



Advanced Energy Therapies

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Advanced Energy Therapies Series 2: Optional Points, Psychological Reversal, And Point Combinations

Welcome to this presentation on additional energy psychology techniques. Now, you want to learn the basics of energy psychology first and become really good at those techniques, but there are many other techniques you'll pick up along the way. You'll watch practitioners use them. You'll learn them in the course of taking this class, and in various other ways you'll see people getting good results from alternative techniques. Sometimes, they're a real shortcut to getting your results for your clients.

You'll find, for example, clients will have a favorite spot they like to tap. For some people it's K27, right here on the kidney meridian. Others, it's the stomach meridian point right below the eye. They'll find that tapping on that one spot gives them the benefits of most of the tapping or most of the breathing techniques taught elsewhere in this course. So, experiment, play with it. There is no big right or wrong in energy psychology, and having a flexible approach where you experiment and find the combination of techniques that works well for your particular client and your particular energy system is part of the process of learning this material.

Now, if you took an EFT level one and two workshop, you will have learned some additional tapping points, and these are as follows. The first one, and the most popular one people usually learn, is the top of the head point, tapping right in the middle of your head. If you draw an imaginary line from the tops of your ears along the center line of your body, you will feel an indentation in your skull. That's the place where you tap. Again, some people get a good feeling from tapping this area. For others, it doesn't make much of a difference. Try it yourself, and see what you feel.



Now, one thing I've noticed lately is that on YouTube videos I see people tapping all the way around their scalps like this. See how I'm tapping all the way around? Now, all that ensures is that I am not hitting the acupuncture point. So again, make sure you don't go with fads. Tap on the actual point right over there.

Other optional points you will have learned in level two are tapping on the wrist, and that point is on your wrist, and it is two thumb widths below the crease in your wrist. So find the crease in your wrist, measure two thumb widths below, and tap with two or three fingers on that point. Many people also use both wrists, and tap like that. That's fine as well. And again, tap yourself, have your clients tap, and see if that has a shift for you.

Another spot you can tap on is alternate tapping on your thighs. You simply tap with both hands, bilaterally, alternate sides on your thighs right where your hands hang down at your sides. So try tapping there, and, again, see if that produces an effect for you.

Another alternative tapping point is on your ankles. This is a spot about four inches above the ankle bones, and you tap on both sides of the ankles at the same time. And again, you can tap homolaterally, tapping at the same time on both sides, or you can tap bilaterally, tapping at different times, alternating tapping on either side. Either of those is fine. And as your level two instructor will have told you, the only group of people for whom this is not recommended is pregnant women or women who wish to become pregnant. That's the one exception to tapping on that ankle point.

Now, one of the most vital things to remember in energy psychology is to correct for psychological reversal. You will remember in the EFT course how I spent a lot of time talking about psychological reversal and its psychiatric counterpart, secondary gain. Correcting for reversal is incredibly important in energy psychology, and the two ways we do that, usually, are to rub what we call the sore spot, this area on the chest over here, or to tap on the karate chop point. Those are the two ways of correcting for psychological reversal. In EFT, we tap here at the beginning of each round of EFT. Whichever energy psychology technique you use, I'd encourage you to correct often for psychological reversal.



If you've heard me do any audio sessions or watched my video sessions, you will see I spend a lot of time having people tap on the reversal point. Sometimes half the entire session of tapping is tapping on the reversal point or rubbing the sore spot. Now, why on Earth am I having people spend half their time just correcting for psychological reversal? Well, think about it. If someone comes to see you and their issue is weight loss, and they tried 17 diets in the last 30 years and nothing works, the chances are very good that they're psychologically reversed.

If they say, "I have this persistent pattern of driving men away. I have this persistent problem of abandoning women. I have this problem with my kids that's been going on now for seven years," you can bet that it's highly likely they have a reversal. So maybe they take a course, take a class, read a book, go online, look for solutions, and they keep on going back to their old behaviors. Why? Because they're psychologically reversed, and nothing they're trying to do is having an effect.

So when they come to me for a session, the first thing I do is have them correct the psychological reversal. Psychological reversal happens often, and it can happen many times during a session. That's why we don't just correct for it at the very beginning. We correct for it often. And even during a session, we might correct for psychological reversal dozens of times.

