

Energy Medicine to Superpower Affirmations

You are a being of energy. Your latticework of energy systems, electric and impulses shape the way you feel, the way you think and the way you live. Using the principles of energy medicine, you can strengthen the effectiveness of your affirmations. We do this by using two techniques called the “zip up” and the “Temporal Tap”. I am a student of the Eden Method of Energy medicine and so I’ll be taking some of the following technique wording from the text books for the Eden Methods.

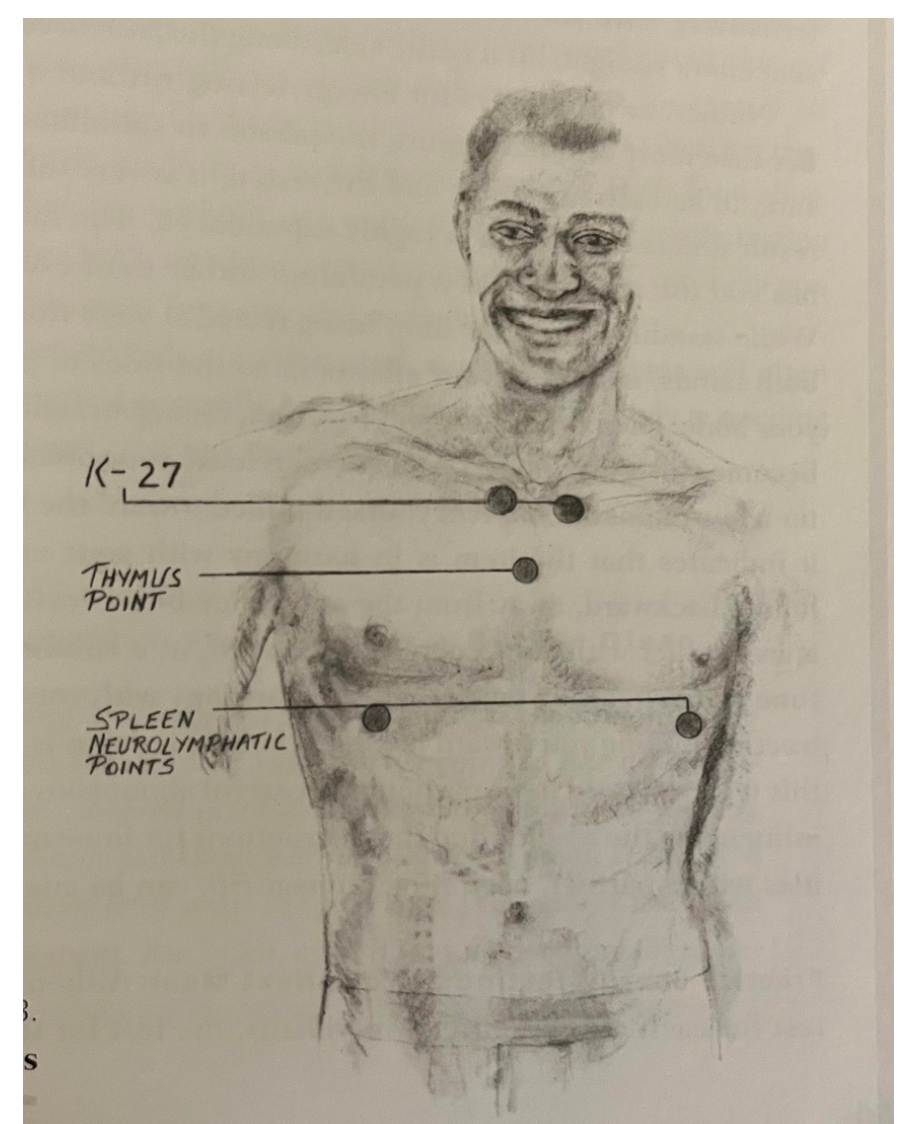
The Zip-Up

The central meridian is one of the two energy pathways that govern your central nervous system. The central meridian is strongly affected by your thoughts and feelings and it is also highly sensitive to the thoughts and feelings of others. By ‘zipping up’ or ‘tracing’ the central meridian, you strengthen the meridian and also protect it from others thoughts and feelings. You can zip up the central meridian as often as you wish. Our hands are electromagnetic, so by using our hands to trace meridians they act like a magnet, pulling the meridian energy flow to wherever we direct it to.

