

Lauren Walker - Energy Medicine Yoga to Embody Joy 2022

What You'll Discover in These 10 Modules

In this 10-part transformational intensive, Lauren will guide you through the fundamental body-mind-energy skills and competencies you'll need to clear unhealthy patterns that aren't serving you, as you move into radiance, healing, and an extraordinary life.

This course will feature teachings, training sessions, and experiential practices with Lauren. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to **develop your own unique and nourishing 30- to 40-minute Energy Medicine Yoga practice**.

Module 1: The Divine Path of Contentment, Joy & Oneness — An Introduction to the Healing Energies Within Us



In this first class, Lauren will introduce the energies of joy and healing. Called the *Radiant Circuits*, these energies, and how they develop in the body, will be the underlying template for the next 10 modules.

You'll experience the first Radiant Circuit that appears in your body — the fundamental energy pathway that feeds your life force and connects you to your purpose.

You'll learn how these energies work and how they connect you to your root experience on Earth. This is the divine path of contentment and joy, and the recognition of yourself as both the *Drop* and the *Ocean*.

And, Lauren will introduce you to the concept of ONE — the start of the sacred geometry of the human body — and how it begins in the body and expands to include everything else.

You'll also discover:

- **How to self-energy test** to deepen and trust your intuition and get a clear “yes” or “no” around food choices, or which Energy Medicine Yoga techniques to do
- The **first Radiant Circuit** to appear *in utero* and how to activate it

- The first bandha to activate in the body
- That your sanctuary of healing and comfort lives within

Module 2: Nothing Exists Without Its Opposite



In this second session, you'll start to see yourself as a separate being. You'll explore how *you* and the *world* exist as two different things. Until you see the *other*, you don't understand your own primacy in your life.

You'll see how oppositional forces exist in everything, and you'll experience the second Radiant Circuit — the Central Meridian that divides you into two. Lauren will introduce you to your warrior energy (half of your immune system)... which governs your fight/flight/freeze response and your habitual patterns.

You'll also work with the yin companion to that warrior energy — the guardian of your inner being — to calm hypervigilance.

And you'll discover:

- How to **activate your channel of power** — your Central Channel
- The Circulation-Sex (CX) meridian, the yin partner to the warrior energy
- **A simple practice for calming CX**, enabling you to relax deeply in your hips and legs — opening up your chakra channels and calming your inner resistance
- How oppositional forces work in your body at the most basic level
- The second bandha to activate in the body
- **A breathing pattern for balancing the brain**

Module 3: Creating a Distinct Boundary Between the Body & the Universe



In this session, you'll explore how adding a third element brings transformation. The Radiant Circuit this module is Governing, which opens up the third eye. This energetic blueprint for turning inward provides tools for conflict resolution... and an understanding of your *witness* self — one of the drivers of spiritual practice. This is also where you'll explore the boundaries that make you the Drop, which is separate from the Ocean, and how these boundaries are key to your health. You'll also discover:

- How to **release and clear any unwanted habits and emotions**
- How to activate the Governing meridian
- Your ability to activate the microcosmic orbit
- The power of meditation as well as the challenges
- How the number 3 is the minimum number required to “weave into a whole”
- The third bandha to activate in the body

Module 4: Regulating Your Systems & Creating Stability in Your Physical Structure



You'll explore the Radiant Circuit known as the Yin Regulator Flow, and how it regulates all of your systems — enhancing the stability of your physical structure, which enables you to move forward in your life.

You'll explore how activating the Yin Regulator Flow helps you develop your ability to expand into space *and* expand your earthly capacities.

You'll also discover:

- **A tool for helping you sleep better**
- How to active the Yin Regulator Flow
- The power of creativity and **how to get out of your own way to get creative**
- **A technique to help you when you feel *scrambled***
- The Ayurvedic 3 Pillars of Health

Module 5: How to Manage Your Inner Responses to External Events



Emotions are your inner response system to external (and internal) events. The Yang Regulator Flow helps you regulate yourself — including your emotions — in relation to the outside world.

