

CREATE AN ENERGY CONNECTION

HANDOUT PACKET



**TRANSPERSONAL
ENERGY HEALING**

www.TranspersonalEnergyHealingTherapy.com

THE CHARGE-DISCHARGE ENERGY MOVEMENT SEQUENCE

BY LAURA FINE



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ENERGY HEALING

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The Charge-Discharge Energy Movement Sequence

The purpose of this Energy Movement Sequence is to clear the energy field of stagnation, stimulate the subtle energy body, increase blood flow and elevate endorphins for a positive state of well-being. You can complete this series in 5 to 10 minutes, spending more time on desired areas.

1. Begin seated at the edge of your chair, with one leg crossed over the other, shoes off. Tap the bottom and top of the foot with both hands.
2. Place that foot on the floor and tap up the same leg all the way to the inside and outside of the thigh. Be sure to include the back of the knee. (Do not tap over the knee cap.)
3. Then stroke up and down the entire leg starting at the ankle. When you stroke down, think of washing off stagnant energy and sending it down into the earth.
4. After tapping and stroking this leg, pause for 1 minute. Sit quietly, breathe deeply and notice the difference between the two legs.
5. Repeat steps 1 - 4 with the other leg.
6. Stand up and tap in a clockwise circular motion over the lower belly, sides of the hips and then your buttocks.

7. Tap up the center line of the body starting just above the pubic bone to the top of the clavicle.
8. Tap up one arm, then back down, and up the inside of the arm. Tap the armpit.
9. Repeat with the other arm.
10. Tap over the chest and around each breast.
11. Tap the back of the neck, the back of the head and crown of the head.
12. Gently tap the cheeks and forehead.
13. If you feel you missed anywhere on the body or feel like you'd like more aliveness and stimulation in a particular part of the body, go back to that part and tap.
14. When complete, stroke down the entire body, face, neck, torso, one side, then the other.
15. Pause and do a body scan, breathe deeply and notice how you feel.

**Watch the video demonstration of this
exercise HERE.**

TRANSPERSONAL ENERGY HEALING THERAPY

Indicators & Actions for Immune Boosting your Emotional Energy

CHAKRA	Distorted Belief	Physical Symptoms	Emotional Symptoms	Attributes	Affirmation	Healing Movement
1	I can't do it	Constipation, fatigue	Spacey, unstable	Grounded, present, vitality,	"I'm here."	Stomping
2	I don't feel anything	Painful periods, infertility, tense	Self-conscious, addictions	Confident, creative	"I feel."	Pelvic circles
3	I'm afraid	Poor digestion, low blood sugar	Low self-esteem, anxiety	Humor, decisive	"I'm present."	The twisting slap
4	It's your fault	Heart disease, high blood pressure	Lack empathy, fear intimacy	Empathy, compassion	"I love"	Unfolding arm extensions
5	I don't know	Thyroid problems, sore throat	Can't express feelings	Expressive, articulate	"I speak my truth."	Humming & vibrating
6	I don't think so	Headaches, depression	Blocked intuition, negative attitude	Intuitive, optimistic	"I see."	Head circles
7	I'm confused	Difficulty focusing	Lack of faith, confusion	Faith, unitive consciousness	"I know."	Push up to heaven, press to earth



The Four Interactive Expressions of Energy: Push / Pull / Stop / Allow



Defensive Expression:
Running energy up the spine through the will centers and out the top of the head or face. Pushing with force toward others or environment.



Push

Healing Expression:
Assertion, Power, Courage
Strength, Charisma



Defensive Expression:
Drawing energy toward oneself. Pulling energy from others.

Pull



Healing Expression:
Extraction, Detoxification
Cleansing



Defensive Expression:
Stopping, holding, containing the breath/energy. Disconnecting, withdrawing, shutting down

Stop



Healing Expression:
Self-protection, setting boundaries
Containment of one's energy, resources



Defensive Expression: Allowing the energy to flow without restriction or boundary

