

EDEN ENERGY MEDICINE



THE RADIANT CIRCUITS

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with David Feinstein, Ph. D



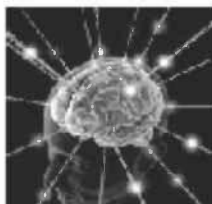
INTRODUCTION TO THE RADIANT CIRCUITS



The Radiant Circuits are about joy!!!! They also instill strength, resilience, spontaneous healing, and vitality in the body. These energies are a precious resource, and it is the body's design that they jump to wherever they are most needed. Beyond doing repair work, these are also primary energies in exhilaration, falling in love, orgasm, hope, gratitude, rapture, and spiritual ecstasy.

The Radiant Circuits are also called the "strange flows," "collector meridians," or "extraordinary vessels" in ancient Chinese medicine. More contemporary titles I've seen used are the "glad glows," "funky flows," and "joy generators." And these are, indeed, how I see them myself!! But they are not exactly flows, meridians, or vessels. More like hyperlinks on the web, they jump instantly to wherever they are about to travel. All of the body's energy systems are linked through them, and energetic deficiencies and excesses regulated. Because they are associated with the awakening of psychic abilities and the capacity to channel healing energies into the body, they were also sometimes called the "psychic channels."

Looking for a more accurate and broadly descriptive name for these critically important, yet largely misunderstood and under-appreciated energies, we chose the term "radiant" because people who see energy experience this force as carrying a radiant glow. And we chose the term "circuits" because one of their most important functions is to create instant circuits that distribute energies. They bring a radiant charge as they make their connections throughout the body. They also connect us with vital energies in the universe. Just as they literally have a radiant appearance to people who are able to see energies, they bring a radiant, joyful, uplifting quality to all they touch.



"Neuroplasticity" is a new buzzword in psychology, medicine, and education. Your experiences alter your brain throughout your life. Old dogs *can* learn new tricks. By feeding your brain lots of Radiant Circuit experiences, you repattern brain pathways so you become more joyous at your neurological foundations.

The Nature of the Radiant Circuits

- The Radiant Circuits, serving as "inner wells of joy," support vibrancy and harmony throughout the entire body-energy system.
- Working with the Radiant Circuits can change a person's future, orienting the psyche toward joy rather than despair.
- They can be marshaled for overcoming self-sabotage and negative thinking.
- They bring us in contact with our "core self," showing us how healthy functioning felt before life's inevitable woundings.
- By countering the Triple Warmer system's lock on habitual thought and behavioral patterns, they can help people trapped in dysfunctional habits to change them.
- And to the degree we can cause our Radiant Circuits to be activated more consistently, we can achieve greater inner peace and enjoyment of life.





Story: Strengthening The Circuits of Joy

A woman who suffered with periodic bouts of severe depression had been treated over a period of years with unsuccessful talk and drug therapies. She believed that if she were able to heal the torments from her past, her depression would lift. She responded well to chakra work. Over several months, distasteful or forgotten scenes from her childhood would emerge and the traumatic energies associated with them were purged.

It seemed she had energetically cleared truckloads of bad memories she had not been able to release through talk therapy, but she was enormously disappointed with the outcome. While she was no longer so entangled with the traumas from her past, they were not replaced by any kind of happiness. When she was caught in her old story, she at least felt an intensity when she would cry and wail and go to pieces. Now nothing made her feel animated.

I could see that her energies were gridlocked. Over the years, they had spiraled down into extreme life-negating patterns. Her Radiant Circuits were hardly even moving, and when I looked at her energies, I could see no radiance anywhere in her body. Her energies had a uniform dull appearance. Even after the significant, desirable healing of her childhood wounds, her body was simply unable to come out of its deadness. Constant tension and negative thinking had become habitual and were deeply ingrained. In fact, she hated the idea of "positive thinking" and was irritated by people like me who seemed "too happy."

She certainly wasn't going to look foolish by acting happy, but she longed for more passion and a sense of aliveness. As the inner deadness persisted, she went into even greater despair. Her treatment progress ceased and her disappointment and negative thinking began to dominate the sessions. We reached a point where I wouldn't even let her talk during the treatments so she would stop countering the energy work with incessant negative patter. This was some 30 years ago, and I'd not had much experience at that point working with the radiant energies, but I decided to experiment.

