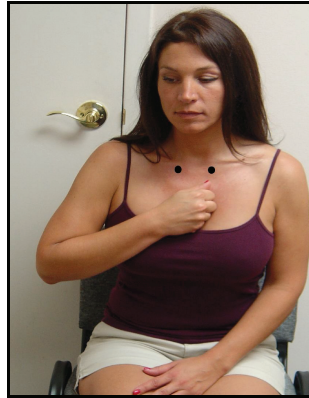


## APPENDIX D – Daily Energy Balancing Routine

1. THYMUS THUMP – (Standing or Sitting) (Credit: Dr. John Diamond, “Your Body Doesn't Lie”) Massage the K-27 points on your chest (See Figure 1 – the dots). Then tap the thymus with your closed fist for 2 minutes while being in the special place (eyes open or closed). [Fixes Over-energized or Switched Condition] Figure 1.

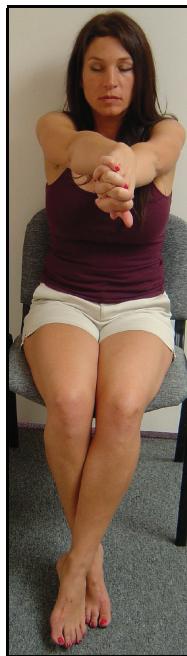


*Figure 1*

2. FRANKENCROSS – (Sitting) First, visualize your special place with your eyes open. Then, with arms extended in front of you, place right hand over left hand, interlock and bring over heart—place left ankle over right ankle; while breathing in through the nose, push tongue to upper palate; while breathing out through the nose, let tongue drop against lower palate. Do this exercise for at least 2 minutes with eyes closed. [Fixes Over-energized or Switched Condition] Figures 2, 3, 4.



*Figure 2*



*Figure 3*

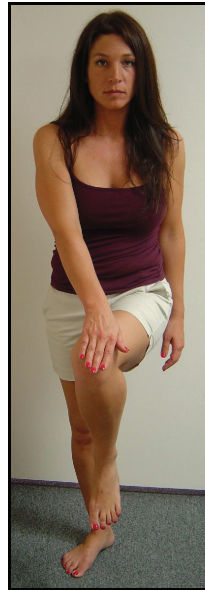


*Figure 4*

3. Drink a glass of water. This help the electricity in the body.

4. Do the Cross Crawl exercise (Credit: Drs. Doman and Delacato of Pennsylvania.) (Preferably standing but can be done sitting.)

Begin the Cross Crawl exercise by touching right hand to left knee while raising left knee up from the floor. Drop hand and leg after touching and then alternate by touching left hand to right knee while raising right knee up from the floor. Continue the Cross Crawl for two minutes while counting slowly from one to thirty out loud. [Fixes Neurological Disorganization or Switched Condition] Figures 5, 6.



*Figure 5*



*Figure 6*

5. Do the Scarecrow exercise: (Also known as Rochlitz Heart Integration™ Exercise) (Preferably standing but can be done sitting.) As comfortably as you can, hold the elbows at shoulder height with bent elbows, hands pointing down. Now with right hand, reach across body crossing the heart as you lift the left knee. Now with left hand, reach across body crossing the heart as you lift the right knee. Continue for two minutes while counting aloud from 1 to 30 or humming. [Fixes Heart Dyslexia] Figures 7,8.



*Figure 7*



*Figure 8*

6. The Psychological Reversal (Credit: Roger Callahan, “Tapping The Healer Within”)

The Psychological Reversal (PR) can be done on five places, tapping under the nose on Governing Vessel 26, tapping the side of the hand on SI3 (small finger side of the hand), Neurolymphatic Reflex Point as see in Figure 9, on the Central Vessel 24 under the bottom lip, the Kidney Meridian 27 on the clavicle on both sides of the sternum, and the gamut point or Triple Heater 3 on the top of the hand 1” above the 'V' between the ring and pinky fingers. Use the Neurolymphatic Reflex Point for the PR.

To find the Neurolymphatic Reflex Point, position your left arm by your side with the hand loose and the thumb pointing forward. Bring the arm up to your chest and let the thumb touch. Push in with the thumb and find a tenderness in the chest. Once found, use the index and middle fingers on the right hand to push into this spot (see Figure 9). Once you have pushed in, circle the fingers in a **clockwise motion** (This is critical, do NOT do it the counterclockwise!) while repeating at the same time: “Even though I have this problem, I deeply and completely accept myself”. This statement must be said a minimum of three times (more does not hurt anything) while circling the fingertips. [Corrects reversals in the polarity in the meridian system and thought interference] Figure 9.



Figure 9

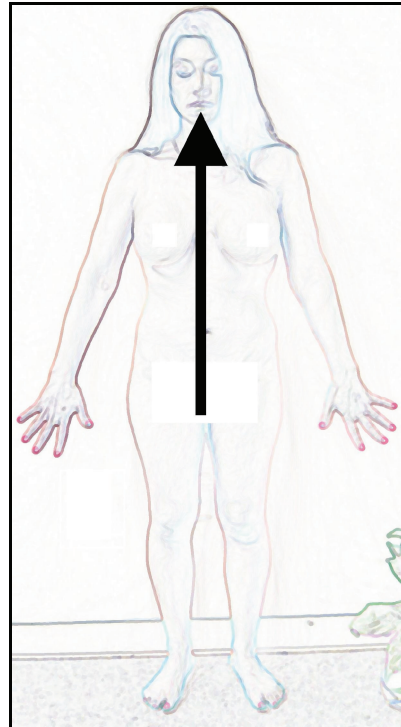


Figure 10

7. The Zip Up (Credit: John Zimmerman and Donna Eden, “Energy Medicine”)

The Zip Up is performed by standing straight up and taking either the right hand or the left hand and facing the palm side towards your body, starting with the pubic region and slowly pulling up towards your bottom lip. Once your hand is at your bottom lip, take your hand and turn as if with a key at your bottom lip and say 'I lock out all negativity!' This exercise can be done three times. [Guards against other people's energy, negativity, and thought interference] Figure 10.