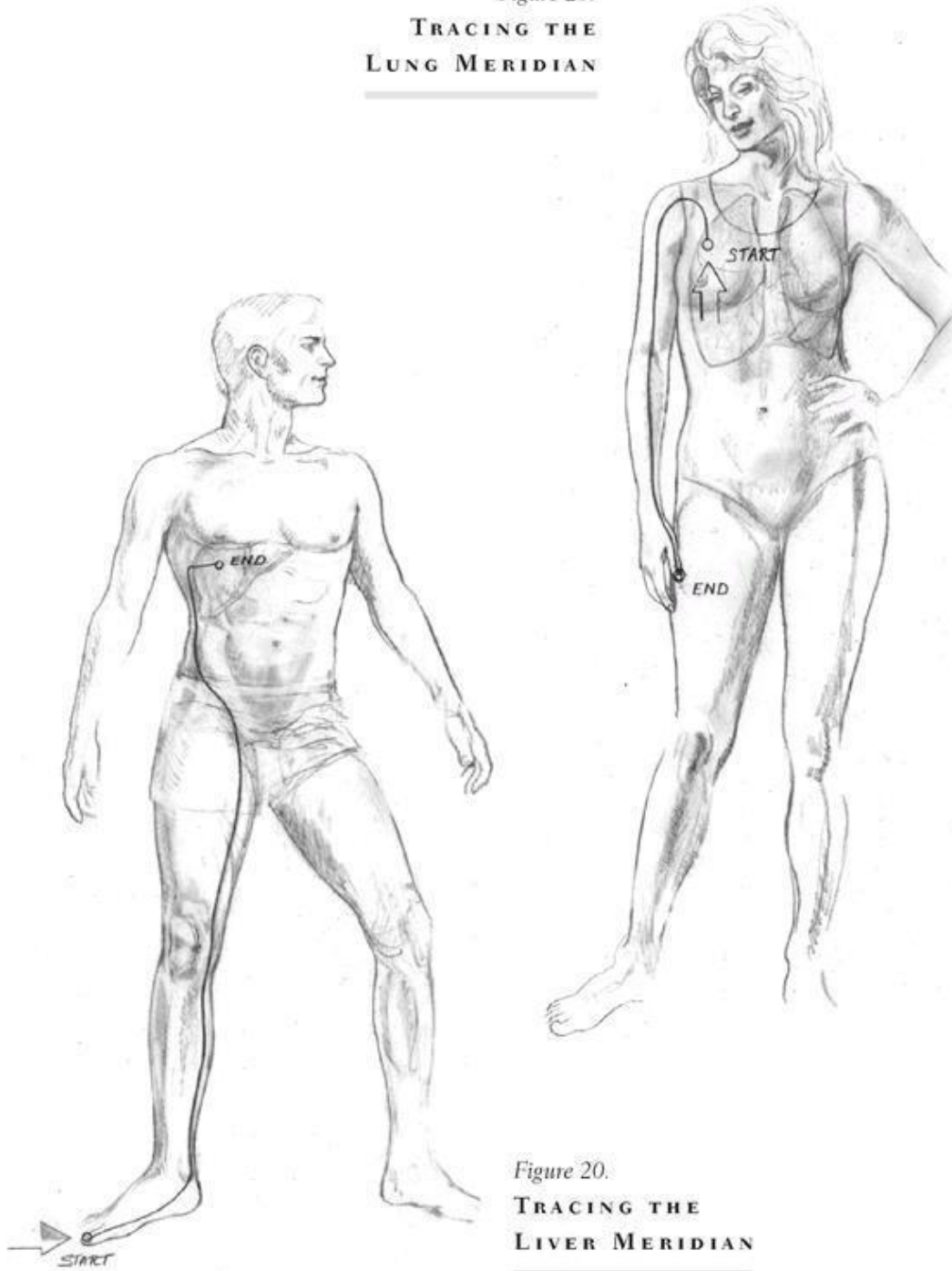
**Figure 19**



*Figure 19.*  
**TRACING THE  
GALLBLADDER  
MERIDIAN**

**Figures 20 and 21**

*Figure 21.*  
**TRACING THE  
LUNG MERIDIAN**

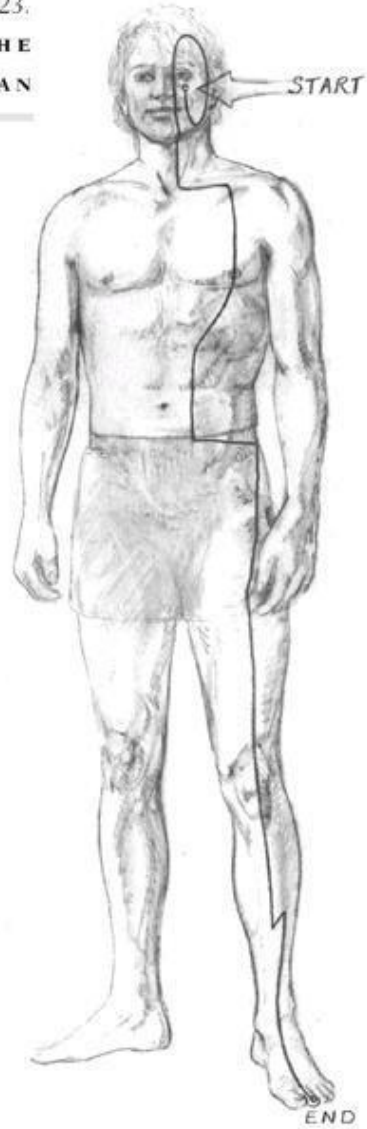


*Figure 20.*  
**TRACING THE  
LIVER MERIDIAN**



**Figures 22 and 23**

*Figure 23.*  
**TRACING THE  
STOMACH MERIDIAN**



*Figure 22.*  
**TRACING THE  
LARGE INTESTINE MERIDIAN**



**Figure 24: Wellspring of Life Points**

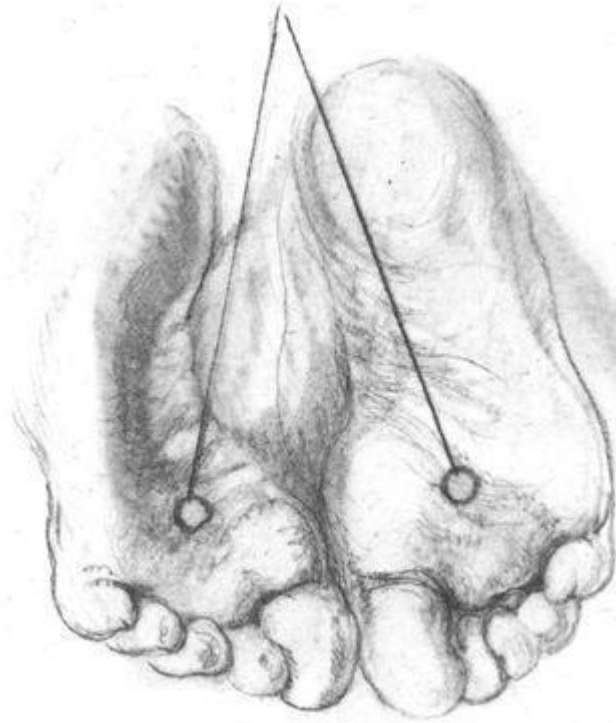


Figure 25

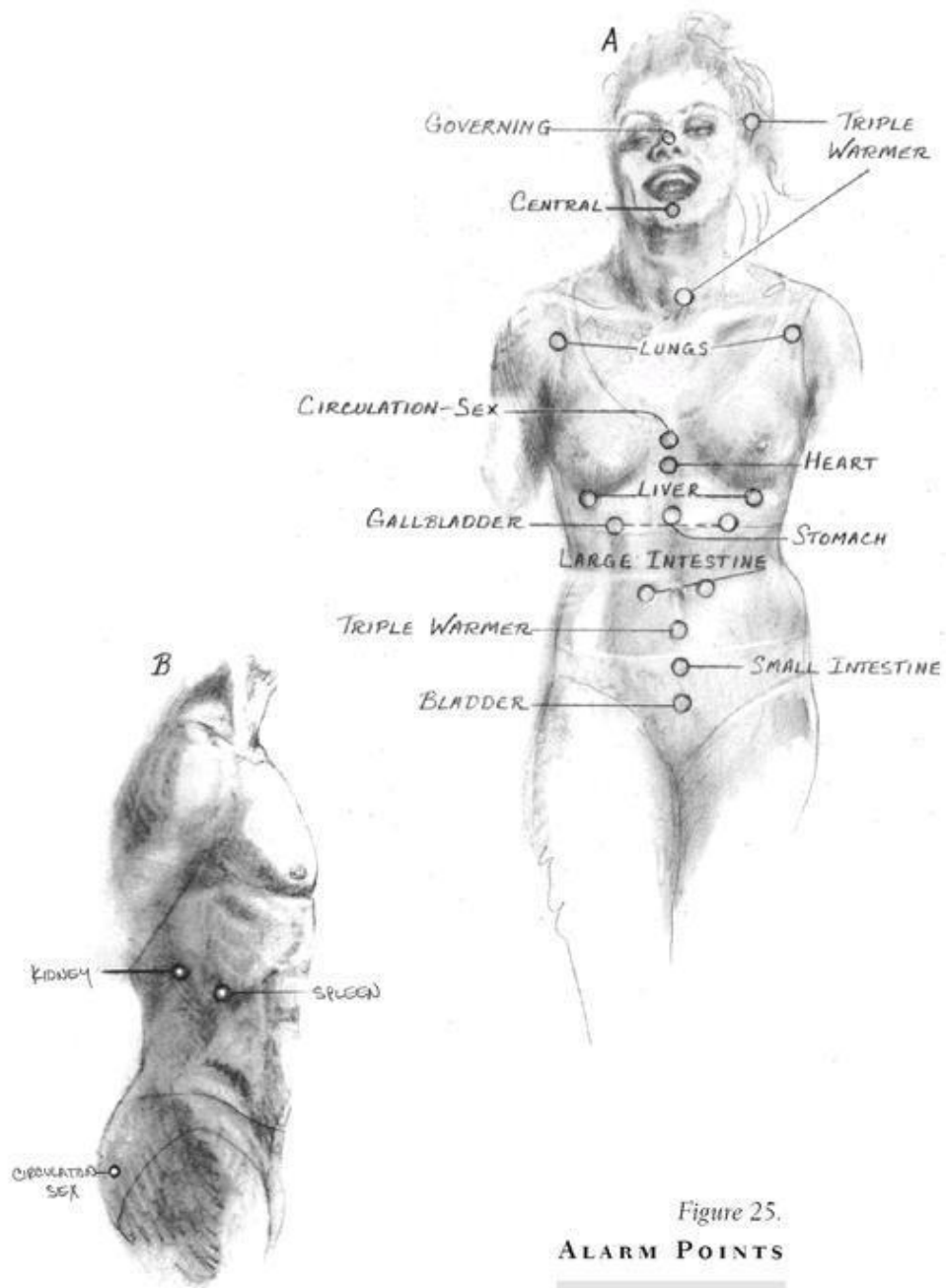
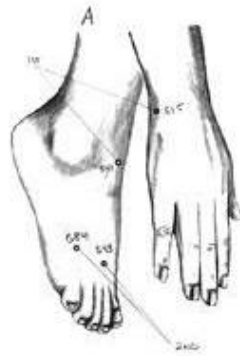