Now, one little nifty trick I want to show you here is how you can tap on both the reversal point and the gamut point at the same time. The gamut point, again, is in this groove between these two finger bones. And what you do is simply tap with several fingers so that you're tapping both the gamut point and also the reversal point. See, I'm tapping the gamut point over here and the reversal point over here. Now I'm tapping both the reversal point and the gamut point at the same time.

So what I now have my clients do, the nine gamut procedure, and do the eye movements, they're both correcting for reversal with every single tap, and they're also tapping the gamut point. After a while, even if they aren't doing the eye movements, this reminds them and reminds their bodies of the effect. So this is a very powerful way of hitting both that gamut point and also the psychological



reversal point. Now, I'd recommend you try that and play with it when you're doing the nine gamut and other techniques.

Now, sometimes you're in situations where you can't show people all of the tapping points. What do you do? I know sometimes I'm on a radio show and I have 20 minutes to talk to the host, describe energy psychology and then do a quick round of work with somebody. I can't possibly do a round of EFT in that abbreviated time span. And, again, I'm working with a new client. I don't know who they are or what their problem really is. I'm working on the air. I can't show them any visuals. So here's a very simple way of tapping that often has surprisingly good effects.

Simply have the client cross their hands over their heart like this and then use the fingertips of the hand closest to the skin to tap while holding the other hand close by. Now, you'll remember from your EFT course that it is vitally important to bring in elements of exposure, remembering the problem, and also cognitive shift in the form of a self-acceptance statement. So while you have the person tapping on their heart this way, you simply have them remember the event vividly. That's the exposure part. And also, resonate with the idea of self-acceptance. "I accept myself, even though the bad thing happened." They don't even have to say it out loud. They can just think about it while they tap.

I also, then, usually have them reverse their hands and tap with the fingertips of the other hand. Now, we're habitual creatures, and when I have you cross your hand over your heart, you're always gonna put one hand nearest your skin, the other hand on top of that. So, again, that's the way you usually do it. When you're then asked to reverse positions, like this, that's the way you don't usually do it, and that ensures that we're tapping into both the familiar and also the unfamiliar, the possibility of change.

On many radio shows, I've had people do just simple heart tapping while remembering the bad thing happened and also coupling that with self-acceptance, and their SUD levels plummet. Sometimes they go from a 10 to a zero in just a few moments of heart tapping. So, if there isn't time to go through the whole EFT routine, a few moments of heart tapping can do the trick.



Now, two of the most important meridians in acupuncture are the central and governing meridians, which run up and around the center line of our bodies. And so the end points of those are here, and here. I find it very powerful, sometimes, to tap both of those at the same time. Simply tap with two fingers or one finger on both the governing and central meridian end points. Another way I like to do this is tap on the heart area, and tap on the top of the head. Again, you're connecting the governing and central meridians. If you feel that people perhaps have a disconnect in their energy body, tapping there is one way to help connect them.

Let's talk about bilateral versus homolateral tapping. Bilateral tapping is tapping alternately, like this, whereas homolateral tapping is tapping at the same time, like this. Again, homolateral, bilateral. And you can experiment with bilateral tapping. Occasionally, I've found a client who doesn't get very far doing the homolateral tapping. If you have them do bilateral tapping, you'll have a big drop in SUD. So, experiment with bilateral tapping.

You can do bilateral tapping in a variety of ways. You can do bilateral tapping on opposing points, like this. You can also do bilateral tapping on the same point. This is actually one of my personal favorite techniques. I very rarely tap personally like this. I usually tap like this. Watch my fingers. I'm stimulating those meridians bilaterally like this. And I just felt a big surge of energy pour through my body when I began to do this. It didn't happen when I was tapping homolaterally.

So, experiment with bilateral tapping as well as homolateral tapping either with two hands or with one hand, where you simply vibrate your fingers to tap bilaterally on the same spot. Try tapping bilaterally on your eye points. Try tapping bilaterally on your K27 point. Try tapping bilaterally on your governing and simple meridian points and see what kind of an effect that produces for you.

One method drawn from Qigong is to tap all the way up and down the governing and central meridians. So you simply tap all the way along both meridians, as far as you can, and work your way down your body, all the way up the middle with either two hands or one hand. And, again, that's believed in acupuncture and Chinese medicine to connect those two vitally important meridians.



