

The Daily Energy Routine (DER): Step-by-Step Practice

The DER is a short sequence of targeted movements designed to activate, balance, and reconnect your body's key energy systems. These steps support coherence across the biofield and nervous system, promoting self-regulation and vitality. Where your awareness goes, your energy flows.

Each DER step below includes:

- **Purpose** – What it's designed to support
- **Mind-Body Connection** – How it may shift your state
- **Systems Activated** – Energetic and physiological pathways engaged
- **Why It Works** – The energetic or scientific rationale
- **How to Do It** – Clear instructions for practice.

1. The Four Thumps

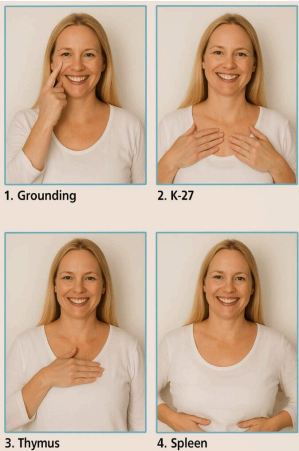
Purpose: Jumpstart your energy systems, enhance mental clarity, and strengthen immune readiness.

Mind-Body Connection: This step awakens your body's natural alertness by syncing breath with energizing stimulation. Thumping under the eyes grounds scattered energy—you may feel it pulse down through your body as your system reorients.

Systems Activated: K-27 points (Kidney meridian), Thymus gland, Spleen meridian, and Stomach meridian.

Why It Works:

- **Energetic ignition:** These points act as switches to jumpstart your energy systems.
- **K-27 reset:** Tapping K-27 reorients energy scrambled by stress or electronics and boosts vitality “as you walk around on planet Earth.”
- **Immune boost:** Stimulating the thymus enhances immune readiness and resilience.
- **Clarity and detox:** Spleen points enhance detoxification and energy metabolism, helping metabolize food, emotion, or energetic overload [1][6].



How to Do It:

- Tap under your eyes (Stomach points).
- Tap just below your collarbones (K-27 points).
- Thump the center of your chest (Thymus).
- Tap under your armpits, about 4 inches below (Spleen points).
- Breathe deeply throughout.

2. The Crossover Shoulder Pull

Purpose: Reinforce cross-body energy flow and restore brain-body communication.

Mind-Body Connection: Disrupts stress-driven freeze patterns and encourages balance, motion, and left-right coordination. This movement restores the natural crossover flow—energy is meant to move from the right brain to the left side of the body and vice versa.

Systems Activated: Governing meridian, motor-sensory pathways, left-right brain circuits.

Why It Works:

- **Cross-body motion:** Reconnects brain hemispheres, especially when under stress.
- **Bilateral touch:** Mirrors EMDR-like mechanisms to support emotional processing and release.
- **Energetic integration:** Restores body-brain coherence and left-right balance.
- **Vagal activation:** Enhances your ability to detect safety and regulate calmly through cross-body stimulation [5].



How to Do It:

- Place your right hand on your left shoulder.
- Drag it firmly across your body to your right hip.
- Switch sides.
- Repeat 2–3 times per side, breathing deeply.

3. The Cross Crawl

Purpose: Improve coordination, emotional balance, and cognitive clarity.

Mind-Body Connection: Restores focus and balance by coordinating mental attention with physical rhythm. This step helps the brain work better by encouraging whole-body harmony and energetic coherence.

Systems Activated: Corpus callosum, central nervous system (CNS), coordination circuits.

Why It Works:

- **Cross-lateral motion:** Reconnects left and right brain hemispheres for better integration.
- **Whole-brain activation:** Widely used in kinesiology and brain-based movement therapies to coordinate body and mind.
- **Emotional-motor alignment:** Strengthens links between movement, memory, and emotional regulation [1][3].

How to Do It:

- (Optional) Begin by tapping K-27 points.
- March in place, lifting your right knee and tapping it with your left hand.
- Switch sides and repeat.
- Continue cross-crawling rhythmically for 1–2 minutes, breathing naturally.



4. The Wayne Cook Posture

Purpose: Untangle mental confusion, restore internal focus, and improve expressive clarity.

Mind-Body Connection: Calms looping thoughts, centers attention, and rebalances communication circuits.

Especially helpful during stress, grief, or emotional intensity, this posture helps reorganize your inner state so you can “come back to yourself.”

Systems Activated: Central and Governing meridians, frontal cortex, subtle energy alignment.



Why It Works:

- **Crossed limbs:** Align and stabilize central energy channels.
- **Cognitive quieting:** Reduces frontal lobe overactivity and supports mental organization.
- **Vertical integration:** Aligns physical posture with energetic flow to promote clear thinking and grounded presence [1][2][3].

How to Do It:

- Sit comfortably. Cross your right foot over your left knee.
- Hold your right ankle with your left hand and right foot with your right hand.
- Inhale deeply, pull gently, then exhale and relax.
- Repeat for 4–5 slow breaths. Switch sides and repeat.
- Uncross your legs. Steeple your fingers and place them gently on your forehead.
- Inhale and exhale slowly for 4–5 breaths.
- (Optional) Slide your hands to your temples, stretch the skin across your forehead, and lower your hands.



5. The Crown Pull

Purpose: Relieve tension, open cranial flow, and enhance mental clarity and higher connection.

Mind-Body Connection: Clears head pressure, refreshes thinking, and opens access to insight or inspiration. You’re making space in your skull—literally—so blood, lymph, and energy can circulate through the head and release pressure.

Systems Activated: Crown chakra, scalp fascia, Governing Meridian, cerebral lymph pathways.

Why It Works:

- **Tension release:** Loosens energetic congestion from stress, screen time, and overthinking.
- **Mental clearing:** Opens the scalp and skull to support clear thought and sharper focus.
- **Gentle cranial stimulation:** May support glymphatic flow—a brain waste-clearing process active during deep rest [6][4].
- **Energetic refresh:** Improves circulation and lifts brain fog by creating spaciousness in the energy field [2][4].

How to Do It:

- Place fingertips at the center of your forehead.
- Press gently and pull your fingers outward toward your temples.
- Repeat this motion across the top of your head, moving from center to sides, in small sections.
- Continue until you reach the base of your skull.
- Rest hands on shoulders and take a grounding breath.



6. Connecting Heaven and Earth

Purpose: Ground the body, release stagnant energy, and restore vertical energy flow.

Mind-Body Connection: Creates spaciousness, eases stiffness, and reconnects you with the energy above and below. This movement has been practiced for centuries to help “make space in the body,” so energy and healing can move more easily to where they’re needed.

Systems Activated: Root and Crown chakras, fascia, joints, breath pathways.

Why It Works:

- **Joint pump:** Alternating arm movements stimulate joint release and energy movement in the fascia.
- **Vertical alignment:** Re-establishes flow between the upper and lower chakras and energy centers.
- **Chakra harmonization:** Links the *root* and *crown* to help you feel both grounded and uplifted.
- **Energetic clearing:** Creates space to release energetic toxins and congestion, especially after mental or emotional buildup [1][2][3].

How to Do It:

- Stand or sit. Rest hands on thighs.
- Inhale, circling arms up and overhead.
- Bring palms together at your chest.
- Inhale again. Stretch one arm upward and the other downward. Look up.
- Exhale back to center. Switch arms and repeat for 2–3 rounds.
- Fold forward with soft knees. Hang for two deep breaths.
- Slowly rise, tracing figure 8s in the air with your arms. Let hands settle. Untangle mental confusion, restore internal focus, and improve expressive clarity.



7. The Zip-Up

Purpose: Strengthen energetic boundaries, boost confidence, and protect personal space.

Mind-Body Connection: Promotes self-containment and emotional resilience by activating your central channel. Tracing this meridian upward “zips up” your energy field, helping you stay strong in the face of negativity or outside influence.

Systems Activated: Central Meridian, aura, solar plexus, throat chakra.

Why It Works:

- **Energetic sealing:** Tracing the Central meridian upward helps prevent energy leaks and enhances alignment.
- **Boundary support:** Strengthens your energetic core, creating a sense of containment and protection.
- **Confidence anchoring:** Supports expression, self-trust, and assertiveness, especially in charged environments.
- **Intentional reinforcement:** This meridian governs self-suggestion and hypnosis, so pairing it with intention or affirmation deepens its influence on the body and mind [1].

How to Do It:

- Place one or both hands at your pubic bone.
- Inhale slowly as you trace your hands up the center of your body to your lower lip.
- Turn your palm outward and extend your hand overhead, as if zipping up a jacket.
- Lock it in by imagining turning a key at your lips and throwing it away.
- Repeat 2–3 times with a silent affirmation (e.g., “I am grounded and protected”).

8. The Hook-Up

Purpose: Reconnect core energy circuits, stabilize your nervous system, and support emotional regulation

Mind-Body Connection: Grounds and re-centers you during stress, panic, or emotional overwhelm. This simple movement connects two of the most important energy pathways, restoring a steady spiraling current that strengthens all other systems.

Systems Activated: Central and Governing meridians, vagus nerve interface, limbic system, energetic “circuit breakers.”

Why It Works:

- **Energetic sealing:** Tracing the Central meridian upward helps prevent energy leaks and enhances alignment.
- **Boundary support:** Strengthens your energetic core, creating a sense of containment and protection.
- **Confidence anchoring:** Supports expression, self-trust, and assertiveness, especially in charged environments.
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How to Do It:

- Place one middle finger between your eyebrows (third eye).
- Place the other middle finger in your navel.
- Press in gently and lift slightly.
- Hold for 15–30 seconds—or until you feel a sigh, deep breath, or shift in sensation.



A Gentle Reminder

These practices are shared with care, to support your energy, clarity, and well-being. Rooted in the Eden Method, the DER is a powerful tool for daily balance—but it’s not a substitute for medical care. Please honor your body and reach out to your healthcare provider when needed.



Donna Eden demonstrating
the Zip-Up



Donna Eden demonstrating
the Hook-Up