As I applied techniques for activating her Radiant Circuits, the first thing to happen was that tension would leave her body. This allowed the radiant energies to begin to move, which literally began to flush the negative energies from her system. Then she would feel something akin to happiness well up from inside her. It was an odd sensation for her. She knew glimpses of happiness from when she would receive a compliment or something good happened in her life, but this was coming from within. From one session to the next, the feeling would remain longer. She had been using marijuana and other drugs to get high, and activating the Radiant Circuits gave her the same feeling. This amazed her.

It was hardly an instant cure, but she was hardly an easy case. It is necessary to build the radiant pathways because the body's habit is for the energies to gravitate toward a negative polarity. And it is hard not to feel negative when this is the energetic foundation of your emotions. With persistence, including daily use of the Anchor and Wander technique (which you will be learning), the pathways did rebuild. Her bouts of depression gradually ceased, her pessimism shifted, and she became more upbeat in both her mood and her character.

A Brief History of the Radiant Circuits

The radiant energies were first described in ancient Chinese texts dating back some 4,500 years and their use continues to be reported within the clinical literatures of acupuncture, acupressure, Jin Shin Do, qigong, and shiatsu. A study reportedly conducted in China and subsequently suppressed found that treatments which focused on the radiant energies were "far more effective than those of the traditional Chinese protocols."

The Radiant Circuits appear to predate the meridians and are the first energy circuit to appear in the developing fetus. I believe, in fact, that a meridian is a pathway that was once, in the course of evolution, a Radiant Circuit. While I can see both the meridians and Radiant Circuits in humans and animals (actually, all nine energy systems), I cannot see meridians in simpler organisms, only the Radiant Circuits. As creatures became more complex, radiant energies that moved along the same lines day after day, generation after generation, plausibly formed the meridians. The Radiant Circuits still serve as a reservoir. If the meridian system needs more energy, it turns to the Radiant Circuits.



Meridians	Radiant Circuits
1. Meridians are the energy equivalent of riverbeds.	1. Radiant energies have no fixed pathways.
2. Meridians are habits of energy movement that have become entrenched in the body's energy system.	2. Radiant Circuits spontaneously jump to wherever they are needed.
3. A meridian is highly efficient for specific, repetitive tasks.	3. Radiant Circuits are capable of intelligent choice.
4. Meridians accomplish more narrowly defined tasks. They appear capable of doing these tasks with intelligence and efficiency, but their creative problem-solving abilities are limited to their own pathways.	4. The Radiant Circuits exhibit strong creative problem-solving abilities.
5. Meridians flow in set channels that are consistent from year to year and person to person.	5. The Radiant Circuits flow in a pattern that responds to the body's needs and to thought.
6. The points on meridians will always be in relatively the same location on everybody.	6. The Radiant Circuits are not fixed. The more you use or activate your Radiant Circuits, the more they will be available to you. One person's radiant energies can also activate radiance in another.

The Radiant Circuits not only connect the energies within our body, they attract us to, and attract to us, uplifting circumstances and events in the outer world. Their involvement in psychic phenomena is another reason the Chinese physicians applied the word "extraordinary" to them. Developing the radiant energy system is a path toward developing greater intuition and psychic ability.

Reasons to Focus on the Radiant Circuits

Emotions, thoughts, and beliefs exist in the body's energies, influencing every cell in their own ways. Some become so deeply embedded that they seem to carry the authority of absolute truth, settling into the person's deepest perspectives about life. Initiating shifts in these deep habits and states of mind, even if they are clearly dysfunctional, can be deceptively difficult. But activating the Radiant Circuits *can* shift these deep habits!!!!

The radiant energies can be particularly helpful if depression or negativity are persistent themes in the person's life, if the person is "caught in the past," if they are ruminating about or re-enacting earlier trauma, if certain habits of thought or patterns of behavior are particularly resistant to change, or if other techniques lead to improvement but the improvement does not last.

It may be necessary to focus upon other energy systems as well, but often enough, when the radiant energies are given a powerful boost, all the systems are affected. Consider giving special attention to the Radiant Circuits:

■ **If Negativity is a Persistent Theme in the Person's Life.** Because the Radiant Circuits are a distinctly "positive" energy, they erode negativity and leave a positive, optimistic, hopeful psychological imprint. They help meridians and chakras connect, allowing for pathways of release.

