

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

DER is a simple 5–10 minute sequence designed to restore flow, resilience, and energetic alignment. It combines gentle techniques like tapping, stretching, breathing, and holding key points to clear static and activate natural healing.

More than a movement practice, DER engages your body's energy anatomy—including the *meridians*, *chakras*, and *aura*—to enhance communication across systems and support whole-body balance.


In the steps that follow, you'll find a breakdown for each one that includes:

- Purpose – What it's designed to support
- Mind-Body Connection – How it may shift your internal state
- Systems Activated – Energetic and physiological pathways engaged
- Why It Works – The rationale grounded in energy anatomy
- How to Do It – Clear instructions for practice

Prefer to follow along visually?

Watch the [official Eden Method video](#) (opens in new tab).

 Download the [printable guide](#) to use alongside this walkthrough.

 *Images below show a signature moment from each step. They're not full demos, but quick visual cues to help you link each movement with its purpose.*

1. The Four Thumps

Purpose: Wake up your energy systems, enhance mental clarity, and support immune resilience.

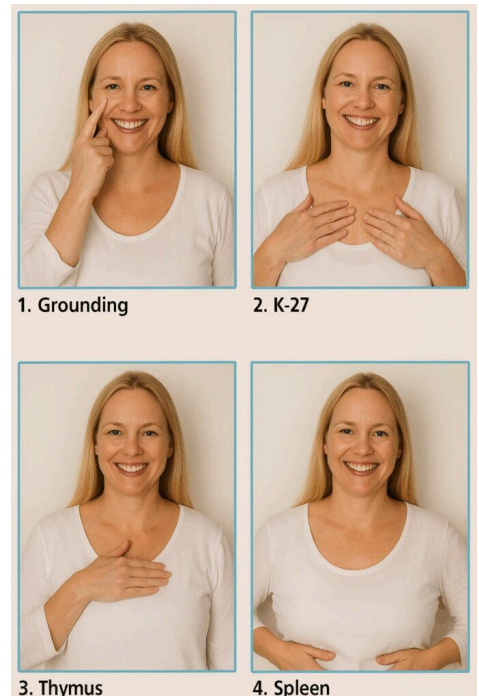
Mind-Body Connection: This step helps activate your natural alertness by combining breath with rhythmic tapping. Thumping under the eyes can calm scattered energy—many people feel a grounding sensation or a wave of calm as the body resets and reorients.

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

Why It Works:

- **Energy ignition:** These key points act like power switches, helping to turn on and organize your energy flow.
- **K-27 reset:** Tapping these points helps realign energy disrupted by stress, fatigue, or screen time—restoring a sense of vitality and direction.
- **Immune support:** Stimulating the thymus is known to strengthen immune function and increase resilience.
- **Mental clarity & detox:** Spleen points help clear brain fog and support detoxification, assisting the body in processing food, emotions, and 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: Restore healthy communication between the brain and body by rebalancing energy across the left and right sides.

Mind-Body Connection: This gentle movement helps break out of stress-related freeze patterns and supports coordination, balance, and ease of motion. It encourages the brain and body to work together more smoothly—reminding your system how to shift energy naturally between the right and left sides.

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

Why It Works:

- **Cross-body movement:** Helps reconnect the brain's left and right hemispheres, especially during or after stress.
- **Soothing rhythm:** This kind of bilateral (left-right) touch mimics techniques like EMDR, which support emotional processing and calming.
- **Brain-body reset:** Rebuilds communication between your brain and body, helping you feel more centered and balanced.
- **Nervous system calm:** Activates your vagus nerve, which helps your body recognize safety and return to a more relaxed state [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 mental clarity.

Mind-Body Connection: This simple movement helps re-sync your brain and body by coordinating focused attention with physical rhythm. It supports full-body harmony and helps your brain work more efficiently—especially when you're feeling scattered, sluggish, or off balance.

Systems Activated: Corpus callosum (connects the brain's left and right hemispheres), central nervous system (CNS), coordination and movement pathways.

Why It Works:

- **Cross-lateral movement:** In a healthy, energized state, your body naturally moves in a cross-pattern—left arm with right leg, and vice versa. This connects the left and right brain hemispheres for smoother communication and better balance.

- Correcting homolateral patterns: Under chronic stress, illness, or fatigue, the body may fall into a *homolateral* pattern—where the same-side limbs move together. This can lead to confusion, exhaustion, and poor coordination. The Cross Crawl helps reset this pattern and restore natural energy flow.
- Whole-brain boost: Widely used in brain-based therapies and kinesiology, this movement strengthens the connection between mind and body for better focus and emotional regulation.
- Movement-memory link: It also supports the connection between physical motion, memory, and mood—helping you feel more clear, calm, and steady. [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 overwhelm, bring back focus, and support clearer thinking and communication.

Mind-Body Connection: This posture helps calm racing thoughts, center your attention, and reorganize your inner state—especially helpful during times of stress, grief, or emotional intensity. It helps you feel more like yourself again when life feels scattered or heavy.

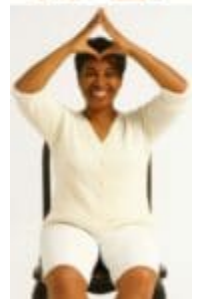
Systems Activated: Central and Governing meridians, frontal brain (prefrontal cortex), subtle energy pathways related to focus and presence.

