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THE ENERGY MEDICINE YOGA PRESCRIPTION

●
Learn five core practices
for hundreds of ailments

●
Discover three essential habits
for well-being

●
Activate your body's
natural healing intelligence

●
Create a powerful new vision
for health and happiness

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Energy and Mind-Body Health

Everything in the universe is energy vibrating at different frequencies. If you want to affect the physical matter that is your body and the invisible matter that is your mind and your soul—in the most efficient and powerful way—you must learn how to work with your own personal energy. This book is a guide to help you do just that. Specifically, you will learn how to work with and balance the energy systems that make up your body and that you experience indirectly by their effects.

Because most of us don't see energy, it can be hard to understand how it is the most powerful force in our lives. But we generally don't understand how our cell phones work, or our TVs, or the physics behind an airplane, and yet every day we use these technologies, completely trusting.

If things in your life are out of whack or if you are experiencing a health crisis of any kind—mental, physical, or spiritual—you are experiencing energy that is out of balance. Even if you are not in crisis but you feel overwhelmed, tired, anxious, melancholy, or rageful, you are experiencing energy that is out of balance. And even if you feel great most of the time but sometimes you feel completely off (depression strikes, you're going through a period of doubt, or you just broke your leg), your underlying energy at that moment is out of balance.

When you are in balance and flow, your body and mind are working well, synergistically and coherently—meaning the least amount of effort is expended to accomplish all the tasks necessary for living and thriving. You are in resonance with yourself and your life path. You may feel tired after a long bike ride or a long day of work, but you fall asleep easily, your body rebuilds, and the next day you feel good again. If this is not the case, your energy is out of balance.

Many self-help books talk about body, mind, and spirit. But there is a fourth layer of being, the layer of energy. This whole book is essentially an explanation

of how to access and use this fourth layer in the context of the other three. It may seem strange to call it another layer, since it is in fact what the other three are made up of. But if we don't separate it out and talk about it as a distinct entity, we risk losing the true and inherent power of energy. If you have a broken leg, cancer, eczema, depression, attention-deficit disorder, unremitting sadness, or deep angst, you might say you don't really care about energy—you want to heal your leg, your mind, or your soul. Yet here is the single most important thing to understand: *it is the energy that needs to heal first*. Only then can everything else heal.

All successful medical interventions and psychotherapies work at the energetic level, intentionally or unwittingly, along with whatever they are consciously targeting. Shifting the energies is the most direct way of targeting a problem. So even if you can't see energy, this book will teach you how to sense it, work with it, understand it, change it, and align with it.

The first part of the book explains the basis of EMYoga. You'll learn how your mind and emotions affect your health and how you can bring them into healthier alignment with simple techniques. You'll learn how to feel your own energy and how to energy test, giving you an invaluable tool for diagnosing problems and making healthy choices. You'll get a basic description of the energy systems that make up the body, and an in-depth view of the Five Elements system, the energy system around which the healing practices are designed.

The main practice section of the book, part 2, gives you the Essential EMYoga practice for health and well-being, as well as a full video available online. This is your baseline practice to start getting your energies working for you. There is also a list of body and mind ailments in two Five Elements tables (see pages 52–64) to help you find the practice that will help resolve any specific ailment you may have. Then there are five main healing practices, one for each element. Each element has a brief description followed by the EMYoga practice to balance it, along with accompanying photographs and at times links to videos.

Part 3 ties together ways to balance many other facets of life off the yoga mat. It includes the three most important Ayurvedic techniques that will change your life right now. In part 3, we'll also cover EMYoga practices for diet and nutrition, body image, and how to truly love yourself, the cornerstone of all healing.

These outcomes may sound like a lot to promise, but the truth is, once you start working with energy, you see the infinite possibilities and the remarkable results.

The beautiful and most powerful thing is that working with the energies of the body is quite simple. You don't have to be able to do a one-armed handstand or sit in a full lotus. If you can breathe, you can do EMYoga. At the same time, it isn't a quick fix. This isn't a pill, a cream, or a tincture. This isn't chemotherapy, chelation, or reflexology. This is a series of tools, practices, and wisdoms that you can bring into your life to make your life better.

