



# The Vitality Booster

Foundational Self-Care Techniques to Boost the Immune System,  
Increase Vitality, and Improve Your Well-Being in  
Under 10 Minutes a Day



The *Vitality Booster* is based on a *Daily Energy Routine* that was designed by Donna Eden and her husband, clinical and energy psychologist David Feinstein, PhD. From their many years of practice, they combined the most potent techniques they knew to help the greatest number of people stimulate each of the vital energy systems of the body and bring them into harmony and balance.

- The Hook-Up
- The Crown Pull
- The Five Thumps
- Neurolymphatic Massage
- The Cross Crawl
- The Wayne Cook Posture
- Connecting Heaven and Earth
- The Celtic Weave
- The Zip-Up

*The entire set of exercises should be practiced on a daily basis. Exercises can be done in any order and may be repeated throughout the day, as needed, for additional benefits.*

## The Hook-Up

*Strengthens the auric field and leaves you feeling whole again. Calms and helps you feel connected. Activates the Radiant Circuits.*

1. Place the middle finger of one hand on the *Third Eye* (between the eyebrows above the bridge of the nose).
2. Place the middle finger of the other hand in the navel.
3. Gently press each finger into the skin and pull upwards. Hold for 12-30 seconds (or longer, if you like).
4. You will often experience a deep sigh and/or yawn. This is a sign that your energies have hooked up.



## The Crown Pull

*Relieves mental congestion and headaches, clears and refreshes the mind, sharpens memory, and opens the Crown Chakra to higher inspiration.*

1. Place your thumbs at your temples and your fingertips resting at the center of your forehead.
2. Slowly, with pressure, pull your fingers apart to the hairline, stretching the skin above your eyebrows.
3. Place your fingers at the hairline and repeat the stretch.
4. Repeat this pattern starting at the top, center, and back of your head. Continue all the way back and down until you reach the base of your neck. Use pressure as you pull.
5. Move down to your shoulders and push your fingers in and hold. Then pull across your shoulders towards the front. Hold your hands there until it feels right, then release and drop your hands/arms.



## The Five Thumps

*Clears head and sinus congestion, relieves eye fatigue, boosts and restores energy, strengthens the immune system, and promotes health and vitality.*

Use several fingers or knuckles to tap the spots shown in the pictures. Tap vigorously on each set of spots. Focus on breathing in through the nose and out through the mouth while tapping.

1. Locate the **Stomach meridian points** at the bottom of the cheekbone, directly below the pupils. Tap for 10-15 seconds.
2. To locate the **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 and then move down and out about 1 inch to find the spots. Tap for 10-15 seconds.
3. Place the fingers of either or both hands in the center of your sternum at the **thymus gland**. Tap there for 15-20 seconds with your fingers or your knuckles.
4. Tap the **Spleen neurolymphatic points**, beneath the breasts and down one rib, for 15 seconds.
5. Tap the **Spleen meridian endpoints**, located on the sides of the body about 4 inches down from the armpits, for 15 seconds.



## Neurolymphatic Massage

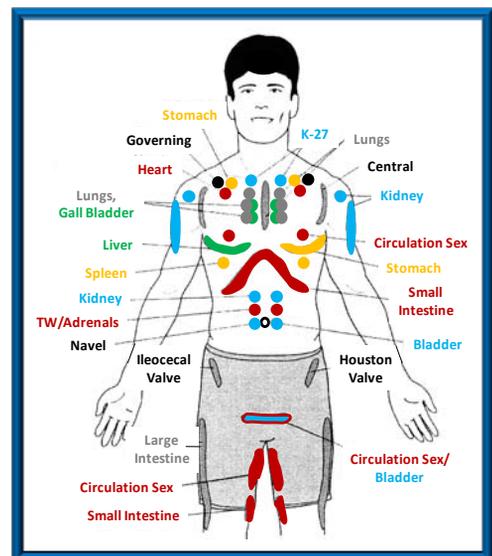
*Energizes and sends toxins to the body's waste-removal system. Clears stagnant energies from the body.*

Massage the points shown in this figure, using firm pressure while moving the skin with a circular motion, for about 5 seconds each.

Work tender points for several extra seconds. The tenderness may not go away immediately, but you are clearing the congestion.

Neurolymphatic massage is great to do on a daily basis. You will feel the difference.

**Important Note:** Neurolymphatic massage helps to clear toxins. If you have a lot of toxins in your system, you may experience some nausea from this technique as the toxins are released from your bloodstream into the system. This is not harmful, but you may want to proceed more slowly in future sessions.



