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: