

Dissipating the Energetic Charge around Emotional Issues

SONG - Relax

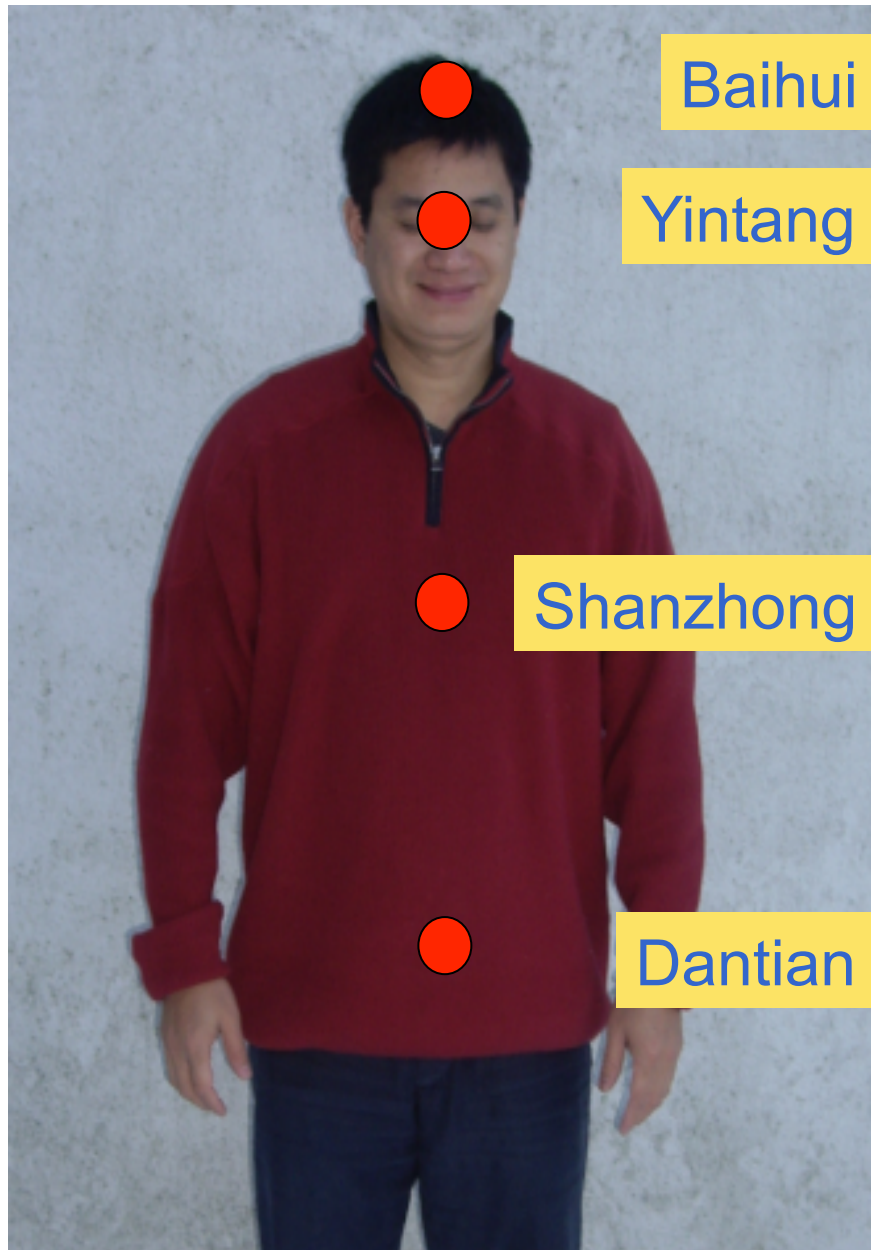
KONG - Open to Divine Energy

TONG - Embody the Divine Energy

BING - Dissipate the Energetic Charge
around the Issue/Event

CHUAN } Reorganize the Energy in the

YU(Yii) } Perfect, Compassionate Pattern



Dissipating the Energetic Charge around Emotional Issues

1. Measure the intensity of the issue(0-10)
2. Take 1-3 deep “charging” breaths while focusing on the issue.
3. Chant while tapping(patting or knocking) on Baihui, Yintang, Shanzhong and Dantian. Each spot 3-9 sets.
4. Take 1-3 deep “discharging” breaths
5. Remeasure the intensity of the issue (0-10).