## The Cross Crawl

*Balances and harmonizes your energies, improves coordination, and clears thinking.*

1. While standing, seated or lying down, lift your right arm and left leg simultaneously.
2. As you let them down, raise your left arm and right leg.
3. Repeat, this time exaggerating the lift of your leg and the swing of your arm across the midline to the opposite side of your body. If you can, twist so that your elbow touches your opposite knee.
4. Continue this exaggerated march for at least a minute, again breathing in deeply.

If doing the Cross Crawl tires you or leaves you feeling uncoordinated, do

### The Homolateral Crossover

- Begin with *Five Thumps*, followed by *Connecting Heaven and Earth*
- March in place, lifting same-side arms and legs 12 times
- Do the *Cross Crawl*, marching in place, lifting opposite-side arms and legs 12 times
- Repeat the above pattern twice more
- Finish with an additional set of 12 *Cross Crawls*
- Then do *Five Thumps* again

**Alternatives**, if you are unable to do the Cross Crawl for any reason:

- A. While sitting, lift one knee and touch it with the opposite hand. Then lift and touch the other knee.
- B. Starting at the bridge of the nose, use an index finger to slowly draw Figure-8s around your eyes.



## The Wayne Cook Posture

*Focuses the mind. Helps to untangle inner chaos, see with better perspective, think more clearly, and learn more proficiently.*



Alternative: **Cook's Hook-Up**

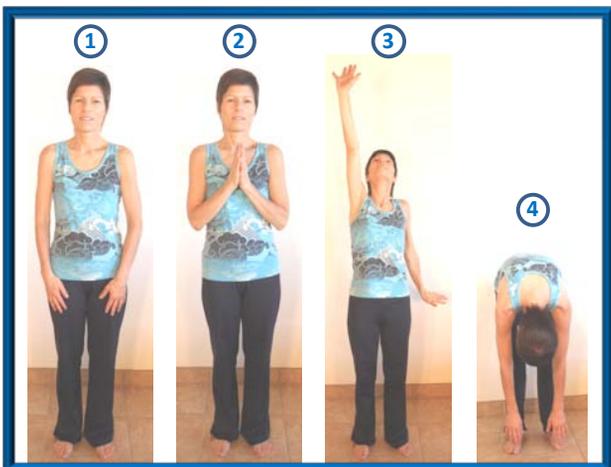


Cross Ankles

1. Sit with your spine straight. Place your left foot over your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand.
2. Breathe in slowly through the nose, letting the breath lift your body, while stretching your leg toward you. Exhale slowly through the mouth, relaxing your body. Repeat 4 or 5 times.
3. Switch to the other foot and repeat this entire process.
4. Uncross your legs and *steeple* your fingertips, resting your thumbs just above the bridge of your nose. Breathe slowly in through the nose and out through the mouth 3-4 times. On the last exhale, separate your thumbs and use your fingers to slowly stretch the skin on your forehead. Slowly bring your hands down in front of you. Surrender into your own breathing.

## Connecting Heaven and Earth

*Opens the meridians, expels toxic energies, and stimulates fresh energy to flow through the joints.*



1. Start with your hands on your thighs, fingers spread.
2. Inhale through the nose, circle your arms out, and bring your hands together in prayer position. Exhale through the mouth.
3. Inhaling through the nose, stretch one arm up and one down, pushing with your palms. Hold, exhale through the mouth, and return to the prayer position. Repeat switching arms. Do this twice for each arm.
4. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two deep breaths before slowly returning to a standing position.

## The Celtic Weave

*Pulses the auric energies outward and strengthens them. Weaves all your energies together, so they operate as a single web.*



1. Stand tall, hands on thighs. Breathe deeply, in through the nose and out through the mouth throughout.
2. Rub hands together, shake them off; face palms and try to feel the energy between them. Rub and shake again, place palms close to your ears and take a deep breath.
3. Inhale and bring your elbows together. Exhale while crossing your arms and swinging them out to the side.
4. Bend slightly forward, cross arms over upper legs, and swing them out again. Bend further forward and cross arms in front of the shinbones.
5. Swing arms out again. Bend knees, turn palms forward, scoop up energy; stand up, and pour that energy all over your body.

## The Zip-Up

*Boosts confidence, clears thoughts, and provides protection from negative energies in the environment.*

1. Place your hands at your pubic bone.
2. Take a deep breath in as you move your hands, slowly and deliberately, straight up the centerline of our body to your lower lip.
3. Continue upward, bringing your hands past your lips and exuberantly raising them into the sky. Circle your arms back to your pelvis.
4. Repeat twice (for a total of 3 times).

