



## **Advanced Energy Therapies**

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### **Advanced Energy Therapies Series 1: Eye Movement Variants and Alternate Points**

Hello and welcome to this presentation on Advanced Energy Therapies. Now you might have learned EFT, you might have learned several other energy therapy techniques. And what you'll find is they are tremendously effective and useful in virtually every situation except when they aren't. And what everyone who learns this techniques discovers sooner or later is you have a client, you have a situation where you pull out all of your best techniques and nothing seems to work. What do you do then? I'd like to share with you in this program several techniques that are simple, that are very mechanical. You just do these postures, and yet what you find when you practice these is that they may release huge amounts of stuck old emotional energy. And you will see your client shift before your very eyes, even if you were getting nowhere with EFT or similar methods.

I recall one person I worked with. I was assisting at an EFT level II workshop. And this woman was a psychotherapist. She had a tremendous amount of training. She had an advanced degree. And yet she was really struggling in that workshop. And we want her actually to take her out of the workshop and work with her. She was instructed in one of the exercises to think about a small minor annoyance. And what she picked was her boyfriend. She lived with her boyfriend and lived with him for many years. And every Wednesday, her boyfriend would go to a book group, a reading group. So he'd leave the house and go spend two hours with his friends, discussing their latest book. And that was a routine they'd had since before they met. He had this routine, it was one of the central social things he did. He loved doing it. And she pegged her annoyance at him leaving. And her annoyance was, "If he really loved me, he'd be there with me. He wouldn't be off there with the book group."

And so doing EFT with the EFT master in the EFT workshop, her sad levels didn't go down. They went up and up and up and up. And eventually, we had to remove her from the workshop and work with her privately for a while. Now, when we were doing EFT with her, nothing seemed to bring her sad levels down. We tapped a little of the aspects. We looked for related events. And what



happened when we did that was she had a memory come up. Now it wasn't an unknown memory, she knew about this. But it was one of the central tragedies of her life.

What had happened was when she was a little girl, two years old, her mother had been in and out of mental institutions for many years. Her brother was five years old. And their father basically raised them, but he was overwhelmed, he was preoccupied and taking care of his mentally ill wife. And he was to get kids up in the morning, feed them breakfast, take them to school. Basically, the father would care for the kids. And one morning, they were having breakfast, he was feeding them in the kitchen. And they heard a loud noise from the basement, and the father said, "Stay here." And he ran out into the hallway, to the basement, but the kids didn't listen. Kids ran off with him and ran behind him and went downstairs in the basement. They found their mother lying in a pool of blood. She killed herself, she shot herself with a gun. So this woman, this therapist was remembering, having this flashback to this memory of her father standing over her mother, her mother in a pool of blood, and her mother's tragic death.

So what you find, over and over and over again in these situations, is a client comes to you with a seemingly minor problem. It could be a problem with her golf game, it could be a problem with giving a presentation at work, it could be a problem with finding the appropriate person in their lives, it could be a problem with their husband or their wife or their parent or their child. Dig below surface and what you'll find, there are much, much, much earlier events. Why did that therapist have as her minor annoyance her boyfriend leaving for the book group? Because her boyfriend leaving every Wednesday is some part of her brain is recapitulating her mother leaving. So him leaving now looks to her primitive midbrain, the emotional brain, the hippocampus who's job it is to match like with like, that's what the hippocampus does. It matches this thing with this thing and some potential threat.

So it has the strongly encoded memory of lost abandonment by her mother at the age of two, and actually abandonment by her father as well. She was actually more emotionally triggered by her father because he was basically never there for them. He was always taking care of her mother. And he was also then after her mother's death, overwhelmed by his own emotions, and wasn't there and present for her or her brother. So she has this underlying pattern of abandonment that's engraved deep in those neurons at the hippocampus. And now, her boyfriend leaving every Wednesday looks to the hippocampus a lot like her mother leaving and her father leaving when she was two years old.