Figure 25.  
ALARM POINTS

**Figure 26: Acupuncture Strengthening and Sedating Points**

**STRENGTHENING POINTS**  
*Strengthen Meridian by  
 Adding Energy*

**SEDATING POINTS**  
*Strengthen Meridian by  
 Releasing Excess Energy*



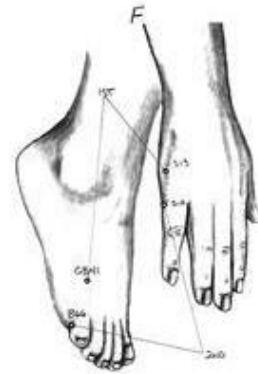
STOMACH



SPLEEN



HEART



Drawings by Cindy Cohn

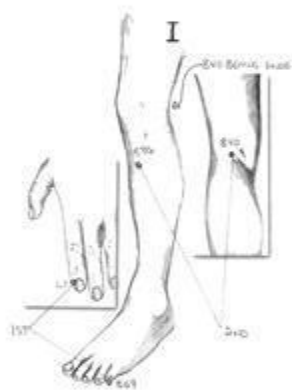
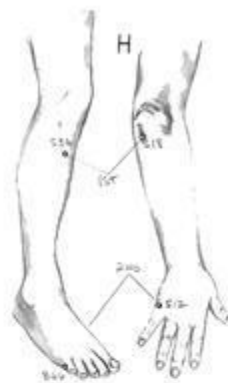
Figure 26 (continued)

STRENGTHENING POINTS

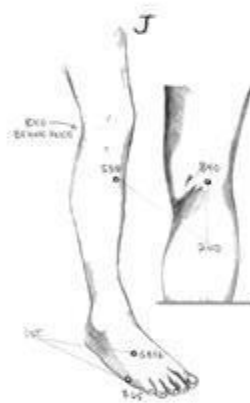
SEDATING POINTS



SMALL  
INTESTINE



BLADDER



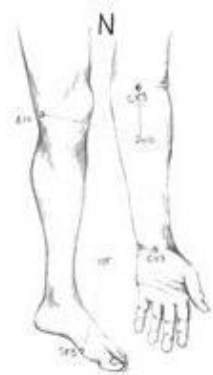
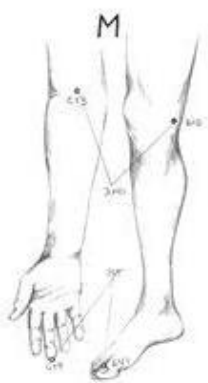
KIDNEY



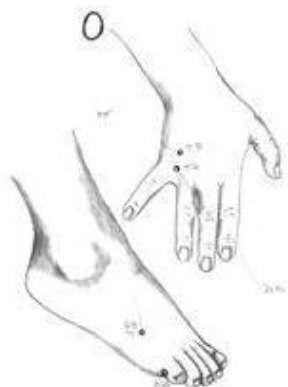
Figure 26 (continued)

STRENGTHENING POINTS

SEDATING POINTS



CIRCULATION-SEX



TRIPLE WARMER

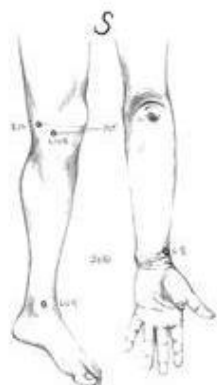


GALLBLADDER

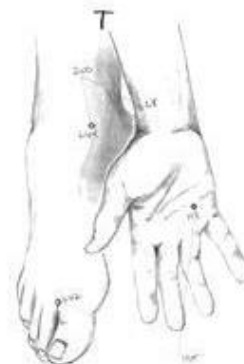
Figure 26 (continued)