■ **To Overcome Resistant Habits.** Energy habits are part of the body's survival strategy that operates far beneath the conscious mind. These are usually governed by Triple Warmer (responsible for our fight-flight-or-freeze response). Radiant Circuits are powerful enough to shift TW and are able to initiate changes in habits. And because of the way they permeate the cells, the information carried by the Radiant Circuits is spread as the cells replicate.

■ **When Caught in the Past.** Even if the energy system is holding onto a habit, a belief, or a dream that is no longer viable, hooking up the Radiant Circuits as the client thinks about such issues forges a fresh pathway that allows a new truth to become embodied.

■ **When Other Corrections Won't Hold.** When energy treatments result in improvements but the improvements are short-lived, older energy habits may be winning the battle. Activating the Radiant Circuits can weave the corrections and the person will be less vulnerable to the way other influences tend to engage old habits or activate past fears and trauma.

■ **When Feeling Disconnected from Self, Others, and God or Spirituality.** Each of the Circuits deepens experience, intensifies gratitude, and brings more wonder and awe into one's life.

■ **When Life Seems Only What You Can Touch, Feel, or Smell.** Intuition and psychic phenomenon can awaken organically as the Radiant Circuits are engaged more and more.

■ **At the End of a Good Treatment Session.** When the body is open, receptive, and in harmony, hooking up the Radiant Circuits reinforces this state while instilling further openness, receptivity, and harmony.



Ways We Naturally Activate the Radiant Circuits

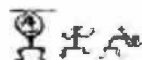
The Radiant Circuits can set off waves of energy that feel good. At the same time, they connect the meridian lines, make the chakras spin, and engage all of the other energies. But they do not lend themselves easily to formulas. The “formula” is to model oneself after the radiant energy itself, which is to be utterly spontaneous. Think of a surge of excitement, falling in love, becoming enchanted. The Radiant Circuits are the polar opposite of “staying on track.”

Many things we do naturally and spontaneously activate the Radiant Circuits.

Joy Begets Joy

- When you smile from a deep natural space, it sends joy all the way down to your soul and up again. A deep smile is not an ornament or a mask. It engages your radiant energies.
- So does listening to music you love, being overtaken by beauty, reveling in nature, laughing uncontrollably, abandoning yourself to play, love, or dance.
- As does anything that moves out negative thoughts, painful emotions, or stagnant energies. This includes exercise, laughter, or energy techniques such as “Expelling the Venom.”

But it is also the case that “if you don’t use it,” you *really do* lose it. The radiant energies can become stagnant and unable to easily move to where they are needed. This is the plight of many of us today where work, computer screens, and passive entertainment have taken precedence over deeper pleasures. The more the Radiant Circuits are exercised, the more available they are to you.



Story: A Path to Renewal



A man came for a session with his two little boys because it was his turn to take care of them. He was the pastor of a large progressive church in town, but his ministerial persona was crumbling. He was desperate inside, and he had become harsh and brittle with others. His temper was easily provoked, particularly by those closest to him. This was his first session. A story emerged. He was separated from his wife and they were deciding whether to divorce. Years earlier, they had a son who died when he was two. The man was trying to get his spirit back and to get relief from the pain and anger he was carrying. He knew it was hurting the boys. He did not think there was a chance for his marriage.

He was talking a mile a minute. When energy goes out like that, the person isn’t able to receive. Incoming energies are literally being blocked by the pressured speech. Usually in a situation like this, I begin by “unscrambling” the force fields. But I had an instinct to go right to his radiant energies. I began holding points that stimulate the Radiant Circuits and connect them with one another so the entire radiant system is activated. He immediately fell silent and began to relax. It was as if he were taking in the most soothing nourishment. After a time, he began to cry and cry.

The boys came in concerned that I was hurting their daddy. But he was so soft when they came in, which was such a relief from the harshness they'd been living with, that they started laughing and laughing and laughing. And it made him laugh as well. I was just holding points. That's all I was doing. All three of them became relaxed. I got the boys to go back into the other room. Then the man began to shake. His tremors were so violent that it was one of those rare times I wanted to intervene in a natural process. I began to make him stop. He said, "No," so I let him be. He just kept shaking and releasing. Then he became still, and it looked like he was in bliss.

We worked with the radiant energies in each of his next several sessions, but from that first session, his demeanor changed, particularly with his wife. He had never realized why he was so angry with her. But as he softened and they began to communicate, he discovered that he had (irrationally) been holding her responsible for the death of their son. He'd never uttered this thought, even to himself, and this unacknowledged blame/rage was the domino that resulted in his retreat into a brittle shell.

