

## Travel Self-Care Sequence

1. **Spoon Feet:** use the back of a stainless steel spoon (use a magnet to test it, if it attracts to the magnet, that's your spoon!) to rub vigorously along the soles of your feet. Finish with figure 8s (infinity pattern). You can also rub the sides and rub spoon off the tops of the feet, too.



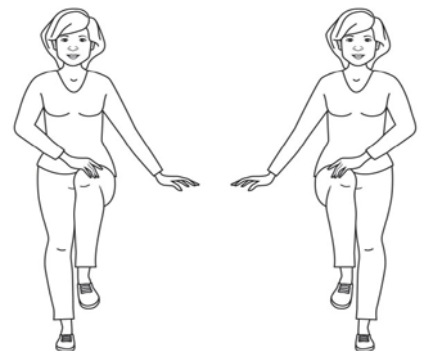
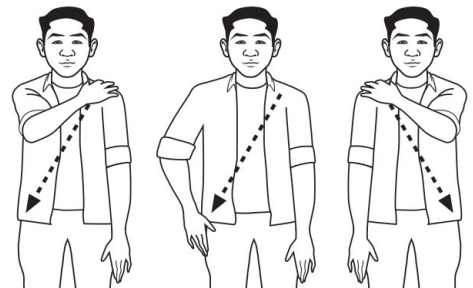
**Benefits:** This is great if you have been travelling in a plane, train or automobile (: )) This is a great technique for when you need to be grounded and can't walk barefoot outside. Spoon your feet during the flight or other long periods of travel. Doing this before bed will help you sleep better. Spooning the feet first thing in the morning is also beneficial. You might consider rubbing the back of the spoon over any area of concern with the back of the spoon to find some relief.

2. **Cross-Overs:** Choose from any of the following:

a) Place right hand on left shoulder and hold fingers against with some firm pressure then drag hand to opposite hip; do the same with the other hand. Do minimum 15 times.

b) Touch right hand to left knee and then left hand to right knee. Do at least 24 times.

c) Very gently and slowly trace figure 8s around the eyes in any direction of your choosing. Start at the bridge of the nose and circle around one eye (from top to bottom) and then around the other eye.

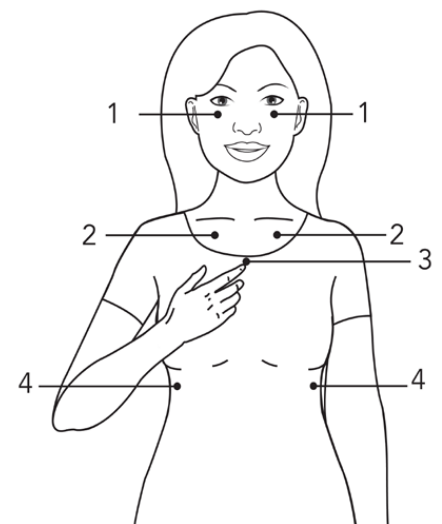


**Benefits:** Our energies must cross over in order to create harmony, balance and optimal health. Feel free to do any, or all, of the above exercises throughout the day to maintain the cross-over pattern in your system.

3. **The 4 Thumps:** Use several fingers to tap the points described. Tap vigorously. Focus on breathing in through your nose and out through your mouth throughout the tapping. Tap for as long as you need; minimum 1 minute per thump.

1. Tap the **Stomach** points on the cheek bone right below the eyes.  
**Benefits:** Keeps you grounded through Stomach Meridian and releases any worry/concern/anxiety/fear. Also, you can push in here to relieve nausea.
2. To locate **K-27** points, place your fingers on your collarbone and move them inward towards the U-shaped notch at the top of your breastbone. Move your fingers to the bottom of the U then down and out about an inch until you feel an indent or hollow on both sides. Tap or massage these points with very firm pressure; you won't get the benefits if the pressure isn't fairly vigorous.  
**Benefits:** Keeps energies moving forward and gives you a boost of energy when you need it.
3. To locate the **Thymus** point place the fingers of either or both hands in the centre of your sternum at the thymus gland. Tap here with your fingers or your knuckles.  
**Benefits:** Supports a strong immune system.

