

Energy Balancing Practices

Repeating Rhythm for Energetic Practices

1. Discover and do the energetic practice before, during or after the story.
Use your intuition and/or Muscle Testing to discover what intervention and when to do it.
2. Feel the issue and its associated physical discomfort in the body.
3. Do the intervention while focusing on the associated sensations.
4. Notice how the associated sensations shift after the intervention is complete.
5. Ask Source for lessons as you focus in your body.

Visualize Light – Source Energy

Deeply connecting and restorative. Adds grounded, powerful momentum to release fear and manifest intention. Transforms perspectives on difficult experiences.

1. May be a particular color or colors.
2. Identify where/how to channel the Light.
3. Channel Light through the body and possibly into associated scene.

Tapas Acupressure Technique (TAT)

Opens vision to possibilities and Source. Allows connection between cellular memory and visual function, facilitating release and integration of traumatic incident. Also great for integration of positive experiences – focus on pleasurable sensation in the body.

1. Place thumb and ring finger on either side of the top of the nose and gently press upward toward eyebrows. Place third finger in the center of the forehead, over the pineal gland or third eye.
2. Place other hand over the occiput, between the ears on the back of the head.
3. Hold position for approx. one minute or until the sensation changes.

Frontal Occipital Holding (FOH)

Reconnects all parts of the individual, allowing mind to integrate new information and release old beliefs. Connects the executive function (frontal lobe) with the feeling function (occipital).

1. Place hands lightly on forehead and occiput (back of head between ears).
2. Allow head to move however it wants while gently supporting it.
3. May want to visualize Light while doing FOH.
4. Head will come to rest and you may feel a pulsation when complete.

See other side . .

Boundary Tapping

Helps create healthy boundaries. Healthy Boundaries: Being fully at choice about what comes and goes out, and maintaining a fluid movement between in and out, between give and receive.

1. Tap on boundary point located on midline of the sternum – at the point of the breastbone.
2. While tapping, affirm the healthy boundary you are setting.
For example, “This is my daughter’s sadness. I don’t need to take it on.”
3. If a toxic energy feels lodged inside, tap on the boundary point, then feather the sensation up the chest and out the mouth, coughing or making appropriate sound to get it out.

Fear Points

Helps access, metabolize and/or release anxiety/phobia associated with a literal or felt sense of danger, e.g. interviewing for a new job; giving a speech; taking an exam; walking by a barking dog and not wanting to show fear.

Fear Points: Located just above the ends of the eyebrow on the bone between the front and side of the forehead. Rub or tap them.

Anger Points

Helps access, metabolize and/or release anger/rage stuck in and poisoning one’s field. Metabolizing anger can awaken one to deeper feeling states. Anger and rage are often experienced as ‘hot’. (This intervention will likely not clear hate, which is deeper than rage and anger, and often experienced as ‘cold’.)

Unmetabolized anger may show up if a person:

1. Feels it was unsafe to experience their anger or rage
(Unmetabolized anger can cause one to go numb.)
2. Is defending against deeper feeling states
(Anger and rage can take control, with the person unable to let it go.)

Anger Points: Located on inside edge of the bone at the indentation lateral to the eyes. Rub or tap these points with your fingertips.

Shame Points

Helps access unconscious shame if necessary; and releases shame. (Shame is about one’s sense of self, who one is. Guilt is about something one has done. When present, shame is typically a deeper, more insidious difficulty than guilt.)

Shame Points: Located between the bottom lip and chin. Rub or tap these points with your fingertips.

Thank you to the many people who developed these interventions including, and not limited to, Tapas Flemming and the cranial sacral and Chinese Medicine communities.