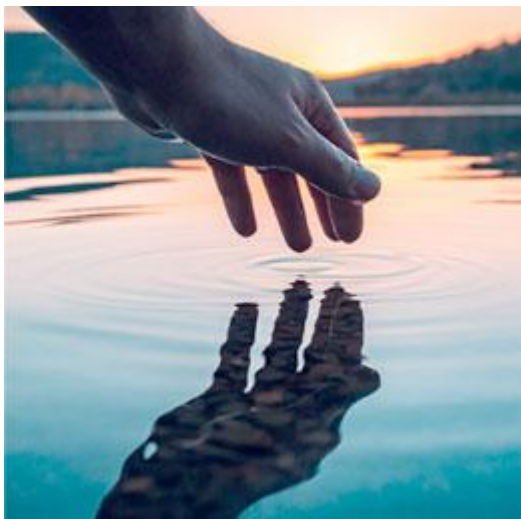
You'll take a quick dive into Chinese Medicine's 5 Element Theory — working with Water, Wood, Fire, Earth, and Metal — and you'll learn how each of your emotions includes a yin and yang energy.

You'll discover why energy (including your emotions) moves in spiral patterns — mimicking the flow of nature — and you'll recognize how the patterns in nature replicate themselves within you, and vice versa.

You'll also discover:

- A quick variation of the **5 Element Flow**
- How to activate the Yang Regulator Flow
- Why **spirals in nature replicate themselves in you**, and vice versa
- The yin/yang partners of every meridian and how they work together and apart
- **An understanding of the 5 Element Theory** — that everything in the universe exists as one of five things

Module 6: Everything Is Sacred — Our Innate Connection to Nature



As you enter the second half of this program, you'll start to explore how we're all interconnected... even to the stars, the sun, the Earth, and the cycles of nature. You'll examine the power of fractals, which is how nature uses geometry to grow. Self-similar structures at all levels affect the way biological structures — including humans — grow. With the understanding that your repetitive actions make up your life, you'll begin to see yourself as a pattern of nature — giving you insight into how to change those patterns that no longer serve you.

This session's Radiant Circuit — the Yin Bridge Flow — helps you bridge oppositional forces within you, so you can have greater internal harmony.

You'll discover:

- How to activate the Yin Bridge Flow
- How the profound knowing that we're all connected brings **greater joy and inner peace**
- That the breath is connected to timekeeping
- **How the math of your body connects you to the math of the cosmos**
- The basis of *Morphic Resonance*

Module 7: Heaven Lives Within & All Around You



You'll learn to bridge into the outer world. You'll see that heaven is both inside and outside of you. Lauren will introduce you to the proverbial *day of rest*, the seventh day, when you can relax and take pleasure in your simple existence.

You'll explore the number seven, which teaches you about the ancient pathways of enlightenment... reflected most clearly for yogis in the chakra system.

You'll also discover:

- **A practice for deeply renewing your brain**
- How to activate the Yang Bridge Flow
- **A technique to weave all your chakras together** for better communication between all their energies
- How harmony and sequentiality appear in music, prismatic light... and you!

Module 8: You Are Limitless & Infinite by Nature



In this module, you'll tap into the infinite. You'll dive deep into the understanding that the shapes of ALL organisms — including humans — rely on similar patterns of movement and expression in their growth and development.

Starting from the spiral — the pattern in which all energy moves — and working with the shape of the figure eight — the symbol of infinity, you'll experience how the body mirrors the actions of the universe... connecting you even more deeply to the power of your inclusion in the natural world.

The Radiant Circuit for this module, The Belt Flow, helps you energetically connect the above and the below — and understand the teaching of the number eight.

You'll also discover:

- How to activate the Belt Flow
- A technique to **activate and integrate your endocrine system**
- A meridian hold **technique that helps keep you youthful**
- How pranayama is one of the **main keys to longevity**

Module 9: Reflecting on Your Patterns & Reshaping What Doesn't Serve You



In this class, you'll receive the wisdom of the number nine — a triple replication of the number three. At three, you dive into the interior self and discover the “braid” — how it takes a third thing to move beyond conflict toward resolution. The energy of number nine shows you how your patterns continually repeat, weaving together your life.

This session holds the promise of a reset. You'll reflect back on the patterns of your life and see which threads or patterns you want to keep and grow, and which ones are ready to be completed or even eradicated.

You'll also discover:

- **The Seated Sacred 10 Vinyasa**
- How to take stock, reflect, and reshape your patterns
- **Techniques for activating ALL your Radiant Circuits** at once
- The traps of repetition, which can lead to boredom or disillusionment
- How to appreciate the repetition of life and celebrate its peak moments

Module 10: The Cyclical Nature of Life — An Opportunity for Constant Renewal & Growth



In the final part of this program, you'll return full circle to the start. You'll discover how the cycle, the spiral, continues... giving you the opportunity time and again to come back to the start.