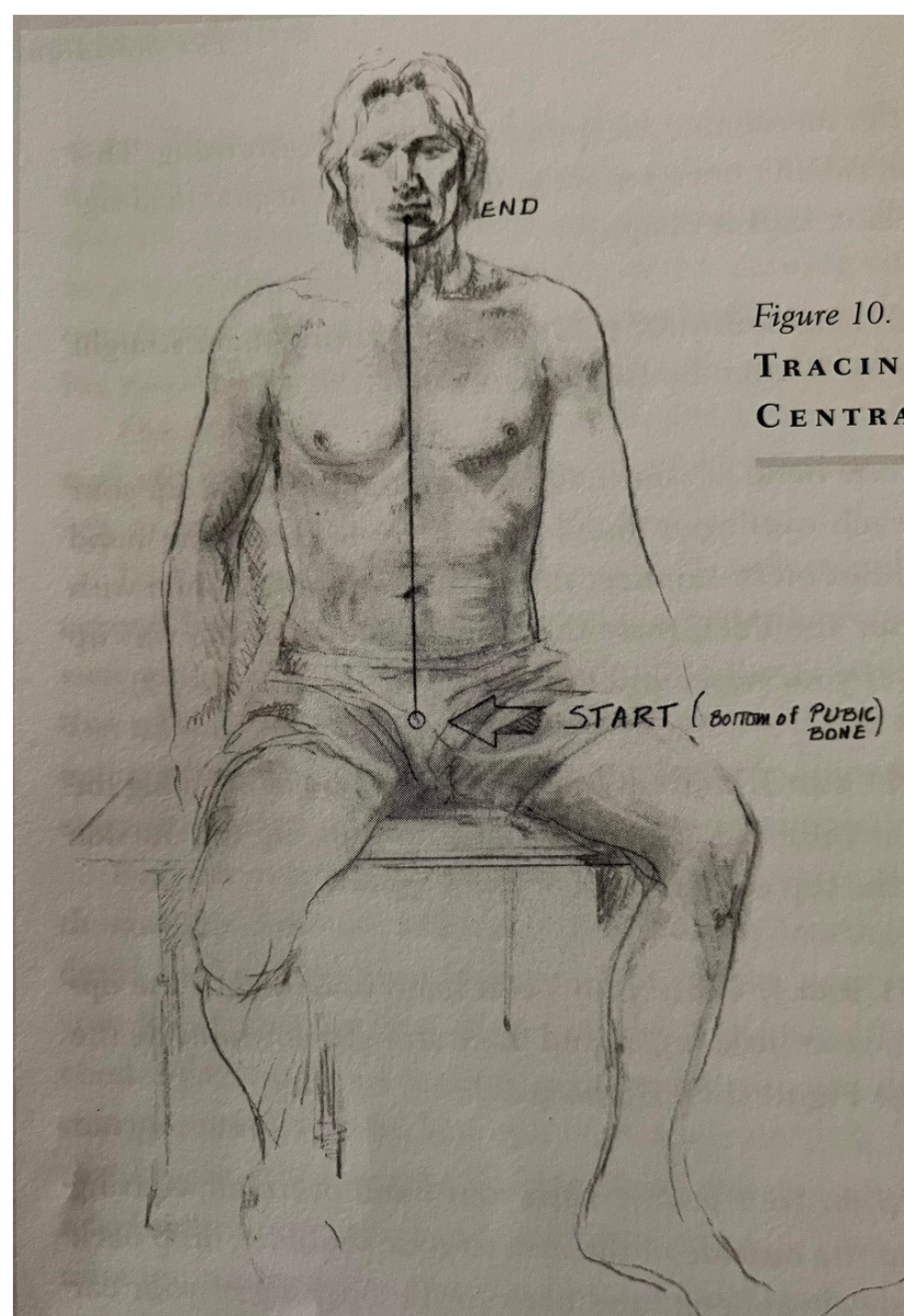
Since the central meridian is closely attuned to your thoughts and feelings, it is quite responsive to hypnosis and self-hypnosis. A powerful way to psychologically implant affirmations such as “, , is to state the affirmation while you are tracing the central meridian, imagining that you are zipping the words into every cell of your body. In fact, after you have zipped up the central meridian, imagine that you are locking the zipper in place and hiding the key to prolong the techniques effects.

To Do The Zip-Up

1. Briskly tap the K-27 acupressure points on the two inside corners of your collarbone, to ensure that your meridians are moving in a forward direction.

