



ENERGY MEDICINE FOR SELF CARE

an Evolutionary Imperative



Diana C. Shakarian, Ph.D.

9th Annual Integrative Medicine for the Underserved Conference

Santa Clara University

Saturday, August 24, 2019; 8:45-9:45am



The Flow - 3 Parts

PART 1

WHY SELF CARE?

FOUNDATIONS OF ENERGY MEDICINE (EM)

Definitions/Perspectives
Basic Principles/Energy Systems

(approx. 15 mins)



The Flow - 3 Parts

PART 2

DAILY ENERGY ROUTINE

Learn a Daily Energy Routine and
Its contribution to self-care

(approx. 30 mins)



The Flow - 3 Parts

PART 3

CLOSING

Q&A and Handouts

(approx. 15 mins)



The Flow

PART 1.1

Why Self-Care?



Why Self-Care?

Burnout in Health Care Professionals is Epidemic

“Burnout has reached rampant levels among United States (US) healthcare professionals, with over one-half of physicians and one-third of nurses experiencing symptoms.”

“ ... burnout is a combination of exhaustion, cynicism, and perceived inefficacy resulting from long-term job stress.”

Reith T P (December 04, 2018) Burnout in United States Healthcare Professionals: A Narrative Review. *Cureus* 10(12): e3681. DOI 10.7759/cureus.3681



Evolutionary Imperative?

Stress in our lives is not going away

We can evolve our bodies to handle stress more effectively.

Focusing on RESILIENCE ... vs. BALANCE

How can energy medicine help?



The Flow

PART 1.2

Foundations of EM



Foundations of EM

“

In every culture and in every medical tradition before ours, healing was accomplished by moving energy. ”

Albert Szent-Gyorgyi
(1893-1986)



Foundations of EM

“Energy Medicine is the diagnostic and therapeutic use of energy.”

James Oschman, Ph.D. (2009)



Foundations of EM

“Energy Medicine is based on the supposition that illness results from disturbances in the body’s energies and energy fields and can be addressed via interventions into those energies and energy fields.”

David Feinstein (2008)



Foundations of EM

“Energy Medicine” is one of the five categories or domains of Complementary and Alternative Therapies identified by The National Center for Complementary and Alternative Medicine (NCCAM).





The Flow

PART 1.3

Basic Principles of EM



Basic Principles of EM

1

Energy wants to move

The movement of energy keeps the body healthy and supports its functioning.



Basic Principles of EM

2

Energy moves in specific patterns

Energy systems have characteristic ways of moving that can be tracked, supported, strengthened and balanced.



Basic Principles of EM

3

Energy crosses in small and large figure 8s

At all levels, from the micro level (e.g., double helix of DNA) to the macro level (e.g., left side of brain controlling the right side of the body, and visa versa) energy makes crossover patterns.



Basic Principles of EM

4

Energy needs space to move

Energy can become blocked or constrained due to chronic stress, muscular constriction, toxins, or energetic interference.



Basic Principles of EM

5

**The health of the body reflects
the health of its energy**

When the body is not healthy it is reflected in the body's energy (flow, balance and harmony).



Basic Principles of EM

6

All the body's energies are inter-connected

The energy systems of the body feed and influence each other. Imbalances in one area, can influence imbalances in other areas.



Basic Principles of EM

7

Our energy can be affected by other people and our environment

The basic “field” of your energies both protects you and is affected by your environment (like the atmosphere of the Earth).



Basic Principles of EM

8

Energy adapts to circumstances using consistent principles

1st Priority = Survival; 2nd Priority = Move toward healthy functioning of core essential systems, often at the expense of other less critical systems.



Basic Principles of EM

9

Energy can be re-patterened

By Holding, Tracing, Tapping, Pressing, Massaging, Pinching, Twisting, Connecting Acupoints, Shaking, Performing Exercises, Holding Postures, even using “Intention”.



Basic Energy Systems

Meridians

Chakras

Aura or Auric Field

Extraordinary Meridians

Celtic Weave/Tibetan Energy Rings

Electrics

Basic Grid

more ...



The Flow

PART 2

The Daily Energy Routine



Donna Eden & David Feinstein



“After years of practice, we designed a brief Daily Energy Routine that combines the most potent techniques we could devise for helping the greatest number of people possible to quickly stimulate each of the vital energy systems of the body and bring them into harmony and balance.”



The Daily Energy Routine

The Four Thumps

The Cross Crawl (Crossover Shoulder Pull)

The Wayne Cook (Wayne Cook Alternative)

The Crown Pull

The Neurolymphatic Massage

The Zip-up

The Hook-up

The Celtic Weave

Connecting Heaven and Earth





DER Benefits



Boosts and restores energy, increases vitality and resilience, strengthens the immune system and helps with grounding.





