

# Four Pillars of Energetic Healing

## Daily Energy Routine

“If nothing changes, nothing changes.” These movements can start the change you are seeking. You can find a video on YouTube under “Donna Eden, then Daily Energy Routine.” I will also give you a handout and practice with you. This easy, non-strenuous short routine will help coordinate and balance your energy bodies. It gives you a strong foundation that helps your unconscious allow change to happen.

## EFT – Emotional Freedom Technique

So much of our distress is caused by old, unexpressed emotions and trauma. We’ve been told, “Just let go of it!” Tapping is one simple how-to. We will work together to learn the tapping practice that will free you from the effects of stress, anxiety and other unwanted emotions and intrusive thoughts. We will practice a lot, to the point that you will be able to do it on your own. I give simple tapping homework where you don’t have to say anything. Good resources are [eftuniverse.com](http://eftuniverse.com) and [thetappingsolution.com](http://thetappingsolution.com).

## Grounding

Another aspect of distress in the body is inflammation. Want help with that? You will definitely want to watch the hour long documentary, *The Earthing Movie*, available free on YouTube. We will talk about how to implement grounding anytime and anywhere, since grass may not be available unless you go on vacation! Again, this will give your body/mind stability and confidence to heal deeply, not to mention radically reducing inflammation. I am beginning to believe that modern anxiety is partly due to this.

## Heart Coherence

The single most important organ in the body is the heart and it’s the one suffering. Heartache and a broken heart is one way to describe the effects of much of the trauma we have all experienced. If the heart ain’t happy, nobody in there is happy! It is so important to address the need for heart coherence; it engenders heart rate variability, the electrical signal of a healthy heart. The basic technique is on my website under heart coherence. Without alignment to these high vibrations, new patterns have a hard time.

It will be my job to inform and guide and coach you in these aspects of energetic healing. It will be your job to give each a fair trial, by practicing at home, bringing in your questions and doing the homework we decide each week. By the time we are done, you will have lifetime skills in emotional management, pain management, energetic understanding and lots more! If you have questions, please call, text or email me and I will get back to you as soon as possible. It’s a good idea to leave your question in your message so I can find your answer (hopefully!) before I get back to you.