

Energy Medicine for Managing Stress



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Energy Medicine concepts and techniques from the work and writings of Donna Eden

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Stress and Energy Medicine

Stress and anxiety responses are the result of an out-of-balance Triple Warmer meridian.

In Energy Medicine and Chinese medicine, the Triple Warmer (TW) meridian is known to govern the body's "fight-flight-freeze" response. This is a vital mechanism for survival when we are threatened or in danger, but problematic when no real danger is present. In our culture, TW often remains in a hyper-vigilant state because we are bombarded by constant stimulation from our environment and lifestyle. This comes from excessive noise, light, electrical and magnetic energy, environmental toxins, and the demands we put on ourselves to do more and more in a shorter period of time and with less rest. Essentially we are burning out the body's natural coping mechanisms through over-stimulation.

What happens to our body when TW can't relax?

We stay in an overstressed state most of the time. This causes physical and emotional effects that weaken our immune system and produce lifestyle difficulties. An out-of-balance TW meridian can lead to physical illnesses such as adrenal exhaustion, irritable bowel disorders, digestive problems like indigestion, stomach ulcers and GERD, asthma, rapid heart rate, high blood pressure, thyroid problems, autoimmune disorders, and fertility issues. It can also produce emotional and psychological symptoms that interfere with our abilities to enjoy life and feel joy, such as feelings of anxiety, panic, hysteria, fear, mood swings, concentration problems, addictions, insomnia, muscle tension and back pain.



Managing Stress

How can we help TW to regain balance?

Remember, TW is trying to help you survive. That's a good thing! We can be grateful that our bodies are so naturally attuned to what we need. TW is your best friend, not the enemy. Approach your body with with love, compassion, and gratitude and TW will calm down too.

- Make friends with your body by gently asking for its cooperation in getting things back into balance. Give your body things it needs like good healthy food, rest, exercise, and kindness.
- Consider adopting a centering habit like walking in nature, meditation, yoga, or spiritual reflection through prayer and journaling.
- Practice grounding techniques to help your body stay connected to the flow of energy from the earth, such as rubbing the bottom of your feet with a stainless-steel spoon, walking barefoot on sand or grass, leaning against a tree, and wearing leather-soled shoes. A well-grounded body is naturally less anxious and this helps to reduce TW's perception of overload.



TW and Spleen Meridians

TW has an energetic relationship with the Spleen meridian. A powerhouse of nurturing energy, Spleen meridian supports your immune system, regulates blood sugar and some aspects of your digestive system, helps you process physical and emotional issues, and provides comfort and nurturing for your body. Often when TW is out of balance, it pulls energy from the Spleen meridian to keep itself in overdrive. This makes Spleen meridian weak and unable to help you stay well and emotionally stable. Balancing the energy between TW and Spleen is a key factor in reducing stress and anxiety, promoting relaxation and calm assurance, and improving physical and emotional health.



Balancing Your Stress Response

Deep Breathing to Calm and Center

- Hold the K-27 points firmly (These are the last points on the Kidney meridian and are located one inch down and out from the inner tips of your collarbones).
- Close your eyes and breathe deeply into your belly while inhaling through your nose. Exhale through your mouth while pulling in the belly muscles.
- As you inhale, breathe in clear, calm acceptance (assurance). As you exhale, breathe out fear and blame.
- Continue for 2-3 minutes.



Triple Warmer/Spleen Hug

1. Wrap your left hand around your right arm, just above the elbow.
2. Wrap your right arm around to the left at the waist.
3. Hold for 3 breaths, or longer!



Triple Warmer Smoothie

1. Rest your face in your hands for 2 breaths.
2. Inhale, bringing your fingers up to your temples.
3. Exhale, smoothing your fingers around the back of the ears and down the neck.
4. Press into your shoulders with your fingers and hang for 2 breaths.
5. Drag your fingers over your shoulders and release.



Blow Out, Zip-up, and Hook-up

1. Stand with your hands on your thighs and take a deep breath in and out.
2. With your next inhalation, make fists with your hands and swing your arms up above your head, with the back of your hands facing forward.
3. Bring your arms down quickly and forcefully as you exhale, opening fists as you come down. Make a "shhhh" sound as you do this.
4. Repeat two more times, then do it one more time SLOWLY.
5. Place your hands over your lower belly and pull them straight up the front of the body. Continue up past your face, reach high and look up, stretching as high as you can.
6. Loop your arms back down to your sides.
7. Place one finger in your naval and one finger from your other hand on your forehead, above the bridge of the nose. Push in and up gently with both fingers. Breathe and hold for 30 seconds.



Triple Warmer Harmonizer

1. Hold thumb and the first two fingers of one hand together and place in the center of your chest.
2. Hold the fingers of the other hand in the same position and place it over the bottom of your ribcage on the side of the body.
3. Hold for 3-5 minutes, and then switch your hand positions and hold on the other side of the body.



Tap "Gamut" Point on Hand

1. Tap 10 times on the back of your left hand, in the space right before where the bones meet between the ring and little fingers.
2. Pause and breathe for 10 seconds.
3. Tap 30 more times.
4. Repeat on other hand, if desired.
5. Alternately, place your left hand over your heart and then proceed with the tapping cycle.



Forehead Hold

1. Using a light touch, lay the palm of one hand across your forehead.
2. Lay the palm of the other hand across the back of the head.
3. Breathe and hold for several minutes. Focus on your stress.



Mellow Mudra

1. Make the "OK" sign with your thumb and index finger, with the thumb covering the nail of the index finger.
2. Place your thumbs on the temples and lay the other fingers over your forehead.
3. Breathe slowly and deeply while you lightly hold this position for several minutes. Focus on your stress.





About Michelle...

Rev. Dr. Michelle Earnest is a Board-Certified Family Nurse Practitioner, Hospital/Hospice Chaplain, Eden Energy Medicine Certified Advanced Practitioner, Faculty Member of the Donna Eden Energy Medicine Certification Program, and the Former Director of Education for Innersource/The Eden Method (Donna Eden's program).



A Family Nurse Practitioner since 1982, Dr. Earnest holds a MSN from Virginia Commonwealth University, as well as a MDiv from Wesley Theological Seminary and a DMin from The Washington Theological Union.

Dr. Earnest is a holistic innovator blending the fields of spirituality, physical wellness, and complementary healing modalities. Focusing on scientific principles, body awareness, and energy healing techniques, she offers a unique perspective on wellness in her practice, workshops, webinars, and retreats. A national speaker for integrative nursing practice, Dr. Earnest brings an expanded holistic approach for working with acute and chronic health issues for nurses and other health care professionals.

*May the beauty of what
you love be what you do.*

Rumi