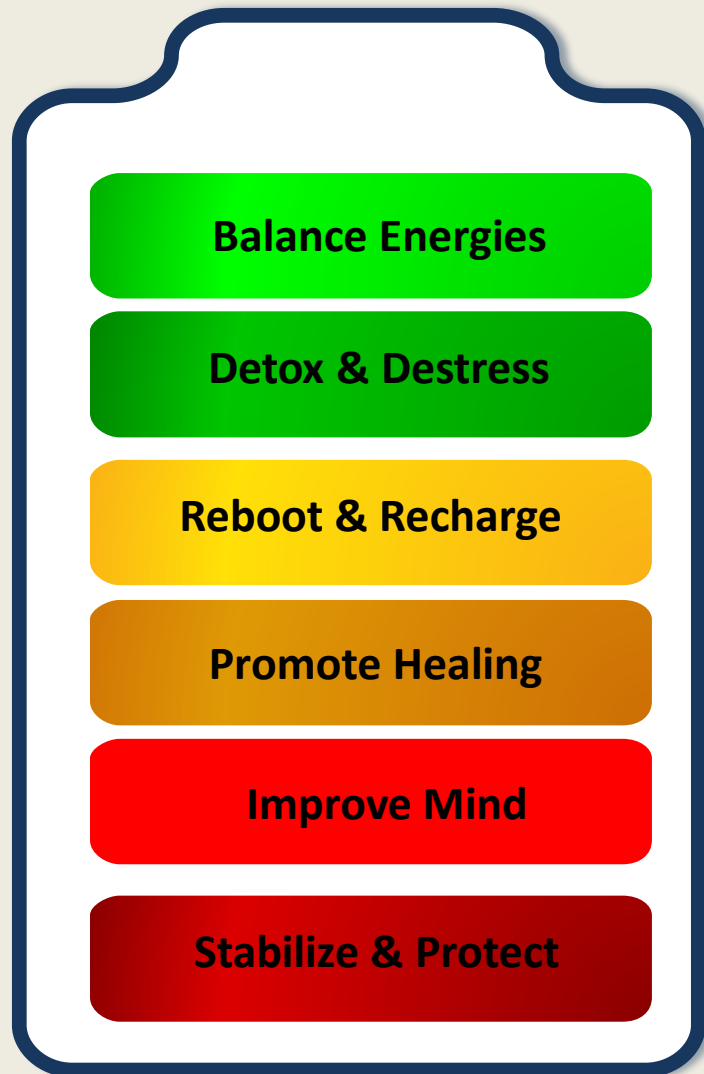


Your Daily Energy Wellness Routine



With Gwenn Bonnell

“Reboot Your Energies!”



Daily Energy Routine

**10 Self-Care Secrets
for Overcoming Stress
and Increasing Your
Vitality**

“Reboot Your Energies!”

WHY LEARN TO SPEAK ENERGY?



- Your Body is Energy
- Energy is the Best Medicine
- Help Your Body Evolve to Counteract Stress
- Put Your Health In Your Own Hands

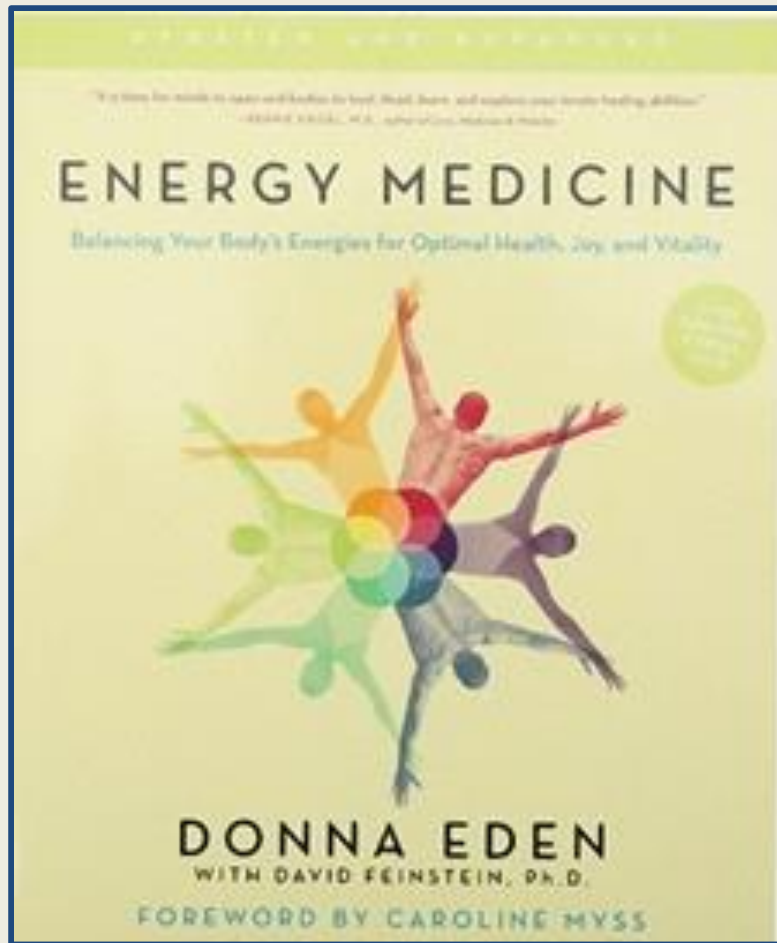
“Reboot Your Energies!”

WHY LEARN FROM GWENN BONNELL?



- **Sharing Energy Medicine since 1999**
- **Combined EM & EFT**
- **Trained with Donna, TFH, Acupressure**
- **Presenter at IGEEM 2013 & 2014**
- **Uses EM & Knows It Works!**

“Reboot Your Energies!”



Energy Medicine

Donna Eden

And

David Feinstein

“Reboot Your Energies!”

IMPORTANT!

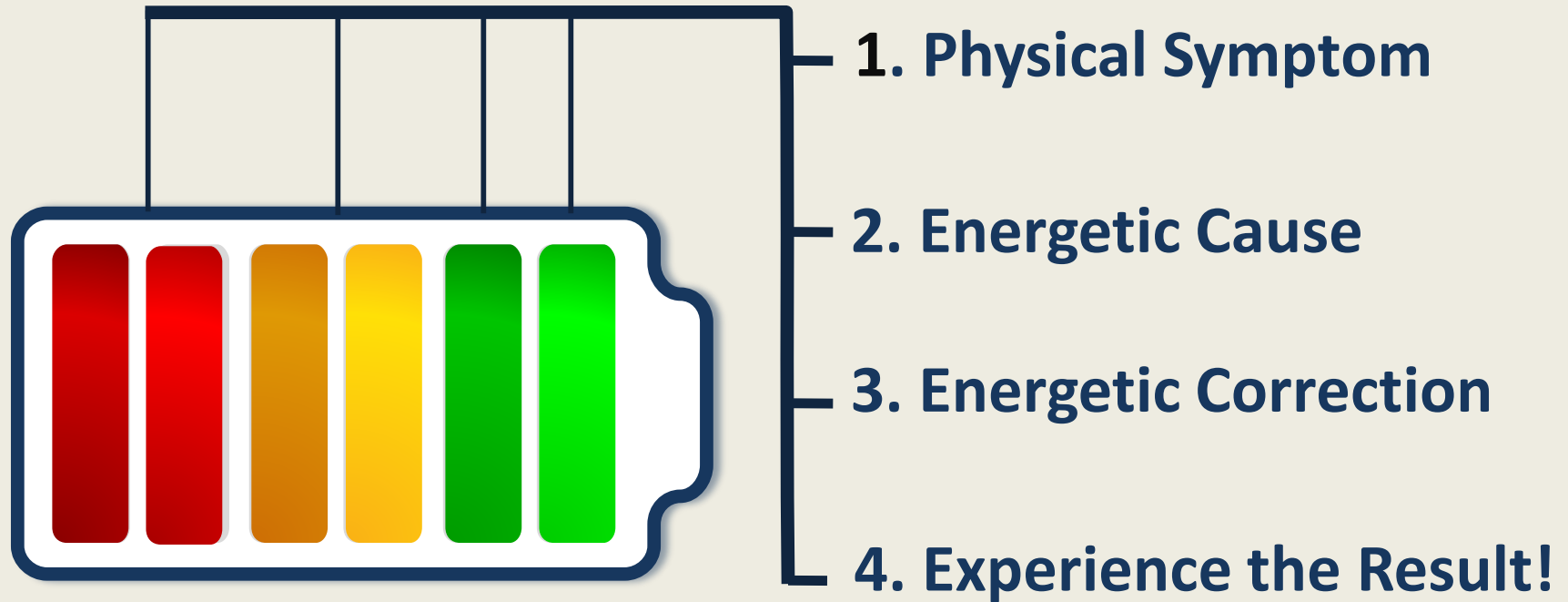
EFT (Emotional Freedom Techniques) and other Energy Medicine methods are complementary modalities, not a substitute for medical care. If you have a medical or psychological condition or ailment, be sure to see a doctor.

Read the FULL DISCLAIMER at www.tapawaypain.com/disclaimer

You are required to take complete responsibility for your own emotional and/or physical well being both during and after our session. Don't use these techniques as a substitute for proper medical care or to try to solve a problem where your common sense would tell you it is not appropriate. I urge you to use what you learn in this workshop under the supervision of a qualified therapist or physician when necessary.

By continuing with this program, you are agreeing to and complying with the above statements.

“Reboot Your Energies!”