Now, one thing I love working with is in a conflict or ambivalence. Why? Because it's so easy to resolve with energy psychology. It's impossible to resolve with logic. Like, for example, when I was about to buy my house, it was like, "Should I buy this house? Should I wait for a better deal to come along? Am I getting the best possible price? Will the sale go through?" All of these conflicting emotions.

And what do you do when you're thinking of leaving your job? Should I leave the job or should I stay? Is the grass just greener on the other side of the hill? Or when you're thinking about a relationship. "Gee, I really like this person I'm with, but I'm not sure, they have issues I'm not sure that are gonna work for me. Maybe I should leave. Should I get divorced? Should I stay married?" All of these questions. "Where should I have my kids go to school? That school or this school? Should I pull them out of public school, put them in private school? So, which private school? Which tutor should I get for my child? If I'm choosing a major in college, do I choose the computer science major or the mathematics major?"

In all of our lives, we're faced with these choices. Even "Do I drive that way home from work, or this way home from work today?" So in all kinds of ways, we're faced with ambivalent choices in our life. There's no clear way of knowing which is which. A great 18th-century philosopher said with his very learned, European kind of point of view, he said, "Life can only be understood looking backwards." Unfortunately, it has to be lived moving forwards. So while we have 20/20 hindsight, while everyone is a perfect Monday morning quarterback, we can see exactly what we should have done in retrospect, when we're faced with these big decisions or small ones in prospect, ahead of us, we often don't know what to do. So what do we do when we're faced with conflict and ambivalence?

One of my favorite techniques is the two hands technique. I have people tap. I have people think about the options and just tap while listing or thinking about each option. So, again, they'll start with the karate chop point, the reversal point, tap through all of the points, and just think about option A and option B, see how they feel in their bodies when they're doing that. Now, where this comes into the hands is that I often have them imagine one option here and one option there. Should I stay or should I go? Should I buy this house? Should I buy that house? Should I marry person A? Should I marry person B?



So all of these questions, and I have them literally feel the weight of those questions in their hands, and then slowly bring those hands together. Now, when you do this, you'll literally feel the energy in that space between your hands because you've got this one big thought, big possibility, big idea here, and the other conflicting one over here. So you're going to bring them together and feel the energy there. Sometimes, I have found, clients spontaneously bring them all the way together. That usually means they've resolved the inner conflict and either they have a totally new idea, thesis, antithesis, synthesis, a big new idea, a breakthrough idea, or they'll find ways of reconciling those different parts of the self and bringing them into a unified whole.

So, have them use their hands, feel the energy in their hands, and bring those together. Now, don't suggest they bring their hands all the way together. They might get just this far and then need to tap, to breathe, to do the quick coherence technique, to do any of the other wonderful energy psychology methods we've got. So have them just feel the energy and then see for themselves where to go with it, how to resolve it in some other way energetically or with tapping or with a visualization or mediation, and see what happens with their hands. They'll feel that energy in their hands. They'll feel the power of the energies there, and very often they'll spontaneously come to a synthesis that's often better than either of the possibilities they'd been contemplating before.

I'd next like to share with you something I call the happy tappy protocol, and the happy tappy protocol is a way to end a session on a really lively and upbeat note. Now, as you've heard me say often in the course of training you in energy psychology, focus on the negative. Don't focus on the positive. One of the most common mistakes that novice practitioners do is try and rescue their clients by feeding them positive statements. You don't want to do that because this is probably the very first time in your client's life they've really had a chance to be with and explore their losses and not abandon themselves.

And if you make them go positive, you're forcing them to abandon themselves again. Just the way, when they were three years old, their bunny rabbit died, and daddy said, "Don't worry. We'll buy you a new bunny rabbit." But when you were three years old, you didn't want your new bunny rabbit. You wanted your old



bunny rabbit who's now dead. Or when you were seven years old, your dog got run over, and mom said, "Don't worry. We'll buy you a new puppy." When you were eight years old, your best friend moved away to Wisconsin, and you lost your best friend. And dad said very helpfully, "Don't worry, darling. You'll make new friends."

