

# ENERGY FLOW®

## FOUNDATIONS MANUAL

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UNLOCK CALM & RESTORE BALANCE

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Manual For Nervous System, Hormonal, Emotional,  
Lymphatic, Pain, & Trauma Response Regulation.

**Dr Rangana Rupavi Choudhuri (PhD)**

Life can sometimes feel overwhelming, whether it's the pressure of daily responsibilities, stress from work, or feeling like you're running on empty. You might find yourself stuck in patterns of exhaustion, anxious thoughts, or simply feeling out of balance. But there's hope, and that's what this Energy Flow® Foundations manual is here to offer.

Designed for anyone seeking lasting change, Energy Flow® provides easy, effective techniques to help you regain control of your well-being. By working with your body's natural systems like the nervous, meridians, lymphatic, and hormones, you'll discover how to break free from the stress cycle and create a more balanced, energised life. This manual isn't just about managing day-to-day discomforts; it's about tapping into your body's natural ability to heal, detoxify, and restore harmony.

With simple, guided exercises, you'll learn how to release stored tension, improve your Energy Flow®, and experience greater peace. Whether you're dealing with lingering stress, burnout, or deeper emotional challenges like trauma, Energy Flow® will equip you with the tools to heal from within and rediscover your inner strength and calm.

Let this manual be your Foundations on a transformative journey toward emotional freedom, balance, and vibrant well-being. The path to feeling better starts here.

love

Rangana

“Trauma is not what happens to us, but what we hold inside in the absence of an empathetic witness. The body is a natural healing organism. If we can just let it do its work, the energies of trauma can be released and we can experience healing.” - Peter Levine

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*Energy Flow® refers to the movement and circulation of energy within the body, which is essential for maintaining physical health and emotional well-being.*

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## ■ Chapter 1: Energy Flow®

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Energy Flow® offers a comprehensive approach to healing and well-being, helping you take charge of your body and mind. Here's how it can support you:

- **Regulate the nervous system:** Promote balance and calm by reducing stress, anxiety, and feelings of overwhelm, allowing you to feel more grounded and in control.
- **Emotional healing:** Safely release trapped emotions and unresolved trauma, building greater emotional resilience and a deeper sense of peace.
- **Pain relief:** Improves flow of energy throughout the body, easing physical discomfort, reducing tension, and supporting natural healing.
- **Trauma processing:** Access and process deeper layers of trauma on a somatic level, releasing them safely and effectively for long-term emotional recovery.



*A balanced Energy Flow® allows for optimal functioning of bodily systems, supporting healing, vitality, and a sense of harmony in daily life.*



- **Meridian balance:** Harmonise your body's energy pathways to support overall vitality, well-being, and emotional stability.
- **Lymphatic system boost:** Stimulate lymphatic flow, aiding detoxification and strengthening your immune system, leading to better physical health.
- **Holistic physical support:** Improve circulation, reduce inflammation, and promote your body's ability to heal naturally.
- **Enhance clarity & focus:** Clear mental fog, improve your focus and cultivate a greater sense of clarity and purpose in daily life.

This manual will guide you through practical exercises and techniques that empower you to unlock these benefits and step into a life of balance, vitality, and emotional freedom.

With each step, you'll cultivate inner resilience and a deeper connection to your well-being.

*For anyone facing career, relationship, or life transitions, Energy Flow® provides tools for building resilience and emotional balance.*

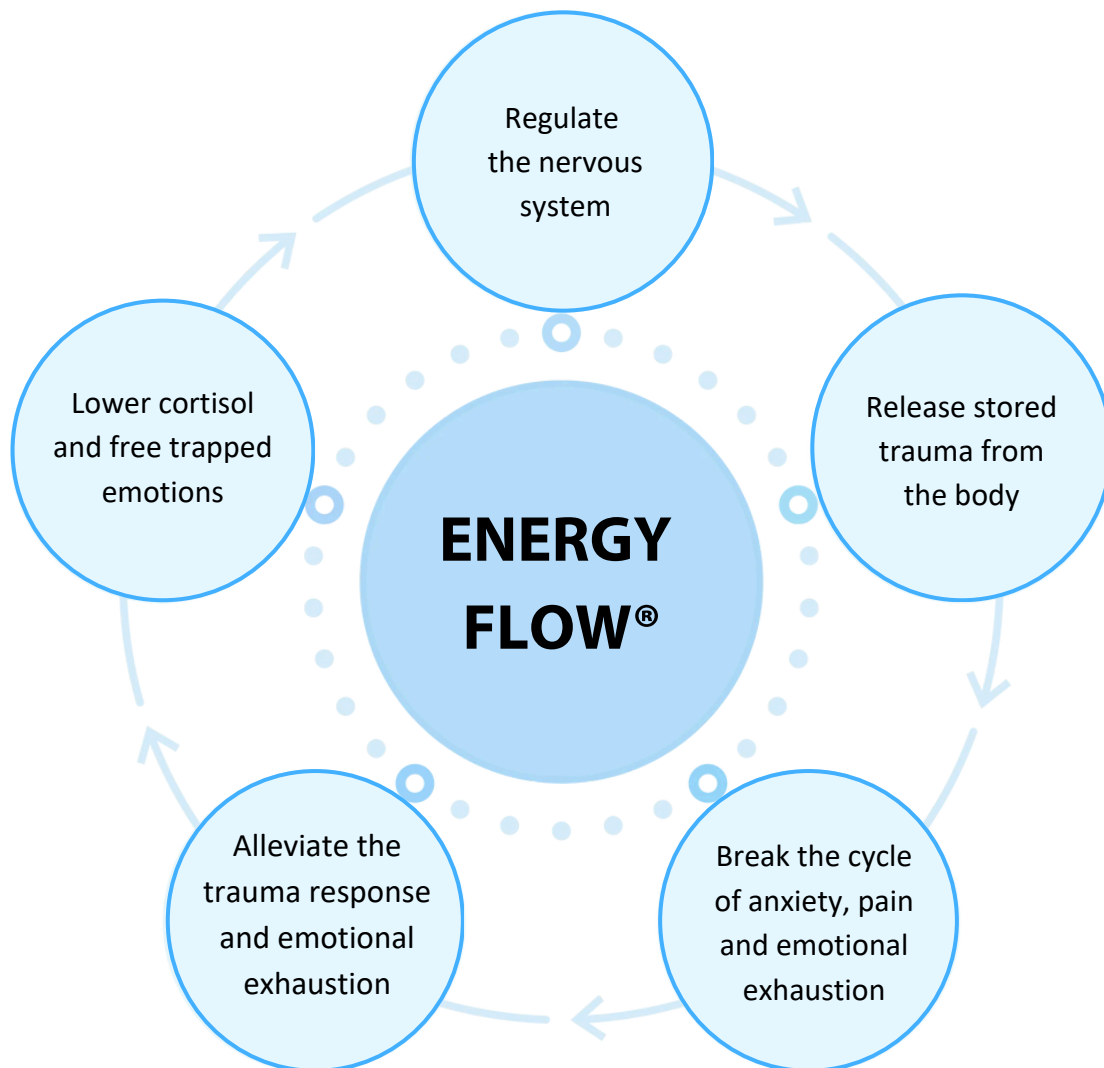
## ■ 1.1 Who is Energy Flow® for?

Energy Flow® is for anyone seeking a deeper connection with their body and mind. It's ideal for those looking to experience holistic healing. Whether you are going through career changes, relationship challenges, or personal growth, Energy Flow® can help. It supports individuals who want to address both physical and emotional challenges while embracing a more balanced and peaceful life.

If you're someone who prioritises well-being but feels stuck with traditional methods, Energy Flow® offers a fresh, integrative approach. This practice builds your inner resilience, empowering you to adapt to life's changes while maintaining emotional balance and physical well-being.



Energy Flow® includes self-help exercises that work with the meridians, vagus nerve, lymphatic, and nervous systems.



Energy Flow® was developed because some clients were:

- Stuck in a cycle of pain, anxiety, emotional exhaustion, and the trauma response.
- Trapped in the fight, flight, freeze, fawn or flop.
- Uncomfortable with the deep inner child work but wanted self-help exercises.

*Energy Flow® practices offer powerful benefits for emotional healing, stress reduction, and overall well-being.*

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## ■ 1.2 Benefits of Energy Flow®

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Integrating Energy Flow® practices into your daily routine has many transformative advantages. For example:

### **1. Nervous system regulation:**

The program helps individuals regulate their nervous system, promoting a state of balance and reducing the fight-or-flight response. This can lead to greater emotional stability and reduced stress.

### **2. Trauma release:**

It provides techniques and exercises to release stored trauma from the body, facilitating emotional healing and a sense of liberation from past traumatic experiences.

### **3. Anxiety reduction:**

By addressing the root causes of anxiety and providing tools to break the cycle of anxious thoughts and behaviours, the program can alleviate symptoms of anxiety and promote a sense of calm.



*Integrating holistic practices can greatly improve emotional resilience, physical comfort, and overall well-being.*



#### **4. Pain management:**

For individuals experiencing chronic pain, the program offers strategies to break the cycle of pain and discomfort, leading to improved physical comfort and mobility.

#### **5. Relief from emotional exhaustion:**

The program helps individuals combat emotional exhaustion by offering practices to manage and reduce stress and techniques for emotional self-care and resilience-building.

#### **6. Cortisol reduction:**

Certain exercises and practices in the program can lower cortisol levels, reducing the physiological effects of stress and promoting overall health.

#### **7. Emotional freedom:**

By addressing trapped or suppressed emotions, the program can help individuals experience emotional freedom, allowing them to express themselves more fully and authentically.

