

Electrics



Preparation

1. Spinal flush

2. Navel to third eye hook-up

3. **Feet:** Open foot gaits, release foot, ankle, heel, pull off energy.

4. **Hands:** lace fingers, press /buzz all over stretched open hands.

5. **Leap frog jiggle:** Three finger notch, leap frog and jiggle from pubic bone to lower lip.

6. **Collarbone:** press from K27s under collarbone towards underarm.

7. **Shoulders to neck:** pull energy from under shoulders along meridian lines.

8. Connect Powerpoint by:

a) Rest head in hands. **Hold powerpoint** with **middle** fingers for ≤ 2 minutes.

b) Gently **rub base of person's skull and neck**

c) **Little** fingers back in **powerpoint**. **Spread** fingers around base of skull, thumbs in front of ears. Hold 2-3 mins.

9. **Client hand on heart & 2nd chakra.** Middle fingers on electric points, tiny ∞ .

Deep

1. **Middle fingers deeply into electric points until you feel buzzing. Maintain strong connection (a little more lightly if desired). Hold until heat gone and fingers cool. Can be painful and profound.**
2. **Close with hook up, hold ankles, pull energy firmly off tops and bottoms of feet. Slow ∞ over body until energies calm and integrated - 2-15 mins. Tracing meridians also appropriate.**

Align Actions, Feelings and Thoughts:

Middle fingers_deep in sockets 2-5 mins

Improve Internal Compass:

Also opens third eye, and sinuses!

- a) Stretch forehead
- b) Place digits on Liver Neurovasculars and BL2. Hold for 5-20 mins.
- c) Lightly trace small ∞ on forehead.

Connect Heart and Root Chakras

- a) **Press deeply over left ventricle of heart. Press at right edge of pubic bone. Hold 5-20 mins**
- b) **Keeping hand at Heart point, move other hand to any other place that needs a boost. E.g organs, valves, glands, legs.**

Connects love to sexuality. Deeply grounding for heart.

Hook up Pericardium:

- a) **Hold Circ Sex Sedating points. SP3 + CX7.**
- b) **Client holds directly behind nipples (push up breasts). Hold ≥ 1 min.**
- c) **Hold K10 and CX3 (CX control points)**
Helps with hormone issues, problems with Heart, Lung, Circ Sex, Sanjo meridians, Fire element and post-mastectomies.

To Stimulate the Rhythm of Fire

- a) **3 finger notch over middle of Heart chakra, 3 finger notch over lower Dantian TW point**
Hold for 3 mins
- b) **Flatten hands on these areas for 1 min**
- c) **Client now holds heart, move to Neurovasculars behind knees.**
Hold for 2 mins
Powerfully connects TW (Radiant Circuit), Heart and Thymus.