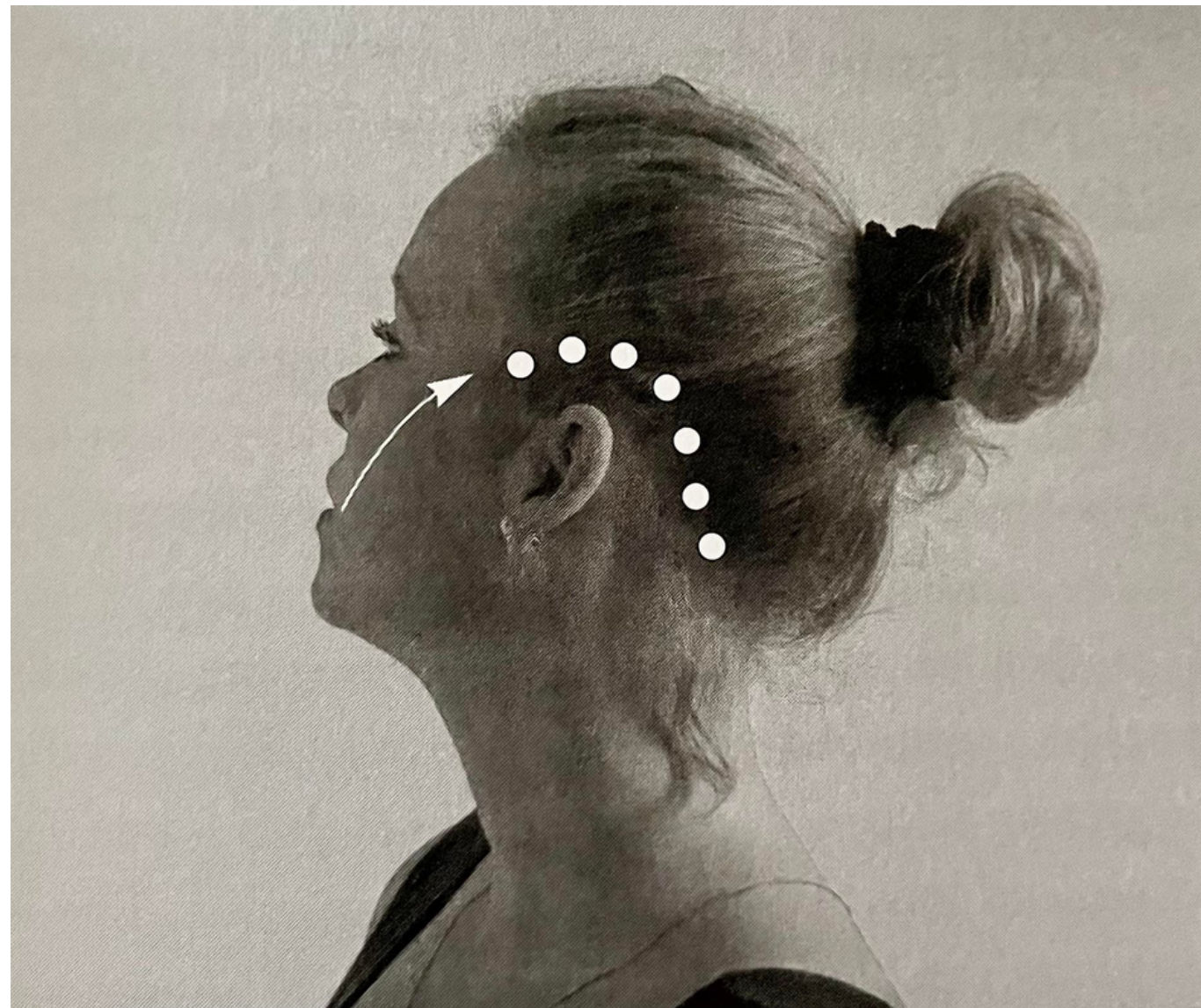


2. Place your hands at the bottom of the central meridian, which is at your pubic bone
3. Inhale deeply as you simultaneously move your hands, slowly and with deliberation, straight up the centre of your body, to your lower lip, where the meridian ends. State your affirmation with passion whilst you do so.
4. By continuing upwards, however, bringing your hands past your lips and exuberantly raising them to the sky, you connect your central meridian with your aura and with forces that are beyond you
5. Circle your arms back down to your pelvis
6. Repeat three times repeating an affirmation



The Temporal Tap

The Temporal Tap was used for pain control in ancient China but it is now being recognised as a surprisingly effective method for breaking harmful habits and simultaneously establishing desired ones. The temporal tap combines a variety of powerful elements, including repetition, autosuggestion and neurological reprogramming. It affects not only your brain but also each Meridian, so the message of your intention is carried to every system in your body. It is a disarmingly simple way to change many patterns that cannot be overcome by will power alone. Tapping around the temporal bone - beginning at the temples and travelling around the back sides of the ears - makes the brain more receptive to learning while temporarily suspending other sensory input. It also relaxes triple warmer, the energy system that maintains physiological habits. This allows you to more easily slip in a new habit.



Firstly, we begin by identifying the thing that we would like to change. In this case it is that we would like to own our personal power and authenticity. We create a positive affirmation for this, so our affirmation might be "I am committed to bringing forth my greatness" or "I act from my own sense of personal power every day"

We then restate it, keeping the same meaning, but with a negative wording (using the word "no", "not", "never" etc). In this case we could use "I will no longer play small", or "I do not let others run my life for me".

Whatever wording you use, make sure it sounds true for you and your particular situation, that the words are in harmony for how you would normally talk and that it elicits the right feelings and mental image when you state it (ie the thing you're wanting or desiring)

1. Starting at the temple, tap the left side of your head from front to back with the three middle fingers of your left hand. State the negatively worded version of your statement in rhythm as you tap. Tap hard enough to feel a firm contact and a bit of bounce. Tap from the front to the back about five times, making your statement with each pass.
2. Repeat the technique on the right side coma tapping with your right hand coma but this time using your statement in its positively worded form.
3. Repeat the procedure several times per day. The more you tap in the affirmation, the quicker and stronger the effect on your nervous system and your field of habit.

(Source: Energy Medicine - Balancing Your Body's Energy for Optimal Health, Joy and Vitality, Donna Eden with Dr David Feinstein; Energy medicine for Women - Aligning Your Body's Energies to Boost Your Health and Vitality, Donna Eden with Dr David Feinstein)