Bringing together two enormous fields of study creates a more enormous field of study. But don't get overwhelmed. It also gets infinitely smaller. That's how energy, and nature, works. Self-similar at all levels. The beauty of this is once you understand the concepts and you learn a few of the levers and pulleys, you can affect the biggest area with the least amount of effort. The practices are simple. Start to do one or two of them, and see how your energy shifts and your day seems to open up and become longer and less cluttered. This book is meant to be a resource to last you many years, it isn't essential to learn all of the practices at once. Take your time, dip in and out, see the benefits unfold, and then go back and learn another layer.

There is repetition in yoga, as in skiing, as in life. We do the same things over and over again. This can lead to boredom, or joy; this can lead to bad habits, or help deepen your skills. Much depends on your outlook, and your intentions. Some concepts in this book will be repeated too, to help you understand new ideas by seeing them more than once. As you continue to practice, day after day, clear goals will lead you up the path of mastery instead of into a rut. I like to remind myself of this with the words of the brilliant musician Prince: "There's joy in repetition."

The magic and complexity of your body makes your iPhone look like a Fisher-Price toy. The body can do things that science still cannot explain, like differentiate cells and heal itself miraculously. But when things go wrong, it can be challenging to know where to look to fix them. For far too long, we looked at the body mechanistically, like a car. We replaced parts. Only recently have we begun to look at the body holistically, understanding that every part affects every other part. Your emotions affect your organs; your organs affect your emotions; your thoughts affect your physiology—everything affects everything else. And underneath all of that, the substrate on which your physical, mental, and emotional being rests is energy. It not only rests in energy, it *is* energy. You are at one level no more than a vibrating, pulsing wave form that is moving slowly enough to appear solid. This might

be hard to wrap your head around, but I'm going to show you ways to work with these invisible energies, to feel them and transform them so they become much more than a metaphor or a strange concept. Learning to work with your energies will connect you with the deepest realms of your being. You will not only understand how and why things go wrong when they do, but how to bring them back to right. To have the life you truly want and deserve, you have to heal the issues that are holding you back. Some of these challenges are physical, some emotional, some spiritual. But all of them are rooted in energy.

The Magic of Energy Medicine Yoga

Energy follows certain rules:

- 1 Energy wants to move.
- 2 Energy needs space to move.
- 3 Energy follows particular patterns in the body.
- 4 The two most important energy patterns are moving forward and crossing from one side of the body to the other.
- 5 The root cause of any ailment is energy not moving forward and/or crossing over.

When I became an EM (Energy Medicine) practitioner, I worked with clients who were lying down on my table. I'd help them correct their energy imbalances, give them some techniques to do at home, and then watch them get healthier as their issues improved, resolved, and healed. I would do all of these techniques on myself too because there weren't any other EM practitioners in my small town.

I'd also been teaching yoga, and I started combining EM and yoga together, simply to be more efficient, and was surprised at the benefits I felt personally. When I began introducing these concepts in the classes I was teaching at Norwich University, I was blown away by the results. Either practice on its own is powerful,

as any EM client or yoga student can tell you. What surprised me was how much more powerful it was to put them together. This is because of the rules of energy. With the yoga practice, we are giving our energy room and space to move. With the EM practice, we are guiding the energy in the directions it wants and needs to flow. With the repetition of the combined practices of EM and yoga, we help the energy to repattern and remain in these new, beneficial flows. The EM student gets the physical benefits of moving and opening the body. The yoga student gets the awareness of how and where to move energy. Putting the practices together, we get a healing paradigm that offers results that seem magical.

Once your energy is working for and with you, almost anything is possible. Teachers and students who have practiced yoga for years suddenly start shifting things that were stuck. Chronic pain, digestive complaints, depression, relationship struggles, hopelessness, pulled muscles, sleep disorders, indecision—these are just some of the issues that get resolved by students who have often tried every other kind of alternative practice with no result. They start to practice Energy Medicine Yoga (EMYoga), and abracadabra! Magic happens.