Three Easy Turn-Ons (to activate the Radiant Circuits)

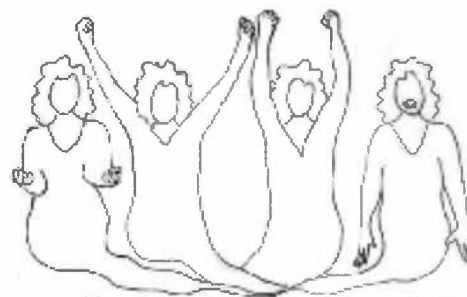
Three simple ways of turning on the radiant energies (requiring less than 3 minutes each) are:

1) Blow Out, Zip-up, and Hook-up

2) Butt in the Air

This pose replaces stress with a sense of safety, security, and an "all is well" feeling—just as it did when you were a baby.

- If, and only if it is comfortable, kneel down on all fours with your knees on the floor, push back so your butt is resting on your heels, and bring your hands by your sides as you gently lower your head to the ground.
- Again, only if it is comfortable, move your body and your head forward and lay your face to one side so your butt can go higher, resting like a baby.
- Hold this position for about 2 – 3 minutes.
- Use the time to meditate, contemplating on a positive thought or image, or just let your mind go.



Expelling the Venom / "Blow Out"

3) Dancing to the Eights

Like the double helix of DNA, the figure-eight is one of nature's most basic patterns.

Weaving your energies in figure-eight curves activates the Radiant Circuits and brings the body into greater health and vitality.

Put on music and do Figure 8s with your hips, then with your arms. Flow freely, move your entire body and create as many small and large Figure 8 patterns as feel good to you.



The Individual Radiant Circuits

Activating Individual Circuits

Individual Radiant Circuits have, over evolutionary time, taken on specific roles and serve different functions. So you can bring about changes in habits that are entrenched not only in your psyche but also in your body by focusing on and strengthening the action of specific Radiant Circuits.

Radiant Circuit Locations

Even though various works (including this one) provide charts for the location of the Radiant Circuits, these are ultimately misleading. The radiant energies do indeed concentrate on specific lines along the body, but that is while they are relatively dormant. When they are active—and that is where the action is—they may go anywhere, and their paths cannot be reliably charted.

Tracing the Radiant Circuits

When tracing any of the Radiant Circuits, find the figure for the Circuit you wish to trace and with the slow, full contact of your hands or those of your partner, follow the solid lines in the diagram, generally moving from top to bottom.

Synchronizing the tracing with your breath is a good practice when working with the Radiant Circuits. Playing music or simply thinking of things that are fun or inspirational can also be good adjuncts while tracing Radiant Circuits. Anything that brings more presence and joy to the techniques adds to their radiant effects.



The Yin and Yang Regulator Circuits

The front (yin) and back (yang) Regulator Circuits regulate all the energetic and physiological systems including circulation, hormones, and immune function.

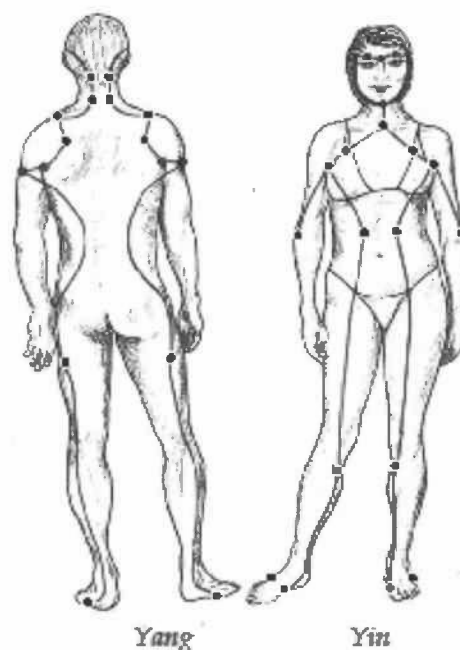
They help your body adapt to the endless challenges of internal and external changes.

Hormonal imbalances and the emotional turmoil that may follow can be addressed by working with the Regulator Circuits.

TRACING REGULATOR CIRCUITS (Emotions, weight, hormones, temperature, blood pressure)

Yin Regulator Circuit:

1. Rest fingers on eyes, face in palms, and take a deep breath.
2. Trace a heart on the face to the chin and pull straight down the neck to the top of sternum.