STRENGTHENING POINTS

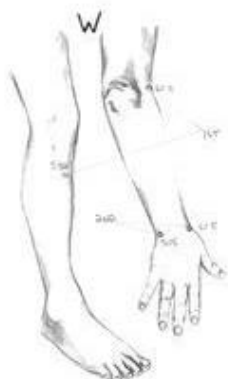
SEDATING POINTS



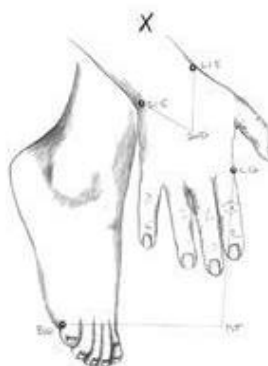
LIVER



LUNG



LARGE  
INTESTINE

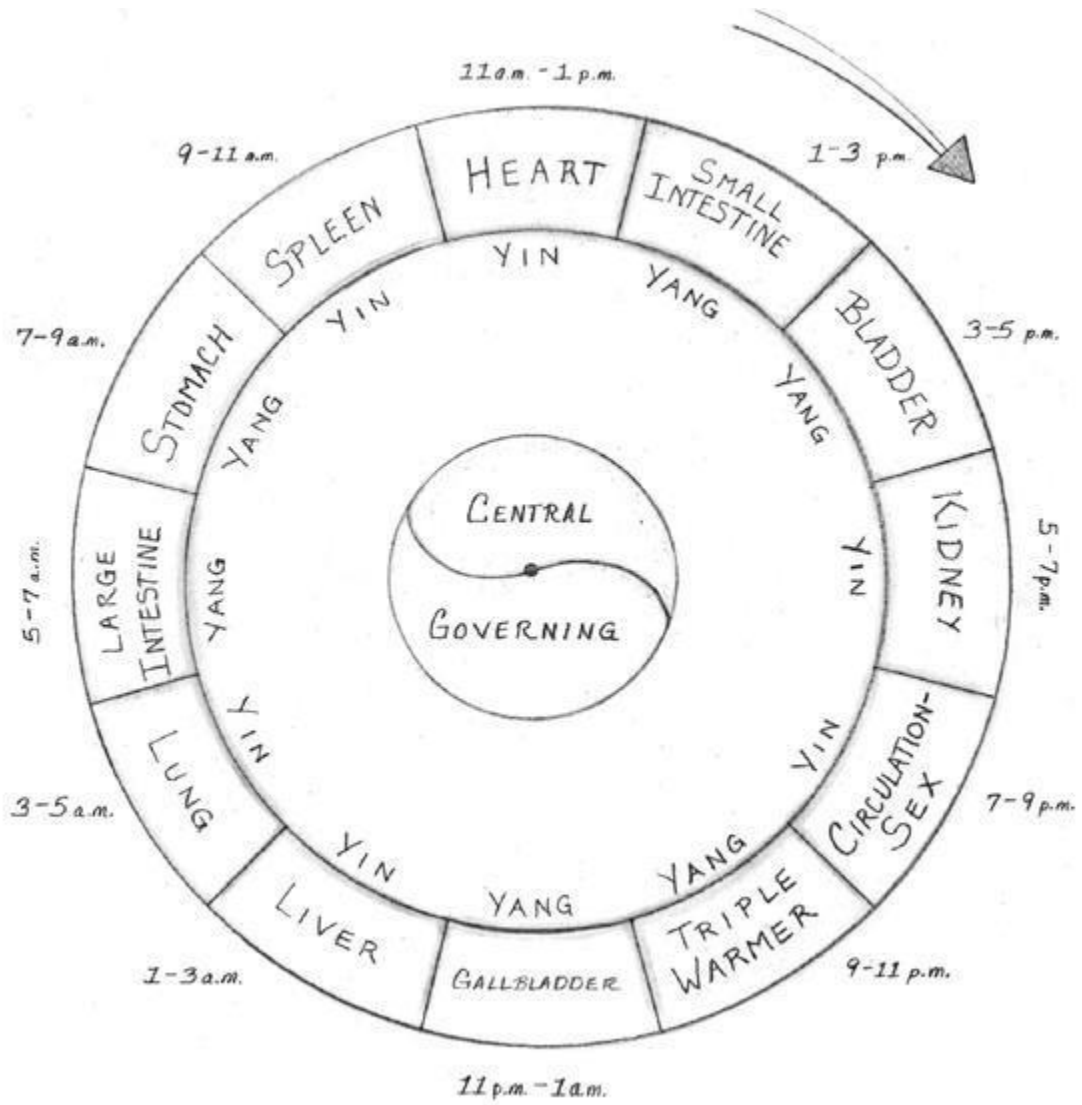


**Figure 27: Spinal Suspension**

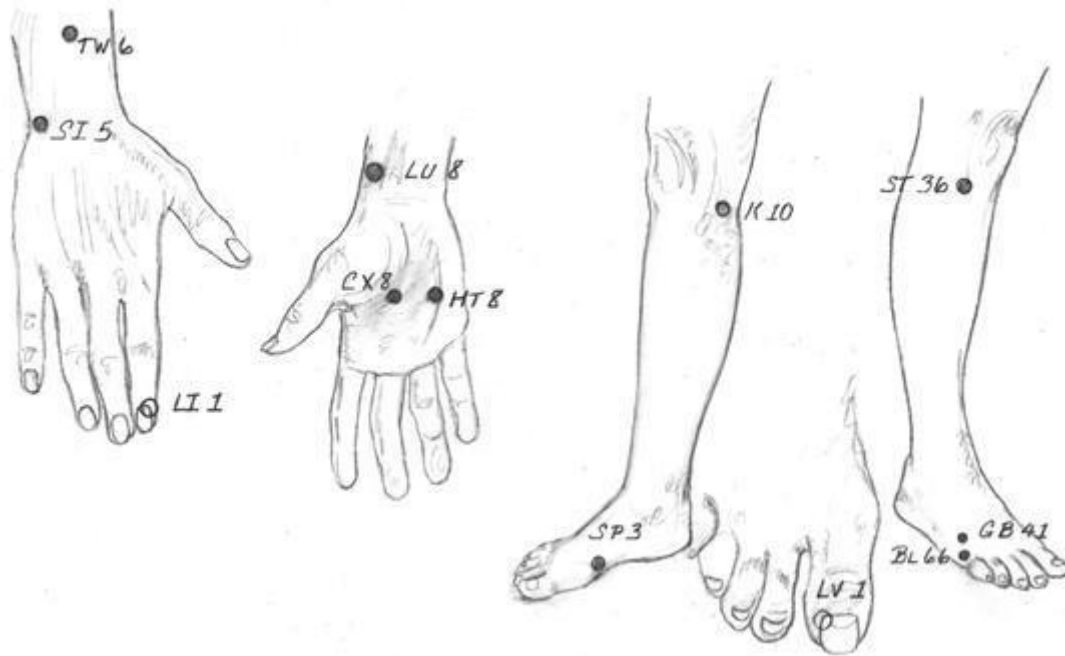




Figure 28: Meridian Flow Wheel

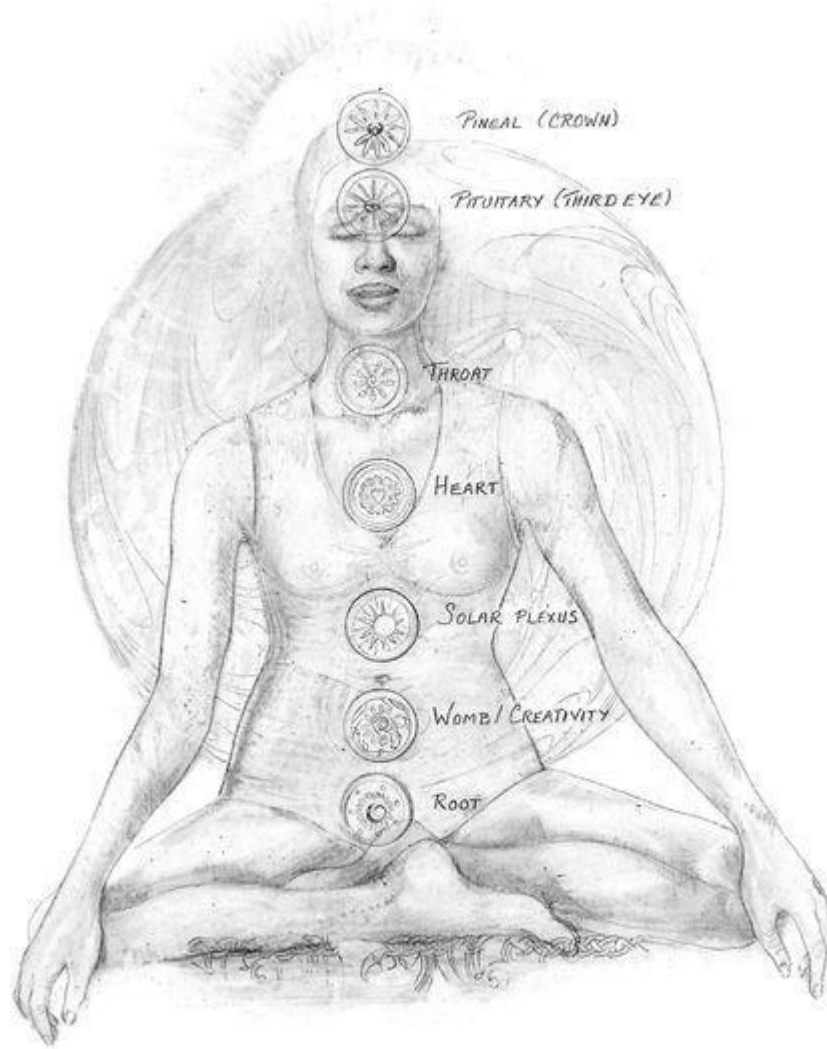


**Figure 29: Jet Lag Pressure Points**



TIME OF DAY	MERIDIAN	ACUPUNCTURE POINT
5 a.m.–7 a.m.	Large Intestine	LI 1
7 a.m.–9 a.m.	Stomach	St 36
9 a.m.–11 a.m.	Spleen	Sp 3
11 a.m.–1 p.m.	Heart	Ht 8
1 p.m.–3 p.m.	Small Intestine	SI 5
3 p.m.–5 p.m.	Bladder	Bl 66
5 p.m.–7 p.m.	Kidney	K 10
7 p.m.–9 p.m.	Circulation-Sex	Cx 8
9 p.m.–11 p.m.	Triple Warmer	TW 6
11 p.m.–1 a.m.	Gallbladder	GB 41
1 a.m.–3 a.m.	Liver	LV 1
3 a.m.–5 a.m.	Lungs	Lu 8

**Figure 30: The Seven Major Chakras**



**Figure 31: Headache Isometric Press**



Figure 32: Chakra Energy Test

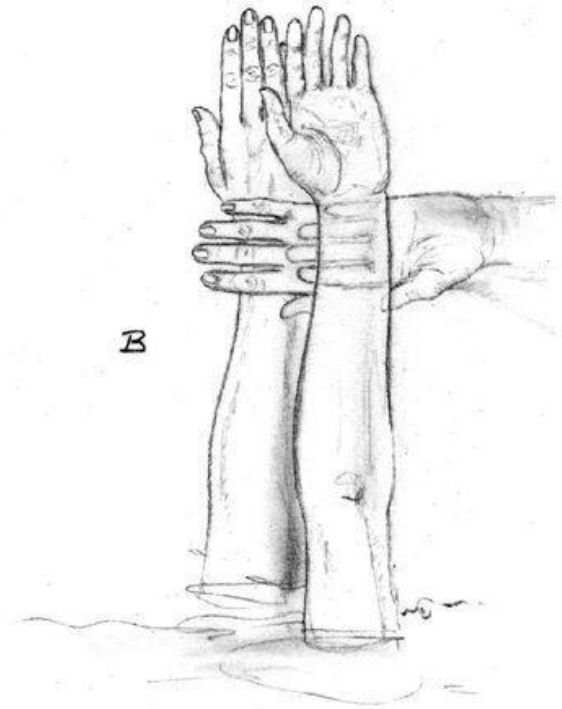
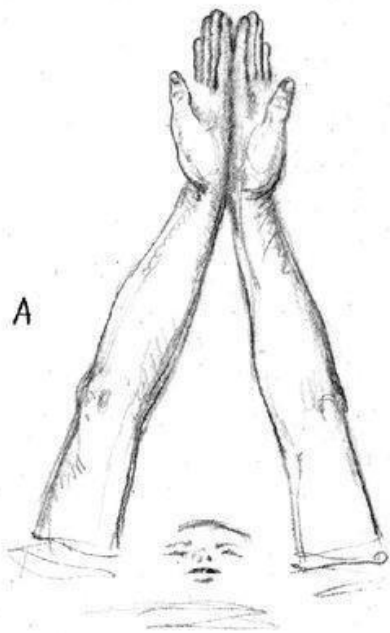


