



GOT  
ENERGY LEAKS?

CALL BACK YOUR  
*Power!*

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ENERGY & EXPRESSION



SPECIAL REPORT



*Now is the time!*

**NOW is always the perfect time to fortify your healthy energetic boundary.**

When you feel as though you are drained, depleted, and someone or everyone is getting on your "last nerve" (and you only have one nerve left) - NOW is the perfect time to call all your power back!

When you feel frustrated or down right mad & your soul is saying, "I do NOT like the way this feels!" - NOW is the perfect time to call all your power back!

***Everyone has a healthy energetic boundary. It is not to keep other people out - it's simply the last comfortable step you can take in any direction and remain in your own comfort zone. Forward, backwards, and side to side. Staying within the last step inside your own healthy boundary - where you feel well. Where no one and no thing bothers you. Inside your own beautiful bubble. Free to be. Where no one can poke and needle you.***

*I don't want to burst your bubble  
but...*

You can be sure that your energy has been breached whenever you feel pain in your body. Sadly, so many people have been taught to ignore signs and push through them. When this happens, you are not floating like a cloud or flowing like water! Something is out of balance. And, your energy flow controls the well being of every ecosystem of your life. Do you ignore your body screaming? Many times that is your final warning system.

**Pay attention. Get silent. Listen from within. You can figure out where your energy is yelling at you by how your body**



feels and where your pain or sadness is located. If something makes your blood boil, someone may have triggered it, but it's energy needling you from inside. Anger is always an inside job! Really, it's true.

And, when your energy is clear again, the polarity to being out of balance is JOY & HAPPINESS - and that radiates throughout your body and feels amazing.

*Master these 5 steps and no one will ever burst your bubble!*

Here are 5 simple secrets that work like a charm every time to clear out the negative vibes & replace them with pristine clear energy to keep you balanced and centered.

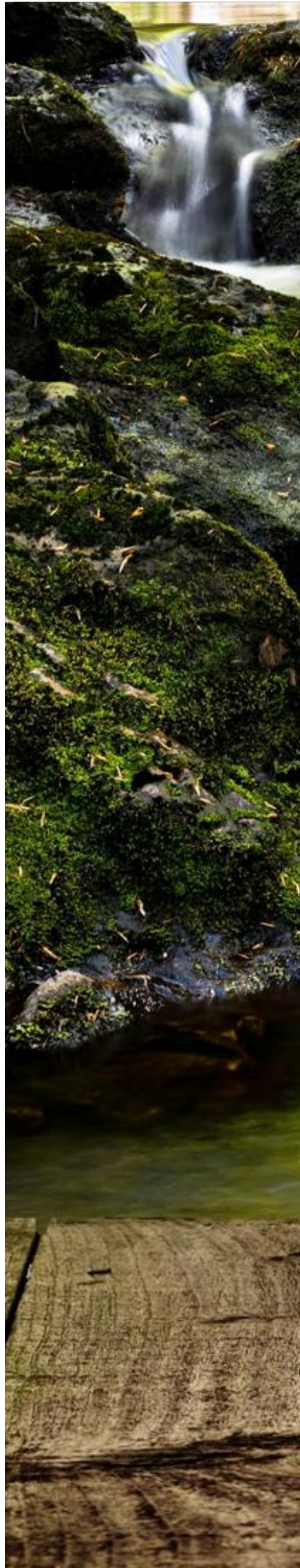
Each secret energy clearing tip makes a powerful difference all by itself. Having said that, I recommend doing all 5 simple measures in succession everyday. At least once daily, twice a day if you want to. Morning, noon, or night - anytime is the right time!

### **Secret #1: Go from Stressed Out To Heavenly Bliss NOW - Acupressure Ear Massage for Immediate Relaxation**

Have you ever noticed what a baby does to self-soothe and find relaxation? Some are thumb suckers, finger suckers, eyelid twitchers, and ear fiddlers! Well, all of these things access reflex points that release energy and relax the body (and spirit!).

**Designed in such a marvelous way, you have reflex points corresponding to different body organs and energy systems in the body on your hands, feet, face and ears.**

The energy meridians run longitudinally through your body and connect to these reflex points. Rubbing and pressing on these reflex points is a holistic and beneficial method for immediate relaxation and increased overall wellness.



# *How To Clear Negative Energies*

Learning what points relate to what areas of the body opens up an enormous amount of self-healing potential. Here I will share a quick way to feel blissful by manipulating just a few points on your ear.

There are many more points on the ear - these are the ones that make relaxation a breeze.

**Do the release method I share below and go straight to stress-free and pain-free in less than 60 seconds! Do this NOW!**

\*You are NOT entering the ear canal at anytime. These points are all in the external ear, as pictured below.



**Acupressure Ear Massage for Immediate Relaxation (try it - you'll be hooked):**

**1. Locate Point Zero** (Point 1 - see picture below) in your right ear. It is the ridge of cartilage just inside the ear, about 3 finger widths above the earlobe, and in towards the middle of your ear about 1/4 inch - feels like a slight indentation in cartilage. Got it? Then, find the same spot on the left ear. With both index

# *Trust your own power*

fingers, gently press down into the cartilage until you feel the sweet spot of "feels so good, and kinda hurts" That's it!

While pressing inward with a degree of pressure that feels good, breathe in and out deeply and naturally. Turn your head slowly to the left as far as you can (eyes open or closed), hold position for a few seconds, and bring your head back around to center. Then, turn your head slowly to the right as far as you can and come back to center. Repeat this motion to each side 10 times.

**2. Locate Triple Energizer Point** (Point 2 - see picture below) on both ears. It is just inside your ear above the earlobe. Press gently straight into the ear tissue. You may want to use your pinky finger, since the tip is smaller, or use a Q-Tip to achieve direct contact with ear. Breathe in and out deeply and naturally. As in exercise above for Point 1, repeat the side to side motion to each side 10 times.

**3. Locate Shen Men Point**, also referred to as Heavenly Gate, (Point 3 - see picture below) in both ears. It is located just inside the ear at the highest point of attachment to your face, just in the divet of the ear above the highest ridge of cartilage, before the ear curls at the top. Use your finger or Q-Tip to press into it, or use your thumb pointing down pressing into it with index finger on the back gently pulling up on the upper ear (like you are getting ready to stick out your tongue making a monkey face - another great stress reducer, do it!)

Press inward and slightly upward with gentle pressure. Breathe in and out deeply and naturally. As in exercises above for Point 1 and Point 2, repeat the side to side motion to each side 10 times.

***Here comes the bliss! Shen Men is the #1 Wellness Point for your entire body and relaxes muscles and relieves pain anywhere in the body instantly through energy flow.***

Massage your ears vigorously with your hands for a few minutes - using your fingers to trace the inside of your ear and then up





from the base of the earlobe and all around the top of the ear, and back down to the earlobe. Like you do when you dry them with a towel after taking a shower!

**You may feel tingling, or even notice your ears are red for several minutes after ear acupressure - a telltale sign that you opened up your energy flow.**

To finish off, roll your neck gently from side to side and press chin down and hold for a few seconds! Let out one more exhale and you're there! Stress to Bliss in 60 seconds!

*Secret #2 - Get rid of what galls you*

**Secret #2: Get Rid Of What Galls You NOW - Stretch Your Gallbladder Meridian Tall & Wide From Side-to-Side**

As energy, things that gall you may feel like bitterness, malice, spite, presumption, or disrespect. They are basically venom and poison! When we contact anger, resentment or annoyance, it is a bitter pill to swallow. That's because it is stuck energy! Don't walk around with that energy for a second longer! Get rid of what galls you NOW! Whether it is your own energy or transferred yucky energy from someone else!

**Your gallbladder meridian is in charge of impurities in the body and bitterness in the spirit.**

This meridian courses your entire body, head to toe, beginning around the outer eyes, up around the ears and scalp, down your neck, your sides, around your hips, down your outer legs, under your feet, back on top and out your fourth toes. Covers a lot of your precious body! Just about any pain in your body (physical or energetic) can be attributed to stuck nasty energy coursing through it.