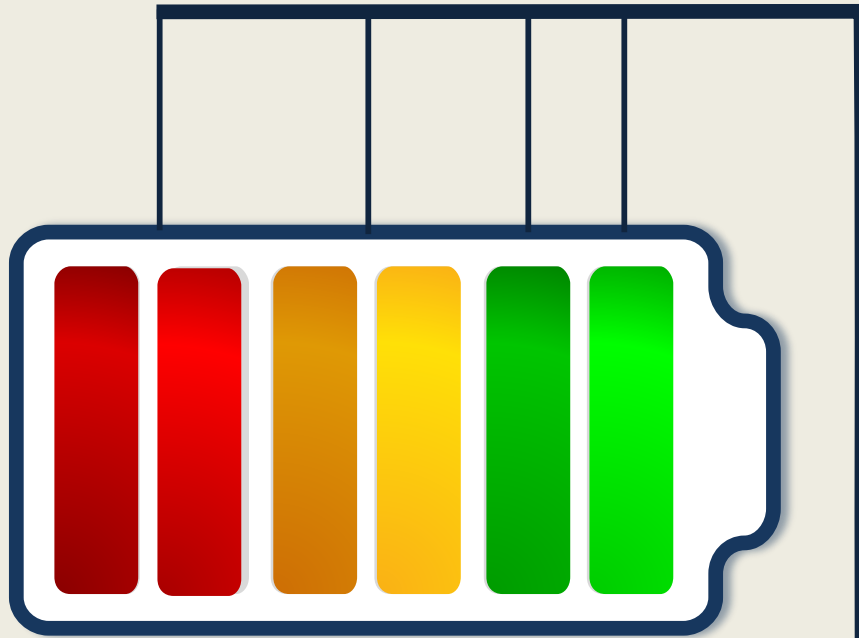
LEARN TO SPEAK ENERGY

“Reboot Your Energies!”



THE ZIP UP

“Reboot Your Energies!”



1. **SYMPTOM:** Zapped Energy, Feeling Exposed or Sensitive
2. **CAUSE:** Energy Vampires, Your Own Thoughts
3. **CORRECTION:** Trace Central Meridian to Weave Its Energy
4. **RESULT:** Self-Protection, Centered and Confident!

THE ZIP UP

“Reboot Your Energies!”

THE CENTRAL MERIDIAN

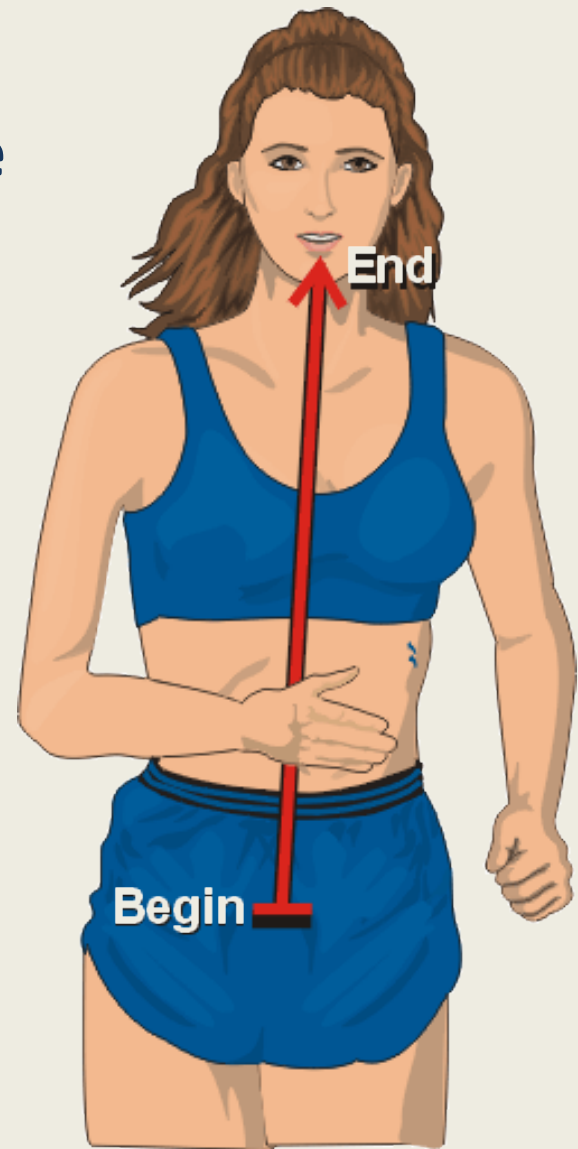
- aka Conception Vessel
- Natural Flow begins at Base of Spine up the Midline to the Chin
- Self-Protection
- Have You ever been Unzipped?



“Reboot Your Energies!”

- Rub hands together to activate palm chakras
- Place hand(s), palm facing body, in front of pubic bone.
- Inhale, trace Central Meridian straight up midline to meet your lower lip.
- Imagine closing a zipper.
- Repeat three times.

THE ZIP UP



“Reboot Your Energies!”

- **TIP:** “Zip In” an affirmation or positive image: *“I am clear, centered and confident.”*
- **TIP:** Do before going into stressful situations, especially if sensitive to crowds or other people’s energies.



THE ZIP UP

“Reboot Your Energies!”

THE FOUR THUMPS

ENERGY:

- Connecting
- Activating
- Correcting
- Flowing
- Clearing
- Assimilating

Under Eye

Collarbone

Chest

Ribs

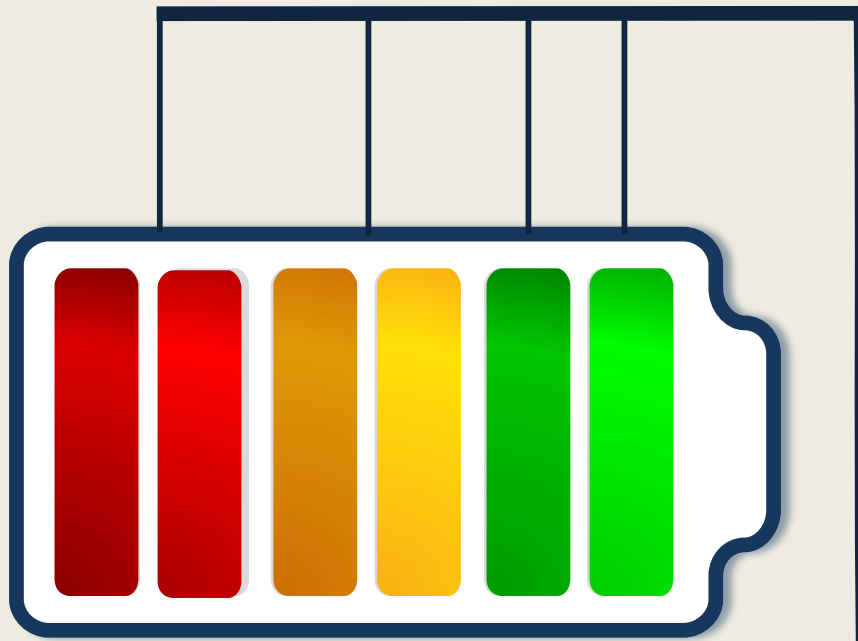
Stomach Meridian Connects with “Green” Energy



**TAP UNDER THE EYE,
Taking 3 Deep Breaths**



“Reboot Your Energies!”



SYMPTOM: Disconnected,
Out of Sync

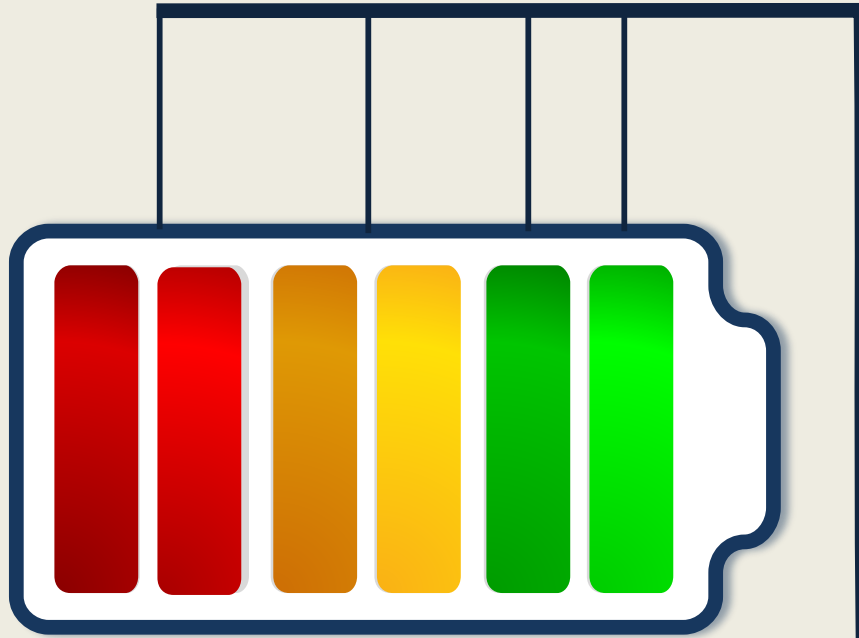
CAUSE: Not Being Nurtured
By Earth's Energy

