

ENERGY TECHNIQUES FOR RELIEVING STRESS

- 🍷 Instant Stress Relief with Triple Warmer Smoothie | Donna Eden
 - ▶ [Instant Stress Relief with Triple Warmer Smoothie with Donna Eden](#)
- 🍷 3 Ways To Release Stress & Anxiety Using Energy Medicine | Donna Eden
 - ▶ [3 Ways To Release Stress & Anxiety Using Energy Medicine | Donna Eden](#)
- 🍷 Eden Energy Medicine for Flushing Kidney Meridian | Titanya Dahlin
 - ▶ [Eden Energy Medicine for Flushing Kidney Meridian | Titanya Dahlin](#)
- 🍷 6 Easy Ways to Sedate Triple Warmer
 - ▶ <https://www.youtube.com/watch?v=sJJx4Wu9RQ>
- 🍷 Titanya Helps You Support Your Metabolism with the Spleen Flush! Great for an allergic reaction.
 - ▶ [Titanya Helps You Support Your Metabolism with the Spleen Flush!](#)
- 🍷 Flushing Kidney, Liver and Spleen Meridians
 - ▶ [Flushing Kidney, Liver and Spleen Meridians](#)
- 🍷 Flushing the Liver Meridian
 - ▶ [Flushing the Liver Meridian](#)
- 🍷 Flush Lung Meridian for Your Health | Dondi Dahlin
 - ▶ [Flush Lung Meridian for Your Health | Dondi Dahlin](#)
- 🍷 Meridian Tracing, All Meridians Beginning with Spleen 9-11 am
 - ▶ [Meridian Tracing, all meridians beginning with Spleen 9 11 am](#)

- 🍃 Strength and Resilience for the Spleen Meridian works the Triple Warmer which governs the Flight or Fight response.
 - ▶ [Strength and Resilience for the Spleen Meridian](#)

- 🍃 Bladder Meridian End Points
 - ▶ [Bladder Meridian End Points](#)

- 🍃 Tracing the Stomach Meridian
 - ▶ [Tracing the Stomach Meridian](#)

- 🍃 Flush Small Intestine Meridian
 - ▶ [Flush Small Intestine Meridian](#)

- 🍃 Kidney Meridian Flush: Energy Exercise to Help your Vitality & Hormones!
 - ▶ [Kidney Meridian Flush: Energy Exercise to Help your Vitality & Hormones!](#)

- 🍃 The Kidney Rejuvenator | Prune Harris
 - ▶ [The Kidney Rejuvenator](#)

- 🍃 How to Let Go Using the Large Intestine Meridian | Kelly Goetz
 - ▶ [How to Let Go Using the Large Intestine Meridian](#)

- 🍃 How to Release Outward Anger by Balancing the Gall Bladder Meridian
 - ▶ [How to Release Outward Anger by Balancing the Gall Bladder Meridian](#)

- 🍃 Bladder Meridian & Kidney Meridian | Healing Emotions and Organs (Information)
 - ▶ [Bladder Meridian & Kidney Meridian | Healing Emotions and Organs](#)

- 🍃 Tracing Meridians with Affirmations
 - ▶ [Tracing Meridians with Affirmations](#)

- 🍃 Triple Warmer Techniques (3 Techniques for Calming your Nervous System)
 - ▶ [Triple Warmer Techniques](#)

🍃 Bladder Neurolymphatics

▶ [Bladder Neurolymphatics](#)

🍃 Neurolymphatic Points

▶ [Neurolymphatic Points](#)

🍃 Help Detox Your Liver Naturally with One Simple Energy Technique

▶ [Help Detox Your Liver Naturally with One Simple Energy Technique](#)

Vagus Nerve Exercises

🍃 Vagus Nerve Massage for Stress and Anxiety Relief

▶ [Vagus Nerve Massage for Stress and Anxiety Relief](#)

🍃 Vagus Nerve Exercises to Rewire Your Brain from Anxiety

▶ [Vagus Nerve Exercises to Rewire Your Brain from Anxiety](#)

🍃 Vagus Nerve Reset to Release Trauma Stored in The Body (Polyvagal Exercises)

▶ [Vagus Nerve Reset to Release Trauma Stored in The Body \(Polyvagal Exercises\)](#)

🍃 How To Release Trauma Stored in The Body

▶ [How To Release Trauma Stored in The Body](#)

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Stop living in the past and start living an infused life and move out of the past.

Make choices that matter #RichardTransforms

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