Your gallbladder produces bile to break down impurities. If you have ever had the misfortune to taste green bile coming up

# *Release & Recycle Energy Now!*

from your stomach, it tastes and smells like a dirty fish tank! Who wants to be experiencing that? It's most unpleasant, just trust me!

Get rid of whatever galls you NOW! Just LET IT GO!

You'll have less pain and more positive energy after this quick clearing out.

These exercises can be performed in a sitting or standing position - do what feels good!

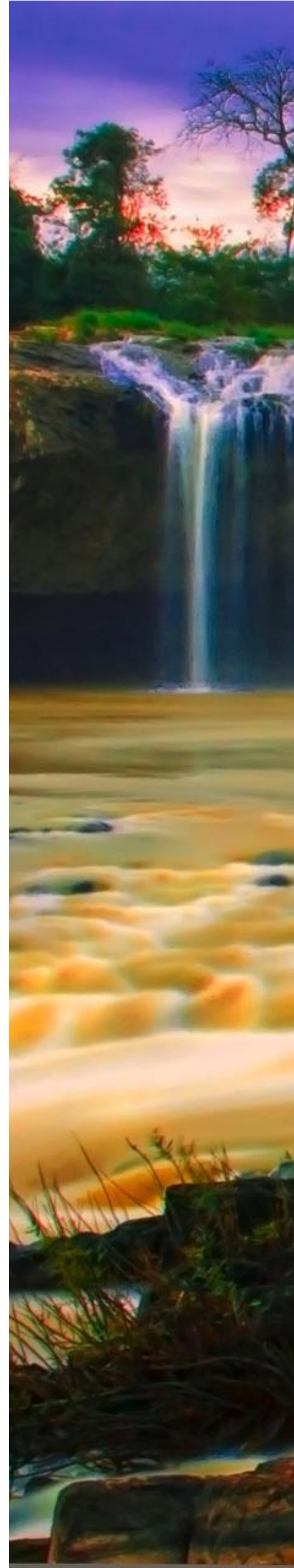
My secret tip is to be sure to do **Secret #1** just before **Secret #2** and get a phenomenally better result.

Activating the ear acupressure points in **Secret #1** relaxes your muscles & relieves aches and pains anywhere in the body - reducing inflammation, which can cause discomfort.


## **Here's how to release and recycle energy NOW & immediately feel better in 3 simple exercises:**

1. Sit or stand tall and relaxed, with your feet shoulder width apart. Raise your arms over your head (Mountain Pose in Yoga) with pinky fingers turned in towards each other. It's your breathing consciously that releases the energy effectively. So, breathe deeply, in and out, focusing on releasing toxins and breathing in fresh energy. Breathe and relax for 5 breaths.

2. Next, remaining in the same upright pose with arms above head, breathe in and lean to the right as you exhale. Hold position for several seconds to tolerance, and return to upright position as you inhale. Lean to the right as you exhale, and return back to center as you inhale. Repeat this exercise on the right side 5 times. Then, repeat exercise bending gently slightly to the left side for a total of 5 times.







3. Finally, keeping body in the same position with arms above head, breathe deeply. Gently twist your upper body to the right side as far as you comfortably can as you exhale. Gently return to forward pose, and inhale as you go. Again, gently twist to the right as you exhale, and return back to center as you inhale. Repeat this exercise on the right side 5 times. Then, repeat exercise gently twisting as far as you comfortably can to the left side for a total of 5 times.

That's how you do it!

**Letting go of anything that galls you is simple & easy! No more holding grudges and grief of any kind. Do this great stretch tall and wide & side to side anytime to release negative vibes and boost your energy.**

You will immediately feel GREAT & your gallbladder meridian will be open - free and clear!

**\*\*\*Feel discomfort when doing these exercises? Take notice where you feel it!\*\*\***

***If you sense pain or limitation on the left side - what energy are you not allowing in?! If you feel discomfort on your right side - what are you unwilling or afraid to release and let go of?!***

Energy enters the body on the left side as we allow it & moves through the body to the right to be released and shared with another!