See, all of those ways we were told to think positive, that it'll all turn out okay, didn't let us deeply process our grief. So by the time your client shows up in your office or in your Skype sessions at the age of 30 or 40 or 50, they're carrying around this huge, heavy bag, this load of stuff behind them, of all the unprocessed losses they never had a chance to really cry about. Mom or dad may have said, "Big boys don't cry. Big girls don't cry." Or, what can often happen is the parent gets angry and triggered, and says, "I'll give you something to cry about."

So in various ways, our tears are stopped. We don't get a chance to grieve, and now, suddenly this client is with you, as an energy psychology practitioner, and they're crying. They're going to get a safe place to release all of the stuck material from their energy system. So, you don't want to go positive on them. You don't want to say, "This too shall pass. I am a strong person. I have many good characteristics. There are many wonderful things in my life." That's exactly the wrong thing to do because you're reenacting mommy and daddy. You're reenacting. You, then, as the coach, are taking the same role as all the authority figures who blocked them from really feeling their feelings in the past, that got all that frozen stuff stuck in there because they blocked the natural flow of grief energy that goes through us.

I had an amazing experience of this when my youngest son was five years old, and it happened in a really unexpected way. We were in a grocery store, and at this particular grocery store they give kids balloons, and they give them helium balloons. So this little five-year-old guy was in the shopping cart with me, and the grocery store clerk tied this helium balloon around his wrist. It was also a beautiful balloon. It was black and orange because the time of year was Halloween, and orange and black are the colors of Halloween. So, this little five-year-old boy very happily going through the grocery store with me. My daughter was 12. She was helping me shop.



And as we went through the aisles, he focused on trying to untie the balloon. Now, we knew this was a helium balloon floating above him. We knew that when the balloon got untied, if it got untied, it would float to the roof of the store, and he'd lose it. So we were saying to him, "Don't untie the balloon from your wrist." He also loved this balloon. He was swatting the balloon and pulling the string. He liked it so much we christened it. We gave it a name, "Mr. Halloween Balloon."

He was playing with Mr. Halloween Balloon, trying to untie Mr. Halloween Balloon. And after we shopped, we got in the car. He was in the backseat in his car seat, and unbeknownst to my daughter and me, on the car ride home he succeeded in untying Mr. Halloween Balloon from his wrist. So when we opened the doors of our minivan, opened the doors, Mr. Halloween Balloon blew out of the minivan, blew onto some sharp grass and popped. So he watched the balloon blow out of the car, land on the grass, and pop.

His face contorted into a mask of grief. This little five year old just looked, watched the balloon pop, and he just burst out crying. He was standing on the sill, the running board of the minivan, and he literally leapt from there into my arms. He threw his arms around my neck, buried his head in my neck. I grabbed him, and he was just crying like his heart would break. He just watched Mr. Halloween Balloon die.

So, he cried like this in utter abandon grief for maybe five seconds, and then out of the corner of his eye, he saw his sister carrying grocery bags into the house. He looked around and saw her, and jumped out of my arms and ran off to see what she was doing, totally forgetting the corpse of Mr. Halloween Balloon lying over there in the grass.

Now, what I learned from him in that moment was very, very powerful. That when you feel trauma, and when you feel grief as a child, if you can process it, it flows through in a few seconds really, really quickly, and what you need is somatic, body-based reassurance. He needed to be held. He needed to throw himself against me, feel the comforting presence of another human body, and that was what allowed him to process all of that grief and trauma.



If I had done what my parents probably did, and I can hear their voices in my head. I was thinking to myself, "Hmm. This is a teaching moment." I should say something like, "Now, listen to daddy when he tells you not to untie the balloon. Because you see what happens if you untie the balloon?" See, all of those voices are going through my head about what I should tell him, but I have the good common sense to keep my mouth shut and let him process somatically, and not try to help him feel better. I let him feel his feelings fully, and they were gone with the speed of a summer breeze. They went through very, very quickly.

And I don't think at some point when he's 30 or 40 years old, he'll be in a therapist's office telling the therapist how his mean daddy didn't do anything to help him or cheer him up when Mr. Halloween Balloon popped, because he got rid of all that stuff. He just forgot about the balloon really quickly. That's how we process trauma if we aren't short-circuited by a well-meaning person helping us feel positive. And so many novice practitioners, when their client starts to cry and emote and release all of this stuff, the practitioner gets triggered. Because guess what? You haven't dealt with all of your childhood losses either.