You'll revisit the cycle of seeing yourself as a unique individual, separate from everyone else... then as a deeply interior being... then connected to the world... then able to affect the world and be affected by it... then bridged and united with the world...

You'll also discover:

- **The Standing Sacred 10 Vinyasa**
- How to replicate your pattern of living among all the other patterns
- **A practice for activating the Taiji pole** — the central source of illumination and divine connection
- How your quantum nature enables you to **make huge shifts and growth changes** — in a moment!

The *Energy Medicine Yoga to Embody Joy* Bonus Collection

In addition to Lauren's transformative 10-part virtual course, you'll receive these powerful and insightful training sessions with leading visionaries and teachers. These bonus sessions complement the course and promise to take your understanding and practice to an even deeper level.

You Are Quantum: What Does That Mean & How Does It Work?

Video Dialogue With Lauren Walker and Nassim Haremein



Nassim Haremein is one of the most dynamic, brilliant, and fascinating scientists and spiritual teachers today. He's spent more than 30 years researching and discovering connections in physics, mathematics, geometry, cosmology, quantum mechanics, biology, and chemistry, as well as anthropology and archeology. His talks and lectures weave cosmology, spiritual practice, and global healing — and in this conversation, he'll share views on the power of the unified field in our spiritual lives, why understanding the science behind "We are all One" helps you on your own path, and how to find joy in your daily practice.

You'll discover:

- The power of the unified field
- What “quantum” really means
- How the body is quantum
- How meditation helps bring you into the unified world
- How we are fractal

Nassim Hamein was born in Geneva, Switzerland in 1962. As early as age nine, he was already discovering the universal dynamics of matter and energy, which led him on a journey toward pioneering a new approach to quantum gravity and continual developments in unified field theory. He has been delivering lectures and seminars on unification theory for over 20 years worldwide. In 2003, he founded The Resonance Project Foundation, and as its director of research, he leads teams of physicists, electrical engineers, mathematicians, and other scientists in exploring the frontier of unification principles.

A Personal, Holistic & Sustainable Approach to Medicine: Befriend Your Body to Create Positive Synergy

Video Dialogue With Lauren Walker and Dr. Heather Tallman Ruhm



Embark on a journey of understanding how we're holistic beings and how to tap into the body's innate desire to find health and healing. Dr. Heather shares the who, what, when, where, how, and why that we need to know to truly thrive in life and feel the synergistic nature of our being. Medicine is a personal “practice,” so we're turning to a real expert to help guide us through the often challenging experience of navigating our healthcare.

Dr. Heather Tallman Ruhm is a medical doctor and licensed family physician dedicated to helping people reach optimal wellness and improve their quality of life. She's a passionate student of the biomedical sciences and, in addition to her MD, holds a master's in public policy. She specializes in prevention, restoration, and whole-person medicine (mind-body-spirit-community).

Self-Energy Testing: Welcome to Self-Empowerment!

Video Dialogue With Lauren Walker and Madison King



Get ready to learn from an expert at energy testing about both the power of this modality and how to *do* it. As a bridge to discovering how to access your deepest intuition, energy testing is a valuable way to learn how to start trusting yourself and your inner truths. Understand that “the body never lies” and you can dig deep to get to the truth of who you are and what you need — moment to moment. If you’ve struggled to understand how to find your intuition, or to trust it, energy testing will change everything for you!

Madison King is the author of seven books, over 100 articles, and has appeared on television and radio, sharing about simple, natural, practical ways to help the body maintain or regain health. Her work is based on Eden Energy Medicine (EEM) with infusions of aromatherapy, flower essences, nutrition, hands-on bodywork, and lifestyle advice. Her passion is sharing techniques with anyone who has the desire to activate their healing abilities — be it for self-care, loved ones, clients, or animal companions.

The 5 Element Flow

Practice Video and PDF Guide From Lauren Walker



Looking for a quick way to balance your emotional energy? In this short video, Lauren will guide you through the EMYoga 5E Flow to help you work through any issue. You'll also

receive a comprehensive “cheat sheet” to guide you through the flow on your own, so you can come back to the practice with or without the video — anytime and anywhere.