DER Benefits

**For BOTH Providers and Underserved Populations
the DER is ...**

Cost Effective

Time Effective

Appropriate for Everyone regardless of Age, Health,
or Fitness level (can be done sitting or standing)

A complement to traditional medicine and a stand
alone self-care system of its own.



DER Experiment

THE BEFORE EXPERIENCE

Close your eyes and check into how your body and your energy feel now (however you define that)



The Four Thumps



Stomach

Cheekbones
under each
eye.



Kidney 27

Find U-shaped
notch at top of
breastbone.
Move out and
down an inch.



Thymus

In the center
of the breast
bone above
the thymus.



Spleen

NLRP on ribs
under breasts
or SP21 on the
side of body.



The Cross Crawl



Lift one arm and the opposite leg and march. To facilitate this crossing, touch the hand or elbow to the opposite knee while marching.

You can do this standing, sitting or lying down!



Balances and harmonizes energy, improves coordination, and clears thinking.



The Crossover Shoulder Pull



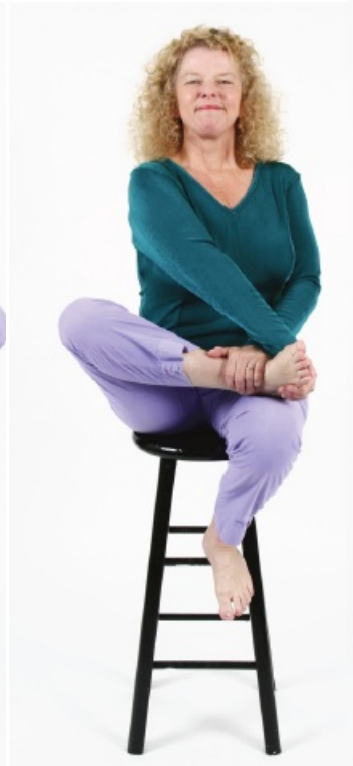
Hand on the opposite shoulder and dig in! With pressure drag the hand across the body diagonally to the opposite hip. Do this several times on each side.



The Wayne Cook Posture



Focuses your mind. Allows you to untangle inner chaos, see with better perspective, think more clearly, and learn more proficiently.





The Wayne Cook Alternative



Sit or stand and cross your ankles, if comfortable.

◀ Hands in front, palms facing each other.

Draw the hands under and in to rest on your chest. ▶

BREATHE ...

**Then just like before ...
steeple, drag and surrender!**





The Crown Pull



Thumbs on temples fingertips on forehead.
With pressure, pull fingers across forehead to temple.
Repeat along the top, center, and back of head.
Cross arms, hands on each shoulder, **BREATHE**.
Exhale, pull hands to center and take one more breath.



Neurolymphatic Massage

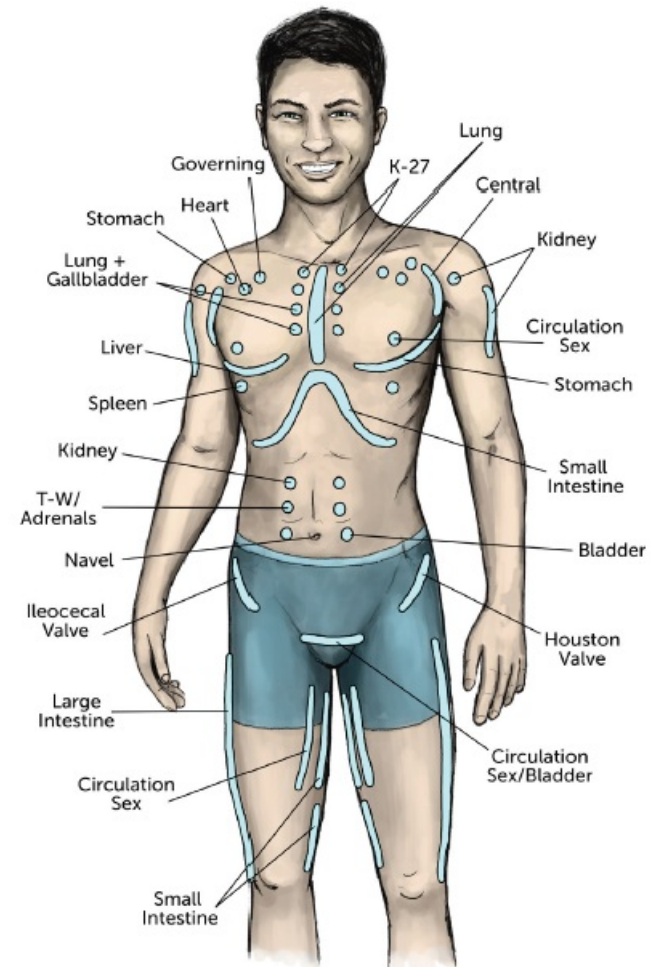
Using pressure, massage the points listed in the diagram – 3-5 sec. each.