Now you're getting triggered, and you do what your parents do. You go positive yourself, make the client feel positive, and make the problem go away. But you aren't healing it. You're only deferring it 'til later. So, the thing to do is sit down with your client, keep on tapping, keep on breathing, keep on doing the quick coherence technique. Keep on doing various energy psychology techniques, and let them process all of those waves of emotion.

And when they've fully processed all of them, the client will show you that it's time to go positive by saying something positive to you. They will spontaneously go positive once they've hit bottom, explored the well of their grief, and are ready, genuinely ready at their own time, their own pace, to move on. So that's why we have such a focus in this work of not going positive on the client, allowing them to fully experience all those losses and griefs that were aborted by that well-meaning parent saying, "I'll buy you another puppy. You'll make new friends." Does that make sense to you?

So you may feel really uncomfortable when your clients are emoting and going



through these big, big, big releases of feelings. Just sit there, breathe, and deal with it. If you introduce positive statements too soon, you are shutting off the client's ability to heal. So, now that I've given you a big long lecture about not going positive, there are exceptions to the rule.

Some of the exceptions are these. One is where a client needs additional resources. I worked with one client recently who is simply so lost in her grief that she wasn't able to find any sure footing from which to stand to do the work of recovery. So I had to introduce some positive self-concepts, because she had none there in her head to go for. There was no bottom to hit. It was a bottomless well. Whenever she went there, the tears began to flow, and I needed to install some positive resources. But, that's rare. That's an advanced technique. Use that extremely rarely. Usually, the clients find their own positive resources.

Another time is when you're wrapping up a session. I like to leave people leaving a session feeling good. And so, one of the protocols I use sometimes is called happy tappy, and it simply is tapping your ankle points and doing bilateral stimulation of both ankles while affirming all of the positive parts of your life. So, you tap back and forth bilaterally, shifting from ankle to ankle, and say things like, "Life is wonderful. I feel good. I feel good in my body. Changing is safe. Changing feels good. Living my full potential feels wonderful. I feel so good in my body. My body feels so good in this minute. I created this feeling inside of myself, and I can choose to recreate this feeling any time I want." So, all kinds of positive statements like that to end a session while tapping bilaterally on those ankle points, that's the happy tappy technique, and that just leaves people feeling complete and solid and good and happy at the end of a session.

At the next session, you can bring them back into their grief, bring them back into their stuff. They'll do a whole bunch more processing. You want to wrap it up and not leave them going into the world after their session feeling really depleted or bad. Now, what you'll have seen in common to all of these energy techniques is that they involve somatic stimulation. They aren't mental. They aren't thinking about the problem or trying to think your way out of it. They have to do with your body. They stimulate points on your body. They move your body. In various ways, they engage your body, and that is where true healing takes place.



Mental techniques have a place in healing, but if you heal in your body, then you have a literal release of all the stuck energy around that tragedy, and those bad things at the level of your cells. There's a thing called muscle memory. Wilhelm Reich, in the 1920s, talked about body armoring when he worked with clients who'd been damaged or traumatized as children. He said they have armored parts of their bodies that are stiff and tense, and even just touching them will be sore.

So, you want to be on the lookout for all the ways in which we stuff all those unfinished feelings into our bodies. Energy psychology is so powerful it releases that stuck energy, literally in our bodies. Not just our minds, our subconscious or energy fields, but literally at the level of our body. So what all of these advanced techniques have in common is they work at the level of the body. It is so powerful to bring in those mental constructs like, "I love and accept myself." Like, "This bad thing happened." Exposure, remembering the bad thing, and then combining them with some kind of somatic, physical release. So, always look for moving any kind of healing process to the level of the body.

When you're healed at the level of the psyche, fully, your body usually feels wonderful, and there's no stuck energy. There are no stuck parts of yourself that remain trapped there as trauma. So, always focus not just on people thinking and feeling, but also literally on working with their bodies. When they feel that energy shift in their bodies, they usually literally feel a shift in their physical bodies.

You might see their body language change in a session. You'll see people moving much more fluidly. They'll be in the session all rigid, like this. After doing some work with you, their shoulders will drop. They'll be moving around. When they tell their story, their face will be animated rather than in a frozen mask. All of these are signs of how important the body is. So, it is so crucial to heal not just at the level of the spirit and the mind, but bring it to the body. Thank you.