

## Energy Medicine Tips for Weight Loss (Summary Charts)

Adapted by Mary Sue Abernethy from Donna Eden's book *Energy Medicine For Women* (see resource page on my website)

The book is required to use these charts. Use a **highlighter** to mark the categories & techniques that pertain to you.

Practice them throughout the day and as often as possible.

<b>Category 1- making healthy choices when the body is screaming FEED ME</b>		
1. Stressed Eating	Before you eat- un-stress first!, 5 minute daily routine (p51), neurovascular hold (p151), Eat in peace (p259), neurovascular hold (p. 151) throughout the day for stress, and the technique on page 259 "Eat in Peace" calms the nervous system. Blow out and circle the body with a heart up through the center of body ♥.	
2. Comfort Eating	When you want to be comforted (feeling lonely, depressed, lost or overwhelmed) and hunger is not truly present- use the Triple Warmer Smoothie (p107)	
3. Anxious Eating	Often we eat to calm feelings of anxiety and hunger is not present (although it may feel like hunger- see <a href="#">Other Hungers</a> ).Use the Triple Warmer Smoothie (p107), Heart & 2 <sup>nd</sup> Chakra connection (p248 &260)	
4. Compulsive Eating	Thumb suck (p260) it creates a force field that is comforting, hooks up the central and governing meridians, and is a mini-cranial adjustment that moves oxygen and Cerebrospinal fluid through the head allowing a shift from the focus on food to a feeling of comfort. Tap back of hand over heart (p108)_This point turns off the ancient primal response to grab any food out of fear of scarcity., Expel the venom & affirmation (p151)	
5. That Hollow Hungry Feeling	Sunrise/sunset (p221) produces inner peace like a sedative on blood chemistry and <u>stabilizes blood pressure.</u> , Maddie's belly scoop (p260), Taoist Belly circles & visualize fat release (p260)	
6. Specific Cravings in the Moment	Navel 5 star pull (p262) this frees blocked energies in your abdomen providing its own kind of satisfaction and breaks the energetic pull toward the craved delicacy, remember you will eat it 100,00 times it is not "special" or "forbidden" , Expel the venom & affirmation (p151)	<i>"I feel content and satisfied, losing weight feels better than eating ____ right now." OR " My mouth wants the food and I am translating the need &amp; really meeting the true need, I remember I will get to have that food 100,000 times in my life, no foods are forbidden but my belly doesn't want it I have another need, or feeling or belief, I am learning more each day about how to take care of my true needs."</i>
7. Changing a Pattern of Cravings	Zip-up with affirmations (p75), Temporal tap(p75) Also use Guided Imagery for weight loss ( <a href="http://www.healthjourneys.com">www.healthjourneys.com</a> )	Negative phrase- <i>I don't like the way ____ makes me feel in my belly.</i> Positive phrase- <i>I love being freed from the tyranny of having to eat ____ when my belly isn't hungry or doesn't really want that.</i>
8. Overcoming (understanding) Hunger	Massage ear opening flap, reassure the hypothalamus (in back of head), Abdominal stretch (p134), Connecting Heaven and Earth (p44), Diaphragm breath (p220), Talk to the body and tell it "I am safe, we will be ok, I am going to get some food very soon, we are not going to die".	Tell this part of you that you are safe, put it at ease, your body at ease and remind it that you are in control of how you respond to your hunger and cravings. Tell it that It is not necessary to want food to stave off potential famines anymore and store all the fat the body can. Remind it you will not deprive it or starve it again, a little time without food is ok, you will always take care of it, it can relax.
9. Subclinical Allergies	These foods can cause weight gain that is disproportionate to their calories, "test before you ingest"(p292-294), tap spleen points before & after eating(p55)	

Category 2- Reprogramming the mind		
10. I love me just the way I am	Mirror work & neurovascular hold (p151) with judgments, breathing; hand over heart & below navel and state appreciation for body parts	Forgive me for having been so mad and judgmental of you. You have loved me unconditionally, doing the very best you could to serve me. I realize you are not my enemy, you are my friend. <i>“Thank you <u>arms</u> for reaching for what I want , for expressing my feelings, for your strength and ability to embrace. Thank you, legs, for walking me to where ever I want to go. Thank you, tummy, for digesting my food, always guiding me even if I don’t listen, and keeping me warm and safe.</i>
11. Maintaining an Upbeat Feeling while Dieting (eating with belly wisdom)	Three heart hook up ( p267-268) the face, torso, and then the entire body, X 3 each .	<i>“ I will get to eat that food 100,000,00 times in my lifetime, no foods are special or forbidden, I am eating according to my belly wisdom, anything else is a waste and doesn’t really meet the need!”</i>
12. Changing a Present truth to a Truth that you want	Temporal Tap (p 75) or EFT to change self limiting mental programming.	<b>” The wording is very important,</b> and it is important that it matches what is true for you , what you think all the time. Tap the left side for negative statements (what thought or belief is already alive in you) and the right side for the positive re-worded opposite affirmation. It needs to be realistic- baby steps are good even using process words like <i>“more and more ”</i> work.
13. Countering the fear of fat	Tune into the feelings: 1. Tap the back of the hand on the chest, alternate hands and breathe. 2. Hold the neurovascular points (p151) 3. Do the blow out/Zip up/ hook up (p74) 4. the meridian energy tap (p 80) Fear or disgust of fat literally permeates into your cells, clean & clear this using the temporal tap (p75).	
14. Countering the fear of the bathroom scale	1.Stand in front of the scale and do the blow-out or expelling the venom (p151) of negative feelings. 2. Step on the scale holding index and thumb, breathing and notice the numbers.3. Tap the back of the hand over heart (p108). 4. Meridian energy tap (p 80)	
15. Countering depression about weight gain	Use the techniques for menopausal depression (p245-248) including stretching techniques, Crown pull, Homolateral crossover, Mellow Mudra and heart Womb connection for countering depression.	If you are depressed energy is not moving. remind yourself <i>“More and more I am eating when I’m hungry (within 5-15 minutes) , stopping when I am full, making a perfect match most of the time while I am legalizing all foods, I am exercising a little more each week and practicing the energy medicine and energy psychology techniques ...this is the best I can do to help my body do what it knows how to do – and that is to move to a healthy weight for me.” Getting depressed is not going to help me, I’ll just take it one day at a time, doing the things I know to do”</i>
16. “Appreciating” Plateaus (vs. reacting and triggering the body.	Drop into gratitude, don’t push at this point, your body’s intelligence knows how long it needs to stay here before it can embrace further change. If you push against the body’s inherent wisdom you trigger the triple warmer and can reverse progress! Strengthen the spleen meridian (p132), Sedating the triple warmer (p110-111). Plateaus are inevitable aspects of the ebb and flow of change, and are necessary to allow your body to re-group. So anticipate and re-frame them. They can be a good sign that the next big shift is on it’s way, and the body is resting.	

