

## Energy Rebalancing Sequence

Sequence one: Use this anytime you need to calm down, rebalance and/or restore vitality. It also can help keep your immune system stronger amidst stress. You can go through the sequence once or repeat several times, and as often as you would like.

### 1. Three Thumps

CB (indentations just below inner edge of collarbones)

TG (Thymus gland or sternum)

UA (on sides about 4 inches below the armpits)

Gently tap these 3 points for 2-3 long, slow breaths; repeat twice, then do the following:

2. Three Energy Hook-ups - place the middle finger of the left hand at the navel, gently pressing in and up, then place several fingers of the right hand, pressing lightly at:

Base of skull (the indentation where the skull meets the neck)

Tailbone

Third eye (center of forehead just above the eyebrows)

Hold each point for 2 long, slow inhalations and exhalations.

This brief six-part sequence is worth memorizing and using whenever you are not functioning at your best, physically or mentally. It jump-starts your energy system, and it can help prepare you, energetically and neurologically, to make progress on problems that have been difficult to overcome.