Figure 33

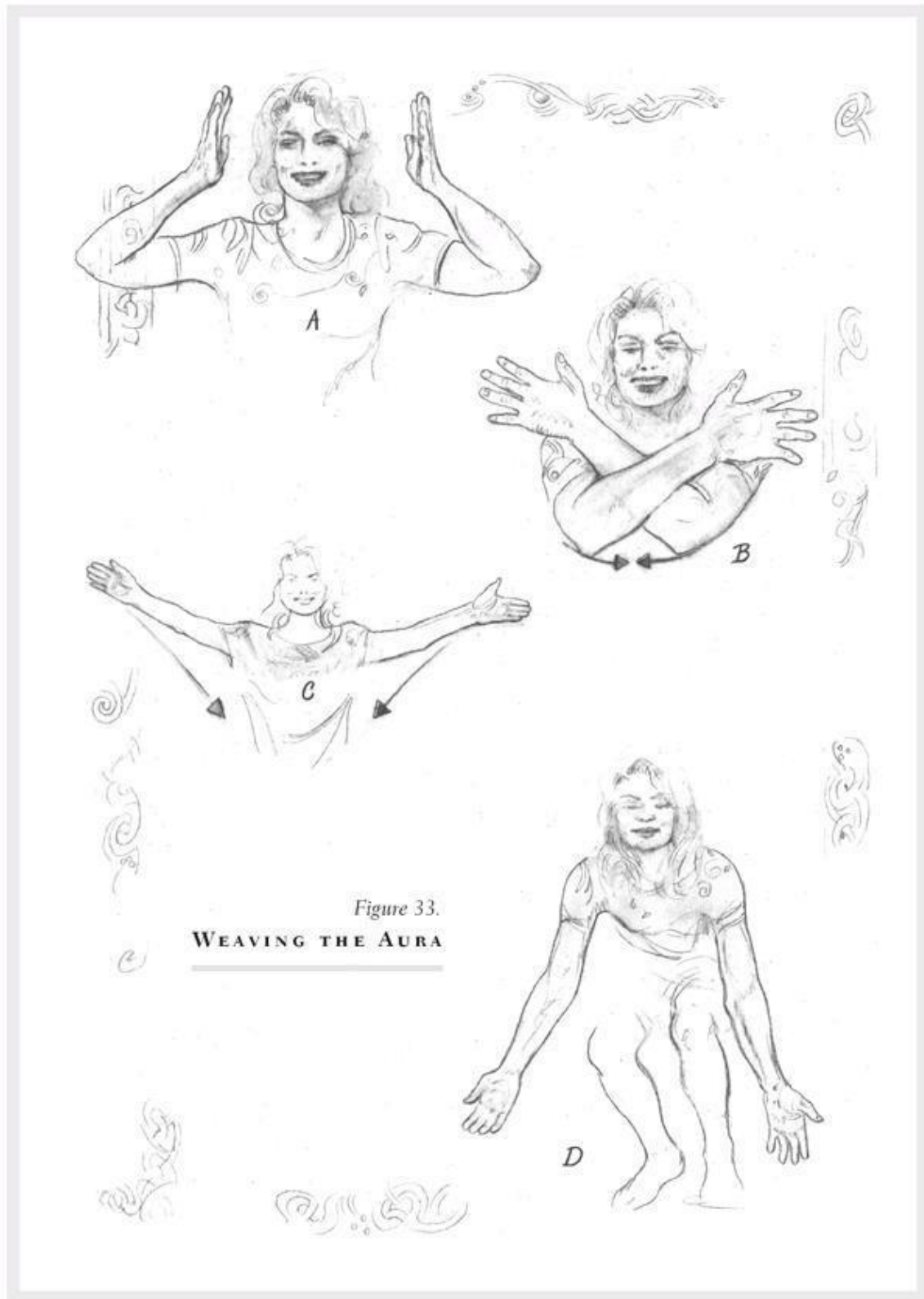


Figure 34: Rhythmic 8s

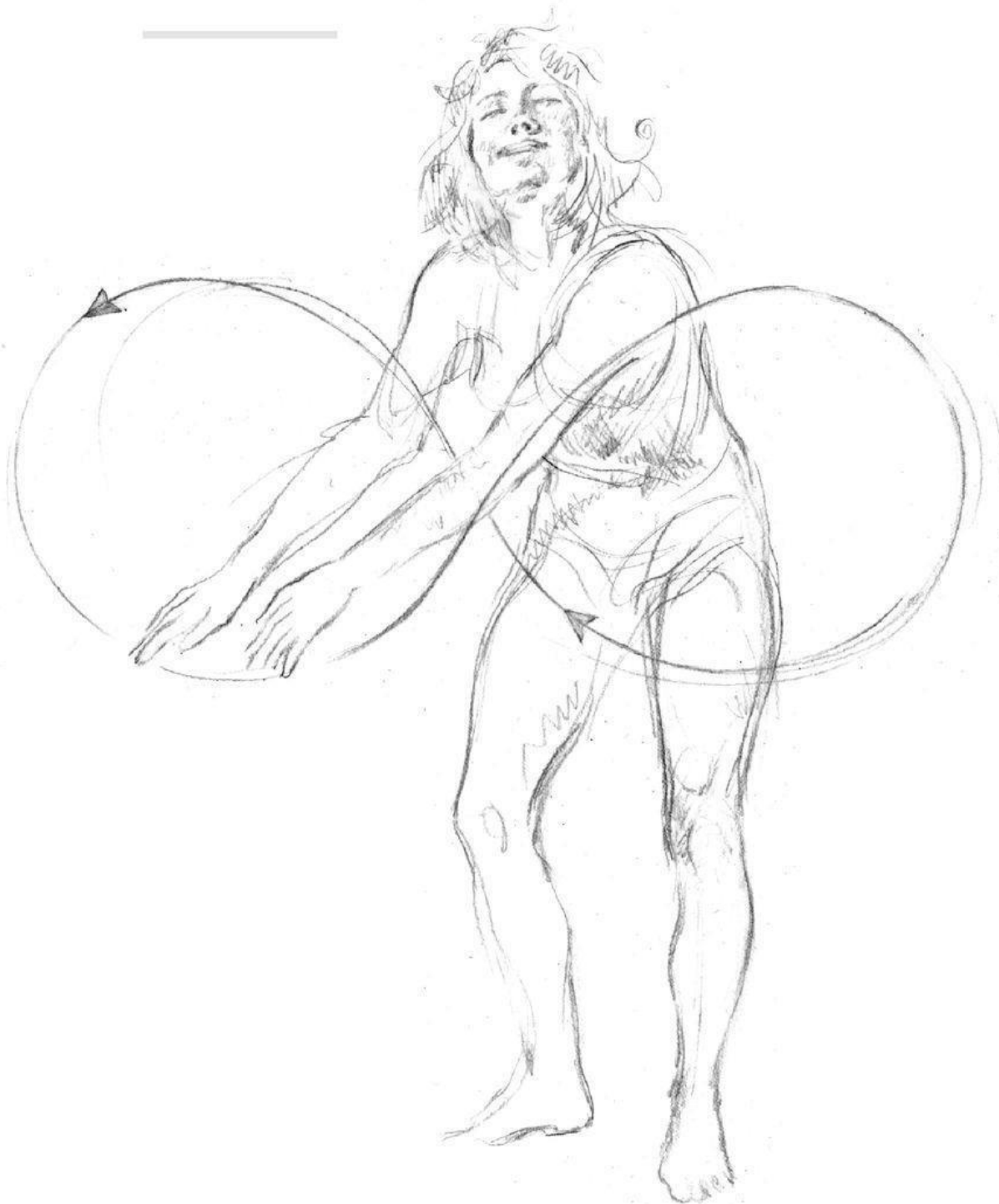


Figure 35: Rhythms of the Seasons Wheel

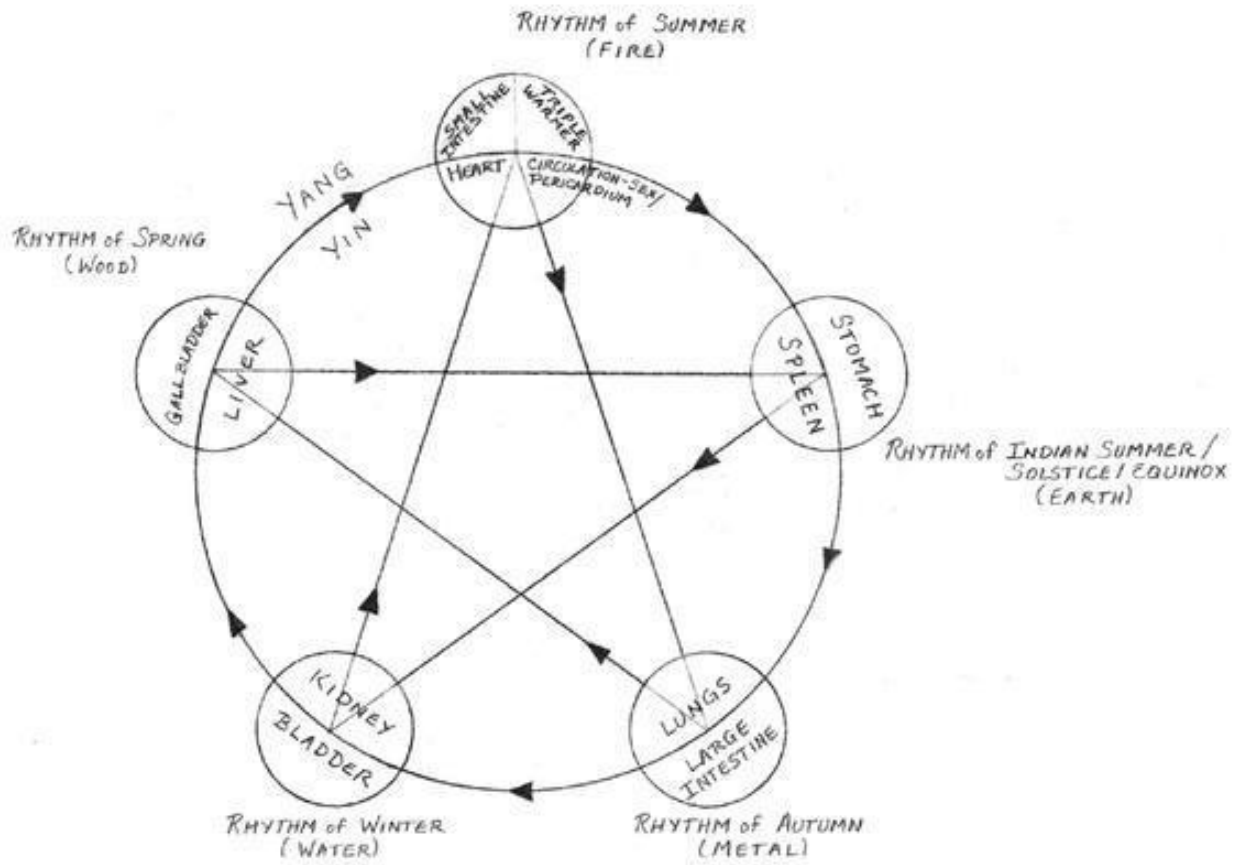
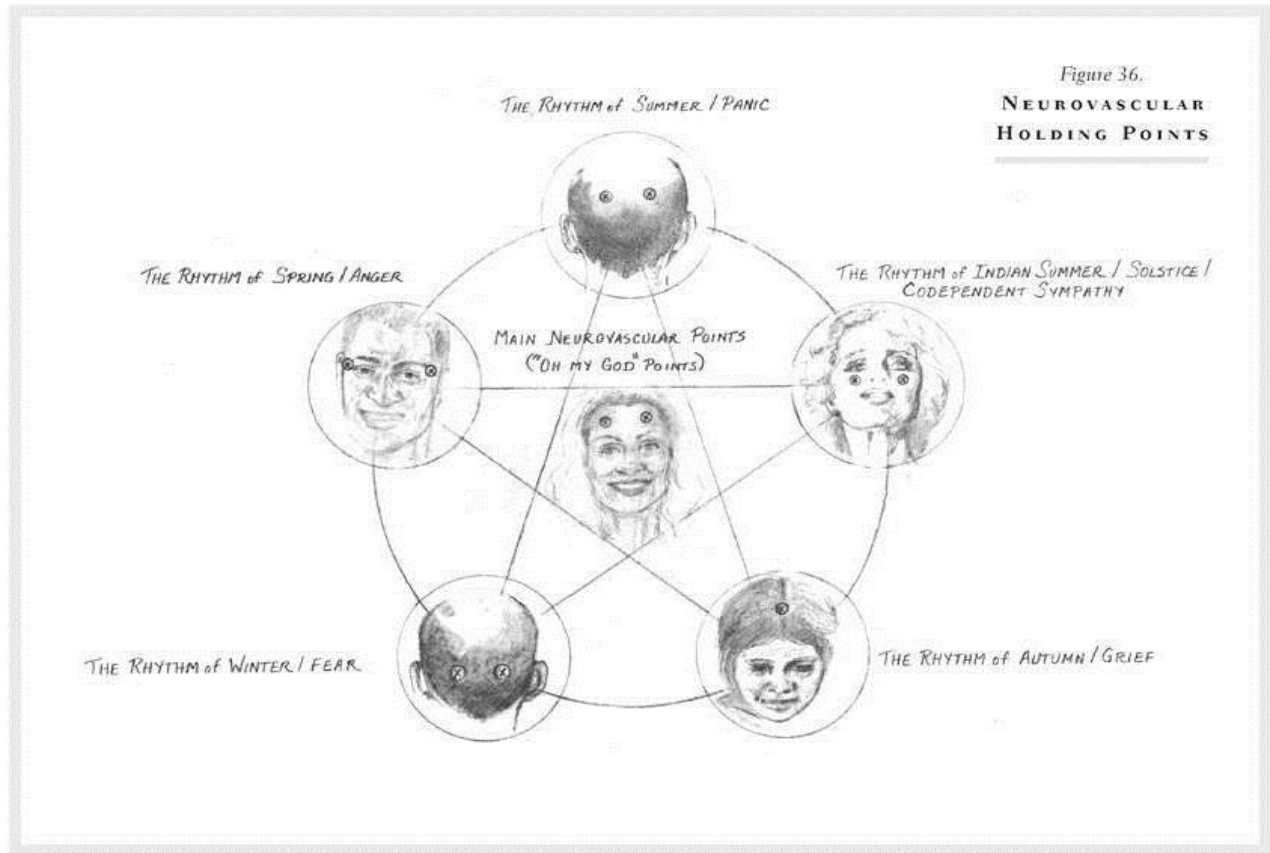