## *Secret #3 - Go Commando*

### **Secret #3: Go Commando NOW - Get Barefoot At A Minimum & Soak Up Energy From Mother Nature**

Please do not wait for your vacation to go commando and take off at least your shoes for a week at a time. Go stand barefoot on the ground NOW!

Make it a daily practice to connect to electromagnetic field of life - the ground. Rebalance and harmonize your energy in 5 minutes or

# *The Rubber Flip-Flop Barrier*

less through the bottom of your feet & feel more stable, secure, and deeply connected. Sit on the ground, or stand up! Just connect to the ground with your bare feet.

**Even rubber flip flops create a barrier between you and flowing energy. Take them off!**

The electromagnetic field of the earth is THE energy field that will fill you back up when you get disconnected, unclear, and lose motivation to get up and dance.

All natural elements contribute to the electromagnetic field, which are electromagnetic waves invisible to the eye, yet they travel at the speed of light. Lightning and thunderstorms contribute to the electromagnetic waves of the earth.

The earth's magnetic field causes a compass needle to orient in a North-South direction and birds and fish use these energy waves for navigation. You are an energetic spirit and great conduit for currency to move in you and through you too - and point you in the right direction!

**Spend more time outside. Soak up this frequency that you are designed to resonate with.**

You can tap into it by standing barefoot in the grass, on the beach, or a mountaintop! Concrete is even a conduit that allows energy to draw up through it.

**Here's How To Replete Good Energy Vibes in 5 minutes or less:** Stand barefoot in the grass, stand in the sand, stand on rocks, or other natural elements. Reach your arms upward toward the sky. Breathe deeply and hold inhalation for a few seconds, then exhale fully. Connect to the electromagnetic field of the earth - the energy source beneath your feet. Draw energy up through the soles of your feet through all of their reflex points. Your legs may even begin to tingle!

***Just get out of your house or office building for at least 5 minutes everyday & improve the way you feel.***





## *Schumann's Resonance*

Want even more good energy? Heal and energize yourself with the harmonic frequency of the Earth's heartbeat (7.83 Hz), also referred to as Schumann Resonance or the Universal Frequency.

Listen to the clip of Schumann's Resonance below: (bet you'll want to hear more!)



## *Secret #4- Become a well being*

### **Secret #4: Become A Well Being & Detoxify NOW - Take A Bath**

Whenever my energy is low or my emotions are high, if my hands & feet are sore, or my spirit aches - I get in a hot salt bath to improve my health. Morning, noon, or night! I say go take a bath NOW!

A perfect way to RELAX & RELEASE while all the pent up energy vampires and toxins are pulled from my body. Perfect stress reliever, which also is just stuck energy in the body asking you to get back in the flow! Take a bath!

# *Water Releases Your Stuck Energy*

**Water releases your stuck energy and transmutes it into new energy - gets you energy flowing free.**

The magnesium in Epsom salts effectively draws out inflammation in the muscles & the impurities from the body - resulting in enhanced vitality in your mind, body & spirit! Apple cider vinegar and baking soda adjust the pH balance in the body (which leaves me feeling great! I encourage you to try it also).

Here is an inexpensive and powerful remedy to allow the body to cleanse itself naturally while you enjoy your own spa moments. Create your own sacred recipe.

**Draw a warm or hot bath and add:**

1 to 2 cups of Epsom Salts (can use Himalyan salt or Sea Salt)

1/2 cup apple cider vinegar

1/4 cup baking soda

Essential Oils of your choice - 10 drops of peppermint, eucalyptus, lavender or frankincense (my favorite)

You can add a dash of Dr. Teal's Relax & Relief foaming bath or body wash, if you want a mild lather. With jets on, however, these bubbles get quite tall!

If you do have Jacuzzi jets, turn them on and relax for 20 to 30 minutes. Sometimes when detoxifying the body, you may feel tired or dizzy for a few minutes after getting out of the bath. So take care of your body. Lying down, drinking water, and relaxing in peace is a wonderful way to end this salt detox.