Why It Works:

- Crossed limbs: This unique posture helps bring balance to your body’s central energy channels—like re-aligning the circuits that keep you feeling steady.
- Mental calming: By supporting the brain’s frontal lobe (the part that processes thoughts, planning, and communication), this posture reduces mental “noise” and helps you think more clearly.
- Mind-body alignment: It gently connects your body’s posture with your energetic flow—helping you feel more grounded, centered, and present [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 head tension, open energy flow in the brain, and support clearer thinking and a deeper sense of connection.

Mind-Body Connection: This simple technique helps ease pressure in the head and scalp—often linked to stress, overthinking, or tension headaches. By gently opening space along the skull, it invites better circulation of blood, lymph, and energy—refreshing your mind and helping you feel lighter, clearer, and more connected.

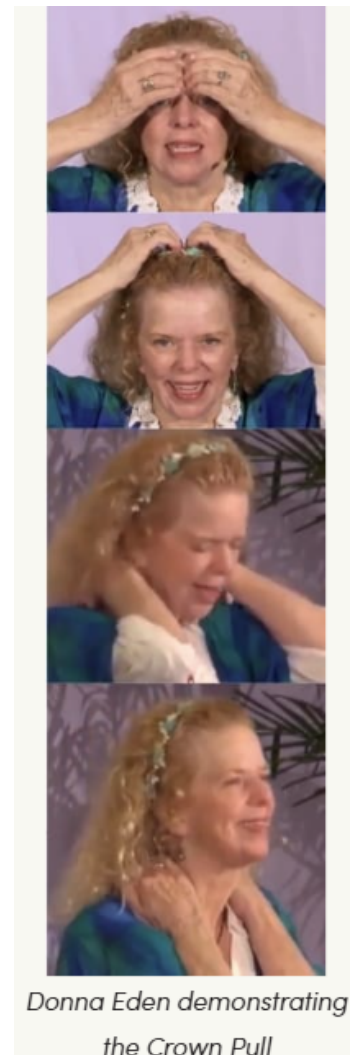
Systems Activated: Crown chakra, scalp fascia and connective tissue, Governing meridian, glymphatic drainage (brain's cleansing system).

Why It Works:

- Tension relief: Helps release tightness from stress, screen time, or emotional overload—especially helpful for tension-type headaches.
- Improved circulation: Encourages blood and lymph flow to and from the head, which may help reduce pressure and improve mental clarity.
- Tension relief: Helps release tightness from stress, screen time, or emotional overload—especially helpful for tension-type headaches.
- Improved circulation: Encourages blood and lymph flow to and from the head, which may help reduce pressure and improve mental clarity [6][4].
- Mental spaciousness: Lifts fog and calms the nervous system by creating energetic room for breath, thought, and insight [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, clear built-up energy, and restore healthy flow from head to toe.

Mind-Body Connection: This gentle movement opens up space in the body—relieving stiffness, calming the mind, and reconnecting you with the energy above (heaven) and below (earth). Because energy needs space to move, creating that inner spaciousness allows healing and balance to flow more freely where they're needed.

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

Why It Works:

- Joint pump: Alternating arm movements help release tightness in the joints and move energy through the fascia—the body's connective tissue web.

- Vertical balance: Helps re-align energy flow between the lower and upper body, restoring a sense of both stability and lightness.
- Chakra harmony: Links your *root* (grounding) and *crown* (connection) to support a sense of calm, clarity, and uplift.
- Energetic clearing: Creates space for stuck energy and emotions to release—especially helpful after stress, overwhelm, or emotional overload [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 your personal space.

Mind-Body Connection: This simple motion helps you feel grounded, contained, and emotionally resilient. By tracing your hand upward along your body's central energy line, you “zip up” your energy field—and with a finishing gesture, you “lock in.” This helps you stay centered and protected in the face of stress, negativity, or outside influence.

Systems Activated: Central meridian, aura (biofield), Solar Plexus and Throat chakras.

Why It Works:

- Energetic alignment: Tracing the central meridian upward helps seal energy leaks, strengthen personal boundaries, and create a stable sense of containment and protection.
- Emotional resilience: This technique supports calm confidence and grounded self-expression—especially helpful in high-pressure or emotionally charged situations.
- Internal alignment: The Central Meridian is highly responsive to thought and intention. Pairing this movement with a positive affirmation helps align your energy and mindset, reinforcing clarity and calm from the inside out [1].

How to Do It:



Donna Eden demonstrating
the Zip-Up

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: This grounding movement helps re-center you during stress, panic, or emotional overwhelm. By linking two of your body’s main energy channels, it creates a steady, spiraling current that brings balance and strengthens all other systems.

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

Why It Works:

- Meridian linking: Synchronizes Central and Governing meridians to restore energetic flow.
- Vagal support: May activate the vagus nerve—key for calming stress—through breath, touch, and intention. This nerve helps regulate heart rate, digestion, and emotional response [5].
- Emotional reset: Helps release trapped or overwhelming emotional patterns.
- Energetic stabilization: Restores the *microcosmic orbit*—a spiraling energetic loop described in Traditional Chinese Medicine and the Eden Method [1] as flowing along the body’s front and back channels (Central and Governing meridians). This loop is believed to nourish all other energy systems, enhance coherence, and reinforce internal balance.



Donna Eden demonstrating
the Hook-Up

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 Daily Energy Routine 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.