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Conversing with Lung Energy

Reframe

When lungs hurt or can't breathe or feel tight, instead of saying "What's wrong here" say "What do you need? I'm listening." Sift this sensation into a dialog between you and your lung energy.

Explore

See if any of the below themes are at play in your world, now or in the past. This list barely scratches the surface. Basically what are you or are you not holding on to and what are you or are you not letting go.

- value, quality and distilling the essence from life
- the need to be right and in control, dismissive
- integrity, excellence, spirit seeking
- grief vs reverence
- grief and loss to acceptance, value and integrity
- the exhale, letting go, holding on to
- rewards/success
- craving distance and solitude and at the same time needing meaningful relationships
- are you cut off or withdrawn
- emptiness and judgement
- loss of control
- being part of a bigger purpose
- hoarding, not letting go and many levels
- detachment

Make Space

- belt flow
- diaphragm breath
- rake the lungs open
- connect heaven and earth
- metal element exercise with sound (human touching divine, SSSSSSS)

Nurture

- flush lung

Trace lung meridian backwards once and forward 3X.

Google LU meridian to get clear idea of how it runs. Lung meridian runs from where your thumb hits the body if you swing your arm directly up. It goes up a bit from there, then down the top edge of the arm and off the thumb. This clears the meridian and refills it with fresh energy.

- lung source point

Located at the outside edge of the thumb at the wrist LU9.

Flip a finger back and forth then lightly massage, both sides.

- lung neurolymphatic reflex point

Located along the sternum and in-between the ribs next to the sternum.

Rub the breast bone vigorously, then get your fingers in-between the ribs and go strong but not to the point of any discomfort. This helps the lymphatic system clear toxins around the lungs.

- lung neuvoascular point

Located right at the top of the head.

Hold this point gently with the main neurovasculars over the forehead

- beginning and end points

Work these points by holding them and rubbing gently:

LU1 - where the thumb hits the body when you swing the arm straight up

LU11 - thumb nail

Integrate

Help Triple Warmer get on board with happy lung energy. Learn this list as your arsenal when you feel the energy starting to speak to you and also end the above routine with one or two of these. Choose from below:

- cross your arms over your lung and rock
- hold one lung at a time and “hook it up” with; TW behind the ears, TW at the throat, TW one inch below the belly button, use your pointer finger and “plug in” to source energy, third eye, back of head, where ever your other hand wants to go...
- Reiki your lungs if this is available to you
- talk to them, thank them, listen to them, don’t judge them.....dialog
- lots of figure 8’s both on the lungs and above in the aura
- spin a crystal over lungs if you have one