The energy systems we'll be working with (explained in chapter 2) have been identified in many healing and spiritual traditions. Eden Energy Medicine, as taught by healing pioneer and my mentor Donna Eden, teaches about nine energy systems in the body that are vital for health and well-being. Donna's genius was creating techniques for working with them all together, exactly how they work in the body. EMYoga takes those same concepts and those same energy systems and weaves them into a yoga practice.

EMYoga is a tantra-based practice. The Sanskrit word *tantra* means to weave and to stretch toward. More broadly it also refers to systematic techniques for achieving a particular outcome. The yoga part of EMYoga is grounded in a practice with emphasis on various techniques to help you accept your innate perfection and from there transform into, or stretch toward, becoming your best self.

When I first started studying tantra yoga, I was amazed at all the things involved that seemed to have nothing to do with my idea of “yoga”—things like Vedic astrology, gemology, and aromatherapy, as well as things like gratitude, journaling, and rituals. But as I've come to understand the deeper meaning and power of yoga, it all makes perfect sense. If we want to reach the goal of ultimate union with ourselves, and with the divine, we need to master more than just the physical body.

In EMYoga you'll learn asana practices (physical postures) that incorporate poses and moves to access your underlying energy. Some of the poses look similar to yoga poses you may already be familiar with. Others will be complete departures from standard yoga and are used to influence specific flows of energy. You'll use the electromagnetic energy of your own body, often with your hands, to affect the energy in your body—sort of like those old Woolly Willy games where you pull the magnet around to draw features on a face with iron filings.

The power and comprehensive practices of EMYoga incorporate pranayama (breathing practices), meditation, visualization, journaling, EFT (Emotional Freedom Technique) tapping, nutrition, diet, body image, and belief systems. The beauty of energy work is that it translates into every facet of your life—from what, how, and when you eat to how you think and how you feel about your body, mind, and life. It only starts on the mat. EMYoga touches every area of your life because energy touches every area of your life. The result of this practice is a deep love, appreciation, and acceptance of yourself just as you are now. This is one of the most powerful takeaways: self-love. From that place, all healing, transformation, contentment, and peace are possible. Being in flow with life, having gratitude for your very existence and experiences, joy at your abilities, compassion for others—these are the gifts life has to offer and the fruits of your EMYoga practice.

Your Personal Prescription for Health

Rx, the shorthand for *prescription*, is the doodle that a caregiver writes at the top of a list, telling the patient “Take this!” **Rx** is itself shorthand for the word *recipe*, which means “take” in Latin, as in “Take this medicine.” In medieval times, **Rx** was a list of ingredients or activities the patient was to imbibe or undertake to resolve a stated ailment. Healing cures or therapies given to people were recipes for their lives.

The practices in this book are meant to be your own personal recipe, your prescription for healing and empowering you to live your best life. Your personal recipe is a prescription to stay healthy as well as for healing if you're sick. If your life is full of challenges and obstacles, whether physical, mental, emotional, or spiritual, you can use this book to find a recipe to transform your disparate parts into a healthy and balanced whole. Both ancient Chinese Medicine and Ayurveda

(the medical arm of yoga) hold the tenet that balance is the holy grail of healing. The body will do its own miraculous healing if its systems are in balance.

The Essential EMYoga practice, presented in part 2, is a thirty-minute routine that includes the main poses and energy-clearing techniques to help you balance your body. If you have a specific issue you're dealing with, you can then move on to one of the Five Element practices that go deeper into the work of each specific element. You devise your own recipe from the list of ingredients offered in this book. The ingredients are many and varied: asanas, breath work, food choices, body-care protocols, journaling, topics to think and dream about, gratitude, and tapping. You will create a unique recipe based on the particular outcome you're looking for, and you'll adjust the **Rx** as you experience changes.

Throughout the book, there are many suggestions of things you can do, outside of your asana practice, that can help your energy. These are marked with the **Rx** symbol. These are add-on practices to support your healing. Try them out; if they resonate with you, add them to your personal EMYoga prescription.