3. Cross arms and pull the energy firmly down the arms. Hold at the elbows for one deep breath.
4. Uncross arms and place hands on either side of the upper chest.
5. With flat hands, trace down to the inside bottom of the ribcage.
6. Continue down to inside of the knees, then over the top of the feet and squeeze the sides of feet (Spleen and Bladder).

Yang Regulator Circuit:

1. Lay fingers over eyes, elbows out to the side and hold for the length of one deep breath.
2. Pull fingers over the eyes and slide to the temples.
3. Trace around behind the ears and down the back of the neck.
4. Hang on the shoulders for the length of one deep breath.
5. Cross the arms, holding the outer arm and push in with the fingers for the length of one deep breath.
6. Uncross the arms, take them to the mid-upper back with flat hands.
7. Trace in at the back, out at the hips, straight down with the hands on the sides and back of the legs to the outer ankle. Tweak the Achilles heel.
8. Pull your elbows out from your body so you get a stretch across your upper back, and hold for two deep breaths.
9. Relax the arms and smooth down the outer side of the foot.



The Yin and Yang Bridge Circuits

The front and back Bridge Circuits connect the front and back of the body as well as the body's energetic polarities: positive and negative charges, receptive and outgoing impulses, male and female attributes, yin and yang influences. These Circuits also bridge down into one's soul and into a higher spirit. They help one stay open, as they bridge to the outside world and into the hearts, minds, and souls of other people.

TRACING BRIDGE FLOWS

(Connections, internal and external, to self and others)

Yin Bridge Circuit:

1. Begin at the Power Point at the top of the neck. Breathe and push up.
2. Move fingers up over head to the forehead Neurovasculars with the tips of the thumb, index, and middle fingers bunched together. Hold for one deep breath.
3. Using the middle fingers, trace along the nose to the Stomach points on the cheek.



4. Cross to K 27 with the wrists on top of one another and the fingers in the K 27 points. Buzz.
5. Bring the fingers together and move down to the sternum point. Hold for one deep breath.
6. Draw a heart by circling your hands up and then around each breast and then down to the belly. Do this three times.
7. Trace down and over tops of legs to inside of feet.
8. Wrap fingers under feet, hold on, and pull body up and away, butt in air.

Yang Bridge Circuit:

1. Use your imagination to experience Figure 8s all the way down your back, or have a friend make Celtic Weaves down the back of your body.
2. Sideways Figure 8 "dances" or any kind of Figure 8 energy engages the Circuit.
3. Imagine the sign of Zorro done with flair!



The Belt Flow

The Belt Flow surrounds the waist. It connects the energies of the top and bottom parts of the body. It helps all of the meridians to move in harmony and orchestrates the chakras.

Psychologically and spiritually, the Belt Flow is involved with how grounded we can stay when reaching to our spiritual heights.

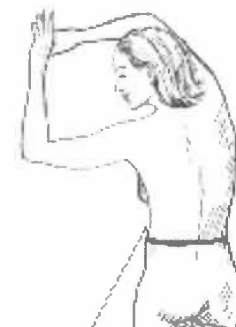
TRACING THE BELT CIRCUIT:

(Connects upper and lower body, aids in digestion)

1. Wrap both hands around one side of the waist.
2. Pull from above, below, and on the waist (across tummy toward other side of waist) several times.
3. Continue taking the energy down the leg from that side of the waist. Repeat on the other side.

Alternatives:

- Place both hands around the back at the waist; pull hands toward front of the waist and trace the energy straight down the legs.
- Pull the 2nd chakra away from the 3rd chakra, stretching the abdomen.



The Belt Flow is activated at the



The Penetrating Flow

The Penetrating Flow is the energy of deep joy, profound healing, and ecstasy. When people are depressed or feel empty inside, it may be because the Penetrating Flow is weak or blocked.

Where the Bridge Flow and Belt Flow connect your front/back and top/bottom energies, the Penetrating Flow brings energy to your inner depths. When moving freely, it penetrates into the chakras, the muscles, the bones, the genitals, the cells, and deep into the psyche. It penetrates

deep and allows a profound depth of feeling. When activated and healthy, it can also protect you from trauma “penetrating” deep into your being.