Figure 36



# Figures 37 and 38

Figure 37.

## STOMACH POINTS

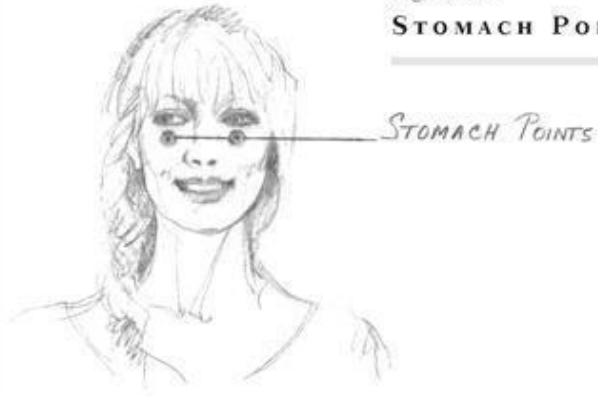


Figure 38.

## ACUPUNCTURE TAPPING POINTS

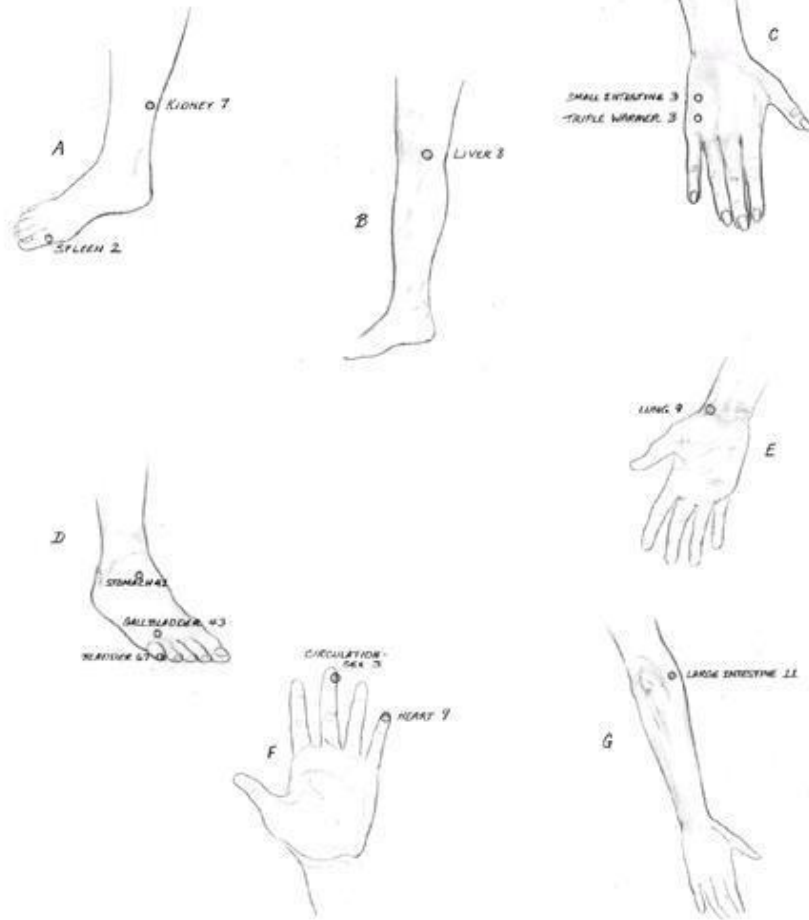


Figure 39

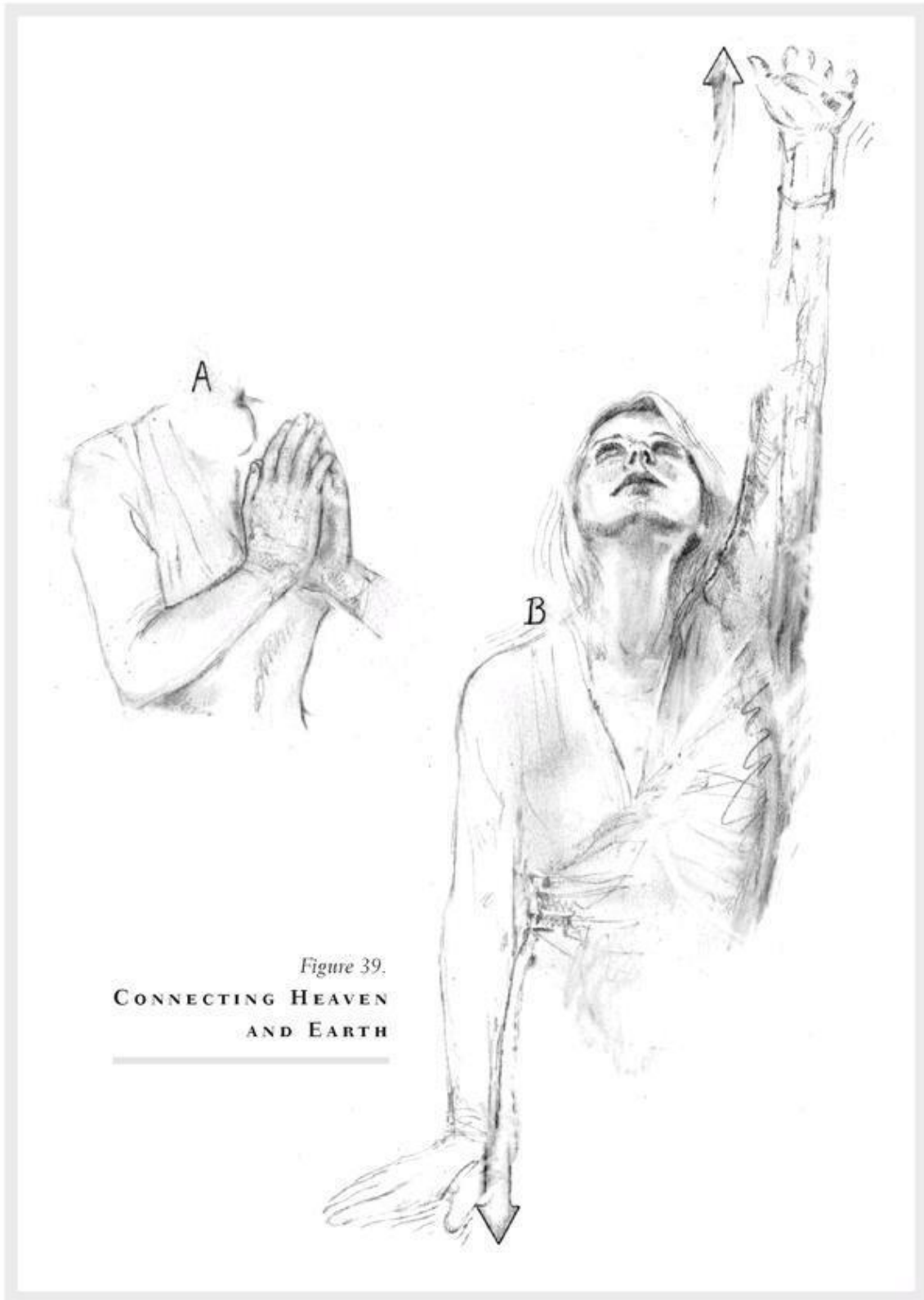
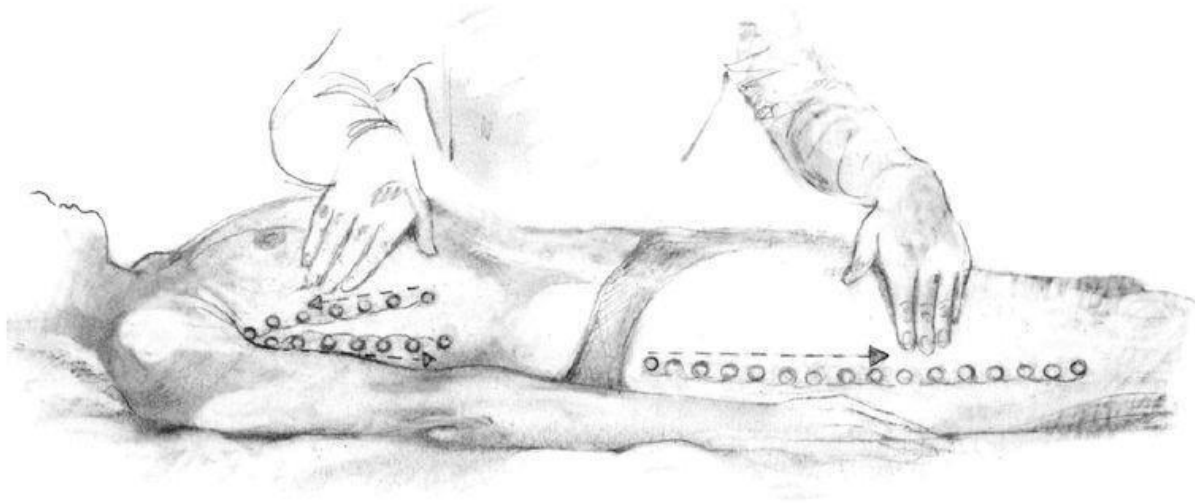
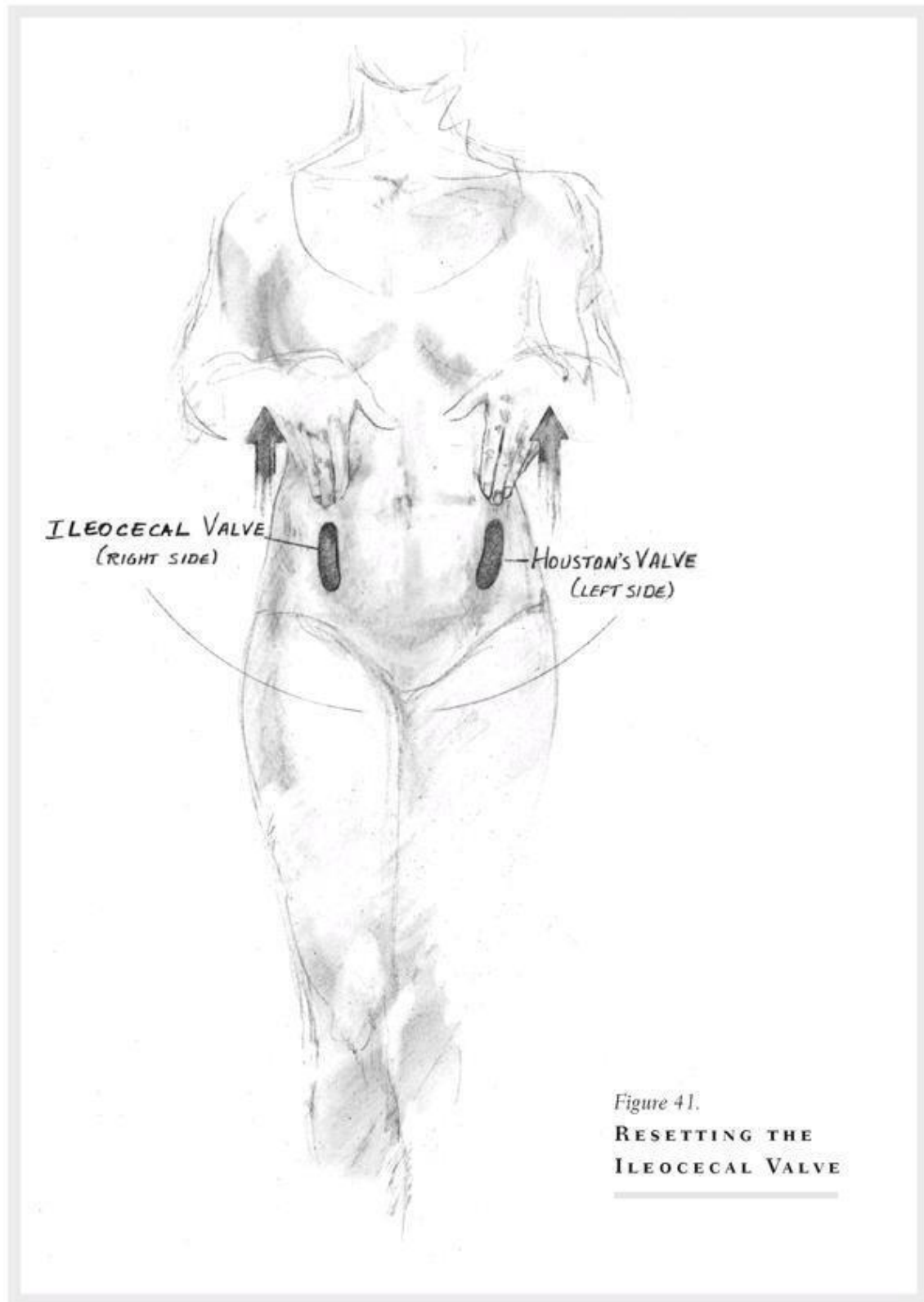


