

# Energy Medicine First-Aid Kit For Stress Relief

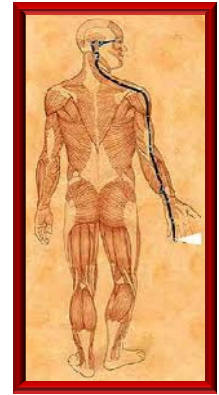
(Based on the Work of Donna Eden)



## Primary Energy System Involved with Stress is **Triple Warmer**

### Stress-Relief Techniques (Mainly Focused on Calming/Balancing Triple Warmer)

1. Diaphragm Breathing and Hook-Up
2. Crown Pull
3. Stress Dissolver
4. Mellow Mudra
5. Triple Warmer Smoothie
6. Tugging at the Earlobes
7. Triple Warmer Neurovascular Hold (Throat and Temples)
8. Triple Warmer (Gamut) Tap
9. Triple Warmer / Spleen Hug
10. Expelling the Venom and Zip-Up



Triple Warmer  
Meridian Pathway

#### 1. Diaphragm Breathing and Hook-Up



- Helps with Mind-Body Centering
- Regulates Oxygen Flow
- Helps to Release Stress

- Calms, Helps You Feel Connected
- Leaves You Feeling Whole Again
- Strengthens Your Auric Field



#### 2. Crown Pull



- Relieves Headaches and Mental Congestion
- Clears and Refreshes Your Mind
- Sharpens Your Memory
- Opens Your Crown Chakra to Higher Inspiration

#### 3. Stress Dissolver



- Interrupts Triple Warmer's Fight-or-Flight Response
- Releases Tension from Body and Mind
- Brings Blood to the Forebrain so You Can Think More Clearly
- Helps when Feeling Stressed or Blue

#### 4. Mellow Mudra



- Stimulates Blood Flow to the Head
- Calms and Aligns Energies Reacting against One Another
- Counters Feelings of Depression

## 5. Triple Warmer Smoothie



- Sedates Triple Warmer
- Relieves Feelings of Being Overwhelmed

## 6. Tugging at the Earlobes (*Start at Bottom, Move to Top*)



- Stimulates Acupressure Points on the Ears
- Helps to Regulate the Sympathetic Nervous System

## 7. Triple Warmer Neurovascular Hold



*Hold Triple Warmer NV Points on Temples (with Flat Pads of Fingers) and Throat (with 3-Finger Notch), One Side at a Time*

- Calms and Balances Triple Warmer
- Supports and Balances the Thyroid

## 8. Triple Warmer Gamut Tap



- Calms and Balances Triple Warmer Meridian
- Reduces Irrational Fear and Associated Stress
- Soothes the Body and Steadies the Mind

## 9. Triple Warmer / Spleen Hug



- Harmonizes Triple Warmer and Spleen Energies

## 10. Expelling the Venom and Zip-Up



- Releases Stress, Especially When Associated with Anger and Judgment
- Clears Out Tension in the Body and Congestion in the Mind
- Lets You Gain a Better Perspective



- Clears Your Thoughts
- Boosts Your Confidence
- Protects You from Negative Energies/ Stressors in Your Environment

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