**For even more benefit, massage your hands and feet & your face and your ears while in the bath. This opens up your energy meridians and allows energy to flow throughout your body & release through these exit points. You will be surprised at the results!**

You may even notice a ring of brown or even blackish residue in your tub when you are through - it's not that you are dirty, these are the toxins that are released. This is much like a foot spa at a salon that uses positive and negative ions to draw impurities such as nicotine,





cholesterol, chemical toxins & metals from the body through the feet. The water tells your story when the detoxification is complete!

***Yes, you too have impurities and energetic residue to be released!***

Get in the water!

## *Secret #5 - Flush Your Emotions*

### **Secret #5: Release Your Emotions NOW - Flush Them All Goodbye Forever!**

I have something exciting to tell you & it is the MOST IMPORTANT SECRET, so I saved it for last!

Yes, I know. It's taboo to talk potty talk! But there is energy to be revealed in the toilet.

I am going to reveal it all NOW.

If you don't want to know - don't read it!

**Did you know that in energy medicine the intestinal tract processes and releases your emotions (or not!)**

Just like eating food, assimilating all the nutrition into your body systems, and eliminating the waste - emotional energy wants a path to come back out.

**So, take in elements you need to grow, and get rid of whatever no longer serves you (if it even ever really did) - most especially dog-eared, shabby, worn out emotions!**

Emotional energy is supposed to be released not too fast, not too slow, but just right! Kinda like Baby Bear. He doesn't worry - he is blissful. Only you become Mama Bear and Papa Bear, and carry the weight of the world on your shoulders and sleeves. Life gets complicated, you learn to be polite and follow the rules, and then It's so easy to forget to let your voice and your feelings flow. So you hold them all inside - sometimes for a lifetime! Or, they all come tumbling out too fast!

# *The Light will Outside the Dark*

Emotions tend to get pent up and can even shut your intestinal activity down completely. Shows up as sluggish bowels and constipation. Then you have have slow motion or no motion! So, ask yourself, what energy are you holding onto? On the flip side, anxiety tends to run emotions quickly through the intestines and that shows up in your body too! Maybe you feel it as butterflies in your stomach first, and then - when you gotta go, you gotta go! Ever had that happen to you?

**My point here - take care of your total health including your intestinal tract.** Seriously! Every part of your energy ecosystem depends on it from your mouth and throat down. Energy has to be released through one end or the other - as one expression or another! That's just the way it is. And that is the intestinal tract's job to process your emotional energy for you. It's kind of like reverse osmosis filtering system sifting emotional residue through a series of filters before releasing them for good.

Be aware of your emotions, especially the ones stored in your cellular memory! Ask your inner guidance system what they are trying to tell you - then relax and let them all go.

**Here's how to allow your energy to efficiently run in you and through you:**

Simplest way to help your intestines is to eat well everyday & drink a lot of water.

Add lemon to your water to stimulate digestion, especially in the morning.

Add a probiotic to introduce good healthy bacteria to your intestinal tract to keep it healthy and strong.

Take a hot salt bath - it's great for clearing impurities.

***Pay attention to the way you feel everyday.***

***Share your voice.***





***Share your love.***

***Spend your time doing what excites you.***

***Release your emotions regularly, and you will flush them goodbye forever - send them off with love and maintain a healthy channel for wellness to flow.***

If this is an obvious problematic issue for you, seek the help of a professional - and consider acupuncture. Stagnant energy can be released and you'll get back in the flow of vitality quickly. I have done this with excellent results.

Yep, just saying. I am energy and so are you! Sometimes we all need a little help to keep our energy flowing & get our body going!



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## ***MarciaAnn Leibrand***

Master of Energy & Expression sharing  
Ancient Wisdom with a Modern Twist for  
Balanced Living

She shares the expression of energy in  
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She loves to decorate the world .  
Passionate about horses, she loves  
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moving on by giving them a new life &  
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