CORRECTION: Tap Under
the Eyes and Breathe

RESULT: Connects with The
Earth's Energies, Helps
You Find Your Rhythm

TAP UNDER THE EYE

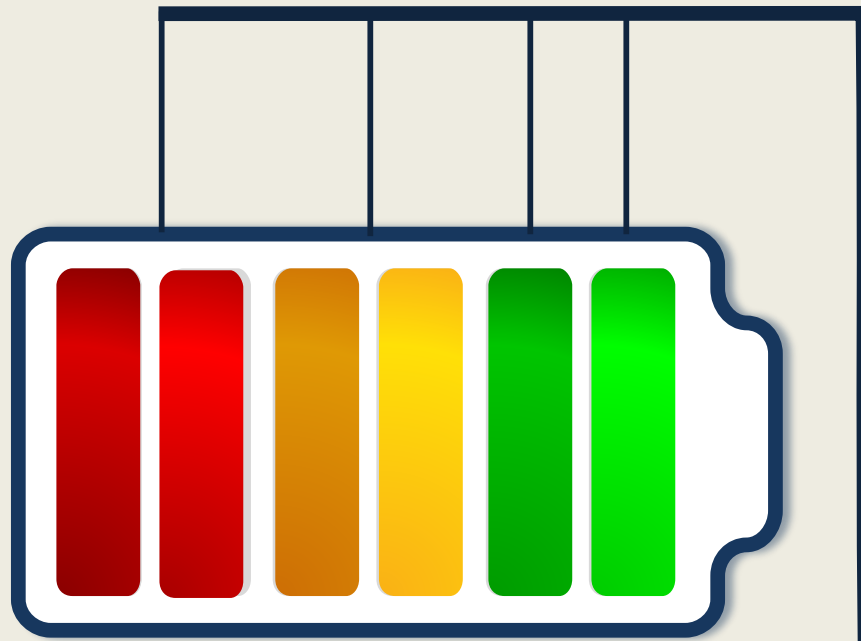
“Reboot Your Energies!”



**TAP UNDER THE
COLLARBONE (K-27)**

**CORRECTION: Thump
Under the Collarbones
on “K-27” while taking
3 Deep Breaths**

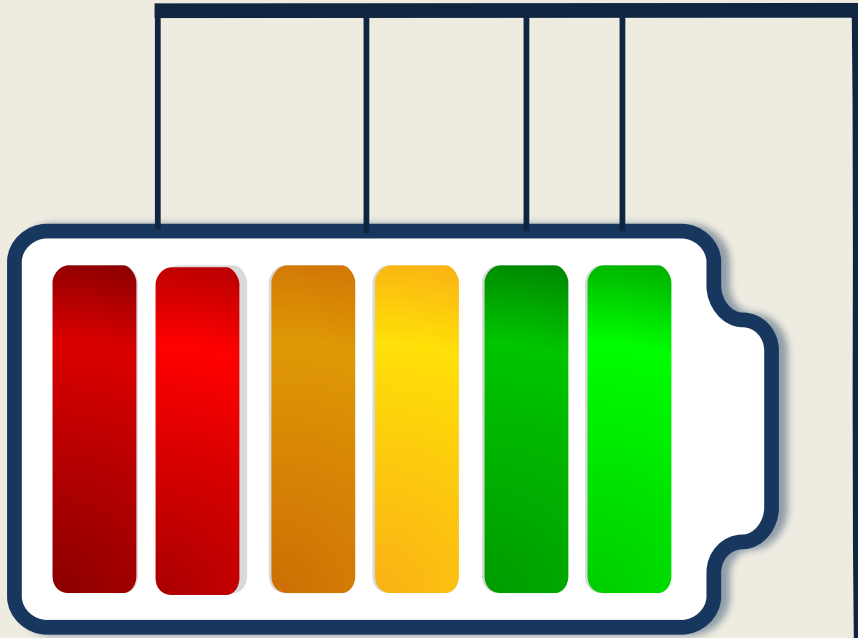
“Reboot Your Energies!”



1. Feeling Wiped Out, Walking Tires You
2. Meridian Energy Flowing Backward
3. Thump Under the Collarbones on “K-27”
4. Focuses Mind, Corrects Reversed Energy Flow, Clears Chest, Opens Up Respiration, Balances Thyroid

**TAP UNDER THE
COLLARBONE (K-27)**

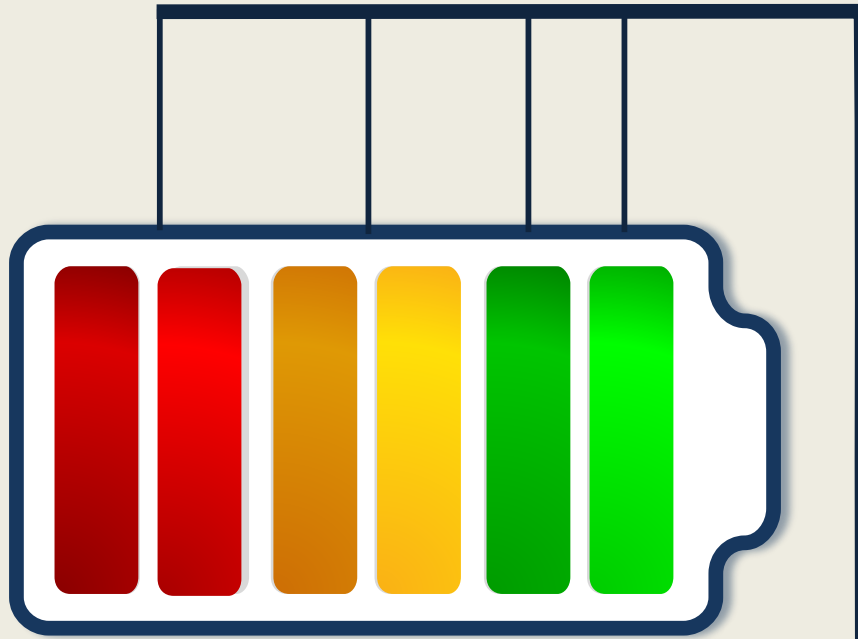
“Reboot Your Energies!”



**CORRECTION: Thump
the Center of The
Chest While Taking
3 Deep Breaths**

THYMUS THUMP

“Reboot Your Energies!”



SYMPTOM: Low Energy,
(Starting to) Feel Sick,
Can't Heal

CAUSE: Thymus Shrinks,
No "Will To Get Well"

CORRECTION: Thump
Center of The Chest

RESULT: Wakes Up
Immune System, Boosts
Energy, Corrects
Subconscious Reversals

THYMUS THUMP

"Reboot Your Energies!"

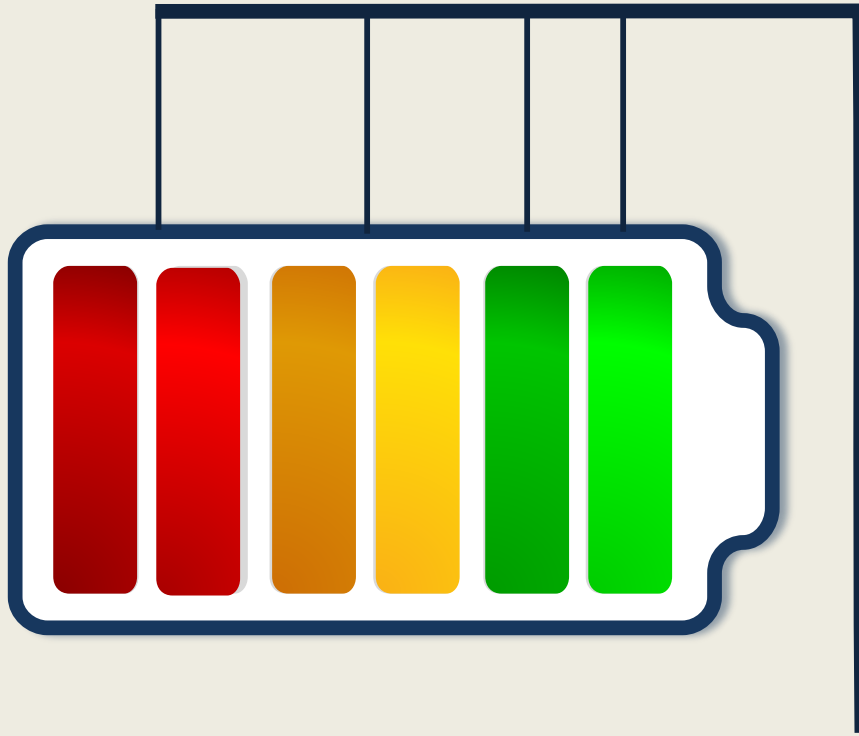


THYMUS THUMP

TIP: Repeat *“My life energy is high. I am full of love. I have love, faith, trust, gratitude and courage”* while doing the Thymus Thump.

TIP: Rhythmically Thump to the Waltz Beat...
ONE two three, ONE two three...

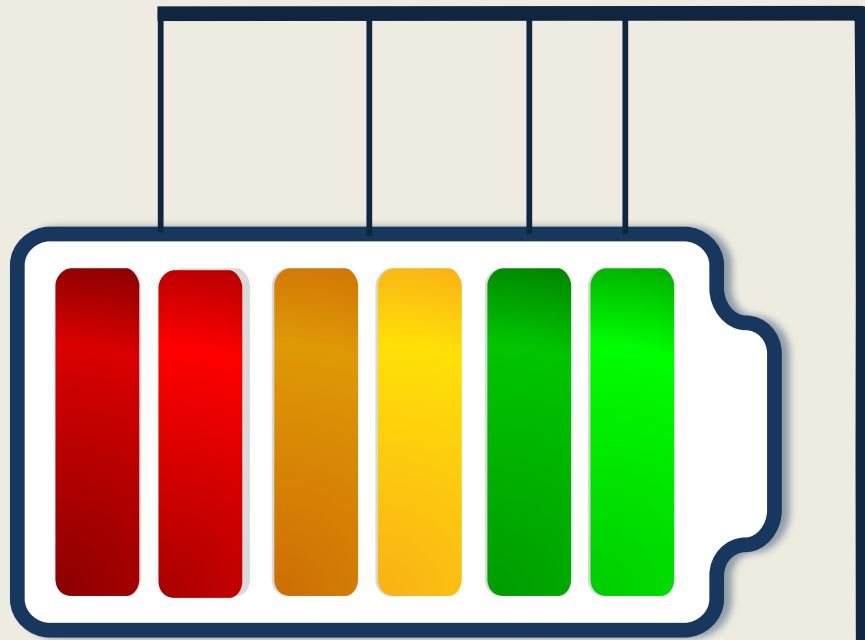
“Reboot Your Energies!”