So you see how these things are linked. And so as we sat there with this therapist in this room that she'd been taken out of the workshop to be in, EFT was just not having any effect and she was overwhelmed, flooded by these emotions. So I used some of these advanced energy therapy techniques on her. And they are incredibly powerful. And we watched as she used those, we watched as all of that accumulated tension, all of those years of grief and tragedy and trauma just literally melted away. It is wonderful to have these techniques available to use for your clients.

So we'll share a number of these with you. You can use them with any other form of therapy. You can use them with conventional psychotherapy, you can use them if you do, we have cognitive behavioral therapy session. You can use them if you're using a family dynamic therapy session. Any kind of therapy you're using you can layer in these techniques. And you'll find they rapidly help people shift the energy. While you're having really good cognitive therapy, you're challenging your beliefs, you're challenging a reality picture, and using the energy therapies and advanced energy techniques, you then turbo charge your results. So here a few simple but effective things that I've learned over the years.

One is to use the collarbone points with the gamut point. So what you do is you find the collarbone points, which again, you find your episternal notch, then go about an inch, an inch and a half from that in each direction. Then put your fingers in one, your thumb in the other, and just rub or touch there lightly. Then with the other hand, you put your finger in that groove between the bones of your little finger and your ring finger, the gamut point. And what you do is you just rub all three points while you do processing.

Ask yourself the four questions that Byron Katie uses, "Is it true? Is it really true? How do I feel when I have that thought? Who would I be without that story?" The four wonderful questions. Again, you can ask those questions alone, but I've actually seen therapists where they stole asking the four questions and not get very far. Ask the four questions while combining it with an energy technique like this and you'll find that clients become much more plastic, much more fluid in their psyches, and can make really quick progress.

Another one to use is the frontal-occipital hold. This is a technique from energy medicine. And it's simply has you put one hand over the brain's frontal lobes and the other hand over the brain's occipital lobes. So the occiput is this area over here, this is the occipital ridge on the skull, and the occipital lobes to do with the



vision are right behind there. One hand on the occiput, you put one hand on the frontal lobes and you simply hold that pose while you process. So maybe you'll use this with EFT's setup statement. Maybe you'll say even though I remember that terrible tragedy, that terrible loss, I deeply and completely accept myself.

And then what you do is you hold that pose, mentally observe a physiological shift. The client will take a huge deep breath or the client's shoulders will go from being up around their ears to being totally relaxed. Or the client's face will change. The face will relax, their face might shift its skin tone with blood coming in or blood leaving. So it will normalize in some way. And you'll see physical evidence of that shift. You hold that frontal occipital pose until the client has a visible shift while they're remembering the tragic event around the problem they had as a child, the problem they have as an adult. Or using the setup statement of the EFT, or the reminder phrase. So my mother's death, my father standing there, whatever that might be, while doing the pose.

You can also use the eight or nine sets of Tapas Acupressure Technique, TAT. They used to be eight, now they're nine. And they have you focused on the problem, focus on the event, then focus on the opposite of the program. That I'm safe now, things are okay now, the event is in the past. So you rift between the event being here and now and the event being in the past and you're safe. And then you heal all the layers of that in your body, in your psyche, in your energy field. And finally, in the last steps you'll integrate that healing into your life. And you'll do all of this while using either the Tapas Acupressure Technique hold or simply the frontal-occipital hold. So layer these things into other things you use, other forms or other techniques you use. You can also use this with those eight steps or use them with EFT's reminder phrase.

There are several points that I've used with people who were having an abreaction, who are highly traumatized, or were flooded with emotion. And there are points in energy psychology and acupuncture called the alarm points. There are 40 alarm points, one for each meridian. And there are four that some people think are particularly potent. So we'll go ahead and talk about these four potent points and how you can use those for people who are having an abreaction, who are overwhelmed with emotion, who aren't making progress using EFT or other things you know.

