

The Celtic Weave

The Celtic Weave *exercise* reinforces the Celtic Weave *energy system*. The Celtic Weave energy system forms Figure 8 Crossovers throughout your aura, weaving all the other energy systems of the body together.

Source: Donna Eden's *Energy Medicine*
(rev. ed.). Tarcher/Penguin, 2008.

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Do the Celtic Weave When:

- You are feeling too expansive or too contracted.
- You feel you can't claim our own space.
- You feel vulnerable to other people's energies.
- You are being thrown off by the environment.
- You are having difficulties communicating.
- After other exercises to help the new energy patterns integrate.



The Celtic Weave

1. Stand tall, hands on thighs. Breathe deeply—in through the nose and out through the mouth throughout this exercise.
2. Rub your hands together, shake them off, face your palms toward each other and feel the energy between them. Rub and shake off them again.
3. Place your palms close to your ears and take a deep breath.
4. Inhale and bring your elbows together. Exhale, cross your arms, and swing them out to the side.
5. Cross and swing them out again. Bend forward, repeat, and cross your arms over the tops of your legs.
6. Swing out again, in front of your ankles. Bend your knees, turn your palms forward, scoop up the energy.
7. Stand tall and pour that energy all over your body.