**CORRECTION: Thump
Under the Breast
Between Ribs while
taking 3 Deep Breaths**

**SPLEEN POINTS
BETWEEN RIBS**

“Reboot Your Energies!”



SYMPTOM: Sluggish After Meals, Nodding Off, Getting Sick

CAUSE: Toxic Build Up in Lymph System

CORRECTION: Thump Under the Breast Between Ribs

RESULTS: Boosts Immune System, Balances Blood Chemistry & Electrolytes, Boosts Metabolism, Reduces Toxins and Stress

SPLEEN POINTS BETWEEN RIBS

“Reboot Your Energies!”

THE FOUR THUMPS

Under Eye

Collarbone

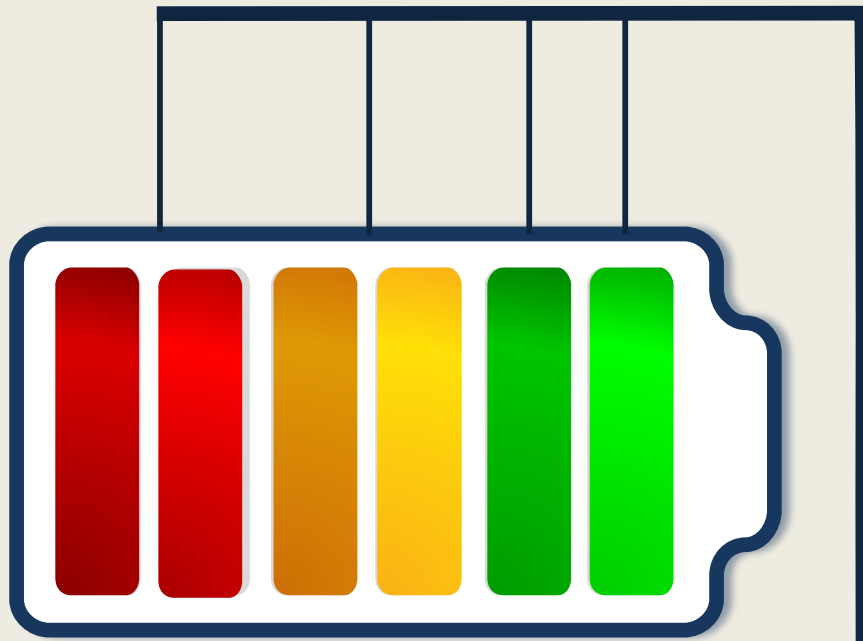
Chest

Ribs

ENERGY:

- Connecting
- Activating
- Correcting
- Flowing
- Clearing
- Assimilating

TIP: Do Before EFT!



WAYNE COOK POSTURE



CORRECTION: Raise Ankle Over Opposite Knee, Cross Hands and Hold Ankle and Across Bottom of Foot, Pull Toward Body While Inhaling, “Steeple” Hands on 3rd Eye

“Reboot Your Energies!”



SYMPTOM: Overwhelmed, Can't Communicate, Can't Focus or Learn (esp. w/ Reading)

CAUSE: Brain Energy Stuck in Survival Centers; Can't Access Reasoning Centers

CORRECTION: Ankle Over Knee, Cross Hands, Hold Ankle and Across Bottom of Foot, Pull Toward Body on In Breath

RESULT: Dissolves Overwhelm; More Emotionally Centered and Grounded; Improves Focus, Learning and Communication

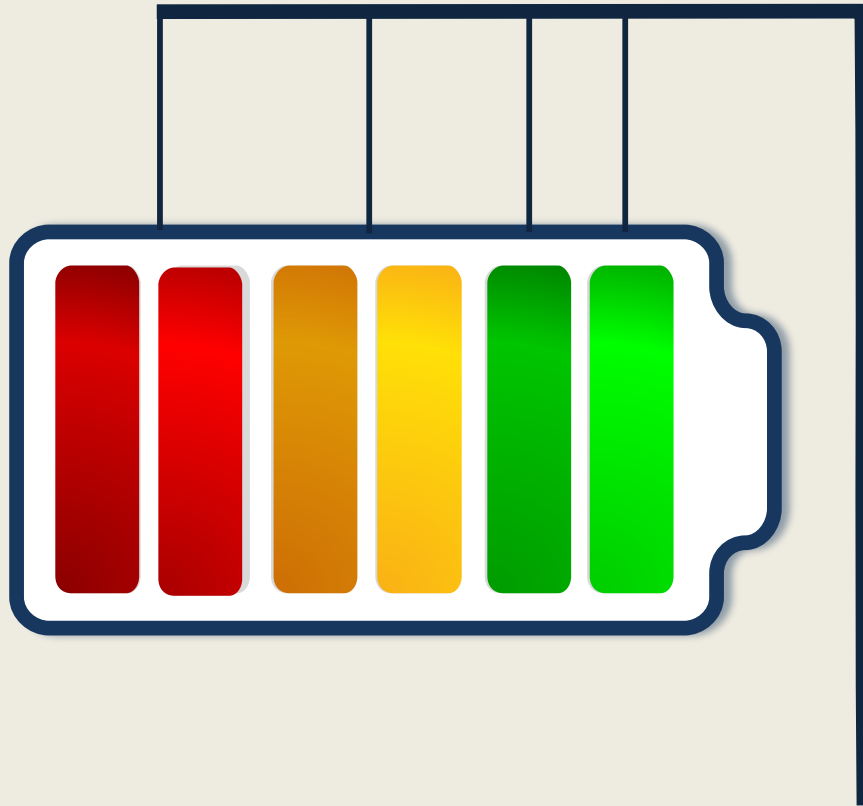
“Wayne Cook Posture”



MODIFIED: COOK'S HOOK UP Sit or Stand and Cross Ankles, Extend Arms and Cross Wrists, Interlace Fingers and Bring Hands To Chest.

HINT: Counterbalances the Negative Effects of Electrical Pollution

“Reboot Your Energies!”

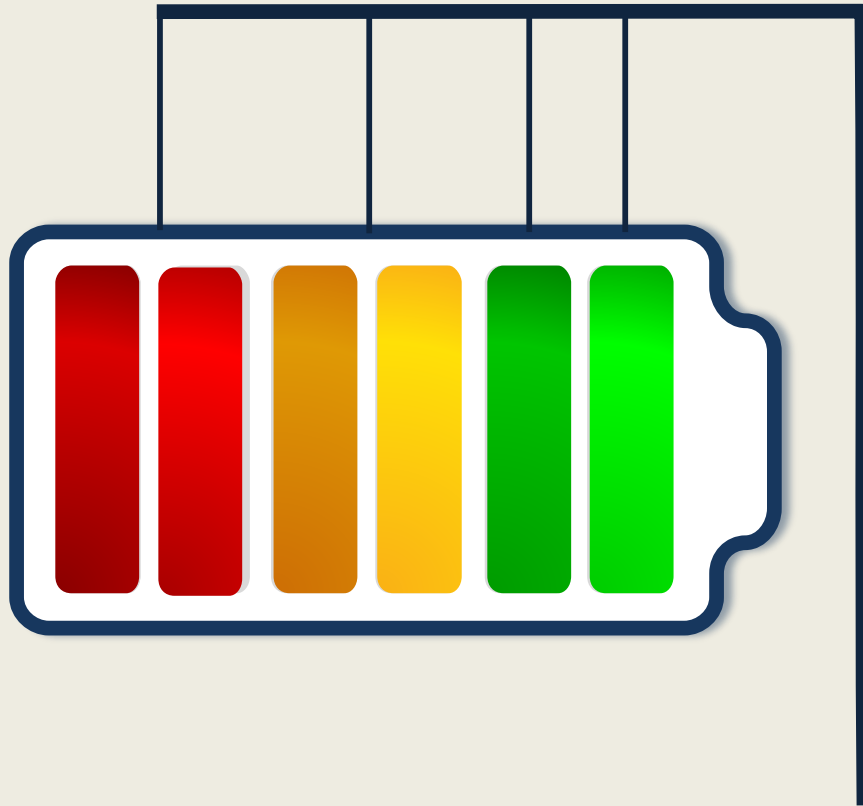


SYMPTOMS:

**Uncoordinated, Lose
Balance, Can't Heal,
Stressed, Low
Concentration, Can't
Lose Weight,
Depressed**

CROSS CRAWL

“Reboot Your Energies!”