*True healing begins when we take charge of our well-being, embracing a holistic approach that develops both body and mind.*

**8. Self-healing:**

The program empowers individuals to take an active role in their healing journey, providing practical self-help exercises that can be incorporated into their daily lives. It encourages self-awareness and resilience, allowing participants to build lasting emotional well-being.

**9. Holistic approach:**

It takes a holistic approach, considering the mind-body connection and integrating practices that work with the meridians, vagus nerve, lymphatic system, and nervous system for comprehensive well-being.

**10. Improved quality of life:**

Individuals participating in the Energy Flow® program can expect an improved quality of life marked by reduced stress, enhanced emotional resilience, and better physical health.



*Building skills for lasting health empowers individuals to navigate challenges with confidence and develop resilient coping strategies.*

**11. Long-term benefits:**

The program equips individuals with skills and practices that offer long-term benefits, supporting their ongoing health and well-being. It empowers them to take an active role in their healing journey, building resilience and self-care.

**12. Self-empowerment:**

Through the program, individuals gain a sense of empowerment and greater control over their emotional and physical health, leading to increased confidence and self-esteem. This newfound clarity supports healthier decision-making and a more balanced, fulfilling life.

**13. Better coping mechanisms:**

Participants develop healthier coping mechanisms for dealing with stress, trauma, and emotional challenges. They also build resilience, enabling them to navigate future obstacles with greater ease.



*Unresolved emotional traumas are often the root cause of stress and anxiety, making body-based healing methods like Energy Flow® essential for recovery.*

### ■ 1.3 The Root Cause of Illness

Many people struggle to understand that the root cause of their stress and anxiety often lies in unresolved emotional traumas.

According to the Centres for Disease Control and Prevention (CDC) and the American Medical Association (AMA), 85% of illnesses are stress-related (1,2, 3, 4). What starts as emotional turmoil can eventually show up as physical problems, such as chronic illness or anxiety. The nature of trauma varies for everyone; what may be a life-changing event for one person might seem small to another.

For some, trauma comes from significant life events like losing a loved one, accidents, or emotional abuse. For others, it may be rooted in smaller, yet impactful experiences, like feeling ignored or undervalued. These emotional wounds accumulate over time, creating blocks in the body and mind that prevent healing and growth.

This is where body-based methods of healing, like Energy Flow®, can make a significant difference. These approaches focus on reconnecting individuals with their physical sensations and emotional responses. By tuning into their bodies, individuals can identify and release stored trauma, leading to improved emotional regulation and overall well-being.



*True healing happens when we release what weighs us down and embrace the energy that lifts us up.*

As a therapist, you know how heavy it can feel to support others through their pain and struggles. You have spent hours helping your clients face their painful memories and emotional distress. Their stories stay with you long after the sessions end, leaving you emotionally exhausted and sometimes questioning your ability to help.

In moments like these, you realise that healing involves more than just the mind. Trauma can leave a mark on the body's energy systems, keeping people trapped in those patterns of stress and anxiety. This is where holistic approaches like Energy Flow® come in, offering a new way forward



Imagine guiding your clients through simple exercises that activate their body's natural energy flow, helping them let go of the trauma that's been holding them back.

What's more, using Energy Flow® can also benefit you. As you connect more deeply with the mind-body connection, you'll find a healthier, more sustainable way to help your clients and yourself, to heal and grow.

*Anxiety and stress arise from a dysregulated nervous system and compromised emotional regulation, making lasting relief difficult.*

#### ■ 1.4 The Real Reason You Cannot Heal From Stress & Anxiety

For many, anxiety and stress feel like never-ending cycles that seem impossible to break. You may have tried different methods; meditation, exercise, even therapy, and while these approaches may help, the relief is often temporary.

Why?



The truth is, that anxiety and stress are not just mental or emotional experiences; they are deeply rooted in your body's nervous system. When you experience chronic stress and trauma, your nervous system becomes dysregulated, leaving you stuck. Over time, this becomes your body's default mode, making it incredibly difficult to relax or find peace.

But it's not just the nervous system. The body's emotional regulation mechanisms also become compromised. When trauma takes over, emotions become overwhelming, and the body struggles to release them. To end the cycle of anxiety and stress, address the root causes in the body and restore balance to your nervous system.

*To overcome anxiety and stress, it's crucial to address the underlying energy imbalances in your body.*

Energy imbalances can further complicate things for you.

Systems like the meridians and the lymphatic system can become blocked, preventing the free flow of energy that supports both emotional regulation and physical healing.

Here's the real reason you're struggling to break free:

You've been focusing on surface-level solutions instead of addressing the root cause, which lies within the body's nervous system, emotional regulation, meridian system, and lymphatic system.

To truly heal, you need to regulate your nervous system, restore emotional balance, clear blockages in your meridian system, and support your body's detoxification processes through the lymphatic system.

This is where Energy Flow® exercises come in. By incorporating somatic practices that target these systems, you can restore balance and finally break free from the cycle of anxiety and stress.



*Recognising the signs of being stuck in cycles of stress, emotional dysregulation, and energy blockages is the first step towards restoring balance.*

## ■ 1.5 What is Really Keeping You Stuck?

If you're feeling stuck in anxiety, stress, or trauma, it may seem like there's no clear way out. You may have tried relaxation techniques, meditation, or therapy, but something still feels off. That's because the root cause of your stuckness often goes deeper than just managing symptoms on the surface; it often lies in unresolved emotional traumas and imbalances within your body's systems.



Here's what's really keeping you stuck:

- **Nervous system dysregulation:** When you're under stress or have unresolved trauma, your nervous system becomes trapped in fight-or-flight mode. This causes your body to stay on high alert, making it difficult to relax, sleep, or feel calm. The body becomes hypersensitive, and small stressors feel overwhelming. Until the nervous system is regulated, any attempt to heal will only be a temporary fix.

*Addressing emotional dysregulation, energy blockages, and lymphatic stagnation is essential to breaking the cycle of stress and developing a mindset of abundance and healing.*

- **Emotional dysregulation:** Emotional regulation is your body's ability to process, manage, and healthily respond to emotions. When you're stuck in a stress or trauma cycle, your ability to regulate emotions weakens. This leads to emotional highs and lows, quick reactions to stress, and a persistent feeling of being overwhelmed.
- **Energy blockages in the meridian system:** The meridian system, used in traditional Chinese medicine, is responsible for maintaining the flow of energy (Qi) throughout the body. When this energy becomes blocked due to emotional stress, trauma, or physical tension; it disrupts your emotional and physical balance, leading to chronic anxiety, and unexplained fatigue, keeping you stuck in a cycle of stress.
- **Lymphatic system stagnation:** The lymphatic system is responsible for removing toxins from your body, including those created by stress. When the lymphatic system becomes sluggish, the body cannot efficiently detoxify, leading to physical symptoms such as bloating, swelling, and a feeling of heaviness. It also contributes to emotional fatigue, making it harder for your body to release stored trauma.
- **Mindset of scarcity and fear:** When your nervous system and energy systems are out of balance, it's easy to fall into a mindset of scarcity and fear. You may unconsciously believe that healing is out of reach, that you'll never feel truly at peace, or that stress and anxiety are just part of life. These beliefs reinforce the physical and emotional stuckness, creating a cycle that feels impossible to break.

True healing requires exploring your body's energy systems. It involves releasing emotional blockages and restoring the natural flow of energy. By addressing these deeper layers, long-lasting transformation and well-being become possible.

*“Healing comes when we release the past and allow our energy to flow freely.”*

*Louise Hay, Author and Motivational Speaker*

## ■ 1.6 Breaking Free from Stuckness

The good news is that by addressing these underlying systems, you can break free from the cycle of anxiety, stress, and trauma and finally experience lasting relief.

Techniques like Energy Flow® exercises focus on regulating the nervous system, clearing meridian blockages, supporting the lymphatic system, and restoring emotional balance.

These gentle yet powerful practices help you reconnect with your body’s natural rhythm, guiding you back to a state of calm and centredness.

With the right approach, you can let go of what holds you back and move forward with renewed peace and calm, gaining the strength and confidence to face life's challenges. It’s about embracing a holistic path to healing that empowers both your body and mind.



*Energy Flow® exercises can help your body calm down and reduce stress responses.*

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## ■ 1.7 How Energy Flow® Works?

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Energy Flow® practices are based on the idea that our bodies have natural energy pathways. These practices aim to help this energy flow smoothly, promoting overall well-being.

Here's how they work:

- **Relaxation and stress relief:** Techniques like stimulating the vagus nerve (a key nerve for relaxation) can help your body calm down and reduce stress responses. The vagus nerve influences many bodily functions including digestion, heart rate, and mood.
- **Emotional release and healing:** By focusing on these energy pathways, you can address stored emotions and past traumas, leading to emotional healing and a sense of freedom.
- **Reduced stress and improved health:** These practices can lower stress hormone levels (cortisol), easing the physical effects of stress and promoting overall health.