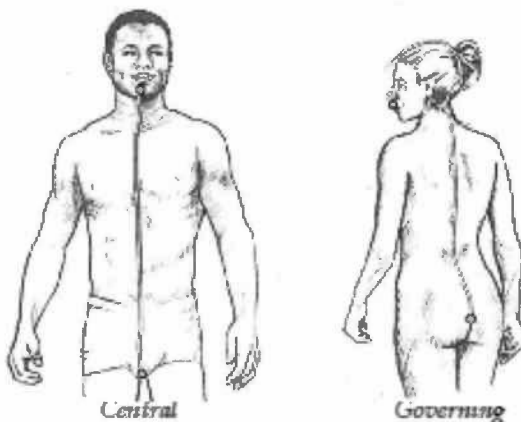
TRACING THE PENETRATING FLOW

1. Place flat of hands above mid-waist on back. Smooth slowly down the sacrum.
2. Circle flat hands around the hips, come to groin.
3. While inhaling deeply, pull hands straight up the body, up the neck, over the jaw, holding hands on jaw and cheeks.
4. Drop hands down over mouth, take three deep breaths (or blow up cheeks to a slow count of three and release).
5. Cross at neck slowly, drawing crossed hands down over Heart chakra (deep breath or sigh.)



Central and Governing

Four of the body's Radiant Circuits are also meridians. They carry radiant energy and are capable of instantly moving this energy to anywhere it is needed.



Central meridian's pathway flows up the front center of the body, feeding energy to the brain. Governing meridian's pathway flows up the back center of the body, feeding energy to the spine and much of the nervous system. The two meridians meet at the back of the throat, creating a single force field, and this is where they begin to behave like Radiant Circuits. That force field radiates inwardly and outwardly, bringing strength and vitality to the meridians, the chakras, and the aura.

When a person is filled with confusion or self-doubt, activating Central and Governing can pull the cerebrospinal fluid up to the brain and calm

the nervous system, supporting clarity and confidence.

When a person is over-sensitive to other people or the energies in the environment, activating Central and Governing lends protection by strengthening the aura.

TRACING CENTRAL MERIDIAN

1. Begin at the pubic bone and trace up to the bottom lip with the fingertips of both hands.
2. Circle your arms forward and trace up two more times.
3. On the third Zip-up, take a deep breath in and continue with your hands upward past your lips then into a prayerful gesture as you reach your arms high above your head.
4. Turn your hands back-to-back (palms facing outward), release your breath, and let your arms move down and out in a slow controlled fashion until they reach your legs.

TRACING GOVERNING MERIDIAN

1. Begin with both hands at your sacrum and bring them up your back as far as you can reach.
2. Mentally send the energy upward and reach back over your shoulders as far as you can reach to catch it, bringing it over your head to your top lip.



Triple Warmer and Spleen

The two other Radiant Circuits that carry the properties of meridians are also paired polarities—Triple Warmer and Spleen.

★ Triple Warmer as a Radiant Circuit

Triple Warmer's pathway goes between the back brain and the front brain. The back brain is more primal, carrying the survival strategies of millions of years of evolution. Triple Warmer feeds the back brain while moving primal survival information into the front brain.

It can conscript energy from every other meridian (except Heart) to insure the body's survival. This is a very serious assignment and Triple Warmer is the single Radiant Circuit whose "personality" is more like a general in combat than an upbeat mom.

No matter how frantic or stress-filled our lives, it does not serve us for TW to treat everything as a threat. TW is the great networker, and when not in panic or survival mode, it can spread calm and the ability to stay centered even in highly challenging situations. In the same way that TW can conscript energies from all the other meridians and energy systems, it can send this calming message to them, as well.

Harmonizing Triple Warmer as a Radiant Circuit

Place one hand on the forehead and the other hand on and above the navel (over the solar plexus). Hold for a minute or two. This activates the person's main Neurovascular points and the adrenals (which are governed by TW). This position sets up a communication between the blood/energy flows and the adrenal gland, which then settles down the hormones released by the adrenals.



★ Spleen as a Radiant Circuit

Meanwhile, the mother of upbeat mom energy, the Spleen meridian/Radiant Circuit, radiates the life force itself. In fact, Spleen energy resonates with and metabolizes all the other energies in the body, bringing them into harmony with one another.

Together Spleen and Triple Warmer govern the immune system through an interplay that resembles military and family values. When you can keep these energies in balance, they become a powerful team for keeping your life in balance.

Connecting Heaven and Earth

This wonderful exercise activates the Spleen as a Radiant Circuit (*Energy Medicine*, page 266).

Trace the Spleen Meridian Pathway

On both sides of the body, trace the path of the Spleen meridian, starting at the toes, to activate it as a Radiant Circuit.