4. Tap the Neurolymphatic **Spleen** points, beneath the breasts in line with your nipples and down one rib. You can also tap all the way towards the spleen acupressure points (and back and forth between these two points), located on the side of the body about four inches down from the arm pits. If either of these points are more tender, concentrate on them and tap until they are no longer tender.  
**Benefits:** Nurtures Spleen Meridian and our immune system.



4. **Houston and Ileocecal Valves Reset:** Place the fingers on the inside of the hipbones and with some pressure pull them up in a scooping actions to just below the ribs and shake the hands off. Do this 3-4 times. Finish by dragging your thumbs down once (in the opposite direction) from below the ribs down to the valves.

**Benefits:** Maintains a healthy digestive system, stops acid reflux and excess gas, and has a positive cumulative effect on all the other valves in the body.

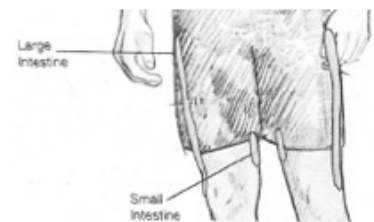


5. **Large Intestine & Small Intestine Neurolympatics Massage:**

Massage with enough firm pressure along the outside of your thigh (from hip to knee) where the seam of your jeans would be for the Large Intestine. Do the same on the inside of the upper thigh for the Small Intestine Neurolympatics. Another Small Intestine Neurolympatic point starts at the Xiphoid Process in the centre of the chest above the diaphragm. Massage with small, deep circles all the way along the outer edge of the rib cage until you cover the entire length of the rib cage.

**Benefits:** This will free any congested energy in these meridians and contribute to better digestive health. It is also detoxifying and can help reverse the effects of diarrhoea and constipation; massage from up from the knee to the hip to relieve the former and down from the hip to the knee for relief from the latter.

\*These points can be very tender; this means you really need to do this exercise. Ease up if the pressure is too much, but keep at it. The more you move out the congested energy, the more you will experience relief.



6. **Belt Flow:** Place right hand on the side of the waist and the left hand closer to the spine on the back on the left side of your body and drag your hands with firm pressure along the top part of the torso (just below the bra line) approx., 3 times, to the other side. Then, drag the hands from the same starting point to the opposite hip, 3 times, and finally place hands on the side of the lower abdomen and drag across to the other side, 3 times. When the third sweep has been completed run both hands down the front of the right leg and off the foot. Shake the hands off and do this same process starting from the right side of the body. On the last sweep across the lower abdomen, sweep the hands down the left leg and foot and shake the hands off.

**Benefits:** Connects the top and bottom energies, assimilating and integrating information between upper and lower, gives the internal organs located here a nice massage, maintains a healthy digestive system and can help reduce bloating and weight.

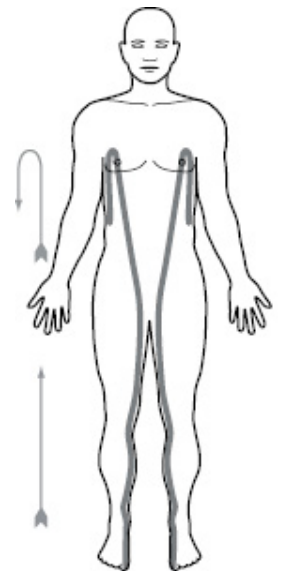
Prioritise self-care!

With my compliments, AdīShakti

### 7. Spleen Meridian:

With flat palms, trace Spleen Meridian from the corner of the big toes up the inside of the feet, up the inside of the legs, veer out to the hips, up the side of the rib cage and to the armpits and down about a hand width and tap here. Trace 3X.

**Benefits:** Strengthens and give more juice to Spleen meridian to aid metabolism of food, thoughts, experiences and emotions.



© Donna Eden

Thank you for accepting these simple, yet powerful, tools to make your travel experience easeful and enjoyable. I trust you will feel a sense of empowerment, knowing that you are the master of your own wellbeing.

If you should have any questions or require clarification on any of the exercises, please don't hesitate to contact me.