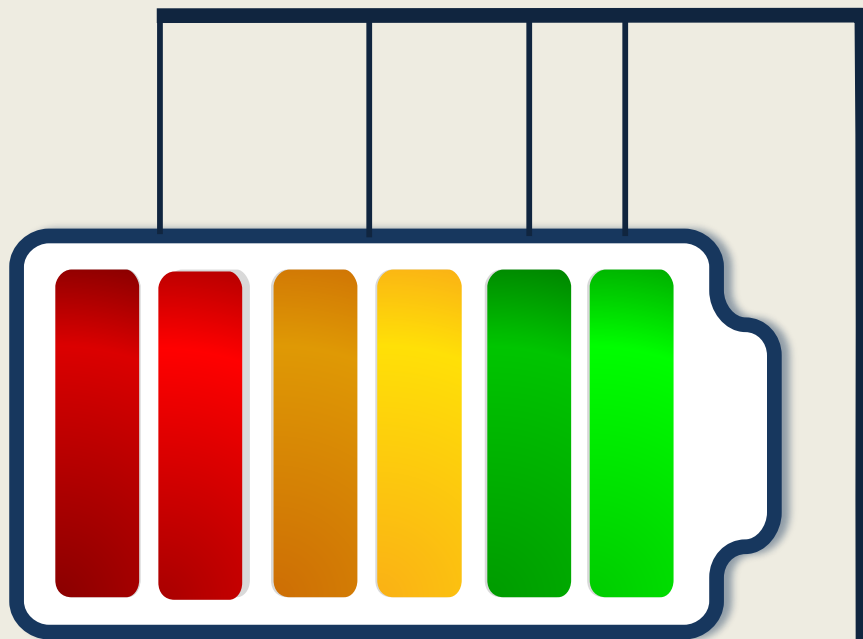


CAUSE: Energies Not Crossing, Stress or Trauma Causes "Homolateral" Condition

CROSS CRAWL



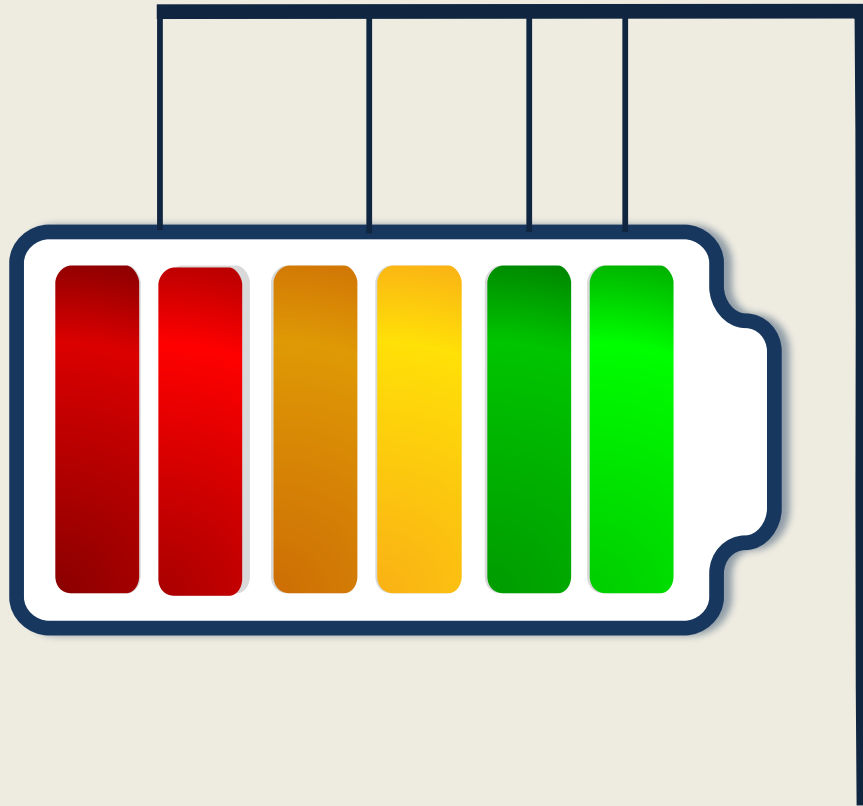
"Reboot Your Energies!"



CROSS CRAWL

CORRECTION: Walk in Place, or Outside, Swing Arms Freely, Cross Midline of Body.

“Reboot Your Energies!”

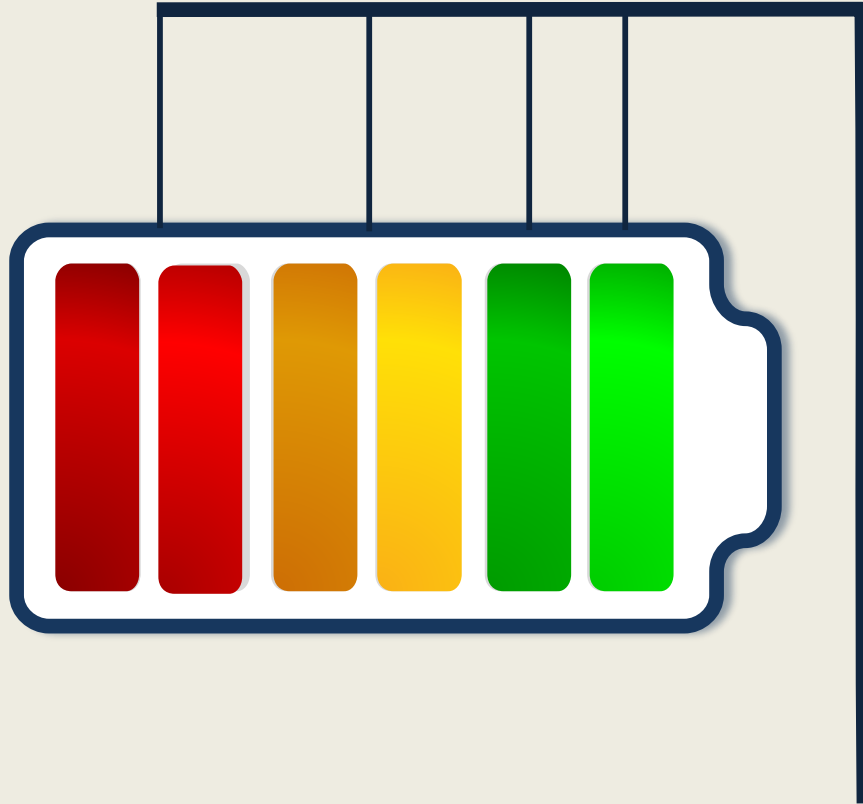


RESULT:

**More Coordinated &
Balanced, Able to Heal
& Lose Weight, Easier
to Focus and Learn,
Feel Energized After
Exercise, Lighter
Emotionally**

CROSS CRAWL

“Reboot Your Energies!”



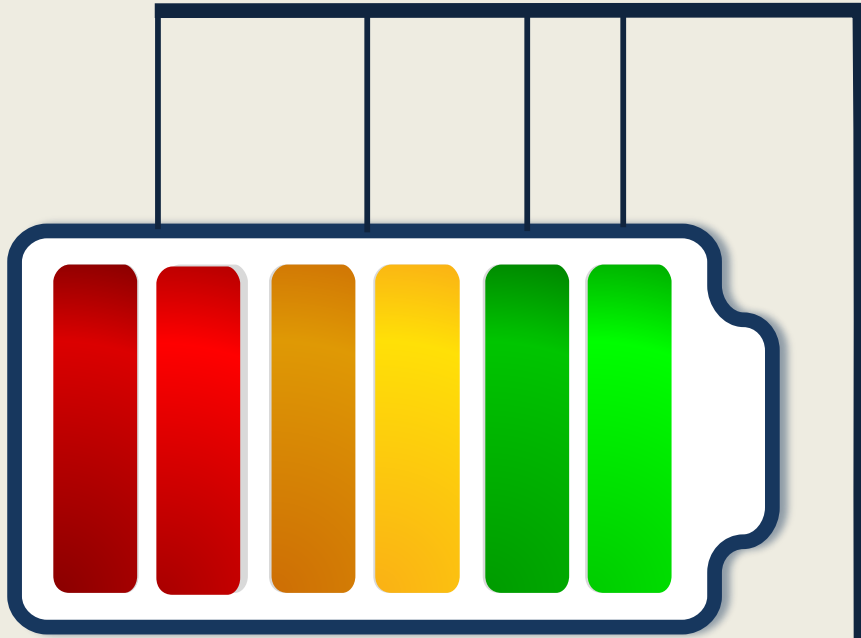
TIP: Can do Sitting or Reclining



CROSS CRAWL

“Reboot Your Energies!”

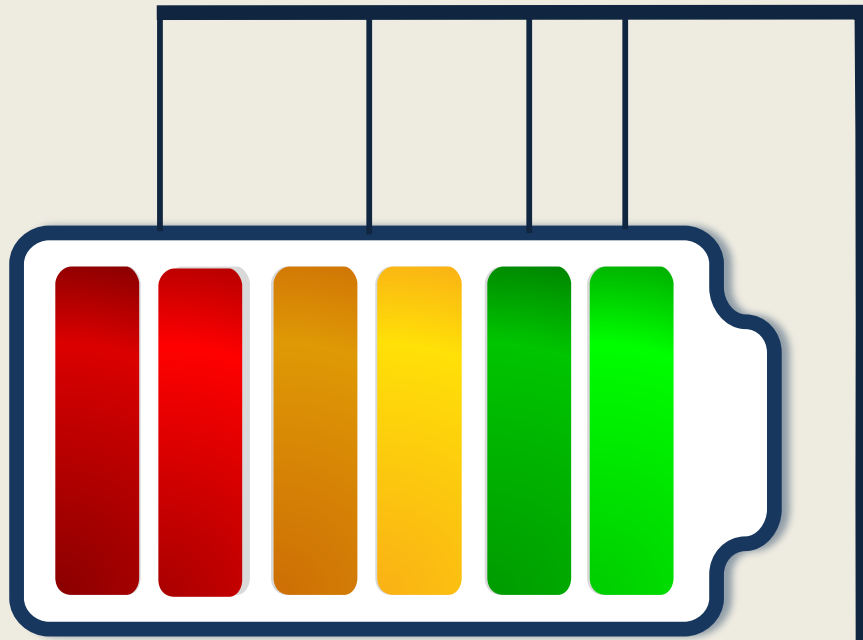
TIP: MAY NEED HOMOLATERAL CORRECTION



1. Walk in Place, Raising SAME SIDE Arm & Leg, to a Count of Ten
2. Do the Cross Crawl to a Count of Ten.
3. Repeat Steps 1 and 2 two times (3 Sets Total)
4. Finish with a Cross Crawl to the Count of Twenty.