<b>Category 3- Reprogramming the body for weight loss and to maintain a healthy weight</b>	
17. Lowering your Set point	Clearing energy from (p136) and sedating the triple warmer (p110-111) and strengthening the spleen meridian (p132-133) is one of the most important steps to stop or reverse and damage done by stress or dieting that affect the set point. Temporal Tap (p 75) is fabulous for this. Wording is very important, use the <a href="#">5 Investigative Questions</a> for information. Do this for 30 days, the wording must fit your personal struggles and desires.
18. Improving your metabolism-	Tap Spleen points (p 54) for only 10 seconds before & after eating can improve your metabolism and raise your BMR. Oxygen (see p 249) is a key to healthy metabolism and a fast track to reducing weight. The metabolic breath (p250) is great for metabolism. If your energy is low the Homolateral crossover (p67) can correct that. Use the 5 minute daily routine (p51) and follow with Connecting Heaven & earth (p44). Hold the neurovascular points (p106). Sleep deprivation must be addressed as well, it dramatically affects your metabolism, and set point .
19. Assimilating food more effectively	Tap the spleen points on the side of the body or under the breasts. To assist your intestines in doing their job more effectively do the following: Massage small & large intestines neurolymphatic points 2-3 times each day (the outer and inner sides of the upper legs). Cup fingers and massage along the bottom of the rib cage as well.
20. Activating a Sluggish Digestive Tract	If constipation is common it may be because the ileocecal valve (between the small and large intestines) is not opening and closing as it should, and this is actually quite common. The Houston's valve (at the far end of the large intestine) can also be involved. Messaging the ileocecal and Houston's valves (p275) & massaging the large and small intestine Neurolymphatic Reflex points (p276) will help correct this issue.
21. Slimming Waist & Belly	Massaging large & small intestine neurolymphatic points (p276). Connecting heaven and earth (p44). Abdominal stretch (p 134) Sideways stretch (p135) Tanya's Spiraling Swing and Slap (p276)
22. Oxygenating Your Body	Use the Diaphragm Breath (p220) to strengthen and exercise the diaphragm, this will help the metabolism and reduce levels of fat storage. Also the Metabolic breath is excellent (p250).
23. First aid for low blood sugar	The pancreas governs blood sugar levels and it is governed by the spleen meridian. If food is not immediately available do the Triple Warmer Smoothie (p 107) followed by tapping the spleen neurolymphatic reflex points (p55) helps reorganize your energies and the Wayne Cook posture (p56) can further stabilize them.
24. Countering Hormone-Induced Weight gain	The daily energy routine (p51) or the Hormone Hook up (p220) or others in the Menopause Module (p219) may help balance hormones so food is metabolized more effectively. To stimulate the organs that process hormones- Tap up the insides of the legs from the ankle to the groin for 30 seconds- this stimulates the liver, kidney and spleen meridians keeping your thyroid healthy. Then firmly tap down the outside of the legs several times for 30 seconds, this stimulates the stomach & gallbladder meridians. Always breathing deeply.
25. Keeping your thyroid healthy	The thyroid affects all your hormones & often becomes less effective as we age and it is involved in the weight gain that can begin in the middle years. Exercise & adequate sleep are essential for proper thyroid function .Stretching the skin above, below and to the sides of the Adam's apple instantly brings good energy to the thyroid. Use the Thyroid booster (p232-233) this includes the Triple Warmer Smoothie (p 107).
26. Eliminating Toxins	Excess toxins can interfere with your metabolism so use the techniques for moving toxins out of the body (p45-51) Massaging the hands to keep the liver clear (p46) Massaging the feet to keep your liver clear. Lymphatic massage (p49). The Daily Routine (p51), also be sure to drink lots of water (10 or more cups each day).