Figure 39.  
CONNECTING HEAVEN  
AND EARTH

**Figure 40: Spleen and Large Intestine Drainage Points**



**Figure 41**



*Figure 41.*  
**RESETTING THE  
ILEOCECAL VALVE**

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**Figure 42: The Meridians and the Neurovascular Points**

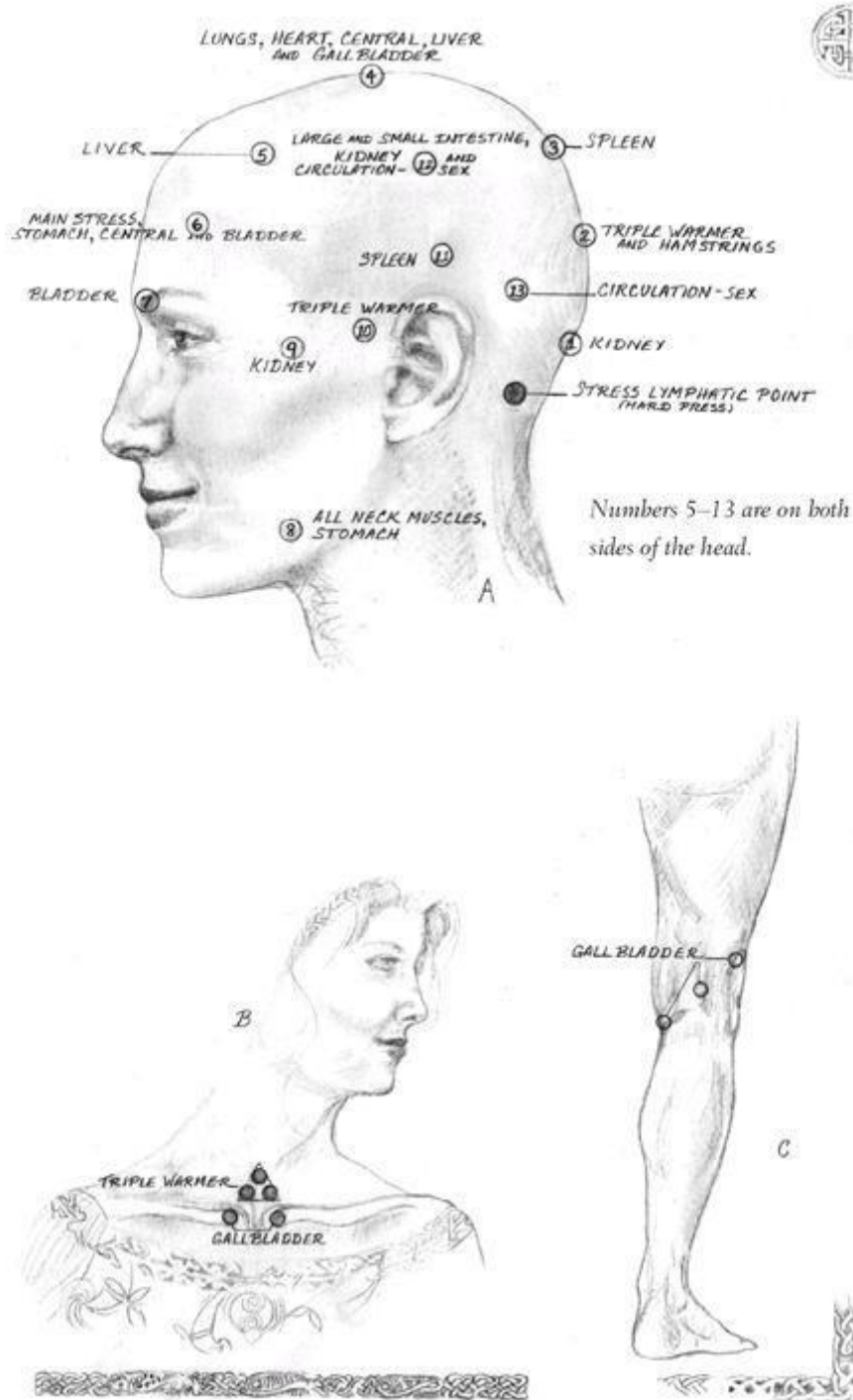