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Additional Techniques for Turning on the Radiant Circuits

The Radiant Circuits may be activated by:

- Anything that helps make space in the body, such as stretching or yoga.
- Anything that crosses the energies from one side to the other, such as walking or swimming.
- Anything that engages your spirit, such as a beautiful sunrise or an inspiring story, or anything that gets you laughing.
- Anything that improves your environment, even something as simple as walking outdoors to get more air and space around you.

Why then learn special exercises for them? It is something like taking vitamins. Ideally, the food you eat would provide all the vitamins you need. Ideally, the activities in your life would keep your Radiant Circuits flourishing. For most of us, neither is the case. We can stay healthier by taking vitamin supplements and we can stay happier by attending to our Radiant Circuits.

The following eight techniques, like those already presented, are immediate, direct, and always available: Energy Medicine's endorphins. Some methods will feel better to you than others, and the ones that feel better will work better. It is worth keeping a couple of these techniques in your back pocket for daily doses as well as for those moments when your spirit begins to darken.

1) The Crown Pull

Energy naturally accumulates at the top of your head, and if it doesn't circulate freely, it becomes stale or congested. The Crown Pull creates more space in your head for that energy to move, and it literally releases stagnant energies from your skull (through the Crown chakra), making way for radiant energies to enter.

The Crown chakra, as you know, is your gateway to the higher energies of the cosmos, and the Crown Pull also helps the intellect surrender to transcendent sources of information. To review the procedure:

- Place your thumbs at your temples on the side of the head. Rest your fingertips at the center of your forehead.
- Slowly and with some pressure, push in and then pull your fingers apart so you stretch the skin to the sides. Bring your fingertips back to the center of your forehead and repeat the stretch.
- Then bring your fingertips to your hairline and repeat again.
- Continue this pattern of pushing in and pulling apart as you move up and over your head, ending at the back of your neck.



2) Stretch and Bounce

The Radiant Circuits flow naturally, but they can become blocked by tension or stress. Simple physical activities are often enough to revive their movement.

- Stand and stretch. Think of a dog or cat after a nap. Think of “making space” for your energies to flow.
- Stretch in all directions. Breathe deeply.
- Reach high and low.
- You can then *jump*-start your energies by bouncing—jumping up and down on the balls of your feet with the rest of your body loose and relaxed. A trampoline-like bouncer is also a great aid for getting your radiant energies moving.

3) Ab Stretch

Just as the head becomes clogged with residue that prevents the radiant energies from linking freely to the mind, energetic residue also tends to accumulate at the midline of the body. The Ab Stretch clears this residue, allowing the Radiant Circuits to flow between the top and bottom halves of the body.

- Standing at the back of a chair with your body straight and your hands wrapped over the chair, lift one leg backwards on an inhalation, stretching the abdomen.
- Release and then lift the other leg.
- Repeat several times.

4) Toweling Off

You can trace your meridians and activate your radiant energies every day when you bathe or shower, or when you towel off afterward.

Beginning with the bottom of one foot:

- Rub the towel or washcloth up the inside of your leg.
- Rub up the front of your body.
- Up over your opposite shoulder.
- Rub down the inside of your arm and off your fingertips.
- Repeat on the other side.

Then, starting at the back of either hand:

- Travel up the fingers.
- Rub up the outside of your arms to your shoulders.
- Repeat on the other side.

Then with both hands:

- Reach up as high on your back as you can and rub down the entire length of your back.
- Rub down the outsides of your legs and off the top of your feet.

- Come back up to your head and finish by toveling your face downward, continuing to the bottom of the neck.
- Then curl your fingers over the back of your shoulders at the neck and drag them forward and off your body.

5) The Radiant Imagination

Recall the glow you feel when you see someone you find attractive. This is how quickly your Radiant Circuits can spring into action. Your internal images can also give a sudden boost to your radiant energies. At any given moment, you may become peaceful or anxious, happy or sad, based on what is playing in the theatre of your mind. By focusing your imagination, you can make that program not only enjoyable but a force that activates your Radiant Circuits.

Use any of the following or write your own script:

- Imagine that someone who makes you feel alive and happy has just greeted you.
- Bring to mind a color you love. Imagine the energy of this color flowing through and infusing every cell of your body.
- Bring to mind something in your life about which you can feel thankful. Gratitude is among the most profound spiritual healers. It is the mascot of the Radiant Circuits. Send this feeling of gratitude through your body. Say "thank you" to your heart, your lungs, your kidneys, and all your organs. Thank your legs for carrying you. Thank your environment, your loved ones, and your creator for supporting you.

