

Energy Balancing

Standard Preparation

- A. State your intention (to release stress, to feel inner peace, etc.).
- B. Drink some water to enhance energy flow.
- C. Lateral balancing:

Massage both collarbone tips
and take 2 slow, deep breaths.



- D. Remove psychological blocks:

Press “karate chop” point and
say twice: “I accept myself fully
even though I have these feelings.”



Press both “sore spots” and
say twice: “I accept myself fully
even if I will continue
to have these feelings.”



Treatment Process

- A. Choose a memory or emotion to work with, and estimate level of distress on a scale of 0-10 (0=no distress, 10=worst agony ever).
- B. If emotions are more intense than you’re ready to experience, simply link to them with a cue phrase like “those emotions” or “that memory.”
- C. Stimulate each of the points below, while keeping the tip of the tongue in contact with the back of the upper teeth. Use simple contact, firm pressure/massage, or repeated tapping with a fingertip to stimulate each point.
- D. Say your cue phrase with a final deep breath on each point.
- E. Follow point sequence according to this chart: