

ENERGY MEDICINE ESSENTIALS

Daily *Energetic* Tune up



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WELCOME TO THE

Daily *Energetic* Tune Up

Your energy field holds the blueprint for your health, vitality, and emotional balance—and this daily sequence is here to help you activate, regulate, and align that field with intention. Energy needs to move and flow in figure 8 patterns, like the infinity symbol. It supports our health, vitality and operates at its best when it moves in this crossover pattern. Doing the Daily Energy Tune Up creates space for Energy to move, repatterns our energy and strengthens our energy field which may manifest as mental clarity, restores our sense of well-being, wholeness and optimal health over time.

THE APPLICATION

How to *Use* this Tune Up

- Practice once a day—morning is ideal, or anytime you need a reset.
- More isn't better—subtle shifts create real change over time.
- Stay aware of changes in energy, mood, clarity, and presence
- Each exercise clears stagnant patterns, restores energetic flow, and strengthens your system.
- Whether you are grounding, integrating emotions, or clearing stress, this Tune Up supports balance and coherence.
- Just a few minutes of movement and breath can rewire your field for resilience and flow.

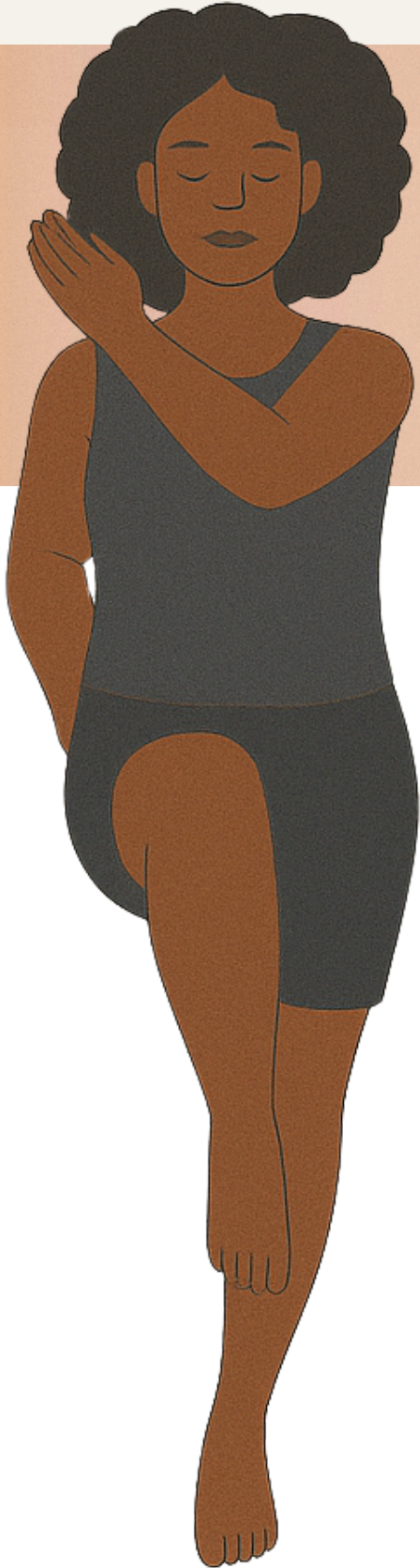
This Daily Energetic Tune Up (DETU) is built on the foundation of the Daily Energy Routine created by Energy Medicine pioneer Donna Eden.



Cross Over Pull

This exercise helps our energy run in its natural crossover pattern and/or repatterns our energy when it is stagnant or running in an irregular way, increasing our vitality and allowing the energy body to rest.

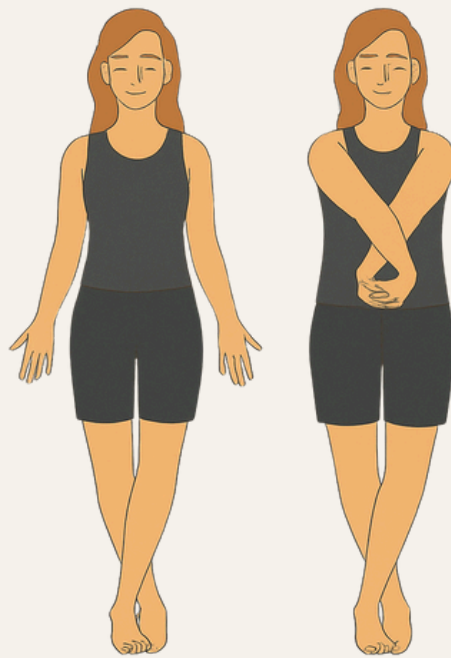
- 1 Stand tall with your feet grounded and relaxed.
- 2 Place your right hand on your left shoulder. Gently squeeze the shoulder twice to support energy balance
- 3 Inhale deeply, then exhale as you firmly sweep your hand diagonally across your torso to your right hip.
- 4 Return to center and switch sides: left hand to right shoulder, sweeping to left hip.
- 5 Repeat this cross-body motion 6–8 repetitions (3–4 each side), breathing deeply and intentionally with each movement.



Cross Crawl

This tool helps us reinforce our natural crossover energy pattern, improves mental clarity and coordination and balances left brain-right brain connection.

- 1 Stand tall with feet hip-width apart.
- 2 Lift your right knee, bring your left elbow across your body to meet it. Alternate sides: lift your left knee and bring your right elbow across to touch or reach toward it.
- 3 Continue “marching” in place and make sure to do it intentionally and slowly.
- 4 Continue this rhythm for 12 reps per side (24 total), breathing naturally and staying present.



Wayne Cook

Helps with focus, grounding and connection with our “creative” brain. It helps us express ourselves clearly and eloquently and supports us when we are feeling emotionally overwhelmed.

1

Stand with your feet hip-width apart.

2

Cross your left foot over your right ankle.

3

Extend your arms in front of you, cross the right wrist over the left, and clasp your hands together.

4

Slowly bring your clasped hands up and in toward your chest, resting them just below your chin.

5

Inhale deeply through your nose, gently lifting your elbows; exhale through your mouth.

6

Take 3 slow, steady breaths.

7

Release and switch sides: right foot over left ankle, left wrist over right, then repeat.

8

Uncross everything, Close by bringing fingertips together in a ‘pyramid’ shape at your third eye and take 1–2 deep breaths.



Connecting Heaven and Earth

Helps bring new energy into the body and release any stagnant or unhelpful energy. Opens and softens joints and supports our immune system. This tool is particularly helpful when we feel disconnected, conflicted or when we have any sort of discomfort in our joints.

1

Begin by rubbing your hands together, shaking them out to activate the energy field, then rubbing again.

2

Place hands on your thighs to ground your energy into your body.

3

Sweep your arms out into a circular motion while taking a deep breath, ending with hands in prayer (or pyramid) position at the heart—not fully pressed together, just gently touching.

4

Extend one arm overhead and the other down toward the earth, pressing gently in both directions to stretch the spine. Do this for three sets, alternating arms 3 times per side, enhancing spinal extension and energetic flow.

5

Finish by bending forward at the waist, then slowly rolling up and "showering yourself with your own energy"—visualizing your energy field cleansing and revitalizing as you rise.



Celtic Weave

This exercise weaves all the energy systems of our body, supports our aura and strengthens our energy field. This is particularly helpful when we feel overwhelmed by our environment or external energies.

1

Rub your hands together to activate and sense your energy and place your hands near your ears.

2

Move your arms in wide figure-eight motion opening and crossing your arms in front of your body, as you inhale and exhale.

3

Continue tracing figure eight through the length of your body. This is the natural pattern of your energy and strengthens your aura and your field.

4

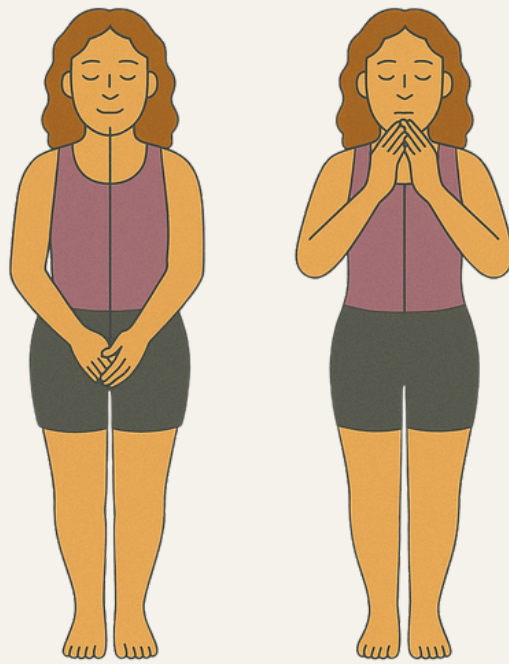
Finish by bending forward at the waist and slowly coming up

5

Lift your arms with your hands facing up as you rise, all the way up above your head.

