



# Lessons from 38 Years of Teaching Energy Medicine

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I taught my first class on energy healing in 1977. I only charged \$5.00 for the weekend course, explaining in advance that I was new to teaching and wanted license to make a lot of mistakes. Now more than 1,000 classes later, I have introduced Energy Medicine to well over 80,000 people around the world, from beginners to advanced practitioners -- from laypersons to physicians.

In the process, I have learned some things that would have given me enough confidence to charge at least \$10 if I knew them at the time of that first class. Here are eight lessons I have learned about teaching Energy Medicine:

## 1. Start With Simple Demonstrations Rather Than Long Explanations

Many people have difficulty envisioning subtle “energies” they cannot see—such as meridians, chakras, and the aura. In fact, you can explain these at great length without any light of recognition coming into their eyes. Fortunately, Energy Medicine readily lends itself to simple demonstrations that cut through the limitation of words.

I tend to show a new class how easily energy can be



drawn away from a muscle by tracing in the opposite direction of the flow of the meridian that moves through that muscle. This can then be easily demonstrated using a standard energy test. Another favorite is asking for someone who is feeling tired and showing how the energy tests weak when the person walks forward but strong when walking backward, indicating that the meridians have reversed their natural direction, which is nature's way of encouraging us to rest. Of course, I then show how rubbing the Kidney 27 points can get the energies flowing back to their proper direction. (Energy tests, the uses of the Kidney 27 points, and the other techniques mentioned below are all described in my book, *Energy Medicine*).

## 2. Anyone Can Do This

I have three modes of demonstrating a wide range of Energy Medicine techniques:

- 1) Invite someone to the stage and demonstrate the technique.
- 2) Meticulously describe the technique from the stage as each student self-applies it.
- 3) With the students working in pairs, show them how to do the technique on each other.



I also have teaching assistants available if someone gets confused. Even people with no self-confidence realize that they can use these methods successfully once they have applied them a few times with themselves and others.

### 3. Your Students Are Sensitive to Energy

In hundreds of beginning Energy Medicine classes, we have asked for a show of hands to the question: “*Who here is way, way, way more sensitive to energy than others—absorbing energies that hurt you or get in your way?*” Consistently, about one-third of the class raises their hands.

*“I explain that this sensitivity to energy is one of the reasons they are drawn to an Energy Medicine class.”*

Those of you who are good at math will immediately recognize that “one-third” paired with “way, way, way more” suggests a skewed sample. So I explain that this sensitivity to energy is one of the reasons they are drawn to an Energy Medicine class. I try to help them understand that such sensitivities are a gift, as well as a vulnerability.

While my own sensitivity serves me in my work, I have had to learn how not to be overwhelmed by the energies that my body tends to attract and absorb. I teach students, even in introductory classes, some very simple grounding techniques, ways to keep their aura strong so they are protected, ways to keep their Central meridian strong and connected with their Governing meridian, forming a protective “Macrocosmic Orbit.”

I also teach techniques I use when I have picked up someone else’s energy. One of my favorites is Connecting Heaven and Earth (see inset).

### 4. Identifying an Energy Disturbance Is an Opportunity—Not a Condemnation

Sometimes when showing someone a weakness in the Spleen meridian or any of hundreds of other energetic problems, the person feels demoralized. The principle to emphasize is that disturbances in the energy field precede disturbances in the physical body. This is an opportunity to head off trouble, not a sentence to future illness and decay. Acknowledge! Celebrate! Correct!

### 5. Do Not Get Hung Up On a Procedure

If a technique you are demonstrating on the stage does not work, it still worked! Just not the way you planned. It worked to help you assess what is really

going on. Do not stop. Find out if the person’s energies are running backward or in a homolateral pattern or being compromised by Triple Warmer in overload or any of the dozens of other things that might keep a particular technique from working. People will be fascinated to watch you doing “energy tracking” in front of them!

### 6. You Will Be Asked Every Manner of Health Question

No matter what your agenda, people’s own health challenges or those of their loved ones are paramount in their minds when attending a class on healing. Get used to it. I always bring these questions back to the principle that most Energy Medicine practitioners are not licensed to diagnose or treat illness.

Rather than a legalistic response, it is an opportunity to emphasize that the same physical problem may be the reflection of any of a dozen kinds of imbalance in the person’s energy system. Symptoms provide clues as to where these imbalances may be, and our job is to restore energetic flow and harmony—not to treat illness.



Another consideration regarding questions is that when participants are asking so many questions as to interfere with the flow of the class, I request that questions be limited to those seeking clarification about the topic being addressed and invite participants to take all other questions to the teaching assistants during breaks.

## 7. Skeptics Will Become Your Strongest Advocates

But not if you try to engage them at an intellectual level. Instead, give them an experience that their senses can not deny. I like to energy test skeptics by holding a magnet up to their ears and then reversing the magnet. The south side always tests strong; the north side always tests weak (assuming their polarities are not reversed and their muscles are not frozen, which you have to be prepared to correct if either condition is present).

This puts them into a state of cognitive dissonance, where what they are experiencing is in conflict with their belief system. They may resolve it by intellectualizing the experience away, but they may return for more demonstrations until the weight of their experience is so strong, they have to re-examine their beliefs.

My husband, David Feinstein, is my poster child for “Skeptics Will Become Your Strongest Advocates.” He sat in on that first class in 1977 and came away shaking his head and wondering what I had gotten into. He thought \$5.00 was a bit high. He now writes books and teaches with me.

## 8. Leave Your Students With a Checklist of Practical Techniques They Will Use

One of the serious weaknesses of Energy Medicine is that it does not work if you do not use it. I certainly want those who attend my classes to enjoy the show, but I also want them to leave with tools they will use for the rest of their lives.

A challenge is that I demonstrate so many techniques in a class, people may not know where to start. So we end even a brief class by suggesting three or four techniques from the many they have witnessed. As those prove to feel good and show other benefits, I know they will want to learn more.

After a longer class, I recommend that they do a five-minute energy routine every day comprised of techniques they learned in the class. I also get them to make a conscious choice about whether they will commit to doing it daily, when during the day they will do it, and whether they will tie it in with another regular activity. (It is a great warm-up or cool-down before or after exercise or yoga, great to do in the bath or shower, or a nice way to help yourself wake up in the morning and be energetically ready for your day). €



### Connecting Heaven and Earth

I thought I “invented” this technique more than 30 years ago, but I have since seen variations of it in hieroglyphics at the Egyptian Museum in London, in qigong practices, and in the healing traditions of numerous other cultures. It makes space for energy to move throughout the body while using the body as a conduit to energetically connect the ground beneath you with spiritual forces that are beyond you. I believe it is the oldest Energy Medicine technique in recorded history.

1. Start with your hands on your thighs, fingers spread. Inhale through your nose, circle your arms out and up over your head, then bring your hands together in a prayer position down and in front of your heart. Exhale through your mouth.
2. Inhaling through your nose, stretch one arm up and one arm down, pushing with your palms.
3. Hold, exhale, and return to the prayer position.
4. Switch arms and repeat.
5. Do this twice for each arm, really stressing the stretch.
6. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent.
7. Take two deep breaths before slowly returning to a standing position. As you do, you can “roll” your energy up your body with your hands, starting at your feet and rolling all the way up and over your head and out to the sides.

