



MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

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Would you like to **feel less stressed, have more energy, boost your immune system, shed emotional baggage, and make your life more enjoyable?**

Get started with these **10 ENERGY-MEDICINE FAVORITES** (Based on the work of Donna Eden):

#	TECHNIQUES Helps with →	Releasing Stress	Increasing Energy Flow	Boosting Immunity	Shedding Emotional Baggage
1	Hold Main Stress-Relief Points	X	X	X	X
2	Relaxation Smoothie	X		X	X
3	Tap or Massage Battery-Charger Buttons		X	X	
4	Hook-Up	X	X	X	
5	Shoulder-to-Hip Crossover Swipe		X	X	
6	Hairbrush Tapping	X	X	X	
7	Blow-Out <i>aka</i> Expelling the Venom and Zip-Up	X	X	X	X
8	Hand Massage—Gaits and Valley Point	X	X	X	X
9	Fear Tap	X		X	X
10	Harmonizing Hug	X		X	

1. Hold Main Stress-Relief Points



Tune into your main stress.
Lightly place your fingertips on your forehead, covering the frontal eminences, the “Oh my Gosh” points. Put your thumbs on your temples next to your eyes, breathing deeply. Hold for 1-3 minutes.
Alternatively, place the palm of one hand on the forehead and the palm of the other hand on the back of your head. Again, hold for 1-3 minutes.

2. Relaxation Smoothie



Place your fingers at your temples. Hold for one deep breath, breathing in through the nose and out through the mouth.
On another deep in-breath, slowly slide your fingers up and around your ears, smoothing the skin while maintaining some pressure.
On the out-breath, slide your fingers down and behind your ears, press them down the sides of your neck, and hang them on your shoulders.
Push your fingers into your shoulders and then firmly drag them over the top of your shoulders, and smooth them to the middle of your chest, crossing your hands over your heart.

Disclaimer: All material presented is for educational purposes only and does not constitute medical advice. If you are pregnant or have a medical condition, please consult with your licensed healthcare professional for guidance. Energy Medicine and Bioenergetics stimulate innate health-promoting mechanisms that restore the body’s natural state of well-being. They are not regulated medical practices and do not attempt to diagnose, treat, cure, or prevent any disease.

3. Tap or Massage Battery-Charger Buttons

To locate the Battery Charger Buttons, 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 or massage for 10-15 seconds.

4. Hook-Up

Place the middle finger of one hand on the *Third Eye* (between the eyebrows above the bridge of the nose).



Place the middle finger of the other hand in or just below the navel.

Gently press each finger into the skin and pull upwards. Hold for 10-30 seconds (or longer, if you like).

You will often experience a deep sigh and/or yawn. This is a sign that your energies have hooked up.

5. Shoulder-to-Hip Crossover Swipe



Swipe across your torso from one shoulder to the opposite hip; repeat on the other side. Do multiple times.

6. Hairbrush Tapping

Tap on tight areas along the neck and shoulders.



7. Blow-Out aka Expelling the Venom and Zip-Up

Stand with hands on thighs, fingers spread, and take a deep breath. Bring to mind the source of your stress.



With a deep inhalation, make fists out of your hands, bend your elbows, and swing your arms down and out to your sides, completing the circle by bringing them high above your head.

Using quick and forceful movements, make a loud *Shhhhhhhhhh* sound as you exhale, bringing your fist hands down swiftly, opening them as they reach toward the ground.

Repeat two more times (for a total of three).

For a fourth time, feel your muscles and power unfolding as you slowly and deliberately circle your arms up and then push your arms down as you exhale.

Repeat exercise until you feel the stress dissipate.

Trace the centerline up and over the head 3 times.

8. Hand Massage—Gaits and Valley Point



Use the thumb of one hand to clear the gaits (webspaces between the metacarpal bones) on the other.

Massage the Valley (Master Elimination) Point ●. Do not use during pregnancy!

9. Fear Tap

Locate the notch on the back side of your hand, just behind the knuckles between your ring finger and little finger. Tap this area with two or three fingers from your other hand for up to a minute. Switch hands and repeat the process.

10. Harmonizing Hug

Wrap right hand around the body's left side, with thumb anchored just below armpit.

Wrap left hand around right arm, just above elbow. Be still or gently rock for at least 3 breaths. Repeat on the other side.



Verena Vomastic, PhD, owner of the Mountain Light Healing Studio in Colorado Springs, specializes in integrative approaches to optimizing mind-body health and well-being. She is passionate about inspiring and empowering individuals from all walks of life, promoting growth and transformation, and sharing practical tools, proven techniques, and leading-edge technologies aimed at boosting vitality, resilience, and longevity. Verena is an interdisciplinary leader with a professional trajectory spanning mathematics, physics, technology, and energy medicine. She is a multi-modality-certified Energy Medicine/Bioenergetics and Whole Health Medicine Institute Practitioner, Eden Energy Medicine/Eden Method and Holistic Stress Management Instructor, Hippocrates Lifestyle™ Medicine Coach, and Trauma-Sensitive Yoga Teacher. Many of her services are available remotely.