



CENTERING TECHNIQUES

5 Finger Quick Fix

Cup all 5 fingers around the belly button and with the other hand tap:

- Under the collarbone
- Under the nose
- Under the lips
- Tailbone

Cup 5 fingers of other hand on the belly button and with the other hand tap as above.

Heart Massage

Move palm in clockwise circle (clock face out from body or up on the right side of chest and down on the left side) over heart center accompanied by statements of self-acceptance, "I deeply and completely love and accept myself with all of my problems and limitations."

Massive Reversal Correction

Tap on your "sore spot" (spot approximately 3 inches below the middle of your collar bone on the chest wall that dips in a little and that can feel a little sore) while affirming 3 times:
"Despite all of my problems and limitations, I deeply and completely love and accept myself."

Specific Reversal Correction

Tap on your "sore spot" while affirming 3 times:
"Even though (negative thought or situation), I deeply and completely love and accept myself."

The Hook-up (Donna Eden)

Place your middle finger of one hand at your third eye, place your other middle finger in your belly button, push in and up with both fingers as you take a deep breath in. Repeat 3 times.

Thymus Thump

Thymus is located about 2 inches below the “notch” at the base of your throat under your sternum. Tap or thump on this spot using pressure that feels comfortable for you for approximately one minute while laughing and thinking about someone you love. Helps to reduce anxiety, increase confidence, strengthens immune system, and increases vitality.

Zip Up

Pretend to zip up from your pubic bone to your lower lip, lock it, and hide the key.