Energy Psychology Calming Exercise

This is the reminder handout for the Energy Psychology technique I taught you in my presentation at the Microsoft Conference Center.

The more thorough Rapid Relief Process™ that you will learn in The Stage Fright Cure book and video program, available at StageFright.com, is a comprehensive method I co-developed with Stephanie Eldringhoff, MA, LMFT.

1. Hold in mind the inner state you would like to make a difference in, either calm, “clear up” . . . or reinforce.

2. Hold that awareness and tap lightly on points #1, while you breathe in through your nose for 2 counts and out through your nose or mouth at a controlled pace for 4 counts. On the out-breath, consciously let go of any muscles you find yourself holding.

3. Do the same thing at each of the other points, all the while, observing the inner feeling you are focusing your attention on and noticing any changes you experience.

4. Then, match the inside of your wrists together as shown in the picture, and maintain that contact while you

5. Rest your forearms on your lower abdomen about two inches below your navel. (In your mind, imagine you are making contact with a point about two inches inside your body at that point.)

6. Practicing the same “2-in, 4-out” breathing rhythm and relaxing any muscles you can on the out breath, breathe into your lower belly, attempting to raise and lower your arms with your breath, still noticing your inner experience.

7. Repeat for several breaths. Repeat the entire process if you wish.

Now relax and take a moment to observe any changes in how you feel.

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