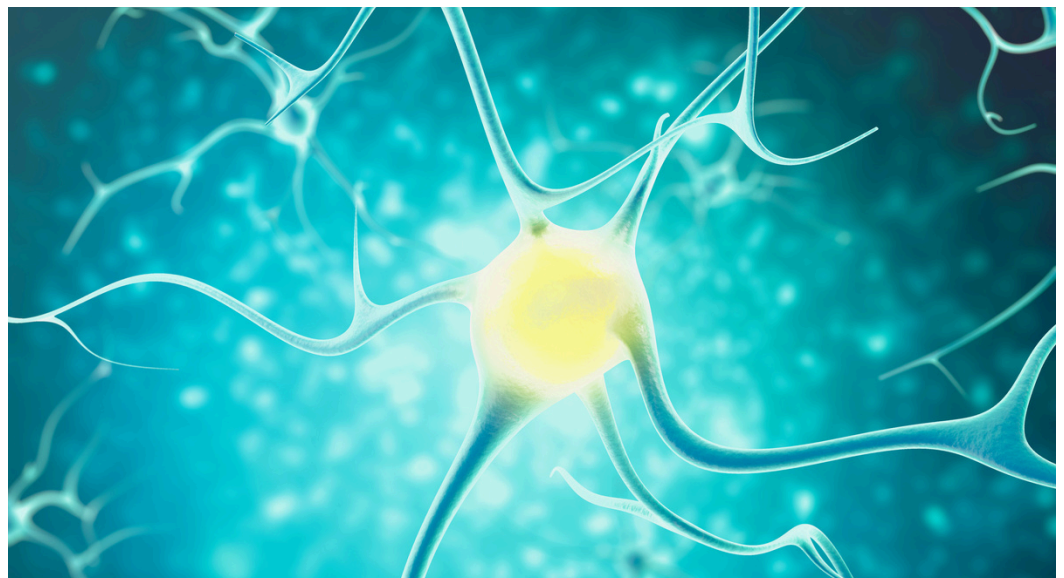


*Energy Flow® techniques facilitate somatic healing, regulate the nervous system, and enhance emotional resilience for profound healing and well-being.*

## ■ 1.8 The Science Behind Energy Flow®

Energy Flow® techniques are rooted in proven physiological and emotional processes:

- **Somatic healing and trauma release:** Trauma is often stored in the body, manifesting as chronic tension, pain, or emotional reactivity. Somatic healing techniques, like those used in Energy Flow®, help clients reconnect with their bodies, release stored trauma, and restore a sense of safety. By tuning into bodily sensations, we can help clients process trauma at a deeper level than talk therapy alone.



- **Nervous system regulation:** Chronic stress keeps the nervous system locked in a heightened state of fight-or-flight, contributing to anxiety, insomnia, and burnout. Energy Flow® techniques calm the autonomic nervous system, helping to shift clients into a parasympathetic state where true healing can occur. This balance helps with emotional resilience, improving the body's ability to handle future stressors.

*“The body holds onto trauma, and through mindful practices, we can release what no longer serves us, paving the way for healing and renewal.”*

*Dr. Gabor Maté*

- **Emotional regulation and the vagus nerve:** The vagus nerve plays a critical role in emotional regulation, connecting the brain to vital organs. Energy Flow® techniques stimulate the vagus nerve, helping clients manage their emotions more effectively, reduce stress, and improve mood. With regular practice, this leads to enhanced emotional well-being.
- **Meridian system (Traditional Chinese Medicine):** The body’s meridian system carries vital energy (Qi) throughout the body. Blockages in these pathways can lead to physical, emotional, or psychological issues. Energy Flow® practices, based on principles from acupuncture and acupressure, stimulate these points to restore energy balance, promoting healing and enhancing overall health.



- **Lymphatic system detoxification:** The lymphatic system plays a crucial role in detoxifying the body and maintaining immune health. By incorporating lymphatic activation into Energy Flow®, you help your clients flush toxins, reduce inflammation, and enhance their body’s ability to recover from stress and trauma.

## ■ 1.9 Different Types of Energy Flow® Exercises

**Nervous System Regulation:** From breathing, body movements, cold exposure, to laughter and body mind communication.



**Meridian System Regulation:** Meridian tracing, cleansing, quickie flows and therapeutic flows.



**Emotional Regulation:** Anger, fear, sadness, effort, despondency, grief, stress, anxiety, and worry.



**Trauma Response Regulation:** Being held, Jaw release, shaking, butterfly tapping, and bilateral eye movements.



**Pain Relief Regulation:** From draining, pulling, breathing, pinching, and stretching the pain to gain relief and relaxation.



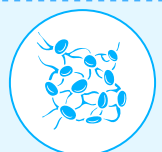
**Therapeutic Regulation:** From immune boosting, general wellness, to enabling health.



**Hormonal Regulation:** Mood swings, fatigue, weight changes, insomnia, and hormonal imbalances.



**Lymphatic Regulation:** From massage, squeezing to draining the pain.



*The body's energy systems work together to maintain balance, support healing, and enhance emotional well-being.*

This Energy Flow® manual introduces a variety of exercises designed to restore balance, promote healing, and release tension stored in the body. Each section focuses on a different aspect of Energy Flow®, helping you address both physical and emotional well-being.

It introduces a wide range of exercises targeting specific systems in the body, helping you address both physical and emotional challenges.

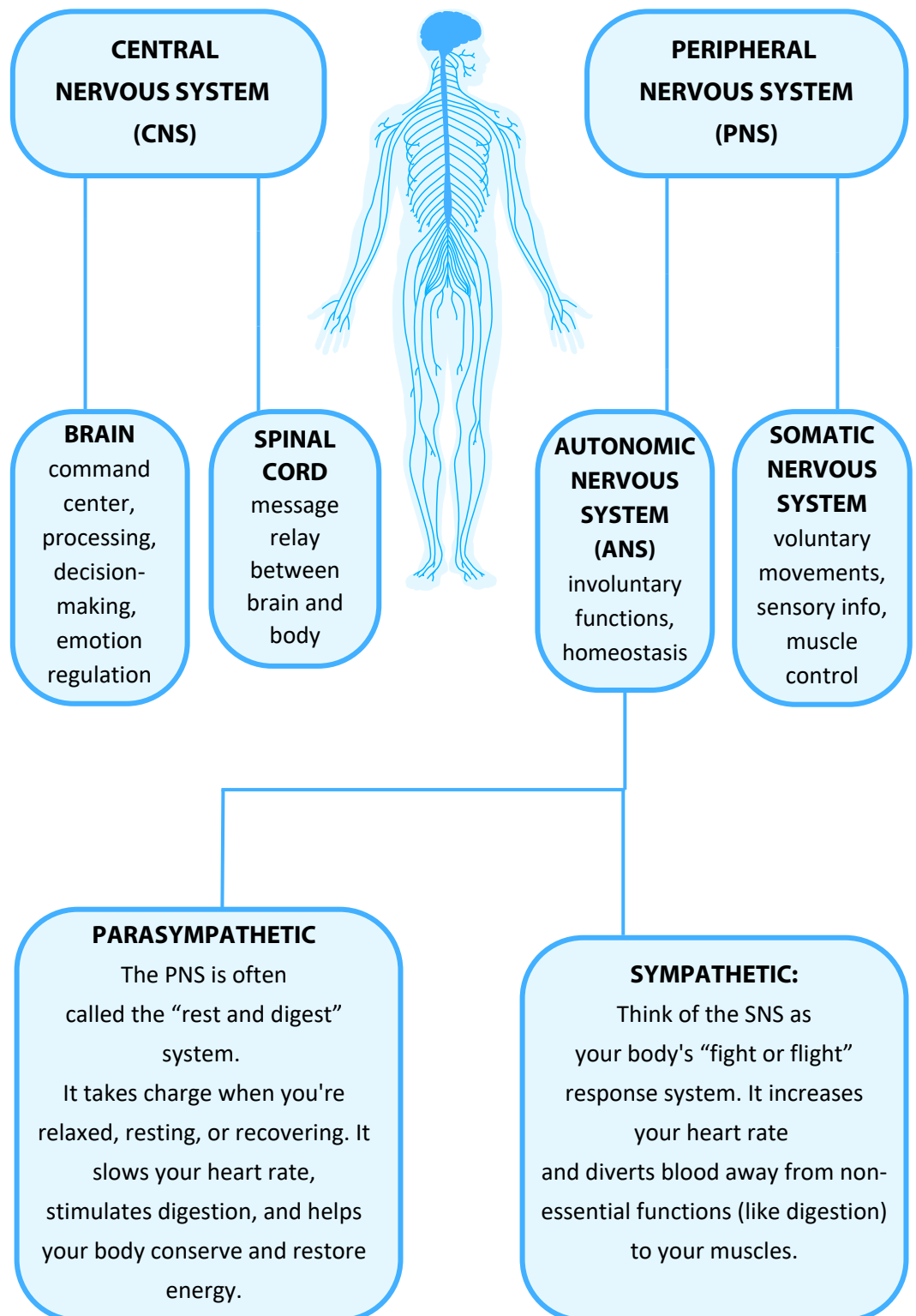
From calming your nervous system to releasing stored trauma and emotional tension, this manual guides you through effective techniques to unblock stagnant energy and promote natural healing. It also covers the regulation of your hormonal and lymphatic systems, offering practical steps to detoxify the body, alleviate pain, and improve overall vitality.

Through each section, you'll explore powerful tools to release stress, balance your emotions, and support your body's natural ability to heal. Whether you're struggling with chronic pain, emotional overwhelm, or simply seeking a deeper connection with your body, these exercises offer accessible methods to restore harmony and well-being.



*The human nervous system controls and coordinates all body functions, sending signals between the brain and the body.*

## Chapter 2: Nervous System Regulation



*The nervous system controls bodily functions and enables communication within the body.*

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## ■ 2.1 What is the Nervous System?

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The nervous system is a complex network that coordinates and controls all the activities in the body. It consists of two main parts:

**1. Central Nervous System (CNS):** It processes information and sends signals throughout the body.

**2. Peripheral Nervous System (PNS):** It connects the CNS to the rest of the body, including organs, muscles, and glands.

### **Functions of the nervous system:**

- Receiving sensory information (such as touch, taste, and sound).
- Controlling voluntary movements (like walking and talking).
- Regulating involuntary functions (such as heartbeat and digestion).
- Processing emotions and thoughts.