“Reboot Your Energies!”

TIME SAVER: FOR CROSS CRAWL / WAYNE COOK



1. Cross Crawl: Walk in Place, Raising SAME SIDE Arm & Leg, to a Count of Ten
2. Follow with Cook's Hook Up
3. If Sway or Can't Hold Pose, The Homolateral Correction

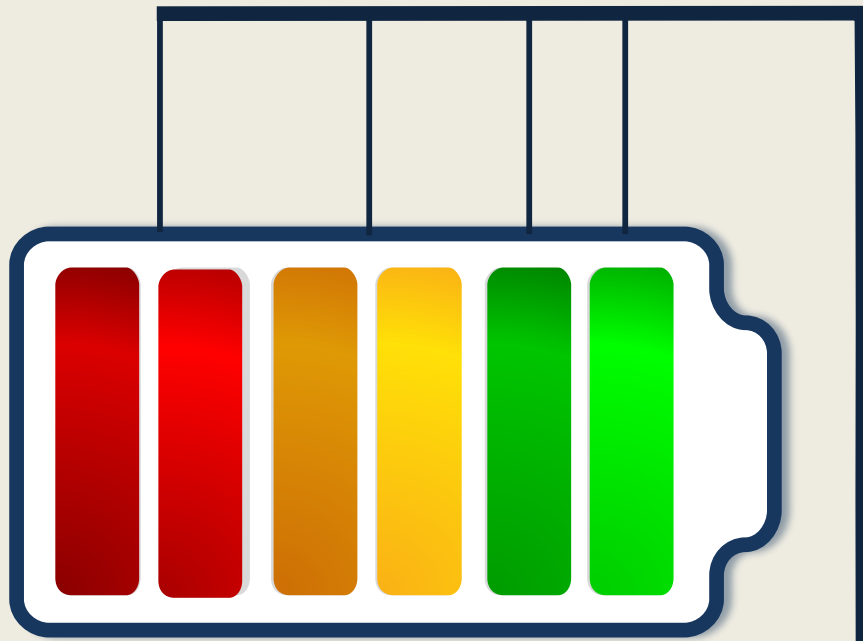
“Reboot Your Energies!”

CORRECTION: Hold One Hand Across Forehead, Other Hand Across Back of Head



OMG POINTS
FRONTAL NEUROVASCULARS

“Reboot Your Energies!”



- **SYMPTOM:** Stressed, Can't Think Straight or Remember, Anxious Thoughts, Insomnia
- **CAUSE:** In Fight-Or-Flight Reaction, Blood Leaves Brain
- **CORRECTION:** Hold One Hand Across Forehead, Other Hand Across Back of Head
- **RESULT:** Stimulates Blood Flow to Brain, Stops AND Reconditions Stress Response, Eases Headaches/Neck Tension, Strengthens Memory, Clears Thinking, Relaxes

OMG POINTS

FRONTAL NEUROVASCULARS

“Reboot Your Energies!”

CROWN PULL



Pull away from the midline of the head on the out breath to release tension.



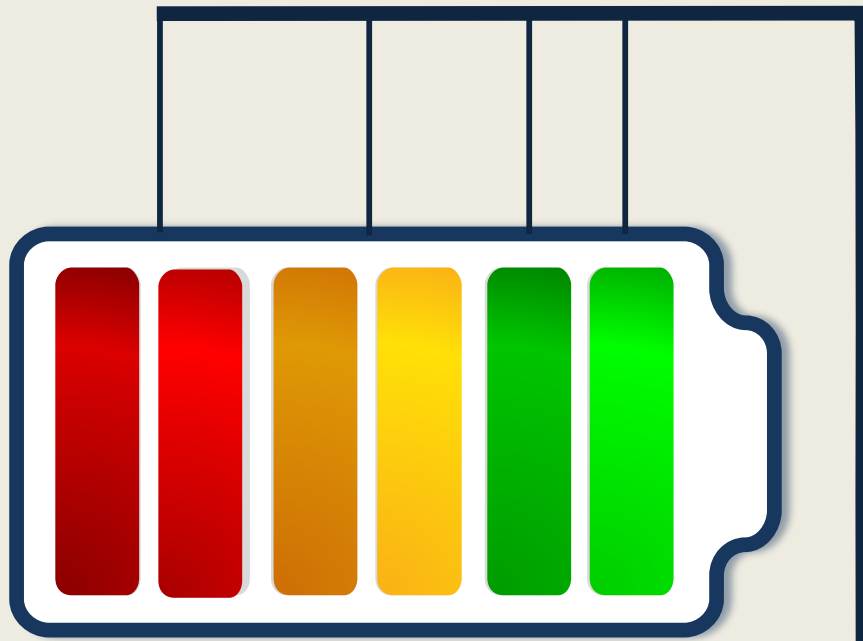
Follow the same pattern from the forehead to the back of the head.



Press your fingertips into your shoulders (both sides) breathe and relax!

CORRECTION: On the Out Breath, Pull Out with Pressure from the Center of Skull Starting at the Forehead, Across Top Of Head, to Base of Neck. Shake out Hands Between Each Pull.

“Reboot Your Energies!”



CROWN PULL

SYMPTOM: Headache, Uninspired, Mental Congestion, Insomnia, Poor Memory

CAUSE: Stuck Energy in Head, Blocked Crown Chakra

CORRECTION: Pull out from the Center of Skull Starting at the Forehead, Across Top Of Head, to Base of Neck

RESULT: Stimulates Blood Flow to Brain, Releases Mental Congestion, Eases Headaches, Strengthens Memory, Opens to Inspiration

“Reboot Your Energies!”

CROWN PULL



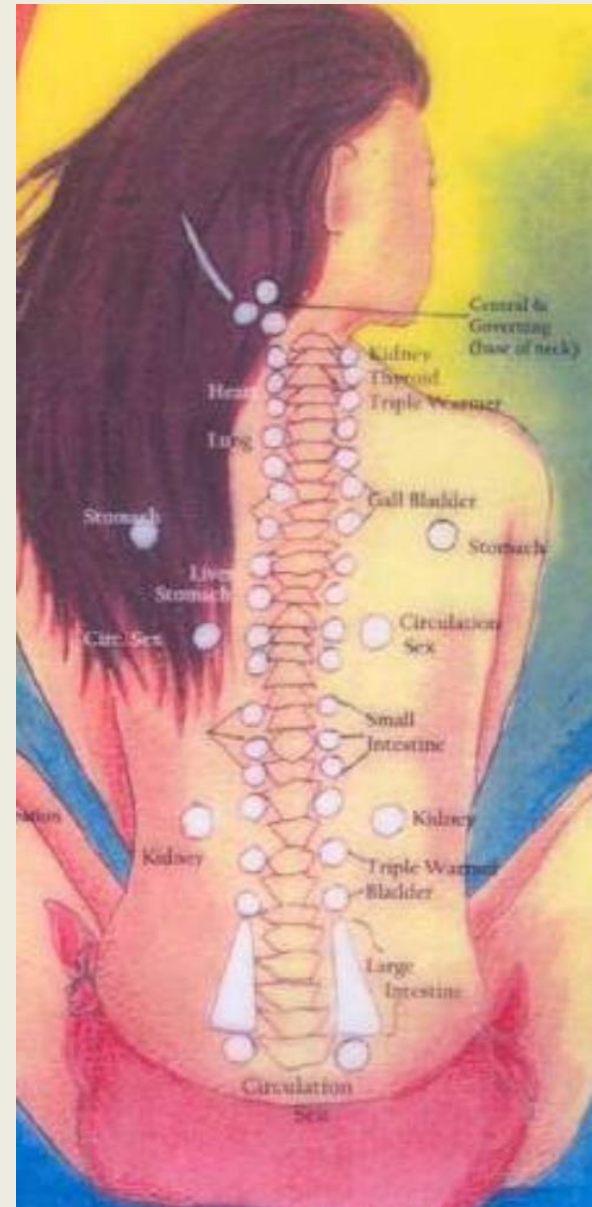
TIME SAVER: Do in the Shower While Washing Your Hair.

“Reboot Your Energies!”

