

SELF-ASSESSMENT

To begin your challenge, rate how you feel on a scale of 1 to 10, where 10 is the best. At the end of the 14 days reassess how you feel.

		DAY 1	DAY 14
BODY	My overall strength, vitality, fitness and mobility.		
MIND	My clear and flexible thinking; I am open to creative problem-solving.		
HEART	I am grounded and centred, able to manage stressful challenges with grace.		
SPIRIT	I feel empowered to choose how I spend my time & energy.		
SOUL	My confidence and capacity to express myself creatively.		

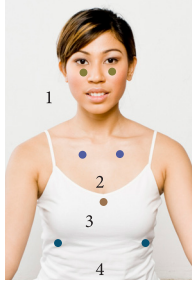
* You don't have to know the science behind it for it to work. Don't worry about being perfect, your body will autocorrect. Your intention is what is important.

“ When all your energies are brought into harmony, your body flourishes. And when your body flourishes your soul has soil in which it can blossom into the world. ”

Donna Eden

14-DAY EDEN ENERGY MEDICINE CHALLENGE

4 thumps PLUS 2 of the other exercises 2x daily for 2 weeks



4 Thumps

For: Grounding, Vitality, Immune System and Metabolism

Instructions:

1. Firmly tap on cheekbones for 3 - 5 deep breaths
2. Firmly tap just below collarbone in little indents for 3 - 5 deep breaths
3. Firmly tap or Tarzan thump on middle of your sternum for 3 - 5 deep breaths
4. Firmly tap just under breasts toward side OR on side of body about 4 inches from arm pits



The Crown Pull

For: Headache relief, clearing mental congestion, opening the crown chakra to higher inspiration and creativity. Good after prolonged computer use.

Instructions: Place curled fingers in centre of forehead. Push fingers in and pull hands apart to temple. Move fingers to hair line and repeat stretch and continue along mid line of head all the way to back of the head. Rest hand on shoulders, deep breath, drop hands. Do three passes.



To Lower Overwhelm

For: Immediate sense of calm, help think clearly in difficult situation.

Instructions: Place hands in opposite arm pits, have thumbs pressing into the upper chest. Take 3 to 5 deep breaths, or hold as long as is comfortable.



Expel the Venom

For: Sleep, feeling angry or judgemental.

Instructions: Swing fisted hands around back above the head. Exhale and quickly throw arms down in front of you while opening hands. Make shhhhh noise as you throw arms down (telling someone to be quiet). Repeat 3 times.



Hook Up

For: Relieving anxiety, centering and calming. Can help when feeling dizzy or faint.

Instructions: Place one middle finger in the navel, one middle finger in between eyebrows. Push in pull up for a hold of 2 to 3 minutes.