*The nervous system regulation is essential for balancing bodily functions and ensuring overall well-being.*

## ■ 2.2 What is Nervous System Regulation?

Nervous system regulation is the process of balancing the two parts of the autonomic nervous system: the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS).

- The sympathetic nervous system is responsible for the “fight or flight” response. It activates when we face stress or danger, increasing heart rate and blood pressure to prepare the body for action.
- The parasympathetic nervous system helps the body relax and recover. It is responsible for “rest and digest” functions, slowing the heart rate and improving digestion.

A balanced nervous system allows us to manage stress effectively. When the nervous system is not regulated, we may experience anxiety, fatigue, or other health issues.



*The vagus nerve plays a key role in regulating bodily functions and maintaining homeostasis.*

---

## ■ 2.3 What is the Vagus Nerve?

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The vagus nerve, also known as the tenth cranial nerve, is a crucial part of the autonomic nervous system (regulates involuntary physiologic processes including heart rate, blood pressure, respiration, digestion, and sexual arousal).

It is the longest and most complex of the cranial nerves, extending from the brainstem to the abdomen. It also plays a key role in regulating various bodily functions and maintaining homeostasis (the body's ability to maintain a stable internal environment, despite external changes).

### **Functions of the vagus nerve:**

- Sends signals from the internal organs to the brain.
- Activates the parasympathetic nervous system (responsible for the body's 'rest and digest' response).
- Turns on motor function in the muscles.
- Turns on sensory function in the ears.



*The nervous system dysregulation disrupts the body's ability to manage stress and maintain balance.*

## ■ 2.4 What is Nervous System Dysregulation?

Nervous system dysregulation occurs when the balance between the sympathetic and parasympathetic nervous systems is disrupted. This imbalance can lead to an overactive stress response or an inability to relax.

Common signs of dysregulation include:

- **Anxiety**
- **Chronic stress**
- **Difficulty in concentrating**
- **Fatigue**
- **Emotional instability**

When the nervous system is not functioning properly, it can affect overall health and well-being.



*Nervous system regulation is vital for managing stress and ensuring physical and emotional health.*

## ■ 2.5 Why is Nervous System Regulation Important?

Nervous system regulation is essential for maintaining both physical and emotional health. By ensuring that the body can effectively respond to stress and recover, individuals can experience greater well-being and improved quality of life.

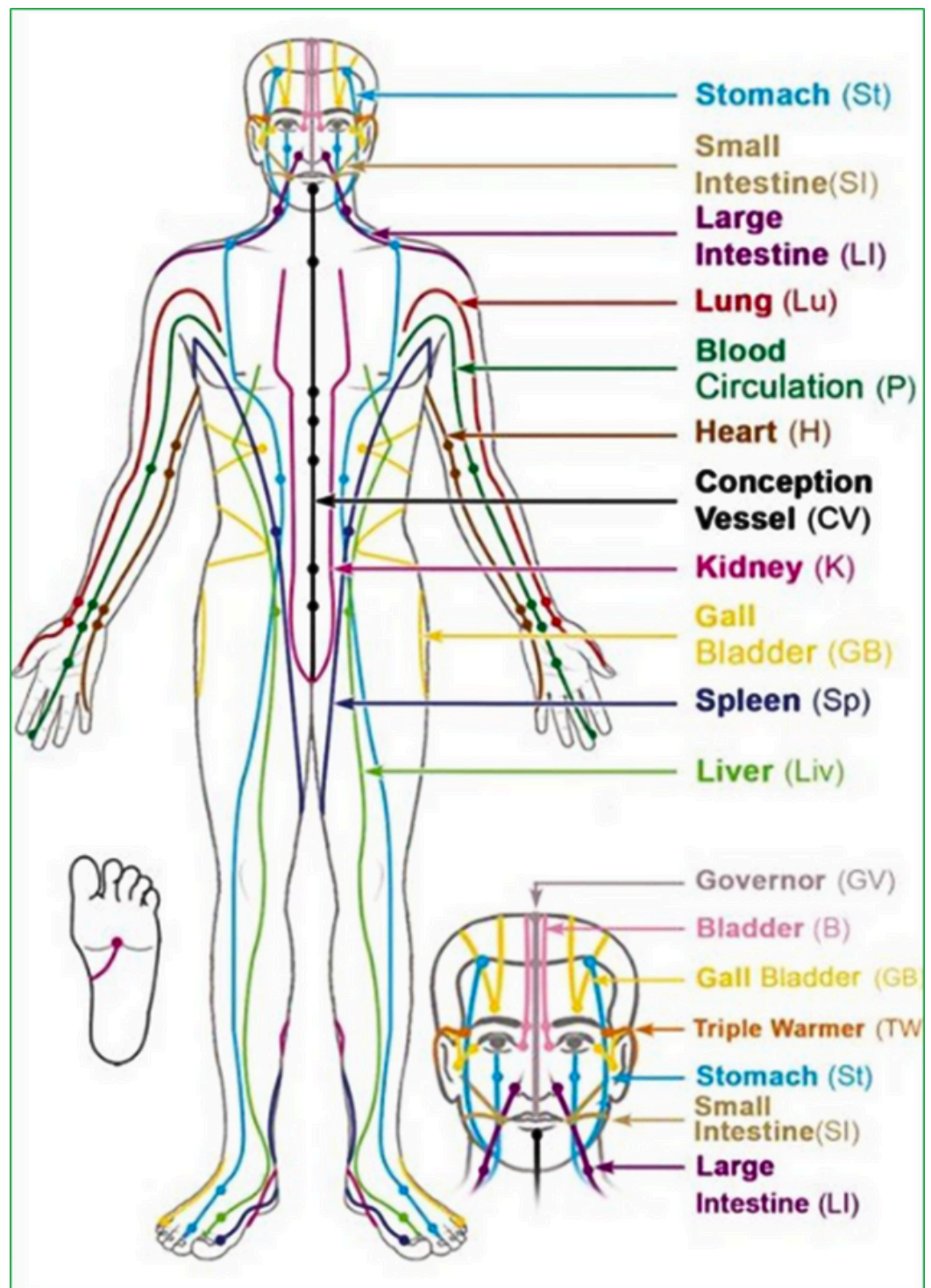
Importance of nervous system regulation:

- **Balances stress response:** Helps the body manage stress effectively.
- **Enhances emotional stability:** Promotes feelings of calm and reduces anxiety.
- **Supports physical health:** Contributes to overall well-being and prevents chronic health issues.
- **Improves focus and clarity:** Aids concentration and mental clarity.



*The meridian system channels vital energy (Qi) throughout the body, supporting balance and harmony in physical and emotional health.*

### Chapter 3: Meridian System Regulation



*Meridians are pathways of the flow of energy in the body.*

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### ■ 3.1 What are Meridians?

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Meridians refer to the energy pathways in the body. These pathways are believed to carry vital energy throughout the body. In EFT, practitioners tap on specific points located along these meridians with the aim of releasing energy blockages and addressing emotional issues. These points are often referred to as acupoints or acupuncture points.

The concept of meridians is considered important because it is believed to provide a framework for understanding the flow of life energy, or “Qi,” throughout the body.

The idea is that imbalances or blockages in the flow of energy along these pathways can cause health problems, both physical and emotional. By balancing the flow of energy along the meridians, health and well-being is restored.

There are twelve primary meridians in our body: lung, large intestine, stomach, spleen, heart, small intestine, bladder, kidney, pericardium, triple warmer, gallbladder, and liver.



*The meridian system is the roadmap of energy in the body, guiding the flow of life and health.*

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### ■ 3.2 What is the Meridian System?

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The meridian system is a concept originating from Traditional Chinese Medicine (TCM) that describes a network of pathways in the body through which vital energy, known as Qi (or Chi), flows. These meridians connect various organs and systems, facilitating communication and balance throughout the body.

There are twelve main meridians corresponding to specific organs, such as the heart, liver, lungs, and kidneys, as well as several secondary or “extra” meridians. Each meridian has specific points, known as acupoints, where energy can be accessed and influenced.



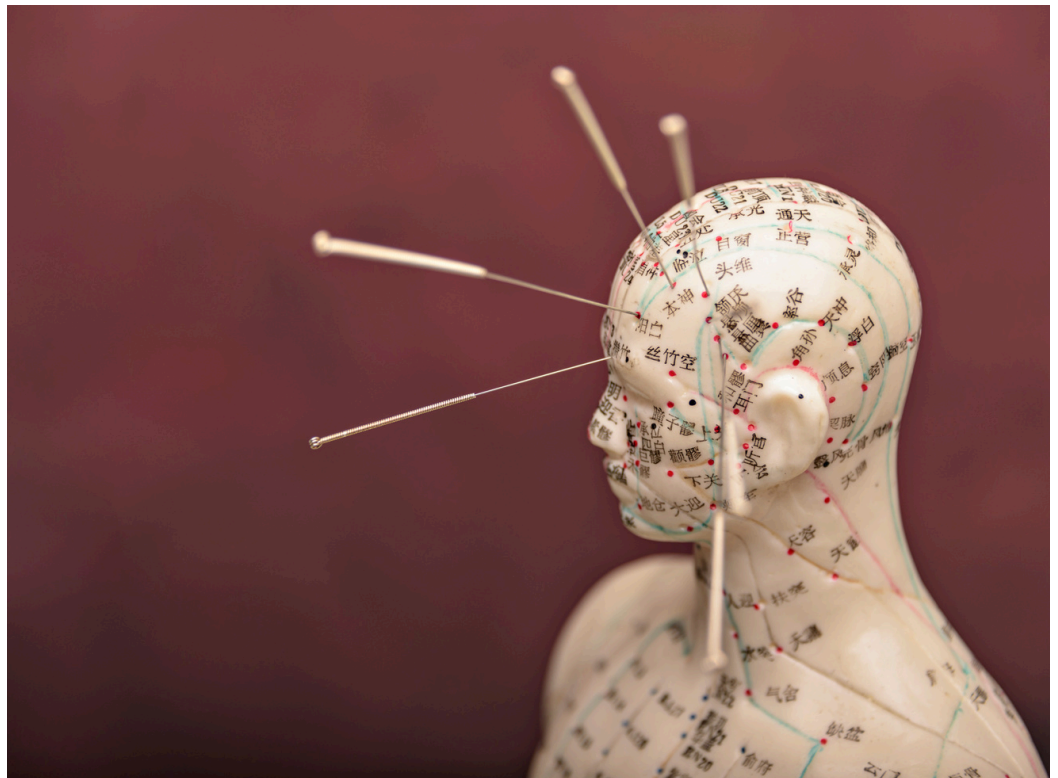
The health of the body is believed to be dependent on the smooth flow of Qi through these meridians. Blockages or disruptions in this flow can lead to physical, emotional, or psychological issues. Techniques such as acupuncture, acupressure, and various energy-based therapies aim to restore balance within the meridian system, promoting healing and overall well-being.

*Regulating the meridian system unlocks the body's innate healing potential, promoting harmony and vitality in every aspect of life.*

### ■ 3.3 What is the Meridian System Regulation?

Meridian system regulation involves techniques and practices aimed at restoring the natural flow of energy, known as “Qi” or “Chi,” through the body’s meridian pathways. In traditional Chinese medicine, these meridians are seen as channels that transport energy throughout the body, connecting various organs and systems.

When the flow of Qi is disrupted or blocked due to factors like stress, trauma, or poor lifestyle choices, it can lead to imbalances, manifesting as physical ailments, emotional distress, or psychological challenges. Meridian system regulation focuses on identifying and addressing these blockages to promote optimal health. This proactive approach not only resolves existing health issues but also serves as a preventive measure, helping individuals avoid future imbalances and developing long-term wellness.



*A well-functioning meridian system increases your energy levels, helping you feel more lively and ready to face daily challenges.*

### ■ 3.4 Why is Meridian System Regulation Important?

Meridian system regulation is essential for maintaining optimal health and well-being. This approach recognises the body's natural energy pathways and aims to ensure that energy flows freely and effectively.

Importance of the meridian system regulation:

- **Balance and harmony:** You can restore balance to the body's energy, helping to achieve physical and emotional harmony.
- **Pain management:** Addressing blockages within the meridians can reduce chronic pain and discomfort.
- **Emotional stability:** Regulating these pathways supports emotional health by releasing stored traumas.
- **Improved immune function:** Meridian regulation strengthens the immune system, helping your body defend against illnesses.
- **Detoxification support:** It helps the body eliminate waste and toxins effectively.
- **Long-term wellness:** Addressing the meridian system can prevent health issues, promoting longevity and a sustained sense of well-being.



*“He who controls his emotions controls his mind, and he who controls his mind controls his life.”*

*Roy T. Bennett*

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## ■ Chapter 4: What is Emotional Regulation?

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Emotional regulation refers to the ability to monitor, manage, and modify one's emotional responses to different situations. It involves understanding your emotions, knowing when and how to express them, and controlling their intensity.

This skill allows individuals to stay calm under pressure, handle stress more effectively, and navigate challenging situations without being overwhelmed by strong feelings. Emotional regulation helps maintain emotional stability and enables healthier reactions, preventing extreme emotional highs and lows.



A person with good emotional regulation skills can navigate life's challenges with greater ease, avoiding extreme emotional reactions and maintaining a sense of control over their emotional experiences.

*Emotional regulation is the foundation for inner peace, resilience, and healthy relationships.*

#### ■ 4.1 Why is Emotional Regulation Important?

Emotional regulation is crucial as it influences every aspect of our lives, from how we handle stress to how we interact with others.

Importance of Emotional Regulation:

- **Stress management:** It helps individuals handle stressful situations more calmly, reducing emotional overwhelm.
- **Improved relationships:** It promotes better communication and reduces misunderstandings or conflicts with others.
- **Mental well-being:** Emotional regulation plays a key role in preventing anxiety by ensuring emotions don't spiral out of control.
- **Better decision-making:** It supports clearer thinking and more thoughtful decision-making, as impulsive reactions are kept in check.
- **Resilience:** Emotionally regulated individuals recover from challenges faster, keeping a balanced outlook during tough times.
- **Physical health:** Managing emotions reduces stress hormones like cortisol, leading to improved physical health over time.



*“Healing trauma involves not only understanding but also the release of emotional and physical energy stored in the body.”*

*Bessel van der Kolk, psychiatrist*

## ■ Chapter 5: What is Trauma Response Regulation?

Trauma release is the process of addressing and resolving the emotional and physical impacts of traumatic experiences. Trauma can become “stuck” in the body, manifesting as tension, pain, or emotional distress long after the traumatic event has passed.

Trauma release involves various therapeutic approaches, such as somatic experiencing, breathwork, or emotional release techniques, that help individuals reconnect with their bodies and release the energy associated with past trauma.

This process not only reduces the emotional burden but also restores a sense of safety and balance within the body, allowing individuals to move forward with greater emotional freedom and resilience.



*Letting go of trauma restores emotional balance, enhances well-being, and encourages healthier relationships.*

## ■ 5.1 Why is Trauma Response Regulation Important?

Releasing trauma allows individuals to process their emotions and restore balance, ultimately building a healthier life.

- **Improves emotional well-being:** Releasing trauma helps in managing painful emotions, and reducing anxiety and depression.
- **Enhances physical health:** Stored trauma in the body can lead to chronic pain or illness, and releasing it can reduce these symptoms and promote healing.



- **Restores emotional regulation:** Trauma release promotes calmer emotional responses to stress and challenges.
- **Promotes personal growth:** Releasing trauma enhances self-understanding, empowerment, and mental clarity.
- **Improves relationships:** As individuals heal from trauma, they often find it easier to engage in healthier, more fulfilling relationships with others.

*Effective pain relief isn't just about treating symptoms; it's about empowering individuals to reclaim their lives.*

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## ■ Chapter 6: What is Pain Regulation?

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Pain regulation refers to the processes and methods used to manage and reduce pain effectively. This can include a variety of approaches, such as pharmacological treatments, physical therapies, and alternative therapies, aimed at reducing pain intensity and improving overall quality of life.

Effective pain regulation focuses on understanding the underlying causes of pain and employing methods that support the body's natural healing processes. Techniques may encompass mindfulness practices, cognitive-behavioural strategies, and lifestyle adjustments aimed at enhancing comfort and well-being.

Pain regulation understands that managing pain effectively needs to consider both physical and emotional factors. By providing people with the right knowledge and tools to handle their pain, this approach encourages them to take an active role in their health. It helps individuals feel more in control of their lives and improves their overall quality of life.



*Pain relief is essential for enhancing quality of life, allowing individuals to regain control and engage fully in their daily activities.*

## ■ 6.1 Why is Pain Regulation Important?

Pain regulation is vital because it addresses the complex nature of pain, ensuring that individuals receive comprehensive support tailored to their specific needs.



Here are some key reasons for its importance:

- **Improves quality of life:** Effective pain relief enhances daily functioning, allowing individuals to engage in everyday activities without being hindered by discomfort.
- **Promotes emotional well-being:** Managing pain can reduce feelings of frustration and anxiety, leading to a more positive outlook on life.
- **Encourages active participation:** When individuals understand and can manage their pain effectively, they are more likely to take an active role in their treatment and recovery.
- **Reduces dependence on medication:** A balanced approach to pain relief can minimise the need for strong medications, lowering the risk of side effects and dependency.
- **Enhances relationships:** When individuals are not consumed by pain, they can better connect and engage with family and friends, leading to healthier relationships.

*Therapeutic regulation builds inner balance by enhancing immunity, emotional well-being, and resilience through the body's natural healing systems.*

## ■ Chapter 7: What is Therapeutic Regulation?

Therapeutic regulation is a holistic approach aimed at balancing the body's health and wellness systems, focusing on boosting immunity, enhancing mental and emotional well-being, and improving physical resilience.

By working with the body's natural regulatory mechanisms—such as the nervous, immune, and hormonal systems—therapeutic regulation offers a way to restore equilibrium, ensuring the body can respond to daily stresses, combat illness, and maintain long-term wellness.

Therapeutic regulation practices often include techniques that support the body's ability to clear toxins, balance energy pathways, and improve cellular health.

Whether through mindfulness, breathwork, gentle movement, or energy-based practices, therapeutic regulation supports the body's innate healing abilities and cultivates resilience, helping individuals stay strong, adaptable, and better prepared for life's challenges.



*Therapeutic regulation is essential for maintaining a balanced body and mind, helping to boost immunity, emotional stability, and physical resilience.*

## ■ 7.1 Why is Therapeutic Regulation Important?

Therapeutic regulation is essential because it supports the body's natural balance, allowing it to function optimally and respond effectively to daily challenges.



- **Boosts immunity:** Chronic stress can weaken immunity, making the body more vulnerable to illness. Therapeutic regulation supports immune health, helping the body ward off infections and reduce inflammation.
- **Promotes emotional balance:** Continuous stress impacts emotions and mental clarity. Therapeutic practices calm the nervous system, lowering stress hormones and encouraging a more stable, relaxed state.
- **Supports physical resilience:** Enhances circulation and energy flow, aiding recovery from strain and supporting steady energy.
- **Restores hormonal balance:** Stress disrupts hormones, leading to fatigue and mood swings. Therapeutic techniques balance hormones naturally, improving mood and overall health.