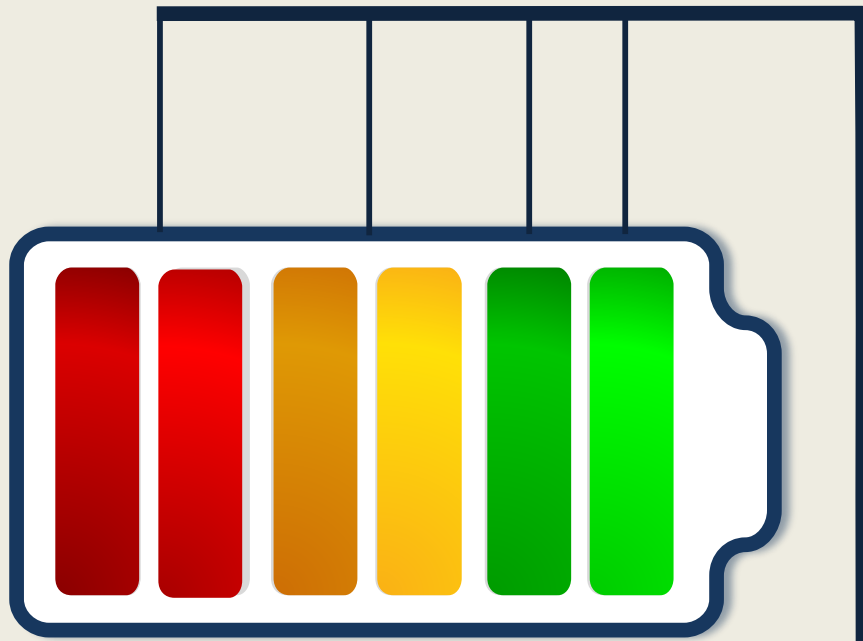
SPINAL FLUSH

CORRECTION:

**Massage DOWN
Both Sides Of
Spine with
Pressure Along
Bladder Meridian**



“Reboot Your Energies!”



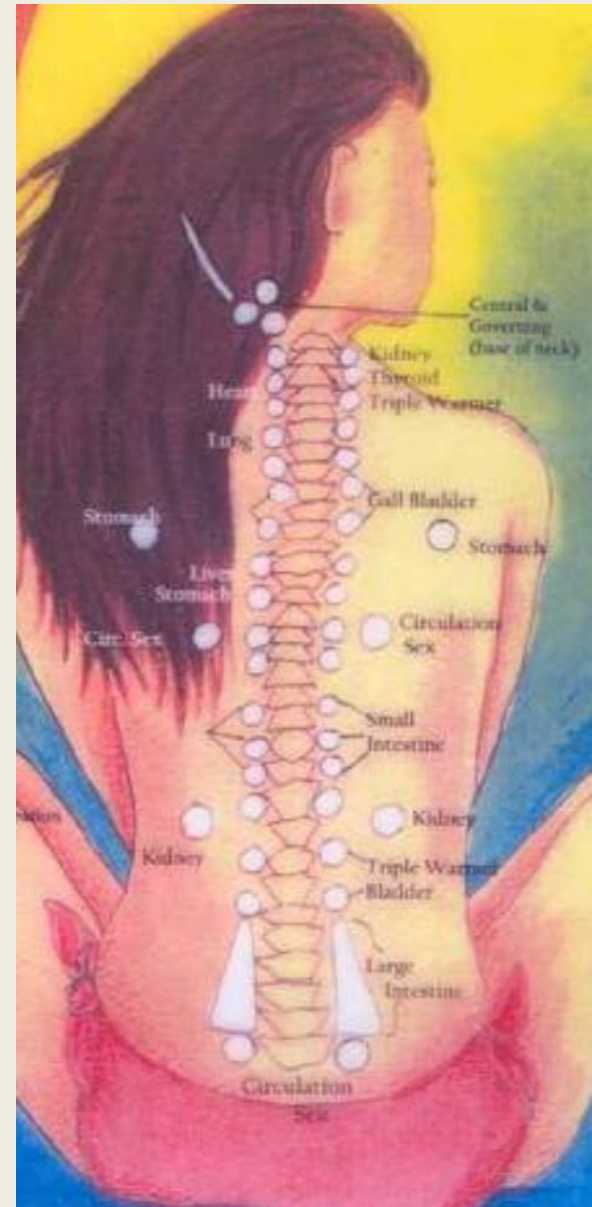
1. Stressed, Sluggish, Ailing or Coming Down with Something, Detoxing, Air Travel
2. Environmental, Emotional and Physical Stress; Toxins Built Up in Neurolymphatic System
3. Massage DOWN Both Sides Of Spine with Pressure Along Bladder Meridian
4. Releases Stress, Detoxes Emotionally and Physically, Clears Stagnant Energy, VERY RELAXING

SPINAL FLUSH

“Reboot Your Energies!”

SPINAL FLUSH

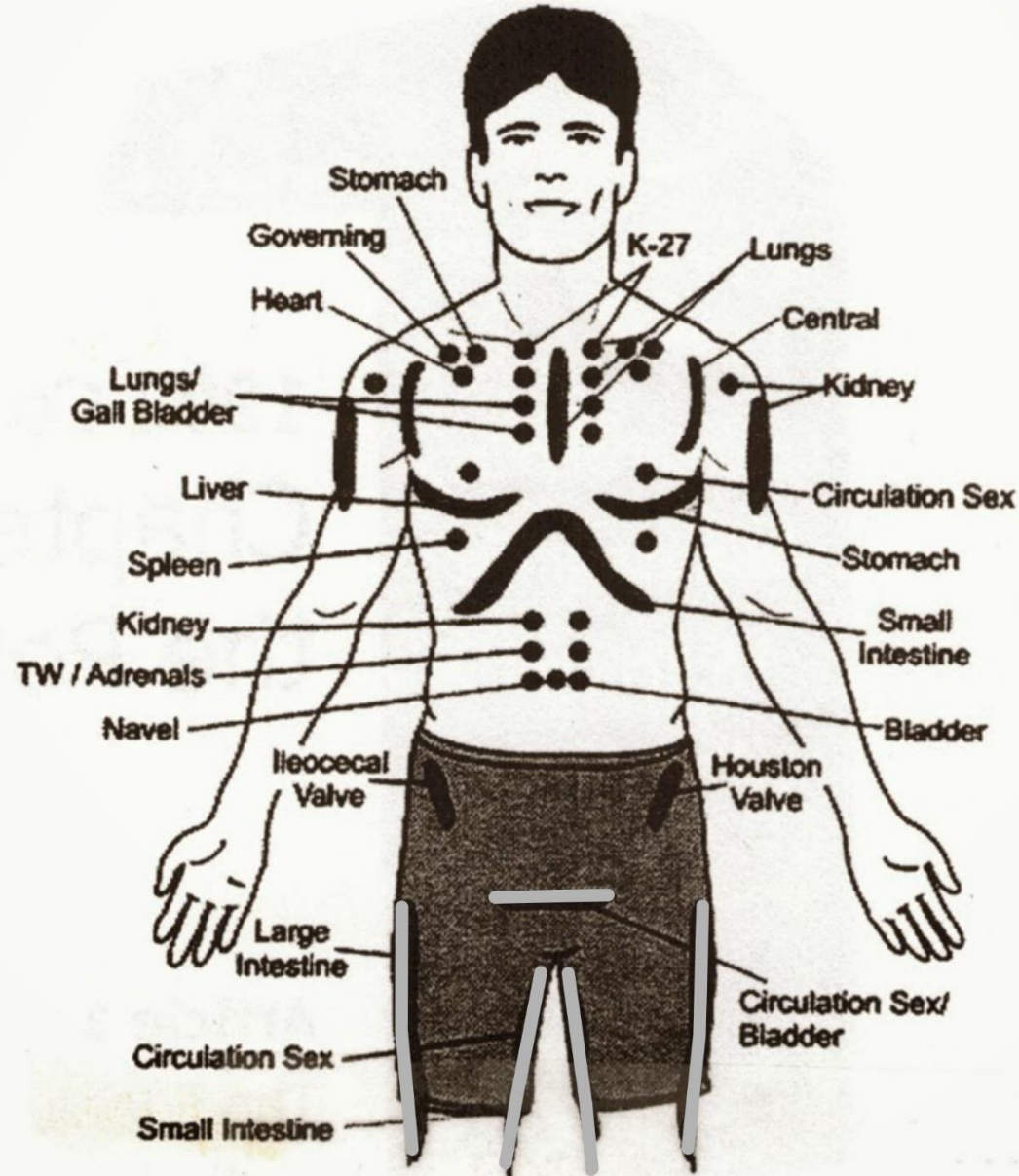
TIP: Have Friends or Family who Won't do EFT? Tapping along both sides of the Spine Affects All the Meridians!



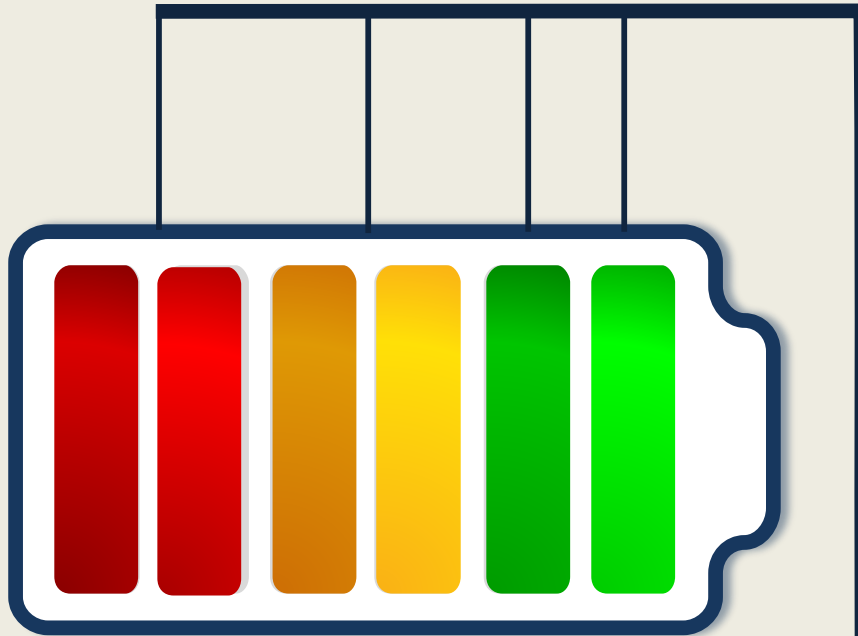
“Reboot Your Energies!”

