



## ***Energy Medicine Movement***

By

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Movement is the cornerstone to optimum health and well-being. The body is a living, energetic organism that expresses itself through movement. When you move, you activate the breath, circulate the blood, oxygen, and muscles allowing the optimum flow of energy through the body and activating the natural health enhancement medicine within. You also connect to the emotional, mental, and spiritual aspects of yourself. Energy Medicine movement is an experiential process designed to develop an awareness of the body and mind through the medium of energy movement by restoring balance and flow.

The Energy Medicine Movement program reflects a unique blend of four well-known healing modalities: Chinese Qigong, yoga, the meridian system, and the chakra system. It is comprised of five essential and interrelated methods: gentle movement of the body, breath practice, massage, walking and meditation.

This program will increase your ability to sense, clear, and balance the energy as it relates to a particular healing need. It will also help you to gather more energy and increase vitality, allowing relief from illness. Over time, the awareness and sensitivity to energy will increase and you will become more skilled at being your own energy healer.

In the Energy Medicine Movement program, a participant first identifies a core issue that needs to be cleared in the energy system. This process involves assessing the impact of the issue on the energy system and then selecting the Energy Medicine Movement methods to balance the energy system. Finally, a reassessment of the energy system is performed while thinking of the issue.

A typical client sequence involves:

1. The healer and client set the intention for the session.
2. Establish a goal for the session. The client is asked to think of the issues that they want help with and are willing to work on.
3. The energy system is asked whether this is the issue to be worked on using pendulum, muscle test or intuition.
4. One or more of the following activities are used to help uncover the core issue: guided mediation, drawing cards, and creating a drawing.
5. An energy medicine pre-assessment is performed.
6. Preliminary Energy Medicine Movement interventions are performed to clear and balance the energy.
7. The energy system is reassessed.
8. Choose one or more exercises from the five categories below to meet a particular healing need:

**Meditation:** standing meditation, feeling the energy meditation, heart meditation, 7 step self-care “Powering Up” meditation, Hathor Heart meditation, Energy massage: full body energy connection, meridian energy tune-up, tracing the energy channels.

**Breathing:** breathing from the center, ocean wave breathing, great circle breathing, the gathering breath, full wave breathing, Shaolin Breath meditation.

**Movement:** Rocking motion, gather and release, bringing up the earth, bringing in the light from heaven, pressing to right and left, around the universe, wave energy breathing/bath, heart love, bringing in the heart energy, spontaneous movement; Tai Chi ruler, chakra exercises.

Walking: Aikido walking, in, in, out rhythm walking, breathwalk.

Forms: Different exercises can be combined to create a “form” that works best for the client’s healing needs and goals. Exercises can be chosen from any one category or combination of two or more to create this. For example, if one needs more grounding, relaxation and flow in their life, the form might include: breathing from the center, standing meditation, rocking motion, bringing up the earth, and ocean wave breathing followed by great circle breathing. The combinations are endless.

#### 9. Reassess the energy system.

The preliminary exercises are designed to optimize and support the cultivation and generation of energy (Qi)—the intrinsic energy or life force within. They prepare the body for healing and flow right into the subsequent set of exercises. These exercises consist of: Standing Meditation, Breathing from the Center, Energy Balloon/Qi Ball, Shaking the Tree, and Clearing out Negative Qi.

The exercises in the Energy Medicine Movement program can be used for specific problems. We are continuing to develop and refine new ones throughout the program. We encourage you to create your own daily practice from the exercises that you find helpful in this program, using something that you enjoy and will do every day. The following are suggested combinations for specific uses and are not all-inclusive.

<b>Balance and increased energy</b> Standing meditation Energy Balloon Breathing from the Center Tracing the energy channels Bringing up the earth Great circle meditation Rocking motion Wave energy flowing Breathwalk	<b>Chronic pain</b> Full body connection Standing meditation Clearing negative Qi Tracing the energy channels Heart meditation 7 step powering up Bringing in the light from heaven Gather and release breathwalk
<b>Detoxification/Clearing stagnant Chi</b> Clearing negative Qi Shaking the Tree Full body connection Tracing the energy channels Bringing up the earth Bringing in light from heaven	<b>Life Purpose</b> Standing meditation Hathor heart mediation Around the universe Bringing in light from heaven Breathwalk 7 step powering up meditation

<b>Depression</b> Standing meditation Breathing from the center Energy Balloon 7 step powering up Hathor Heart meditation Full body connection	<b>Lungs</b> Energy Balloon Breathing from the center Ocean wave breathing Great circle breathing The gathering breath Full wave breathing
<b>Abdominal problems</b> Clearing negative Qi Standing meditation Full body connection	<b>Kidneys</b> Breathing from the center Energy Balloon Great circle breathing
<b>Stress/Hypertension</b> Standing meditation Breathing from the center Shaking the Tree Clearing negative Qi 7 step powering up Full body connection Hathor Heart Meditation Meridian tune-up Great circle Breathing Gather and release Rocking motion Bringing in light from heaven Bringing up the earth Breathwalk	<b>Chronic fatigue</b> Standing meditation Energy balloon Clearing negative Qi 7 step powering up meditation Hathor heart mediation Meridian tune-up Bringing up the earth Wave energy flowing Breathwalk
<b>Heart</b> Hathor heart meditation Heart love	<b>Arthritis and joint pain</b> Full body connection Meridian tune-up
<b>Stomach</b> Clearing negative Qi Standing meditation Full body connection	<b>Liver</b> Shaking the tree Clearing negative Hathor heart meditation Full body connection Bring in light from heaven

## **Works Cited/Resources**

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