

Questions for Participants

1. How has your family, ancestry, and or culture informed your relationship with food and health?
2. How has your family, ancestry, and or culture informed your narrative around pain?



Awareness Exercise

- Write three thoughts or feelings about the role of pain.

- Write three beliefs that come to mind about your relationship with food.



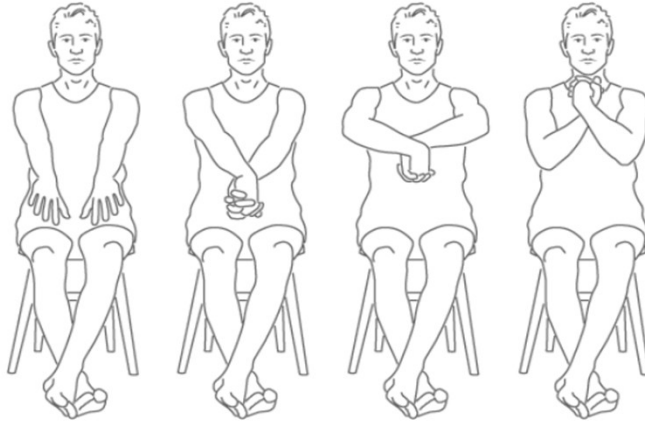
SUD and SUF

- **SUD** = Subjective Units of Distress 0-10 or 1-10 (A measure of intensity of pain and emotional stress)
- **SUF** = Subjective Units of Fusion 0-10- or 1-10 (A measure of how fused or hooked one is with pain and associated thoughts-emotional sensations)



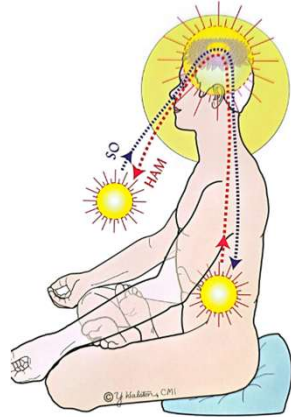
The Hook Up

Paul and Gail Dennison



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So'ham Marma Breathing



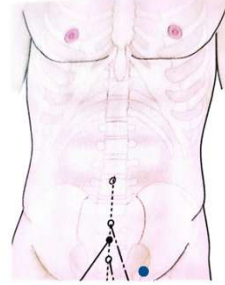
Mukha Marma



27. Hanu Chengiang CV-24

Located in the depression between the chin and lower lip

Udara Marma

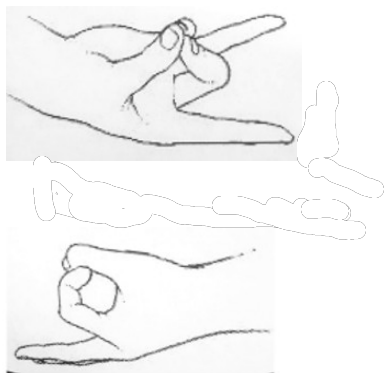


68. Basti

Located on the midline between the belly button and pubic bone



Mudra for Lower Back Pain



Use the right hand: Touch the tips of the thumb, middle finger, and pinkie. Extend index and ring fingers.

Use the left hand: Place the thumb joint on the nail of the index finger.

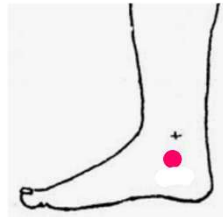


Overview



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Joyful and Calm Sleep



Joyful Sleep



Calms Sleep

Joyful Sleep It's found on the inside of the ankle, about one thumb-width below the inner anklebone, in a slight groove or hollow.

Calm Sleep It's on the outside of the heel, in the first indentation directly below the outer anklebone.

Hold these two points while taking deep breaths for a few minutes before bed. In a sitting position, place the left ankle on the right knee and press both points by placing the thumb on one side and fingertips on the other side of the ankle. Switch feet



Mindful Eating

Sweet	Sour	Salty	Bitter	Pungent	Astringent

- The first three are perceived by the taste buds and help with anabolic function.
- The last three are more recognizable by the sensations they cause and help with catabolic functions.
- Pungent and astringent are perceived by other receptors, leaving more vague sensations like heat, irritation, and dryness.