NEUROLYMPHATIC MASSAGE POINTS

CORRECTION: Massage
Neurolymphatic
Points on the Front
Of the Body and
Sides of Legs



“Reboot Your Energies!”



SYMPTOM: Stressed, Sluggish,
Body Sore, Need to Detox

CAUSE: Toxins Built Up in
Neurolymphatic System

CORRECTION: Massage N/L
Points on the Front Of the
Body and Sides of Legs

RESULT: Energizes, Releases
Stagnant Energy, Sends Toxins
to Body's Waste Removal
System

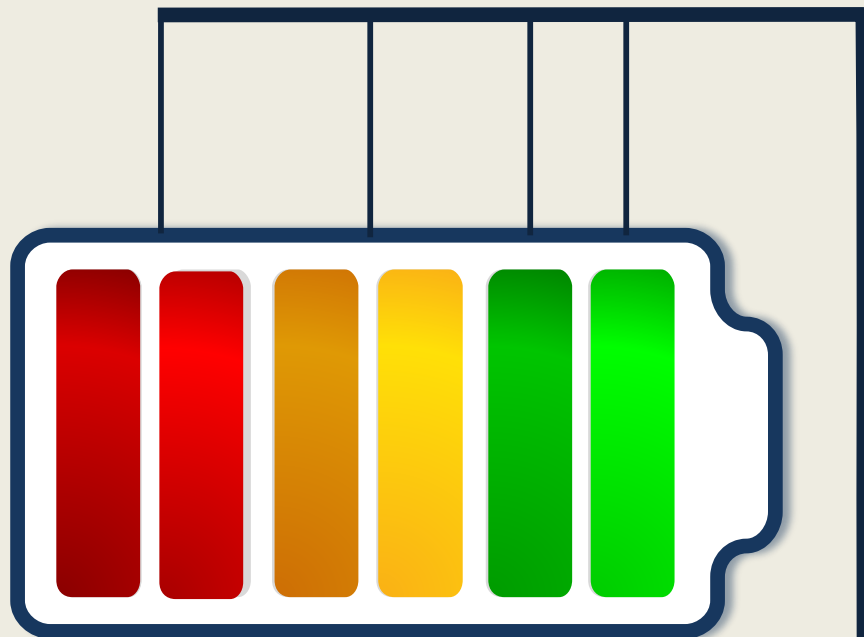
NEUROLYMPHATIC MASSAGE

“Reboot Your Energies!”



1. Hands on Thighs, Connect with Earth Energetically
2. Hands in Prayer Position on In Breath
3. Breathe In, Stretch One Hand Up to Sky, Other Hand Down to Earth.
4. Breathe Out, Prayer Position
5. Repeat Other Side.
6. Let Arms Hang to Floor, Then Fluff Aura up From of Body on In Breath, Bring Down to Sides on Out Breath.

“Connect Heaven and Earth”



CONNECTING HEAVEN AND EARTH

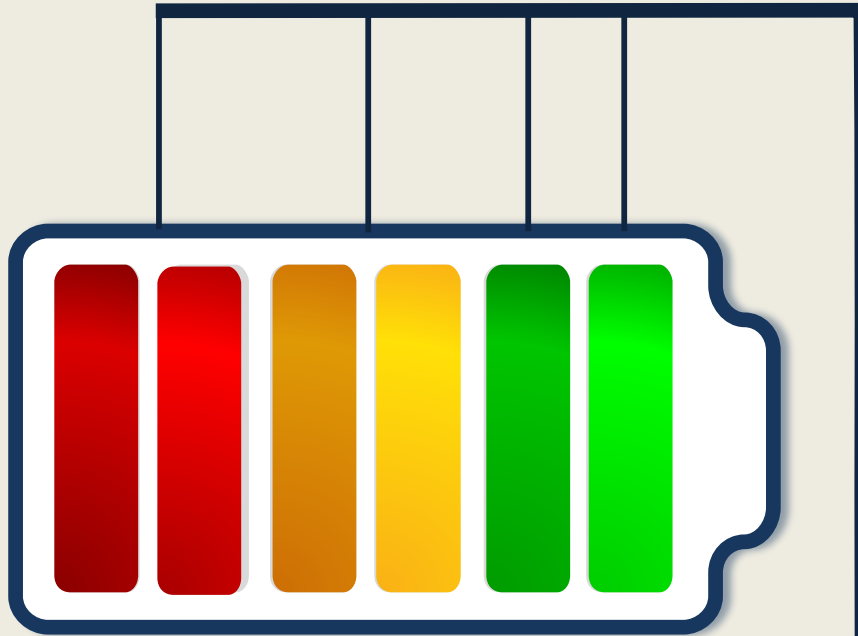
SYMPTOM: Joint Pain, Breathing Issues, Insomnia, Spiritual Disconnect

CAUSE: Stuck Energies, Compromised Immune System

CORRECTION: Stretch One Hand Up to Sky and Other Hand Down to Earth, Stretch through Torso, Repeat Other Side.

RESULT: Activates Immune System, Eases Insomnia, Releases Stuck Energy, Opens Meridians, Supports Lungs, Turns On Radiant Circuits

“Reboot Your Energies!”



SYMPTOM: Feeling Flat, Blue, Lifeless

CAUSE: Stagnant, Compressed Aura

CORRECTION: Roll Aura from Feet, Up Body, with Hands Circling each Other while Breathing Deeply.

RESULT: Feel Pumped Up as Bring Fresh Air to Aura, Expand It, Give it Space to Breathe.

FLUFF AURA

“Reboot Your Energies!”



HOOK UP

SYMPTOM: Itchy Nose, Healing Doesn't Hold, Feeling "Off"

CAUSE: Weak or Disassociated Aura, Energies on the Back & Front of Body Disconnected

CORRECTION: Place Fingers in Belly Button and 3rd Eye, Press In, Breath In, Pull Up

RESULT: Strengthens & Centers Aura, Connects Energies, Cements Healing

"Reboot Your Energies!"

1. Tap Under Eye
2. Thump K-27's (Collar Bone Points)
3. Thymus Thump
4. Spleen Neurolymphatics
5. Cross Crawl (Homolateral Correction if needed)
6. Wayne Cook (Modified)
7. Crown Pull

8. Flush Neurolymphatics
 - Across Chest
 - Shoulder Crease
 - Center of Chest
 - Under Ribs
 - Down Stomach
 - Across Pelvis
 - Outside & Inside of Legs
9. Combine Heaven and Earth
10. Fluff Aura
11. Zip Up
12. Hook Up

DAILY ROUTINE

“Reboot Your Energies!”

1. Hands on Thighs, Connect with Earth Energetically
2. Hands in Prayer Position , Connect with Heart
3. Stretch Hands Up to Sky, Feel Vibration in Hands as You Connect to the Energies of the Cosmos
4. Scoop Healing Energy to Heart Chakra (Vortex: Heaven Rushing In)
5. Repeat As Needed.



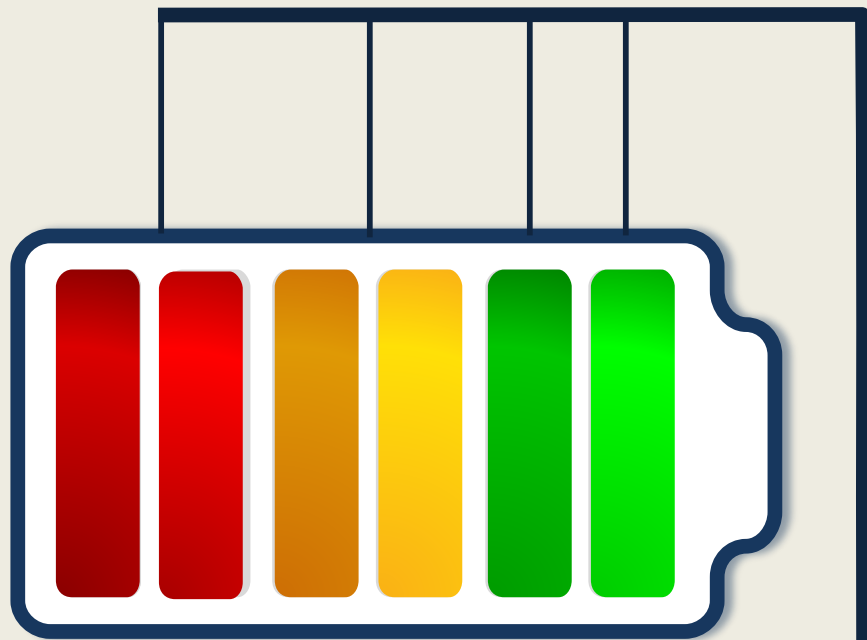
“Heaven Rushing In”



“If you want to find
the secrets of the
universe, think in
terms of energy,
frequency and
vibration...”

Nikola Tesla

“Reboot Your Energies!”



JUST DO IT => DAILY!

**MORE OFTEN when
Symptoms Show or You
Feel The Need**

4 Thumps at Mealtime

**OMG POINTS when Anxious
Thoughts, Taking Test**

**MORE EM? Flip on Your Joy
Energies! (Tues. 7/8/14)**

FINAL THOUGHTS & NEXT STEPS

“Reboot Your Energies!”

Thank You!



Gwenn Bonnell • 954-370-1552 • gwenn@tapintoheaven.com
www.tapintoheaven.com • www.womenthatheal.com • www.tapawaypain.com