Allow



Healing Expression
Openheartedness, fluidity,
spontaneity

TRANSPERSONAL ENERGY HEALING THERAPY

Energy Vocabulary and Beliefs

Achy	Fixed	Polluted	Stringy
Acidic	Fiery	Pressure	Stuck
Alive	Floaty	Prickly	Sweaty
Blocked	Flowing	Puffy	Tear
Bubbly	Fragmented	Putrefied	Tender
Bulging	Frozen	Pulsating	Thick
Bubbly	Funny	Pure	Throbbing
Bumpy	Gnarled	Prickly	Ticklish
Busy	Goey	Quickened	Tight
Buzzing	Grainy	Radiant	Tingling
Broken	Heavy	Rooted	Twisted
Chaotic	Hole	Rotten	Vacant
Clammy	Holy	Rubbery	Vibrant
Closed	Hollow	Ruffled	Vibrating
Cloudy	Hot	Rumbling	Watery
Cold	Infantile	Shaky	Weak
Congested	Integrated	Sharp	Wet
Cool	Leak	Sick	Whole
Delicate	Light	Soft	
Dense	Lively	Solid	
Dirty	Magnetized	Stagnant	
Dull	Nauseous	Static	
	Open	Sticky	
	Oozing		
	Painful		

Identifying Images and Beliefs

Delusions: It's like I'm...
 being stabbed
 torn apart
 suffocated
 confused
 tortured
 exploding
 powerless
 out of control
 helpless
 immobilized
 abandoned
 falling
 overwhelmed

Statements that convey beliefs and images:

If ____, then...
 If I lose control, then...
 I'll be rejected.
 If I'm helpless then...
 I'll be abandoned.
 I should ____ should not ____
 always ____/never ____

Yes, but...
 Blaming
 Complaining,
 Victimization statements

THE ONE-MINUTE TRANSITIONAL MEDITATION

BY LAURA FINE



WWW.TEHTHERAPY.COM

One Minute Transitional Meditation

THIS IS BENEFICIAL FOR EASING THE STRESS OF TRANSITIONS. IT IS APPROPRIATE FOR ADULTS AND CHILDREN.

RECOMMENDED USE

- Before leaving your house, stand in your doorway, keys in hand and STOP for 60 seconds, OR, sit in your car, before turning it on and do the one-minute Transitional Meditation (T. M.)
- When you arrive at your destination, before getting out of your car.
- If faced with a stressful situation, excuse yourself to the restroom. Do the T.M. before returning.
- When you need to make an important decision quickly.
- If you feel in a hurry, while driving or walking, pull over and STOP.
- In a family disagreement, ask everyone to take a pause. Guide them in the T.M.

INSTRUCTIONS FOR THE ONE-MINUTE TRANSITIONAL MEDITATION

Step 1. Find a safe place where you can close your eyes. (Restrooms are where I have some of my best T.M meditation successes.)

Step 2. Place one-hand on your heart center, the other hand on something concrete in your environment to ground you (a chair or the wall).

Step 3. Take 3 deep breaths, inhaling through the nose, exhaling a quiet, slow, vocal sigh of relief with each exhale. Feel the movement of breath in that area.

Step 4. Visualize the presence of something greater than you, in the area of your heart center (whether you call that presence, Love, My Wise Self, God, Christ, Buddha, Hashem), whatever resonates with you. Sense that you are not alone and connect to the resonance of that force.