So I've used these several times. For example, I was doing a tour many years ago with a very prominent figure in energy psychology. And he did numerous demonstrations on stage with people. And one of them, the woman seemed to be



struggling. Her numbers weren't going down very much. Eventually, he just ended the demonstration and went onto the next person. But I went up to her afterwards and talked to her, and it turned out she was in the middle of a full-blown abreaction. She was very overweight, she was a sexual abuse survivor. And she was also suffering from major depressive disorder and on medications. So she was just having this really extreme reaction. She had this all this material opened up during the on-stage demonstration with this famous person. And he hadn't quite don't known what to do, so he just ended the demonstration and went onto the next person. I recognized that she was still in the middle of this trauma. So I worked with her afterwards, about two hours actually. And I used these particular alarm points, these four potent points, as well as other forms of energy therapy. And eventually we were able to bring her numbers down, she was calm. And as they are able to refer her to a licensed mental health provider who also knew energy psychology.

So here is the points that you want to try in that kind of situation. One is right between your eyebrows, and you can tap that point or you can just hold it and breathe. Touch and breathe, a very powerful form of energy psychology. So just hold that point and have the client keep breathing while you hold the point, and notice when they have a particularly deep breath and relax. That means it's time to move on. The second point is just where your thumb meets the rest of your hand. And usually, I like to really squeeze this point quite hard. Now, obviously we never do anything that causes our clients discomfort, but squeezing that point firmly is usually the way to go. So find that point over there and squeeze it. You'll feel it when you won't and your client will too. Again, you can either rub it or massage it until you see that client visibly relax.

The third one is on your ear and you simply are going to hold this front part of the ear lobe over here. And again, rub it, squeeze it, massage it, and do that till your client relaxes. You can also use a combination of these points. You can use both the ear lobe point and the point between the eyebrows over here. So you can rub there and rub the ear at the same time. And the final point is just below your knee joint, between the tibia and fibula of your legs. You go about 2 and a half inches below your knee, that's 5 or 6 centimeters below your knee joint. You find that groove between those two bones and you rub there. Now that often is a point of significant tenderness for clients. So again, you want to rub so they can feel it. But you don't want them wince or yelp and have real pain there. But again, it can be a great congestive point energetically. And so when you first hit that point, the client may really feel a release. You may have to hold that point for a while, three minutes, five minutes before there's that release. But when it's released you



usually feel that release. You can also, of course, hold the knee point with the eye point or with the hand point.

So it's possible to hold more than one of these points at the same time. I've used these a little myself a few times. And what I do is I first of all find the knee point. And then while holding the knee point, I also use the hand point. So these two fingers are going into my knee point and the fingers of the other hand are stimulating that point on hands. So again, this is very useful for calming people who were having a flashback, who are in the middle of a nightmare, who were having an abreaction in some kind. And you want to have these four potent points in your tool box.

Now, if you've been on any of my live coaching calls, you'll notice I use the nine gamma technique a lot. In fact, for people on my radio station, they actually have to watch a video on the nine gamma technique before they can even volunteer to be on the show because I want to make sure they understand this most potent of energy psychology techniques. You can do a lot more than just rolling the eyes all the way around in a circle and rolling them all the way back again. It's worth studying your clients, watching how quickly they move their eyes and encouraging them to either slow down or speed up. Or occasionally I'll have people go super slow and then go super quick. These are all ways of getting the brain out of that traumatic space and having the client be in the body.

So watch how they do their eye movements very, very closely. Especially notice if they are skipping any area. So for example, when I'm having people do the eye movements, I'll have them do the eye movements to the very periphery of their vision, but I'll notice that they skip over an area. So watch my eyes skip right now. I'll go all the way around and I'll skip one area. And you'll find that clients skip the same area just like I am doing here now all the time. Every single time they do the eye movements they skip one area. Notice that. If they do that, I will then have them go back and forth on that one area over and over and over again while repeating the reminder phrase until they can do the whole circuit without skipping.

So watch your clients closely. Always make sure that they're at the very periphery of their vision as well, that they aren't making small circles over here. You can make small circles for certain particular reasons, but to get the full power of the nine gamut, you need to making large circles. That's where the kinds of avoidance or skipping. You see what a client does, what it see something metaphorically show up with those really wide eye movements to the



very edge of the peripheral vision. So make sure you watch them. Now if they get really comfortable doing some very slow eye movements, have them do fast eye movements. Then if doing fast eye movements easily, have them slow down, do slow eye movements. And see if there's any difference.

