

## **ENERGY FLOW® FACILITATOR MODULE 8 QUESTIONS & ANSWERS**

### **26<sup>th</sup> SEPTEMBER 2024**

#### **MAIN TOPICS COVERED:**

##### **1. What are the different parts of facilitating an Energy Flow class?**

These are the different part of facilitating an Energy Flow class:

- A. Welcome (Why frame): Explain why Energy Flow practices are beneficial, and build connection and rapport with your participants.
- B. Warm-Up Phase (What frame): Explain how you will share the steps and for your participants to take care of themselves and do what feels right for them. Get started with some gentle breathe work in this warm up phase.
- C. Doing Phase - Main Practice (What frame) Guide participants through different exercises. In this phase you will do a mini 4 MAT: Explain the why, demonstrate the steps and do the practice with the group together with self-reflections at the end.
- D. Expiration Phase (What if frame): End with a calming meditation or relaxation phase where you ask participants to reflect on how they feel after the session and integrate it into their daily lives.
- E. Close: Summary, next steps, and be available for any questions

##### **2. What are the Next Steps?**

Here are the next steps for you:

- A. Announce: Let people know you have got certified!

- B. Set the date: Set the date for your Energy Flow practice Masterclass
- C. Awareness: Use the social media campaign to engage your audience and build your community
- D. Facilitate: Conduct a 45-minute Energy Flow class with a group of 10 people by means of a practice video (will watch the first 2 that submit).
- E. Share: Your video audit at the next Supervision & Mentoring session.
- F. Browse: The portal
- G. Self- care: Daily practice with the Meridian Vitaliser flow
- H. Refresh: Energy Flow skills by assisting on the next program

### **3. What are the Certification Requirements?**

Here are the certification requirements:

- A. Be a Certified Energy Flow<sup>®</sup> Practitioner.
- B. Attend all days of training: Share your Personal Development Log.
- C. Fill in the Energy Flow<sup>®</sup> Facilitator audit and Personal Development Plan.
- D. Share 1 video of you conducting a 45-minute seminar/ workshop/ program / class (10 people).
- E. Complete a video audit of your 45-minute seminar/ workshop/ program.
- F. Provide your Energy Flow<sup>®</sup> marketing plan (bio, corporate proposal, marketing communication).

G. Map out your Energy Flow® program and / or class content plan.

## **ADDITIONAL QUESTIONS:**

### **1. What are the meridians for arthritis?**

For managing arthritis through energy flow practices, EFT tapping, and meridian exercises, the focus is on relieving pain, reducing inflammation, and improving joint mobility. Arthritis is often linked to blockages in the energy system, particularly around the joints, and can also have emotional components like frustration, rigidity, or feelings of limitation.

Here are a few Meridian points and exercises for Arthritis relief:

- A. Liver Meridian for reducing inflammation: The Liver Meridian helps regulate inflammation and the free flow of Qi (energy) in the body. Tapping or massaging this point helps reduce pain and stiffness associated with arthritis.
- B. Spleen Meridian for improving blood flow and reducing swelling: The Spleen Meridian supports blood circulation and can help reduce swelling around the joints. Tapping or massaging this point can relieve joint pain and inflammation in arthritis.
- C. Large Intestine Meridian for releasing joint pain: This point is commonly used to relieve pain and inflammation, especially in the joints. It is effective for reducing pain in the hands and upper body.
- D. Kidney Meridian for nourishing the bones and reducing pain: The Kidney Meridian is associated with bone health and energy reserves.

Tapping or massaging this point can help support the joints and bones, reducing stiffness and pain.

- E. Bladder Meridian for relieving back pain and stiffness: The Bladder Meridian is linked to back pain and overall stiffness in the body. Tapping or massaging this point can relieve lower back and joint pain, especially in the legs.
- F. Governing Vessel for overall pain relief and energy balance: Tapping on the top of the head helps reduce overall pain, calm the mind, and improve energy circulation throughout the body. This point can help with emotional tension related to chronic pain.

## **2. What are the meridian points for shame/ embarrassment?**

For addressing emotions like shame and embarrassment, you can use Energy Flow on specific meridian points that help release these emotions. Shame and embarrassment are often linked to self-worth, feelings of inadequacy, and fear of judgment, so the focus will be on points that calm the nervous system, clear emotional blockages, and restore balance.

Here are some key points:

- A. Stomach Meridian for self-worth and emotional processing: The Stomach Meridian is linked to self-worth and emotional digestion. Tapping this point can help release feelings of shame and support confidence.
- B. Governing Vessel for fear of judgment: The Governing Vessel (GV) is connected to feelings of self-identity and fear of judgment. Tapping

on the top of the head can help release feelings of embarrassment and fear of being seen by others.

- C. **Kidney Meridian for fear and insecurity:** The Kidney Meridian is associated with fear and insecurity. Tapping this point helps release deep-rooted fears and insecurities that contribute to shame and embarrassment.
- D. **Heart Meridian for self-love and emotional balance:** The Heart Meridian governs emotions like love, acceptance, and emotional balance. Tapping this point can help release feelings of shame and replace them with self-compassion and acceptance.
- E. **Pericardium Meridian for calming and reducing stress:** The Pericardium Meridian helps reduce emotional stress and calm feelings of embarrassment or shame. This point helps soothe emotional turmoil and anxiety associated with these feelings.
- F. **Conception / Central Vessel or Ren Meridian for self-acceptance:** The Conception Vessel/ Central Vessel is linked to self-acceptance and emotional harmony. Tapping on this point helps release shame and fosters a sense of self-compassion and emotional balance.

### **3. Do you suggest anything specific for mouth ulcer?**

Here are a few Meridian practices for mouth ulcers:

- A. **Stomach Meridian for digestion and heat regulation:** Focus on the Stomach Meridian to help with digestion and cooling the body, which can reduce inflammation that contributes to mouth ulcers.

- B. Large Intestine Meridian for clearing heat and toxins: Working with the Large Intestine Meridian helps release heat and toxins, promoting healing from mouth ulcers.
- C. Spleen Meridian for immune support and digestion: Stimulating the Spleen Meridian supports digestion and boosts the immune system, helping to reduce inflammation and promote healing.
- D. Conception Vessel/ Central Vessel for balancing body fluids and heat: Balancing the Conception Vessel/ Central Vessel can help regulate body fluids and ease pain from mouth ulcers.
- E. Governing Vessel for overall pain relief and calming the mind: Activating the Governing Vessel helps relieve stress, which can be a contributing factor to mouth ulcers, and promote overall pain relief.
- F. Other Practices for Mouth Ulcers
  - Cooling Foods and Hydration: Drink water and eat cooling foods like cucumber or watermelon to reduce internal heat and promote healing.
  - Saltwater Rinses: Rinse your mouth with saltwater to reduce inflammation and promote healing.
  - Gentle Breathing: Practice slow, calming breathing to reduce stress and help your body cool down.

These meridian and self-care practices can help reduce mouth ulcer pain and inflammation, and support overall healing.