

Preparing your Body for the COVID-19 Vaccine

**Everything starts with intention and attitude.
How you view the vaccine is important.**

Do the Daily Energy Routine (DER) before you start the vaccine acclimation process.

Intention Process

- 1. Get on board with your decision to get the vaccine**
 - I've made my decision and I feel good about it
 - I know this is the right thing for me
 - I'm grateful this vaccine is available to me

- 2. Write the word "COVID-19 vaccine" on a slip of paper small enough to carry on your body (in a pocket, in your bra, but ON your body)**
 - Do this as soon as you know you will be getting the vaccine, even if the administration date is several weeks away.
 - Start by holding the paper in the palm of your hand and tracing Figure 8s over it. Then, trace Figure 8s between you and the piece of paper.
 - As you trace the Figure 8s, let the vaccine know that you are harmonizing its energy so that it will be the right fit for your body. This helps the energy of the vaccine to feel comfortable connecting with your body. As you do this the vibration of the vaccine will start to come into resonance with the vibration of your body.
 - When you feel ready, place in on your body and carry it with you all day long. At the end of the day, you can take it off or keep it on your body overnight.
 - Do the Daily Energy Routine every day with the paper on your body.

- 3. Start to dialogue with the vaccine every day**
 - Express gratitude that it exists and is available to you
 - Welcome it into your body
 - Thank it for the amazing work it is going to do in your body
 - See it as a friend and an ally

Energy Process

Do your energy work with the vaccine paper on your body.

1. Every day, rub a spoon on the ball of your feet to help you ground and do the DER ([Donna Eden Official DER](#))
2. If you know how to trace meridians and Radiant Circuits, do those too. ([Donna Eden Tracing Meridians](#))
3. Trace the Triple Warmer (TW) meridian backwards VERY slowly (say the alphabet while you do it!) once or twice a day.
 - Trace from the temple, around the ear, down the neck, across the shoulder, down the outside of the arm, and off the ring finger
4. Trace and/or Flush the Spleen meridian twice a day.
 - Trace the meridian forward: Start at the inside of both feet at the big toe. With a flat hand, trace up the insides of the legs to the groin, flare out at the hips, trace up the sides of the body to the armpits, then back down to the bottom of the ribcage.
Big toes- up inside of leg to groin- out to hips- up to armpits- down to bottom of ribcage
 - Flush: Trace the meridian *backwards* once, then forward three times.
Backward trace: Bottom of ribcage- armpits- hips to groin-down insides of legs- off the big toes
5. If you are an EEM practitioner, balance the energy of the vaccine with your body by doing the **Advanced Substance Protocol** you learned in the second year of the certification program. Do this AFTER you have kept the paper with the words “COVID-19 vaccine” on your body for several days, so you have a chance to acclimate to the presence of the vaccine’s energy.
6. If you don’t know the above protocol, do this instead:
 - Lay the vaccine paper over each of your organs, one at a time. While the paper is laying on the organ, trace Figure 8s over the paper with the intention of harmonizing the energy of the vaccine with the underlying organ.

Feeling stressed about the pandemic?

Download my free e-book on stress [here](#) and watch my Eden Method Mini-Class [here](#) “*Dropping out of Stress and into Compassion*” (both on my website).