When they have really totally cleared the emotional impact of that memory, they'll be able to move their eyes all the way in either direction, either slow or fast as you show them to do without skipping. So it's well worth watching them carefully. I use a pen or a pencil in my finger if they need instruction. But if they don't, I let them do it all by themselves. So those eye movements, research is now showing are tremendously useful and powerful, linked to the way the brain processing information. When we're asleep, our eyes were closed and our visual cortex at the back of our brain is totally dormant. But the visual association cortex above that is highly active. So we're making all these associations. And during rapid eye movement sleep, REM sleep, our eyes are moving around all over the place.

In one dream study, the researchers were noticing exactly where this particular client's eyes were moving while he was dreaming. And he was an ex-smoker. And what was happening is when he was dreaming of smoking a cigarette; his eyes were going to where he would've stubbed out the cigarette in an ashtray. So these are very potent ways which our brain reprocesses information. So the more we're discovering about eye movements, the more we're discovering how useful they are in memory reconsolidation and extinction. Now, besides moving your eyes in a circle, you can move them in several different ways. One of these is figure eight and have the client literally trace figure eight and follow your hand as you describe a figure eight. Many clients find this really soothing and really useful. What you can also do is after you've guided the client in one direction for a while, reverse the direction of travel and have the client use the figure eight in the opposite direction.

Donna Eaton, in Eaton energy medicine, uses the figure eight a huge amount. She also does the figure eight for connection, to establish connection between people. So she'll have two people both do the figure eight together and that will help them establish an energy connection. So figure eight eye movements are one of those ways which you can have them do eye movements that is often useful in producing a shift or calm. You can also do eye movements this way as well, up and down as well as side-to-side. So try those figure eights both this way and that way. And simply notice how you feel in your body. Do you feel better? Do you feel lighter? Do you feel more energized? Do you feel more awake? Do you feel more sedated? Do you feel more calm? And try these things with your



clients and see how they feel. You'll find that they'll get a huge amount out of those. I was once with a colleague in New Zealand doing a series of lectures. And she was a huge proponent of figure eight. So, I thought, well, that was figure eight things, those are so simple that we found that people loved the figure eights we did with them. And it was one of their favorite parts of the whole presentation. So you may will find your clients really take to using those figure eights.

Now, besides moving in this plane, the peripheral movements, you can also move in the horizontal plane. You can move from a close focus to a distant focus. So if you can see my eyes I am looking close in. Now I am looking a long way away. And you can also guide your client to focus on something a long way away, the very end of the room, and then something close by. So these are one other way of doing eye movements. You can have the client alternate their vision between close focus and distance focus. Close, distant. Close, distant. Close, distant. Perhaps if a client has a hard time centering themselves in their body, then you might find that they don't respond well to the nine gamut. But they respond really well to those lateral eye movements. So try those on yourself, try those with others, and see how they go for you.

I also like to tap on the stomach meridian point while doing diagonal eye movements. And what you do is you tap here and you can tap on either this point or this point. But while you tap here, you move your eyes to the top left, bottom right, top left, bottom right, top left, bottom right. And then reverse. Top right, bottom left, top right, bottom left, top right, bottom left, top right, bottom left, top right, bottom left. Try it with tapping on the side of your eyes now. So tap inside of your eyes, top left, bottom right, top left, bottom right, top left, bottom right, top left, bottom right. Now reverse. Top right, bottom left, top right, bottom left, top right, bottom left, one more time, top right, bottom left, and a breathe.

And that's always the key thing. Notice your breath, notice your client's breath, and see how it shifts as you do those. You might find that one of those eye movements will provide the key, it'll be looking into that part of the visual field that encodes their trauma. And once they've tapped and move their eyes in that spot, suddenly they have a huge shift.

So there are several videos in this Advanced Energy Therapies series. Go ahead and watch others, play with these things. We're meant to be playing and experimenting all the time. There is no wrong way to do it. There's no bad thing that's going to happen from doing this. So try this with yourself, try this with your clients. Be playful, have fun, experiment, and then share with others, with your



colleagues, what you experience, what you perhaps discover, any breakthroughs you have, what works for particular clients and enrich the whole learning of our community in that way. Thank you so very much.