



El #7½a Figure-8s

Figure 8 is an ancient Tibetan philosophy that relates to energy flows around the body. The flow of energy twists and spirals in the infinity sign of the figure 8.

There are said to be different quadrants where the energy flows.

Metaphysics

Out of sync with your energy flow

The infinite flow of life / energy

Blocking the flow / or resisting something

Making life harder than it has to be

Pre Evaluation:

1. Mode in circuit IM unlock
2. Find what area of body 1st lock
 - A. Front of body
 - B. Back of body
 - C. Side of Body - test left, right or both sides
 - D. Specific site - body scan to CL area to work on
(If pain, CL there first) 1st lock
(If working with pain. Client to assess pain 1-10)
3. Close circuit

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Balance A and B - Front & back of the body

Evaluation

1. Sweep diagonally bilaterally: ear to toe / toe to ear
2. Find unlocks, note down with arrows on paper on clients tummy
3. Find priority 2 directions (if only one direction shows use an IM change to ask which direction you go once you have traced back against the known stressful direction - either medially or laterally)
4. Find emotion

Balance

1. Sweep in opposite (strengthening) direction to the unlock direction to create Lazy 8 or standing 8.
2. Repeat several times

Checking changes

1. Retest directions - should lock
2. Check emotion
3. Check mode
(If working with pain. Client to assess pain 1-10)

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Balance C - Side of the body

Evaluation

1. Sweep diagonally bilaterally: front side to back side and vice versa
2. Find unlocks, note down with arrows on paper on clients body
3. Find priority 2 directions (if only one direction shows use an IM change to ask which direction you go once you have traced back against the known stressful direction - either medially or laterally)
4. Find emotion

Balance

1. Sweep in opposite (strengthening) direction to the unlock direction to create Lazy 8 or standing 8
2. Repeat several times

Checking changes

1. Retest directions - should lock
 2. Check emotion
 3. Check mode
- (If working with pain. Client to assess pain 1-10)

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Balance D - Specific Site (discuss metaphysics of the specific site)

Evaluation

1. Sweep diagonally bilaterally top to bottom of specific site - then reverse.
 2. Find unlocks, note down with arrows on paper on client
 3. Find priority 2 directions
 4. Find emotion
- (If working with pain. Client to assess pain 1-10)

Balance:

1. Sweep in opposite (strengthening) direction to the unlock direction to create Lazy 8 or standing 8
2. Repeat several times
3. Retest directions - now lock
4. Then ask YES/NO 'There's another level to work at?' (Going inward into the layers of the tissue or outward into the layers of the auric field).
5. If YES then say:
'Indicator change when focused on that level' - wait for change.
6. Repeat evaluation 2 - 5 for figure 8 direction
7. Sweep in opposite strengthening direction to the unlock direction to create Lazy 8 or standing 8
8. Ask if any other levels to work on and repeat if needed..... once all clear...

Checking changes

1. Retest directions - should lock
 2. Check emotion
 3. Check mode
- (If working with pain. Client to assess pain 1-10)

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If Client Is In Pain & Not Testable

1. Sweep your hand in any direction to create Lazy 8 or standing 8.
2. Consistently check in with client on pain level and modify direction based on clients feedback