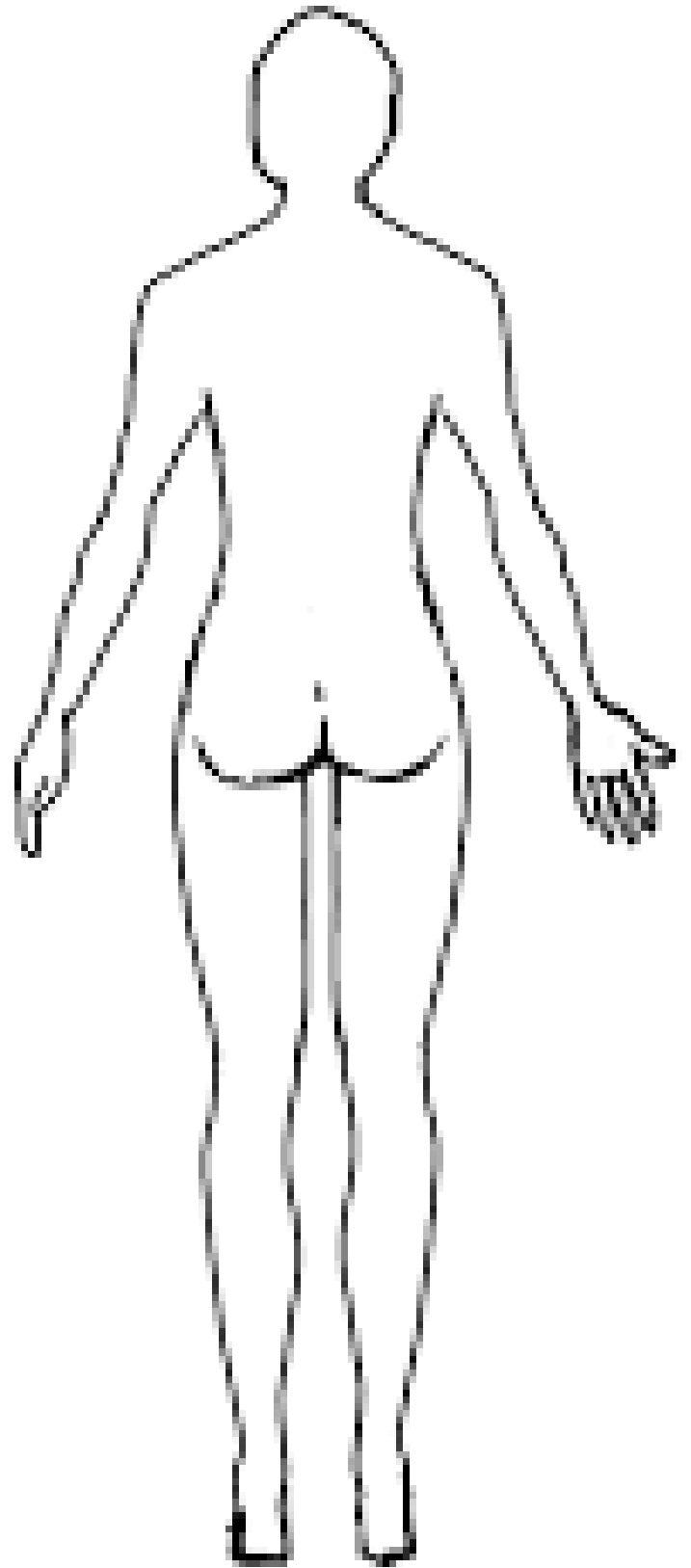
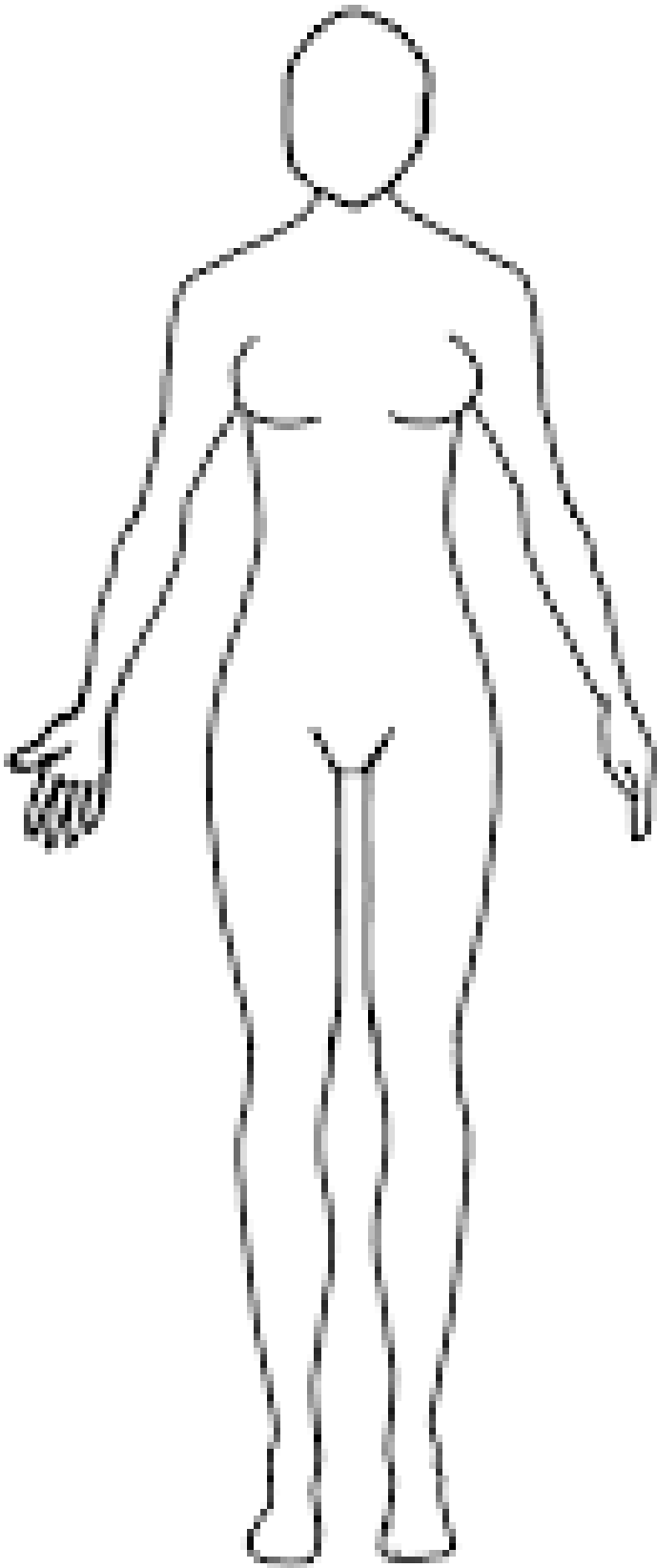
Step 5. Even if you feel like you're making it up, imagine that you are connected to that force and dwell in that feeling for one-minute.