*Hormones are the body's silent messengers, orchestrating the delicate balance of life.*

## ■ Chapter 8: The Hormonal System

The hormonal system, also known as the endocrine system, is a network of glands that produce and secrete hormones. Hormones are chemical messengers that travel through the bloodstream to various organs and tissues, regulating numerous bodily functions. These functions include growth and development, metabolism, reproduction, mood, and responses to stress.

Key glands in the hormonal system include:

- 1. Pituitary gland:** Often referred to as the “master gland,” it controls other endocrine glands and regulates vital bodily functions.
- 2. Thyroid gland:** Responsible for metabolism and energy regulation.
- 3. Adrenal glands:** Produce hormones that help regulate metabolism, immune response, and stress response.
- 4. Pancreas:** Regulates blood sugar levels by producing insulin and glucagon.
- 5. Gonads (Ovaries and Testes):** Produce hormones that are crucial for reproduction.



*A well-regulated hormonal system keeps the body in harmony, creating the foundation for both physical vitality and emotional stability.*

## ■ 8.1 What is the Hormonal System Regulation?

Hormonal system regulation refers to the body's ability to maintain hormonal balance and ensure that hormone levels are within a healthy range. This regulation is crucial for maintaining homeostasis, which is the body's state of internal balance.

The regulation of hormones involves complex feedback mechanisms, where the release of hormones is adjusted based on the body's needs.

### **This includes:**

- **Negative feedback loops:** These help keep hormone levels stable by reducing the output when a certain level is reached. For example, high levels of thyroid hormones signal the pituitary gland to decrease thyroid-stimulating hormone (TSH) production.
- **Positive feedback loops:** These amplify a response, such as during childbirth when the release of oxytocin increases contractions, which in turn leads to more oxytocin being released.



*Hormonal regulation is crucial for maintaining balance in the body, influencing everything from mood to metabolism.*

## ■ 8.2 Why is Hormonal System Regulation Important?

Regulating the hormonal system is vital for several reasons:

- **Homeostasis:** It helps maintain a stable internal environment, crucial for the optimal functioning of cells and organs.
- **Growth and development:** Proper hormonal balance is necessary for physical development, particularly during puberty and childhood.
- **Metabolism:** Hormones regulate metabolic processes, influencing energy levels and weight management.
- **Reproductive health:** Hormonal regulation is essential for normal reproductive functions, including menstruation, fertility, and pregnancy.
- **Stress response:** The hormonal system plays a key role in how the body responds to stress, affecting mood and overall well-being.



*The lymphatic system maintains fluid balance and supports immunity by filtering toxins and waste.*

## ■ Chapter 9: The Lymphatic System

The lymphatic system is a network of tissues and organs, including lymph nodes, vessels, and the spleen, that help maintain the body's fluid balance, remove toxins, and support immune function. It acts as a drainage system, collecting excess fluid (called lymph) from tissues, filtering out waste products, and returning it to the bloodstream.



The lymphatic system also plays a critical role in defending the body against infections and diseases by transporting white blood cells. This system works with the circulatory system to collect excess fluid from tissues, filter it through lymph nodes, and return it to the bloodstream, maintaining fluid balance.

A well-functioning lymphatic system is essential for removing waste products and toxins from the body, contributing to overall health and well-being.

*“The lymphatic system is your body’s natural sanitation system, clearing waste, toxins, and excess fluid while supporting your immune function.”*

*Dr. Perry  
Nickelston,  
Chiropractic  
Physician*

## ■ 9.1 What is the Lymphatic System Regulation?

Lymphatic system regulation refers to maintaining or improving the proper functioning of the lymphatic system. This involves ensuring that lymph fluid flows smoothly throughout the body to remove toxins, reduce inflammation, and support the immune system.

The lymphatic system relies on physical movement for effective drainage. Techniques such as manual lymphatic drainage, exercise, and deep breathing can help stimulate lymph flow, preventing blockages, and promoting overall health and well-being.



A well-functioning lymphatic system supports physical health, enhances immune function, and contributes to a higher quality of life.

Proper regulation is essential for detoxification and maintaining fluid balance in the body.

*Lymphatic system regulation is essential for the body's natural detoxification process, ensuring we stay healthy and resilient against disease.*

## ■ 9.2 Why is Lymphatic System Regulation Important?

When the lymphatic system functions properly, it contributes to physical health, emotional balance, and a better quality of life.



- **Fluid balance:** Proper regulation prevents excess fluid buildup in tissues, reducing the risk of swelling and conditions like lymphedema.
- **Immune function:** A well-functioning lymphatic system enhances the body's ability to fight infections and illnesses.
- **Detoxification:** The lymphatic system helps remove toxins from the body, supporting overall detoxification processes.
- **Chronic disease prevention:** Maintaining lymphatic health can lower the risk of chronic conditions, including cardiovascular diseases and autoimmune disorders.
- **Stress reduction:** A regulated lymphatic system can help manage stress levels and improve emotional health, contributing to a balanced lifestyle.

*Somatic therapy promotes healing by integrating physical, emotional, and psychological well-being.*

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## ■ Chapter 10: Somatic Therapy

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Somatic therapy is a body-centred approach that includes the physical, emotional, and psychological dimensions of well-being.

By focusing on bodily sensations, it helps individuals in releasing accumulated trauma, and emotional pain. The practice includes mindful movements, deep breathing, and awareness exercises, encouraging a stronger connection between the mind and body.

The significance of somatic therapy lies in its holistic approach, making it particularly advantageous for those dealing with chronic pain, trauma, or stress. It targets the root causes of tension rather than merely addressing the symptoms, enabling individuals to achieve a greater sense of balance and peace.

By providing a safe environment for clients to explore their body's natural responses, somatic therapy develops resilience, self-awareness, and emotional regulation. For therapists, this method offers a gentle yet effective means of helping clients release trauma and develop lasting well-being.





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## ■ Chapter 11: Energy Flow® Exercises

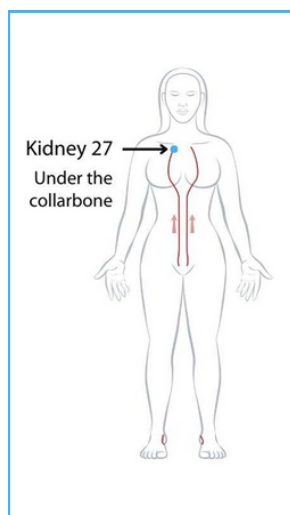
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Energy Flow® exercises are designed to help individuals release trapped energy, tension, and emotions, allowing for greater physical, mental, and emotional well-being. Often, our modern lives leave us disconnected from our natural instincts and emotional expression, leading to an accumulation of stress and unresolved emotions. These exercises aim to reconnect us with the body's natural rhythms and facilitate the release of pent-up energy.

The core principle behind Energy Flow® exercises is that emotions and stressors manifest physically within the body. When energy is not allowed to flow freely, it can become stagnant, resulting in physical discomfort, emotional blockages, or mental fog. By engaging in specific movements and actions, individuals can clear these blockages, restore their natural energy flow, and regain a sense of balance.

By engaging fully in these exercises, individuals can feel lighter, more grounded, and emotionally free.





## 11.1 Tantrum Release

Suppressed anger is linked to cancer, disease, and illness. Tantrum Release creates a space to release anger safely. This release promotes mental clarity and emotional balance.

### Benefits

Negativity, frustration, irritation, stress, and suppressed anger are linked to cancer, disease, and illness. This exercise creates a space to release anger safely by stimulating the kidney meridian (K27) to cool the body (clear excessive heat) and calm the mind. By addressing these emotions, you allow the body's natural energy flow to restore balance, and promote overall healing.

### How it works

It stimulates the end of the kidney meridian which is known as K27 to cool the body (clear excessive heat) and calm the mind. The kidney meridian is also linked to fear which can underpin anger and stress. The act of having a tantrum is to discharge any shutdown or trauma response. Stimulating this point can restore balance, promote emotional resilience and grounding, and help to release stored tension.

### Steps

1. Bring into your awareness anything you are frustrated, annoyed, or irritated about.
2. Place the fingers just under the collarbone and tap gently.
3. Take a breath in and tap vigorously underneath the collarbone and at the same time and make a loud 'Ahhh' sound as if letting out all negativity.
4. Repeat a second time and this time as you breathe in and out make an "Ahhh" sound and stamp your feet vigorously as if having a tantrum while tapping firmly underneath the collarbone.



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## ■ 11.2 Throw the Pillow

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Designed for the intentional release of emotions and stress through physical actions, this practice encourages emotional freedom and restores balance.

### **Benefits**

Stress reduction, emotional release, and a cathartic experience.

### **How it works**

By physically expressing and releasing pent-up emotions, the act of throwing serves as a controlled outlet for emotional energy, allowing for a sense of liberation.

### **Steps**

1. Get a pillow.
2. Stand up, stay connected to yourself, and throw the pillow right down to the floor.
3. Bend down and hit the pillow several times.
4. You are getting the emotions out.



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### ■ 11.3 Flip the Lid

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Promoting grounding and self-awareness. Also enhancing focus and regulating emotional states.

#### **Benefits**

Regulating emotions, improving focus, and promoting a sense of calm. It provides a practical way to reconnect with the present moment and may be particularly helpful in moments of heightened stress or emotional intensity. Regular practice may contribute to increased emotional resilience and self-regulation, enhancing overall mental clarity and well-being.

