

The “Less-Than-A-Minute” Clarity Steps

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You simply cannot get reliable answers to any of your questions if your energy is not balanced. Two excellent resources are, *Energy Medicine: Balance Your Body’s Energies for Optimum Health, Joy, and Vitality* by Donna Eden with David Feinstein (1998), and *Brain Gym: Teacher’s Edition Revised* by Paul E. and Gail E. Dennison (1994). Here we will briefly discuss a few quick methods drawn from or adapted from these resources that I have found most helpful.

1. *Drink Water*

Adequate hydration is essential. We are energy systems. We are batteries, and batteries need water. Start every day with a glass of water. Drink water all day—at least 60 ounces a day. Carry a water container with you in your car and wherever you go. You can drink more all day if you drink more each time you raise the glass to your lips! Caffeine is counter-productive to hydration because it *dehydrates* you. For every 8 ounces of caffeine you drink, you need about 12 ounces of water to compensate for what you have lost!

2. *Zip Up*

Zipping up is so quick and easy you can do it in about two seconds. Move your hand a few inches from your body, starting with your pubic bone and moving up to the top of your chest. (Donna Eden’s method continues to the bottom of the mouth.) That’s it. What you are doing is strengthening central vessel, an acupuncture meridian that helps regulate which energies are allowed into our energy field. Central vessel can move around and help out other meridians as well. Don’t continue beyond your mouth, as that will weaken another meridian, governing vessel, which also ends at the mouth.

3. *Rub K-27*

The K-27 acupuncture points are the end points of the kidney meridian. They are easy to find: Follow your collarbones toward the center of your chest. When you get to the bump at the end, drop down about an inch into an indentation just below, one on each side of the center of your chest. Rub the points firmly for about ten seconds. You can do this right after you zip up. The effect is to correct your energies if they have started to reverse, or flow backwards. When your energies flow backwards, a *yes* will be a *no* and a *no* will be a *yes*. And *you* will feel tired and unable to focus.

4. *Do the Space Buttons*

Space Buttons are “buttons” on your body that you can push to correct the energies from front to back and back to front. One hand pushes the “button” under your nose and the other pushes the button just above your tailbone (Dennison and Dennison, 1994). We have found that you can push in anywhere on the midline of your back and get the same results, so your non-dominant hand can push in on the back of your neck or the back of your waist, while your dominant hand pushes in under your nose. You are strengthening the governing meridian that runs from your tailbone to the top of your mouth. The Dennisons say pushing Space Buttons will “facilitate increased nourishment to the brain through the blood and cerebrospinal fluid, nourishment necessary for relaxed, optimal functioning.” (p. 28) Your hands are already up there on K-27—just change position to the Space Buttons and push in to feel more relaxed, centered, and grounded.

5. *Breathe*

Use three centering breaths, in through the nose and out through the mouth.