A great time to use the mind to focus color, healing rays of light, other healing uses of the imagination, gratitude, or prayer is when you are lying down while someone else is giving you a Radiant Circuit treatment. You can also use Radiant Imagination when you are doing any EEM exercise.

6) Triple Warmer/Spleen Hook-up

Balancing the polar energies of Triple Warmer and Spleen helps with a range of problems, including addictions, overwhelm, overweight, compulsive behaviors, cravings, and blood-sugar mood swings.

- Place your left hand above your elbow, in the indent that is in line with your ring finger.
- Place your right hand under your left breast, over the area of your pancreas and spleen.
- Relax your shoulders.
- Stay in this position for up to two minutes.
- Repeat on the other side.

If you wish to attract more for your money, activate your Radiant Imagination while in this position!



7) TW/Spleen/Regulator Balancing ("Cover the Eyes")

- Cover your eyes with your fingers. Inhale. Exhale.
- Inhale with your eyes still covered. Exhale while dragging your fingers across your eyes and out to your temples.
- Inhale while dragging your fingers up over your ears. Exhale while dragging your fingers down behind your ears to your shoulders. Hang your fingers on your shoulders at the neck.
- Inhale as you cross your arms, placing your fingers on the opposite shoulders. Exhale, smoothing your hands down your arms to the forearms.
- Inhaling, place your hands flat across the ribs under your bust area.
- Exhale while sweeping your fingers down your legs and off your feet at the toes.
- Inhale while sweeping your fingers back up your legs to under your arms.
- Exhale while sweeping your fingers down and off your body at the sides of your waist.

Doing this exercise four or more times daily can shift deep habits. You are sedating Triple Warmer, strengthening Spleen, and activating the Regulator, Bridge and Penetrating Flow Radiant Circuits.

8) Heaven Rushing In

When you are hungering for more meaning in your life or feeling despair and isolation, step outside under the sky and stand tall. Ground yourself by focusing on where your feet meet the Earth.

- Take a deep breath in.
- Exhale fully.
- Spread your fingers on your thighs.
- With your next inhalation, circle your arms out to the sides and then over your head until your hands touch.
- On the exhalation, bring your hands slowly down in front of your face, coming to rest at your chest, hands now in a prayer position.
- With another deep breath, open your arms wide, lifting them slightly, and look to the heavens. Sense the vastness above you and stay alert as a larger energy comes in through your hands, chest, and breath. You are not alone. You may first feel this larger energy as a tingling.
- Allow your arms to accumulate this energy and scoop it into your chest, placing your hands over the center of your chest on the vortex called "Heaven Rushing In."



Receive the energies of the heavens and allow your mind to open to a larger story.

Habits and the Radiant Circuits

Habits run deep. Beneath habits of thought and behavior are habits in the body and its energy system. Many of the developments in Energy Psychology involve reconditioning the meridian system's habitual response to a disturbing stimulus. (See Chapter 1 - 5 of *The Promise of Energy Psychology*, Feinstein, Eden and Craig, 2005).

Another approach to counter the grip of outmoded or otherwise dysfunctional habits is to enlist the Radiant Circuits:

- Regularly stimulate the radiant energy system.
- Recondition the radiant energy system by activating vulnerable Circuits while the stimulus that evokes the dysfunctional habit is present or is brought to mind.

When the Radiant Circuits have been exercised so they stay strong under stressful conditions, they will also feed meridians that tend to be chronically weak. The Radiant Circuits are an extremely valuable and underappreciated system.



DONNA EDEN is among the worlds most sought, most joyous, and most authoritative spokespersons for Energy Medicine. Her abilities as a healer are legendary, and she has taught some fifty thousand people world-wide, both laypeople and professionals, how to understand the body as an energy system. Since childhood, she has been able to see the flow of the body's energies, and from this clairvoyant ability, she has developed a system for teaching others, who do not have this gift, to productively work with their body's energies. Her best-selling book, *Energy Medicine*, has been translated into more than a dozen languages, and is a classic in its field. According to Carolyn Myss: "The contribution Donna Eden has made with *Energy Medicine* will stand as one of the backbone studies as we lay a sound foundation for the field of holistic medicine."



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