The first step is learning to work directly with your own energy. This is much easier and more accessible than you could ever have imagined. Your energy is like a thumbprint; it is unique to you. This means that how you heal, how you thrive, how you grow and change is also unique to you.

Once you tap into your energy systems, cultivating a daily practice with consistency and devotion is the most important thing you can do to live healthfully and heal disease. It isn't what you do every once in a while that can harm or heal; it is what you do most of the time. And that is true with your energy systems as well. Energy moves in patterns, has memory, and evolves, which can help keep you stuck or help release you. But release only happens when you start to consistently introduce and practice new energy patterns.

If your body is showing dis-ease or your mind is showing dis-ease, a series of events brought you to this point. When you introduce a consistent EMYoga practice, you start to see shifts in these dis-ease patterns. Once your practice becomes a part of your daily life, you'll have the skill set to detect and resolve issues at the start before they get serious.

It is also important to identify what your goals and obstacles are and what difficulties you are currently seeking help for. In other words, why did you pick up this book? Oftentimes, crafting the question is the most difficult part to finding the perfect answer. Once you go through the ailment lists (pages 52–64)

and take the Five Elements Self-Inventory (page 39), you'll have a map to the practices that will serve you best right now.

As you read through the book, or flip through it, the things that jump out at you or attract your attention are the things to focus on. Trust your intuition, and trust your own energy to steer you toward creating your own perfect recipe that serves you right now. Listening to your inner guides will become your fail-safe tool to finding the answers to the questions presenting themselves.

In the next chapters you'll begin learning about the power of energy and the different systems that make up EMYoga. Use a highlighter or a pen, or your own journal, to start making notes on the things that draw your attention. Your notes will help guide you and ensure that this system works specifically for you.

JOURNALING

When you start any new practice, it is helpful to take notes on your journey. Otherwise, even things that you initially think are remarkable and unforgettable will soon be hard to recall. I always ask students at the beginning of practice how they feel and then again at the end of practice. If you are starting your study of EMYoga with a particular issue to resolve, it is helpful to write down how changes happen and when. It is also helpful to chart your progress and to take notes on things you like or dislike, areas of difficulty or challenge, and areas of the body or mind that are sore, stiff, or challenged.

LEARN THIS MOST IMPORTANT PRACTICE AND BREAK IN YOUR JOURNAL

Try doing the Wake Up (see page 78) every day for thirty days. Write down in your journal the date and time of day you did it with a check mark or a smiley face. This practice helps you see how easily you can commit to yourself, even in a small way, and also see what changes that commitment brings.

Rx

If you are working with a particular health challenge, sometimes you can find the underlying emotion of a physical complaint by doing some stream-of-consciousness writing, where you simply allow yourself to write without thinking or editing. This is a way to tap into the unconscious mind.

I suggest you have your journal with you during all of your practices so you can take notes when something arises that you want to remember. For example, if you're doing the wood practice, you might write down the physical challenges you have in the wood element. Write down the things you're angry about. What would be a way to move from anger to assertiveness? Can you find ways to let the anger motivate you to action that is helpful and powerful? At the end of your practice, you can see what came up during your practice and meditation. Did you feel a shift in the areas of anger? What solutions presented themselves to you? Did you feel a shift in the physical areas governed by wood?

At times, you may even forget that you were afflicted with something when it resolves, and it can be helpful to look back and see that you did indeed have X or Y, but your body healed it. These moments are incredibly powerful. If you are dealing with a more serious issue, tracking the changes and interventions that you've used can also be empowering.

Another thing to use your journal for is doodling. Drawing connects the hemispheres of your brain and creates new neural links. You can doodle figure eights to increase them in your fields (the most powerful pattern to have in your fields). You can also doodle the Triskele and the Five Element Wheel (see page 44). Doodling shifts you out of linear thinking into the quantum realm—the place you make real leaps in terms of change. It is these leaps that are called “miracles” or “magic.” It is connecting with Einstein’s “spooky action at a distance”—and it is not only attainable, it is learnable and replicable.

Use your journal as your own personal EMyoga book, and let yourself be free enough to discover the power it has for you personally.