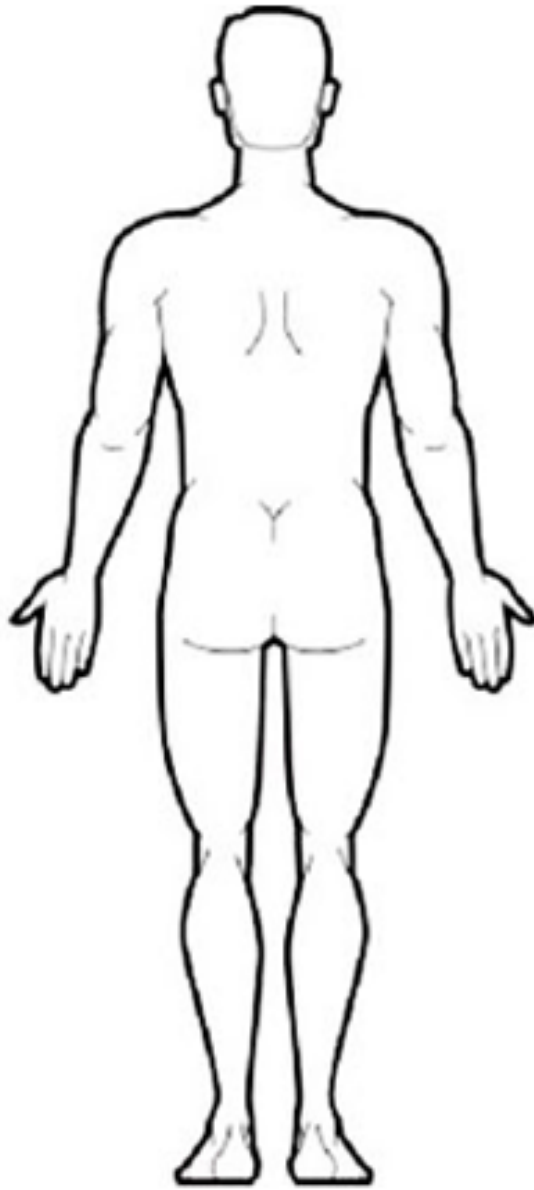
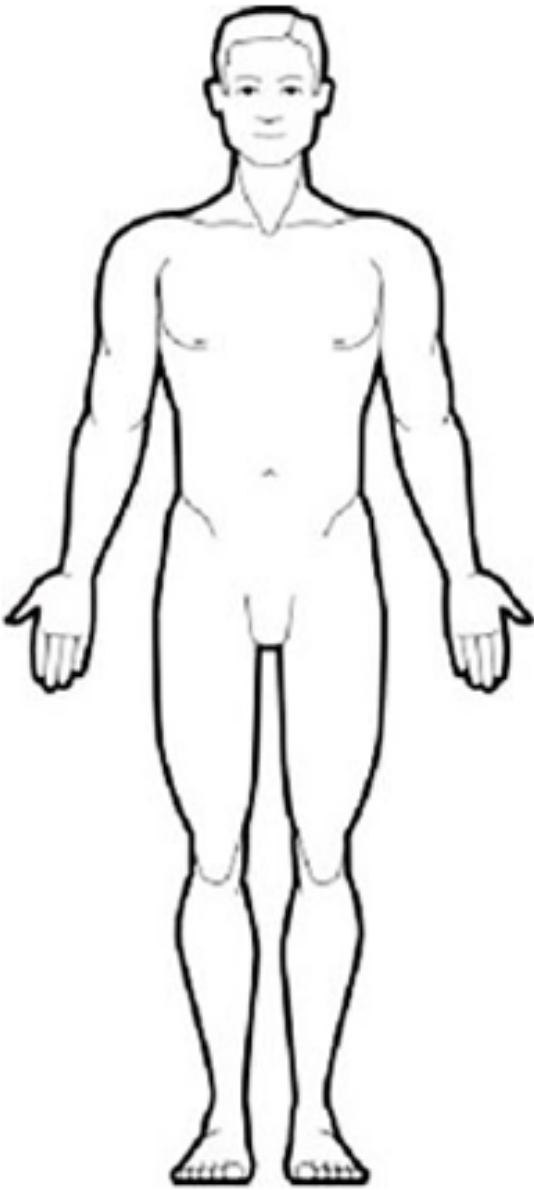
Step 6. Open your eyes, notice the feeling of the hand that is grounding you by touching something in your environment.

