

P O W E R
P O I N T
B A L A N C E *

An Energy Medicine technique that opens, boosts, and balances the flow of

energy throughout the energy body by connecting all the major and several minor energy centers ("power points")

- The process may be self administered and used for self care, or administered one on one or two persons on one.

- The self process may be administered lying down or sitting up. It may be done upon awakening, prior to going to sleep, or integrated into activities of daily living (eg: riding on buses, planes; sitting in steam or jacuzzi following workouts; integrated into pre-workout stretch routines or yoga practice.)



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- The process may be used in it's entirety to address the whole body, or used as a spot treatment to address particular areas of chronic pain or acute injury. Spot treatments are administered by focusing on, and holding, the point above and point below (or next in sequence) the area of concern.

- As a modification of this process, organs of the body (eg: spleen, liver, lungs) can also be included and held as points to address specific needs of individual clients.

- For optimal benefit, give conscious attention to grounding, centering, and activating the flow of energy in the hands using the Golden River Meditation or similar process.

- Each set of points is held for a minimum of a minute and up to four minutes. As sensitivity to energy increases, points are held until pulsation and imbalance in the points settles into a smooth flow of energy (moving like a wave back and forth between the two points) and evenness between the points.

- This process is considered the energetic equivalent of a full body massage. Analogies used to describe the technique and it's impact are like: squeezing a tube of toothpaste up from the bottom, using roter router to clear sluggish drains in plumbing, connecting the dots to form a picture as in children's puzzles.

*This process is adapted from CHAKRA CONNECTION as developed and described by Brugh Joy in JOY'S WAY: A Map for the Transformational Journey. Boston: J.P.Tarcher Inc. (1979) p. 269-275. THE FULL BODY CONNECTION, as created and taught by Janet Mentgen in the Healing Touch Program, also influenced my description of POWER POINT BALANCE, which reflects how I personally administer this process to myself and teach clients how to apply to themselves.

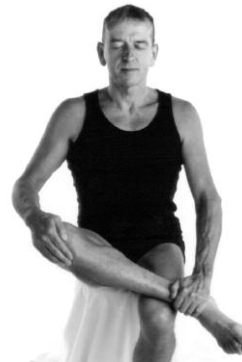
Steps in the self administered process:



Centering



1. Right sole (LH) and Right ankle (RH)



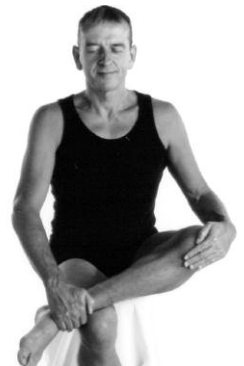
2. Right ankle (LH) and Right knee (RH)



3. Right knee (LH) and Right hip (RH)



4. Left sole (RH) and Left ankle (LH)



5. Left ankle (RH) and Left knee (LH)



6. Left knee (RH) and Left hip (LH)



7. Left hip (LH) and Right hip (RH) (hip to hip)



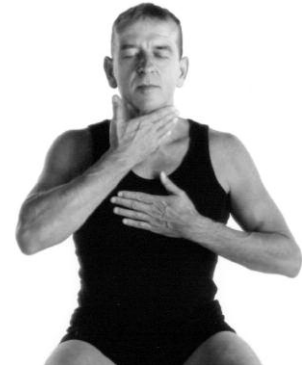
8. Root chakra (LH) and Sacral chakra (RH)



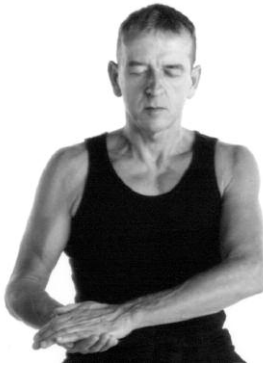
9. Sacral chakra (LH) and Solar plexus (RH)



10. Solar plexus (LH) and Heart chakra (RH)



11. Heart chakra (LH) and Throat chakra (RH)



12. Left palm on Right palm



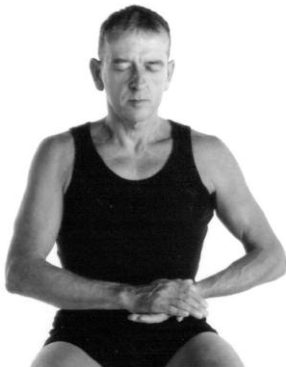
13. Left palm on Right wrist



14. Left palm on Right elbow



15. Left palm on Right shoulder



16. Right palm on Left palm



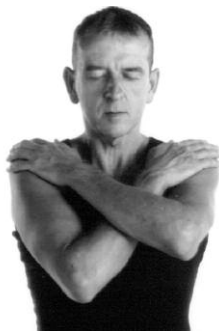
17. Right palm on Left wrist



18. Right palm on Left elbow



19. Right palm on Left shoulder



20. Left palm on Right shoulder and Right palm on left shoulder (shoulder to shoulder)



21. Throat chakra (LH) and Brow chakra (RH)



22. Brow chakra (LH) and Crown Chakra (RH)



23. Crown Chakra (LH) and Transpersonal Chakra (RH)