#### **How it works**

Engages both hemispheres of the brain through the crossing-over movement of passing the ball from one hand to the other. This bilateral activity helps integrate and balance brain function. The mindful observation before and after the exercise allows individuals to notice any shifts in their mental and emotional state, promoting self-awareness and a sense of grounding.

#### **Steps**

1. Begin by either standing and feeling your feet on the ground or sitting while sensing your seat on a chair, bench, or floor. Hold the ball in your hands.
2. Take a moment to check in with yourself and observe any thoughts, feelings, or bodily sensations without attempting to change anything. Just be present and notice.
3. Now, start passing the ball from one hand to the other, crossing it over the middle of your body. You can think of it as switching hands or performing a gentle toss. The goal is to



- make it a bit challenging, requiring some focus, but not so challenging that you risk dropping the ball.
4. Continue passing the ball from hand to hand for about a minute or two.
  5. Pause after this brief exercise and check in with yourself again. Observe any shifts in your system. Pay attention to changes in your breathing, posture, or any tension in your body.
  6. Reflect on your emotional state and whether you feel more grounded. Take note of the speed of your thoughts.
  7. Recognise any positive shifts you were able to create through this small, straightforward movement.





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## ■ 11.4 Stress Release

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The purpose of this stress-release exercise is to provide a physical and mental outlet for releasing accumulated stress and tension. It aims to create a symbolic and intentional process of letting go, allowing individuals to experience a sense of relief.

### Benefits

This exercise is effective for releasing all that negativity, including tension in your gut or the pit of your stomach, anxiety, and stress. It helps restore a sense of calm and balance.

### How it works

It aims to create a symbolic and intentional process of letting go, allowing individuals to experience a sense of relief and manageable. The act of tightening the hands into a fist physically engages the body, providing a tangible representation of holding onto stress.

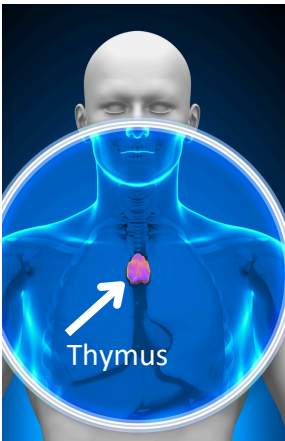
### Steps

1. Choose whether you want to stand or sit, whichever feels more comfortable for you. Ensure you're in a relaxed position with your feet firmly on the ground if you're sitting.
2. Close your eyes and imagine that the stress and tension in your life are now concentrated in your hands. Picture it as a ball of stress that you're holding onto.
3. Now, physically tighten your hands as if you are gripping onto that ball of stress. Make a fist and feel the tension in your fingers, palms, and wrists. Imagine transferring all the stress into this tight grip.
4. Slowly lower your hands down to your sides while maintaining a tight grip. This downward movement symbolises the act of



- letting go and releasing stress from your body.
5. Continue the motion by bringing your hands from your sides, moving them over your body, and then up towards the sky. The upward movement signifies releasing the stress and letting it go.
  6. As you move your hands over and up, make your hands tight, tight, tight, tight to reinforce the idea of squeezing out the stress. Feel the tension leaving your body with each repetition.
  7. At the peak of the upward movement, imagine a “whoosh” sound as if the stress is being energetically expelled from your hands and dissipating into the air.
  8. After the “whoosh,” slowly bring your hands back down to a relaxed position. Take a deep breath and feel the lightness, as if you've let go of the burden of stress. Embrace the sense of calm and relaxation.
  9. Repeat this exercise as needed, and each time you go through the motions, focus on the act of releasing and freeing yourself from stress.





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## ■ 11.5 Immune Boosting

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The purpose of this exercise is likely to stimulate the thymus gland, which is associated with the immune system, and to promote a sense of well-being through the combination of gentle thumping and vocalisation.

### Benefits

Immune system support, increased energy flow in the body, calming the nervous system, blood circulation in the chest area, physical stimulation, enhanced disease resistance, faster recovery, lower severity of the illness, reduced risk of chronic illness, longevity, better defense against allergens. Boosted immune function, improved detoxification, and balanced hormone levels support overall vitality.

### How it works

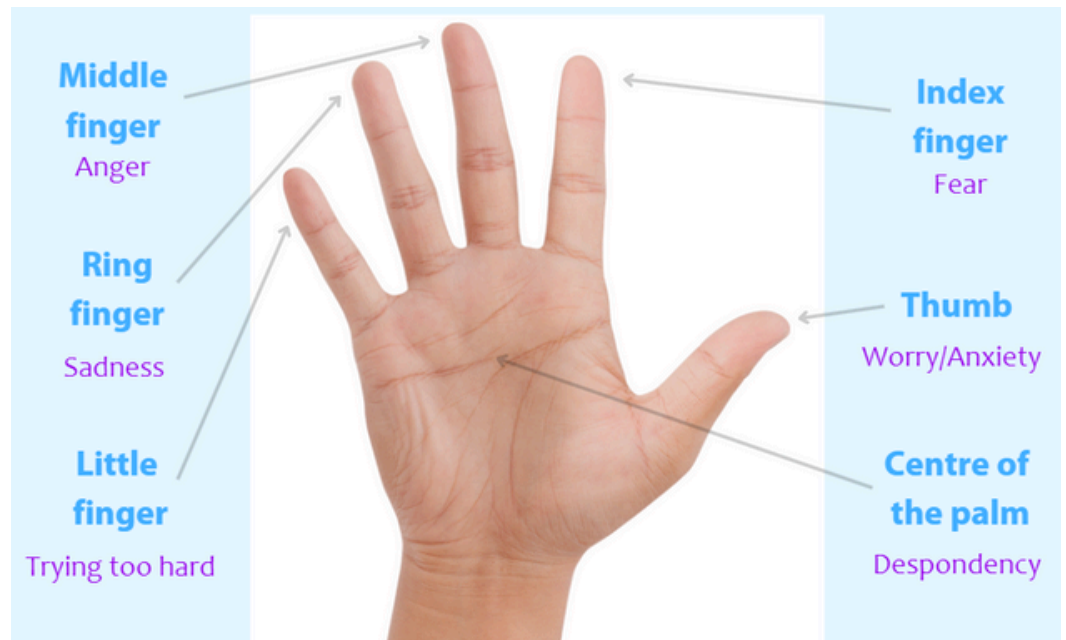
The thymus is a small gland located in the upper chest, behind the sternum, and between the lungs. It is an important part of the immune system and plays a crucial role in the development and maturation of T lymphocytes (T cells), which are white blood cells that play a central role in immunity. Stimulating the thymus gland helps to produce white blood cells.

### Steps

1. Make a gentle fist with the hand.
2. Find the thymus point which is underneath the breastbone.
3. Gently thump with both hands while making an 'Ahhh' sound.
4. The sound reverberates as if you are getting a head massage like the sound Tarzan makes when swinging from tree to tree.



## 11.6 Finger Hold Breathing



The technique is a versatile tool that can be incorporated into daily routines, either in the morning or evening, to address a range of emotional challenges.

### Benefits

Whether struggling with sleep issues, feelings of anxiety, or a mix of emotions like anger, sadness, fear, or excessive effort, this method offers a simple yet effective approach. It helps restore balance and clarity, guiding you toward a calmer, more centered state. With consistent practice, it builds emotional resilience and inner peace.

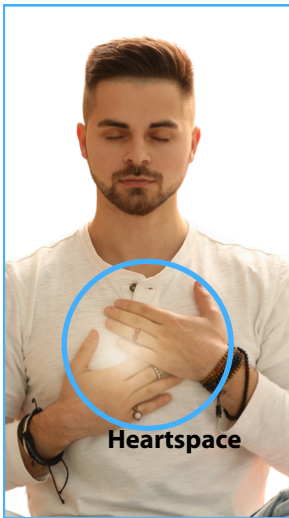
### How it works

By holding specific fingers associated with each emotion and tuning into the pulse, individuals can harmonise and regulate their emotional states. Each of the digits is associated with an emotional state.



### Steps

1. Hold each of the fingers one by one and as you breathe in for 6 counts and breathe out for 6 counts feel yourself becoming calm.
2. Begin with the thumb, then move to the index finger, then the ring finger, the middle finger, and then finally the little finger.
3. Close the Finger Hold Breathing process by placing the palm on the palm and breathing in and out 9 times.



## 11.7 Heart Hold Breathing

This exercise is to calm down the nervous system, make a connection with the self, and release any stress the body is holding onto.

### Benefits

It helps to reduce stress and balance the nervous system and energy flow, as well as release any fight, flight, and flight response the body is holding onto. This creates space for emotional healing and deeper relaxation, promoting a sense of inner calm and restoring the body's natural resilience.

### How it works

Placing the hand on the heart space (the region in the upper chest where your heart is) and closing the eyes encourage a connection with the heart and to calm down a “busy” mind.

The alternating pattern of breathing in through the nose and out through the nose/mouth for six counts helps regulate the breath, to promote a balanced and calming effect on the nervous system. Breathing out through the mouth allows the space to clean the lymphatic system. Focused breathing helps to activate the parasympathetic nervous system, promoting relaxation and reducing stress.

The 9 Gamut point (in-between the little finger and the middle finger on the back of the hand in the upper webbed area of the hand where the Triple Warmer Meridian is placed).

As the 9 Gamut is connected to the Triple Warmer Meridian known to be associated with releasing any trauma holding these points allows for the body and mind to start to let go of the past.



### Steps

1. Put any one of your hands on the heart.
2. Close your eyes and make a connection with the heart.
3. Breathe in through the nose and out through the nose for 6 counts.
4. Then breathe in through the nose and out through the mouth for 6 counts.
5. Now, gently hold the 9 Gamut point with 2 fingers from the other hand and breathe in and out through the nose for 6 counts.
6. Keep holding the 9 Gamut point and breathe in through the nose and out through the mouth for 6 counts.