Figure 43: Muscle Meridian Chart

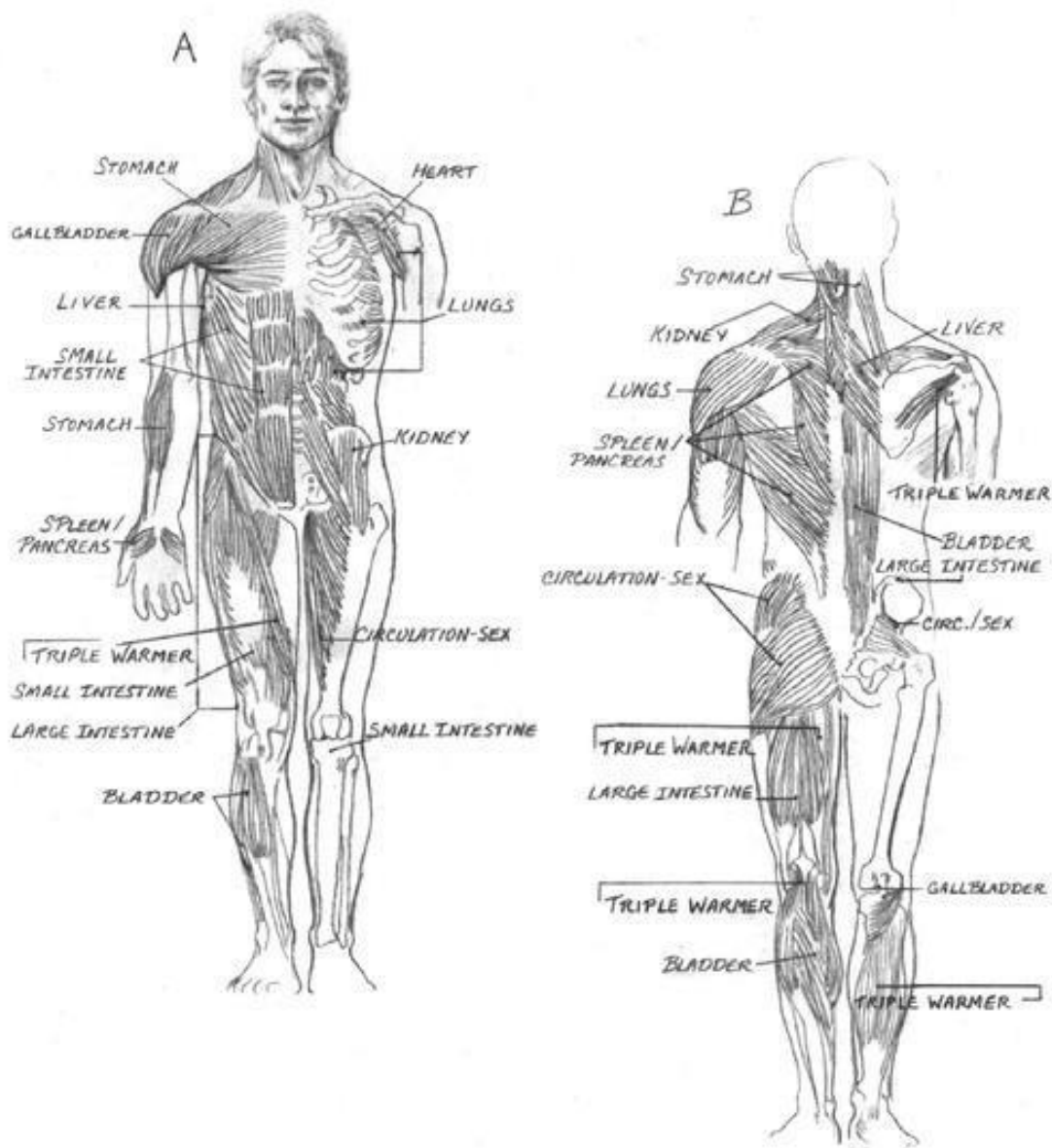


Figure 44: Dental Chart

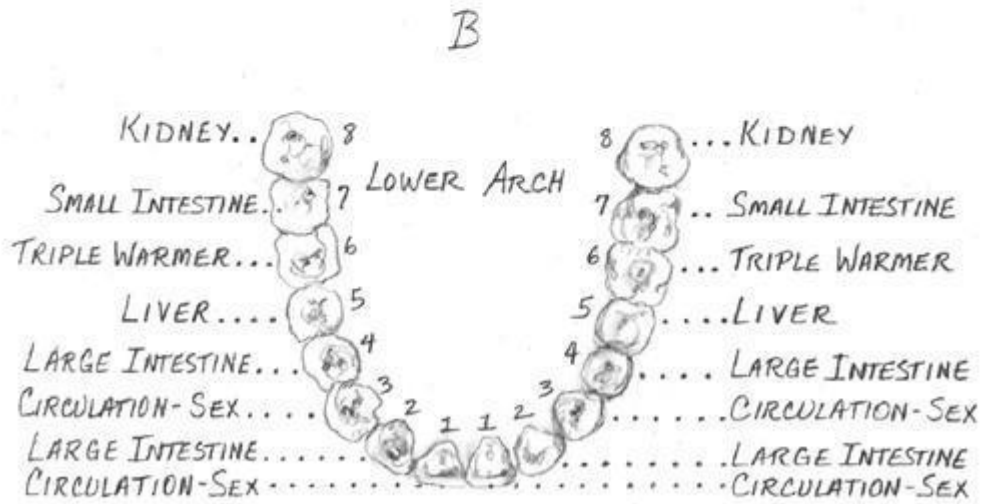
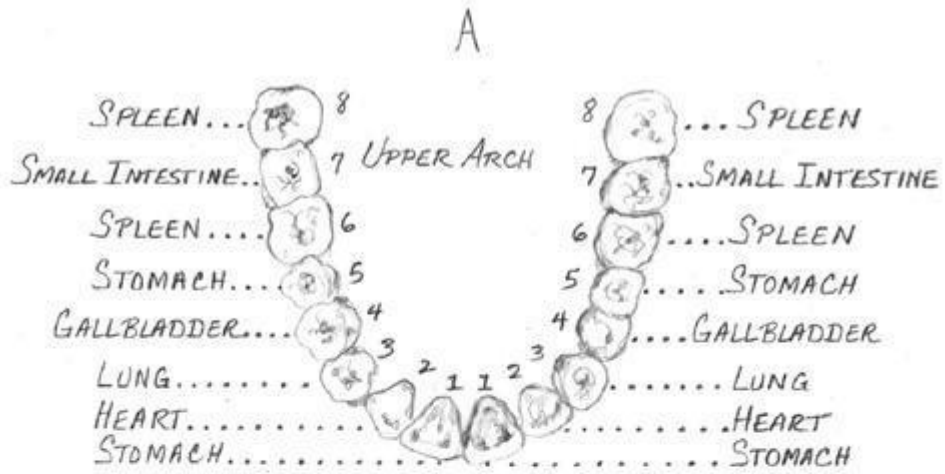




Figure 45

Figure 45.  
PAIN ZONES

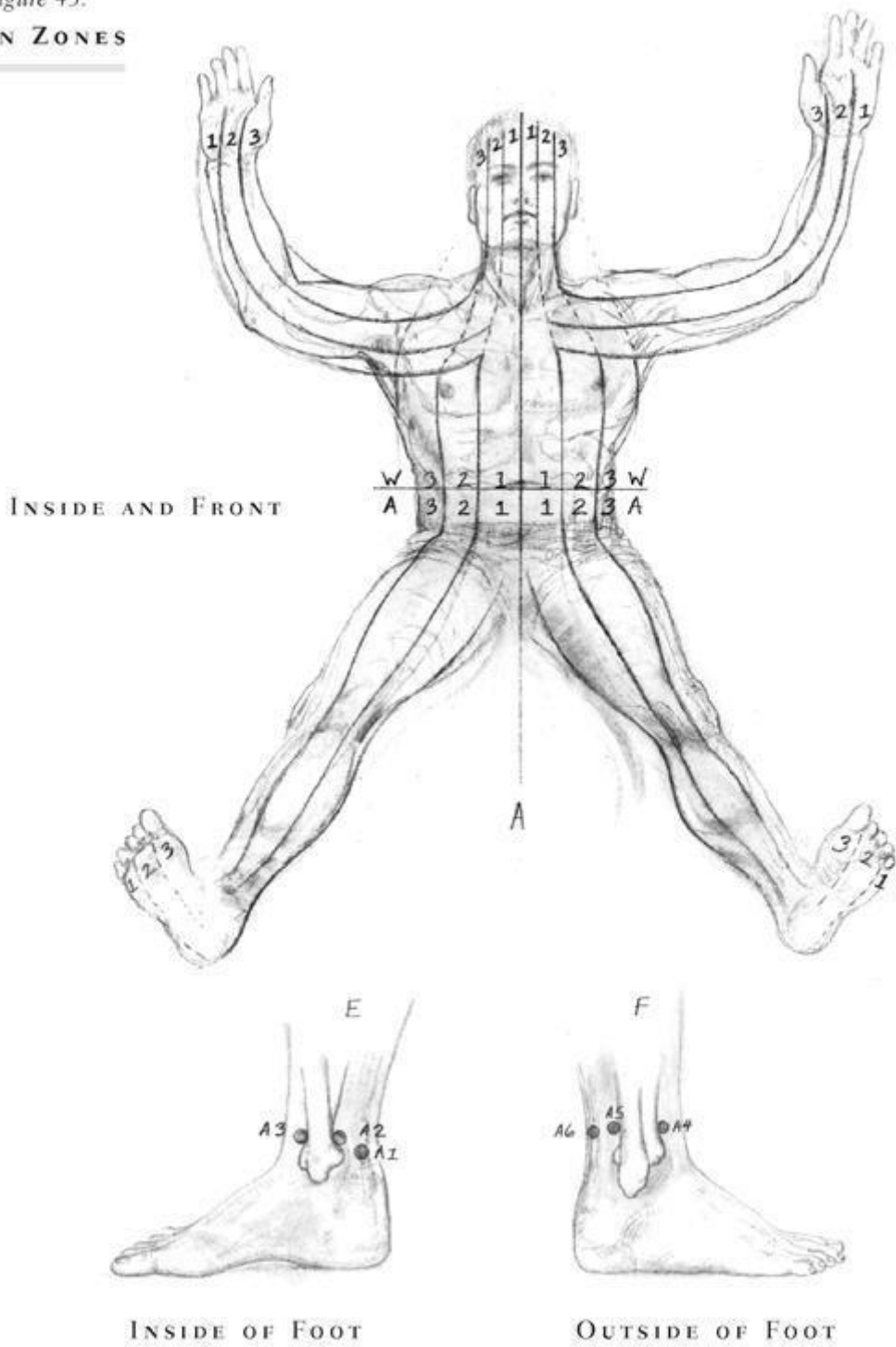
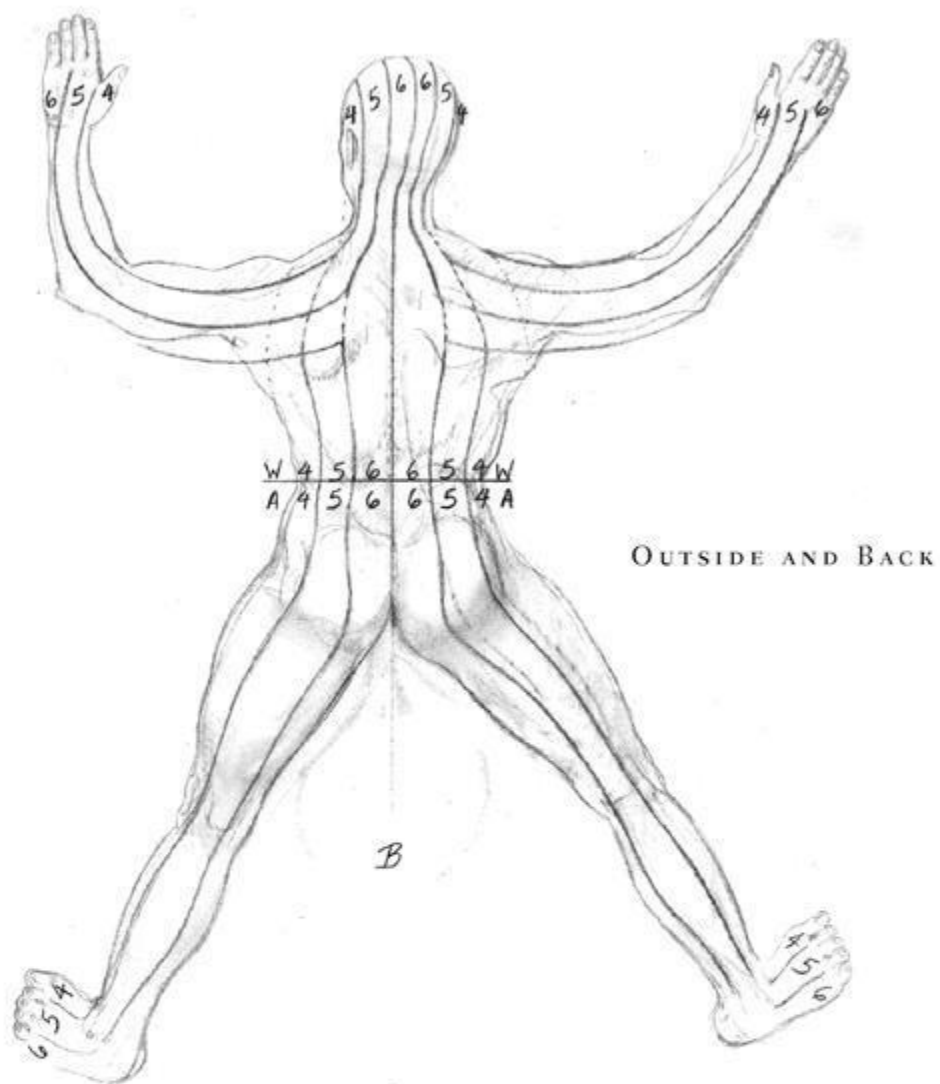