6

Finish by bringing your palms down over your body, as if pouring that energy back into your system—smoothing and sealing your field from head to toe.



The Zip Up

Strengthens our energy field and makes us less susceptible to other's energies/external energies and enhances our confidence. This is particularly helpful when we need clarity or feel vulnerable in a particular environment.

1

Start with your hands at your pubic bone (the bottom center of your torso, just below your belly button).

2

Inhale slowly and deeply as you move both hands upward in front of your body—like you're zipping up a jacket.

3

As your hands move up, imagine sealing in your energy—drawing a protective line up the front midline of your body (along the Central Meridian).

4

End below your lower lip, turning your palms outward as you reach the top.

5

Smooth your hands out and away from your body, like you're releasing anything that doesn't belong to you.



The Hook Up

Helps us connect with our sense of wholeness, connects the yin and yang sides of our body, strengthens our energy field and provides calm when we feel we might be losing our temper, when we feel dizzy or experience shock. This is particularly helpful when we are feeling disconnected from ourselves and others.

1

Stand or sit comfortably with your spine aligned.

2

Place the middle finger of one hand in your belly button (stimulating the Central Meridian).

3

Place the middle finger of your other hand in your Third Eye/between your eyebrows (stimulating the Governing Meridian).

4

Gently press inward and lift both fingers slightly, creating subtle upward tension.

5

Hold this position for 1-2 minutes while breathing deeply.

6

As you breathe, allow your body to settle and your attention to focus inward.



Spooning the Feet

Promotes grounding and calms the nervous. Helps bring polarity into balance and enhances clarity, presence, and magnetism.

- 1 Sit in a comfortable position and bring one foot within reach.
- 2 Use a stainless steel spoon (or similar concave metal, no silver) to help rebalance polarity. If you glance at your reflection in a spoon, you will notice how the convex side flips your image, while the concave side shows you upright. This symbolizes realignment and grounding with the Earth.
- 3 Gently stroke the sole of your foot from heel to toes using the concave side of the spoon. Do this a few times to open up the energy.
- 4 Apply light pressure, moving slowly and rhythmically. A figure-eight motion is especially supportive. Complete 6–8 strokes per foot or follow your intuition. Make sure to do this slowly and breathing deeply.
- 5 Switch feet and repeat. Notice any shifts in how connected, clear, or calm you feel.

Daily Energetic Tune Up *at a Glance*



1

Cross Over Pull



5

Celtic Weave



2

Cross Crawl



6

The Zip Up



3

Wayne Cook



7

The Hook Up



4

Connecting
Heaven and Earth



8

Spooning the
Feet

Thank You

Thank you for committing to your energy, your well-being, and your wholeness.

The Daily Energetic Tune Up isn't just a set of techniques—it's a practice of self-honoring. Each time you show up, you're reminding your system that it's safe to align, reset, and move through the world with greater clarity and resilience.

We're so grateful to be part of your healing journey. Keep listening inward. Keep coming home to yourself. And remember—you have everything you need within you.

If you're feeling called to go deeper, we'd love to connect. Reach out to us at team@yolyavalos.com and share where you are in your journey. Whether you're seeking more clarity, support, or simply a place to begin, we'll help you feel into the next aligned step and keep you in the loop about offerings and trainings that may resonate.

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THE WHOLENESS DOSE: SUBSCRIBE TO STAY IN TOUCH

Acknowledgments & Disclaimer

This material created by Yoly Avalos and the Wholeness Energy Institute team, based on the Daily Energy Routine created and curated by Energy Medicine Pioneer Donna Eden and draws from effective tools of powerful healing modalities.

We thank and acknowledge the schools, teachers, mentors, programs, practitioners and facilitators who came before us and who paved the way for this wisdom to be shared in a practical yet profound way that is easy to understand.

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