Step 7. Continue on your way, maintaining the shift you may be feeling, as you proceed.

FOR MORE INSTRUCTION:

["Taming the Restless Mind: The Best Kept Meditation Secret on the Planet"](#)





7 QUESTION QUIZ

To Evaluate Your Primary Survival Energy Pattern



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Adapted from the survey by Steven Kessler,
author of The Five Personality Patterns

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Circle the number next to each response in the questions below.

1) When uncomfortable or distressed, you are more likely to:

1. Freeze or try to escape
2. Turn to others for connection and help
3. Hunker down and resist action
4. Rev up and take over
5. Focus on details and try to perform perfectly

2) When unhappy or upset, your first reaction is usually to:

1. Leave or space out
2. Try to calm things down by being nice or accommodating
3. Get less responsive or even silent
4. Get angry or challenging
5. Get rigid, tight, polite or correct

3) It is very important to you that you:

1. Have safety and time alone
2. Feel loved and emotionally connected to others
3. Have lots of private space around
4. Have control of the situation
5. Know the right way to do things and perform well

4) When part of a group:

1. Actually, you prefer to be alone and avoid groups, if possible
2. You connect with everyone and want everyone to feel happy and included
3. Often remain silent
4. Want your presence felt and may want to take charge
5. You want to get everything organized and planned, and for everyone to follow that plan

5) Does your communication style tend to be:

1. More energetic than verbal; others almost have to be psychic to follow it
2. Lots of personal, emotional words, sometimes long stories
3. Slow, reluctant words, partial sentence and a pause, lots of silence
4. Commanding, declarative words; Very convincing and compelling, even when wrong
5. About fixing, improving, correcting; Lots of words and facts, but few feelings

6) What are you more likely to fear?

1. Being unable to escape
2. Being rejected and abandoned by others
3. Being exposed, humiliated or controlled by others
4. Being dominated by others
5. Being wrong or incorrect

7) When involved in a dispute or argument; you are more likely to:

1. Leave or become confused and unable to function. Disappear in some way
2. Accommodate, placate or shift into drama
3. Not respond, hunker down, endure it or become passively aggressive; Out-wait others
4. Become actively aggressive, challenge, bully or intimidate others; Make others feel small
5. Become critical, blaming, or sarcastic; Make others feel wrong

To evaluate your score:

Fill in the blanks below with the total from each similarly numbered question. For example, if you checked 5 answers next to number 3 and 2 answers next to number 5, your primary Personal Energy Pattern is "Enduring." Your highest number scored represents the Personal Energy Pattern that is predominant.

1) _____ The Leaving Energy Pattern

2) _____ The Merging Energy Pattern

3) _____ The Enduring Energy Pattern

4) _____ The Challenger/Defender Energy Pattern

5) _____ The Achiever Energy Pattern

The GIFT in the Wound

The Leaving Pattern Gift:

You are creative, independent, deeply reflective, intuitive and imaginative.

The Merging Pattern Gift:

You are generous, loving, warm-hearted, caring and naturally nurturing.

The Enduring Pattern Gift:

You are grounded, pragmatic, steady, patient and diplomatic.
You are sensitive to fairness.

The Challenger/Defender Pattern Gift:

You are fearless, courageous, spontaneous, creative, charismatic and a natural leader.

The Achiever Pattern Gift:

You are industrious, highly functional, organized, great at creating structure and love beauty.

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HEAL AND TRANSFORM YOUR PERSONAL SURVIVAL ENERGY PATTERNS