Figure 45 (continued)

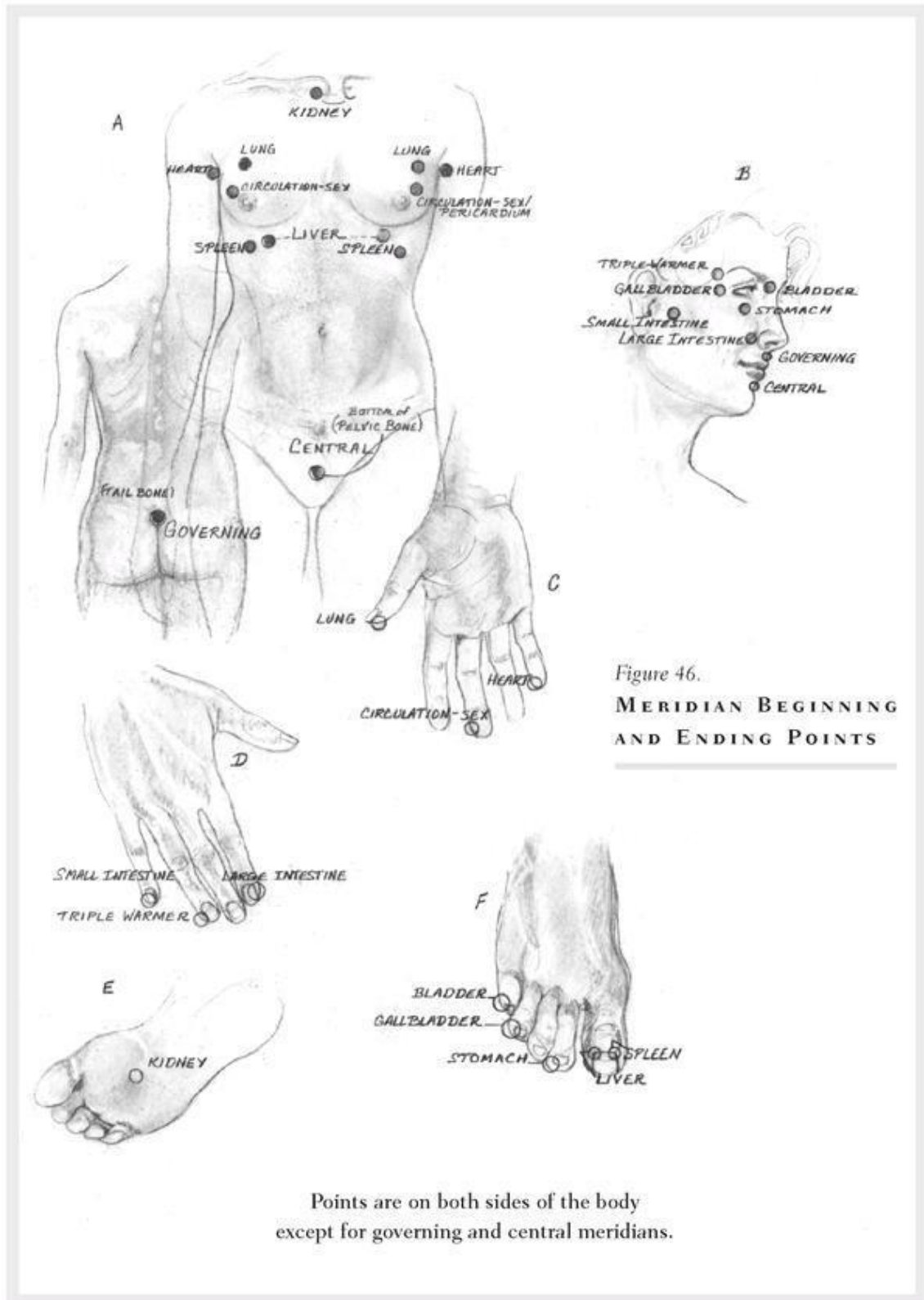


OUTSIDE

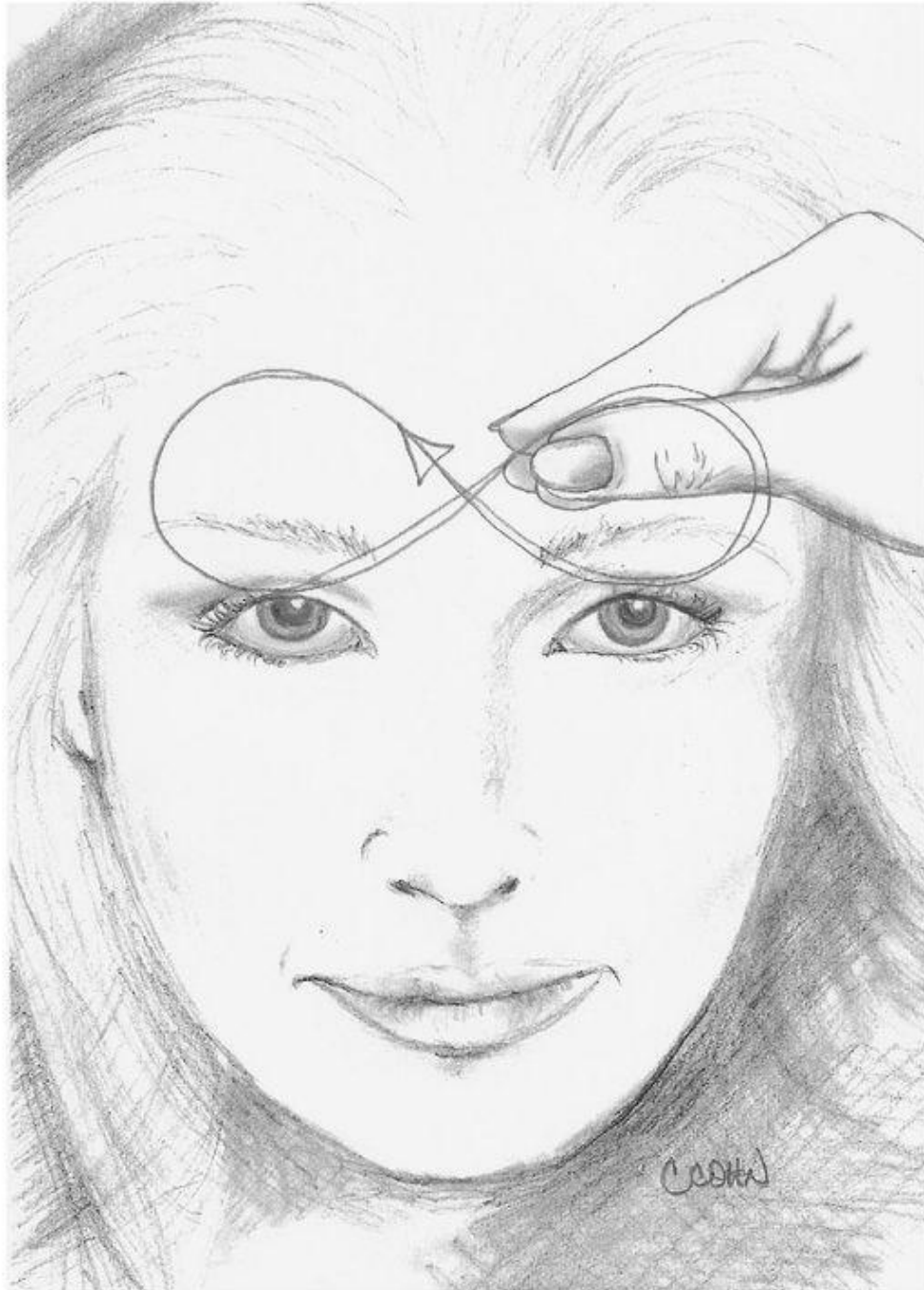


INSIDE

Figure 46



**Figure 47: Eye Pattern Release**



**Figure 48: Temporal Tap**