If you find a **TENDER POINT**, massage it longer. You are clearing congestion.



**Clears toxins from the body,
so DRINK WATER! AND ...**

**if you experience nausea, do fewer
points, AND don't massage over an
injury.**





Neurolymphatic Massage

BENEFITS:

- Boosts energy.
- Removes toxins from the body.
- Clears stagnant hormonal, emotional, and physical energies from your systems.
- Balances the meridians and their related organ systems.
- Can head off illnesses – especially colds and flu!
- Keeps energy moving in the body.



The Zip Up

Place hands on pubic bone. Take a deep breath and move hands up the center to the lower lip.

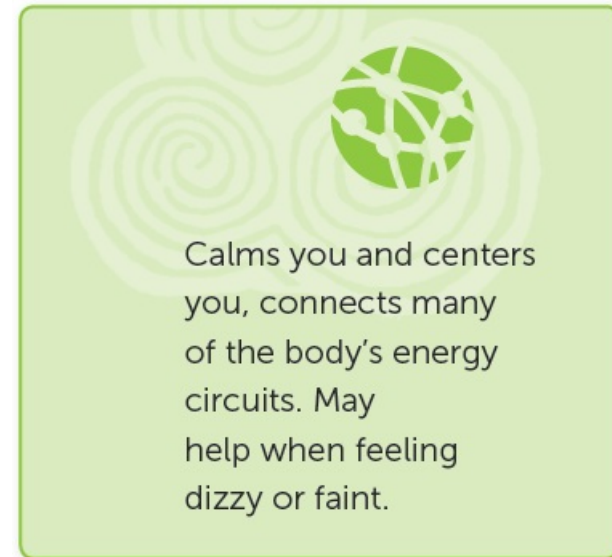


Boosts confidence, clears your mind, and protects you from negative energies that may be around you.





The Hook Up



Middle finger in navel and on third eye. Press in and pull up!



The Celtic Weave





The Celtic Weave

Strengthens the aura
and weaves all of the
energy systems of
the body together.
“Fluffs” your energies,
making them fuller,
more efficient, and
more capable of
protecting you.



Connecting Heaven and Earth





Connecting Heaven and Earth

Stretches the torso, helps clear stale energy, and makes space for fresh energy to flow throughout the body. Activates the “Great Matriarch” of your energy system, Spleen meridian.



DER Experiment

THE AFTER EXPERIENCE

Close your eyes and check into how your body and your energy feel now.



The Flow

PART 3

Closing



In Closing ...

Questions?
Handouts



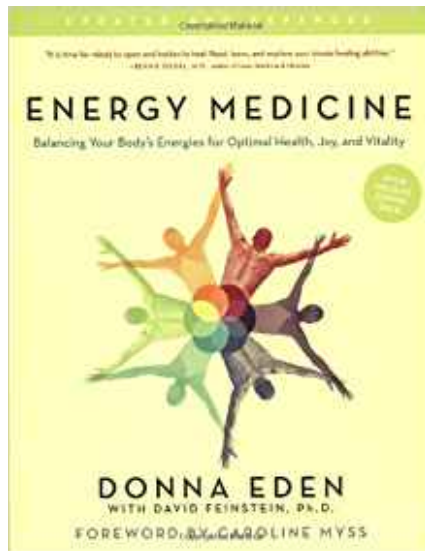
In Closing ...

THANK YOU

Do the Daily Energy Routine!



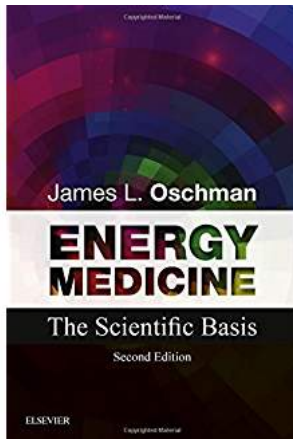
References



Eden, D., & Feinstein, D. (2008).
***Energy medicine: Balancing your
body's energies for optimal health,
joy, and vitality.***

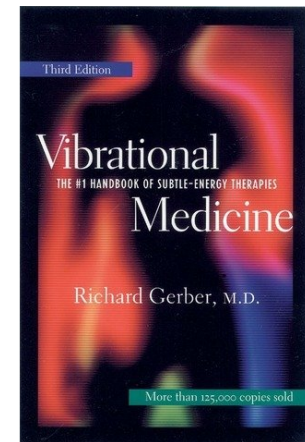


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Relevant Financial Disclosure

Diana C. Shakarian, Ph.D.
I have nothing to disclose.



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