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## ■ 11.8 Hair Combing

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This is an exercise to reduce worry that involves placing the thumb behind the ear and fingers on the start of the hairline, followed by gentle combing of the scalp with the fingers to promote relaxation, mental clarity, circulation, and overall well-being.

### **Benefits**

Reduces stress and promotes relaxation, enhances mental clarity and focus, improves circulation and lymphatic flow, and supports healthy hair and scalp, contributing to overall well-being. Additionally, it strengthens the body's natural healing processes, building emotional balance and resilience.

### **How it works**

The hair acts as an antenna for the body's energy, and combing the hair with the right technique can help stimulate and balance the body's energy flow.

The specific pattern used in hair combing is designed to work with the flow of energy in the body and is believed to help release stagnant energy, promote circulation, and enhance overall vitality. The act of stimulating the points on the scalp helps to activate the brain's natural healing process. It can help to reduce worry and stress, calm the mind, and improve overall well-being. It also stimulates the governor and bladder meridian.

### **Steps**

1. Place the thumb behind the ear and fingers on the start of the hairline.
2. Then comb your fingers through the scalp breathing in, and then breathing out as the fingers move down the scalp.
3. Repeat 3-5 times or until you feel relaxed.



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## ■ 11.9 Forehead Pulling

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The purpose of this exercise is to release tension, promote relaxation, and enhance the mind-body connection.

### **Benefits**

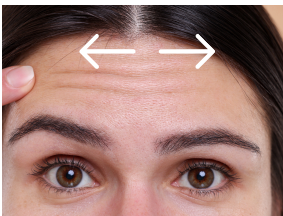
It lowers worry, and worry lines, and promotes a younger-looking forehead. It stimulates the stomach, gallbladder, and bladder meridian.

### **How it works**

Placing the fingers in the middle of the forehead and pulling them to the temple engages pressure points associated with relaxation and stress relief.

### **Steps**

1. Place the fingers from both hands together in the middle of the forehead and the thumb at the temple.
2. Breathe in and as you breathe out pull the fingers across the forehead to the temple.
3. Repeat a few times.



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### ■ 11.10 Crown Pulling

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The purpose of this exercise is to release tension, promote relaxation, and stimulate energy flow by applying gentle pressure and movement along the forehead's hairline, known as the crown.

#### **Benefits**

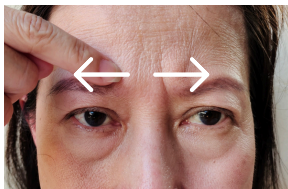
This can help to reduce stress, clear the mind, release any tension headaches or migraines, and enhance energy flow. It stimulates the stomach to let go of any upsetness, the gallbladder for general well-being, and the bladder meridian to release any emotional stress. This also promotes a deep sense of relaxation, helping to restore balance, harmony, and a greater sense of calm in both body and mind. It promotes relaxation by calming the nervous system and encouraging the body to shift into a more restful state.

#### **How it works**

The pulling motion, combined with deep breathing, contributes to the release of tension held in the forehead and surrounding areas. This can be especially beneficial for individuals experiencing stress, headaches, or mental strain.

#### **Steps**

1. Join the index fingers and middle fingers of both hands together.
2. Place those two fingers of each hand on the middle of the forehead at the hairline (top centre of your forehead) and press it lightly.
3. Take a breath in.
4. As you breathe out pull the fingers along the hairline.
5. Gently press your entire forehead using two fingers and breathe deeply.



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### ■ 11.11 Eyebrow Pulling

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The exercise of the pulling motion relaxes the eyebrow and releases tension held in the forehead and eyebrow area.

#### **Benefits**

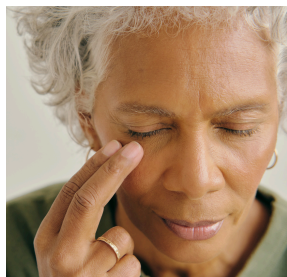
It lowers physical tension, headaches, worry, and stress, drains the upper sinus, and promotes sleep.

#### **How it works**

Applying pressure and movement along the eyebrows can stimulate acupressure points, potentially promoting the flow of energy in the associated meridians. It stimulates the gallbladder, and bladder for general well-being, and triple warmer meridian to let go of any trauma being held in the face.

#### **Steps**

1. Place the index finger and middle finger at the start of the eyebrow at the bridge of the nose.
2. Take a breath in.
3. As you breathe out, pull the fingers along the eyebrows until you reach the temple.



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## ■ 11.12 Triple Point Calmer

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It is a tapping exercise that can help in calming sudden emotional outbursts and abreactions, providing a soothing effect to regain emotional balance.

### Benefits

It can help you quickly manage sudden emotional distress (known as abreaction), for example crying, offering a self-help tool to calm sadness, anger, or anxiety. It also provides a safe way to process overwhelming emotions, allowing you to regain control and feel more balanced.

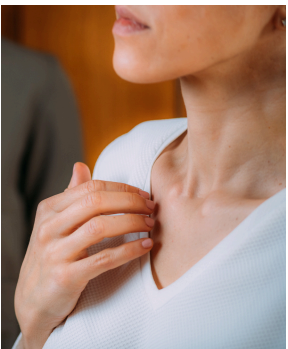
### How it works

This exercise focuses on three points:

- **Under the eye:** Feelings of upsetness and emotional distress.
- **Under the collarbone:** May help release grief and related emotions while also considering the connection to the kidneys (filtration of toxins and emotional well-being).
- **Under the arm:** Targets feelings of high alertness and anxiety.

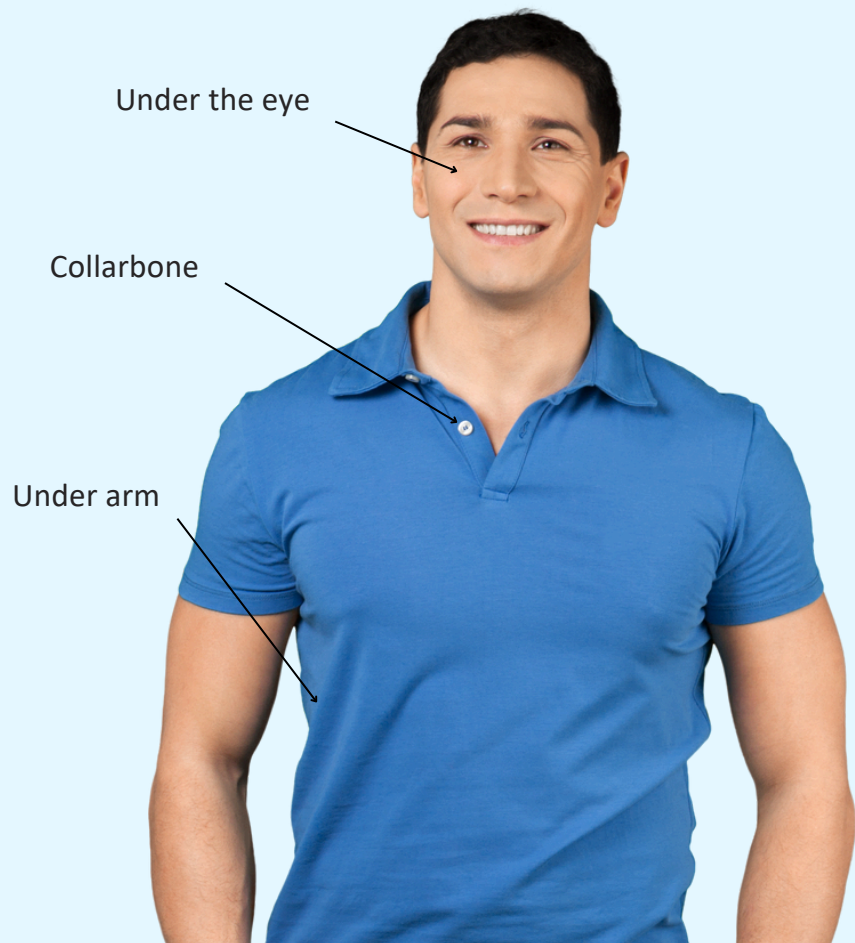
### Steps

1. The minute you feel emotionally overwhelmed, for example, if you start to cry, begin by tapping under your eye while consciously breathing.
2. Then tap under your collarbone.
3. Finally, move to tapping under your arm.
4. Repeat the sequence of tapping under the eye, under the collarbone, and under the arm until you feel calmer and more in control.



When emotionally hijacked, you can quickly calm down by tapping under the eye, just above the collarbone and under the arm. Keep tapping until the emotional overwhelm reduces. When tapping, focus on taking slow, deep breaths to help bring your body and mind back into balance.

This method works by sending calming signals to the brain, helping reduce the fight-or-flight response. Over time, regular tapping can help you build emotional resilience and better manage stress triggers.



*Energy Flow®  
helps people  
release trauma,  
balance  
emotions, and  
improve overall  
well-being.*

## ■ Chapter 12: Case Reports for Energy Flow®

Energy Flow® has empowered clients to release deeply stored trauma, helping them find emotional freedom and peace. Whether dealing with long-standing trauma or acute stress, these techniques have proven to be a powerful tool for unblocking emotional energy, leading to healing and resilience.

Practitioners have found that Energy Flow® supports emotional regulation by enabling clients to manage feelings like anger, sadness, or anxiety more effectively. This approach has offered a simple, yet transformative, method to help individuals maintain emotional balance even in challenging times.



What sets this approach apart is its simplicity and accessibility. Practitioners have loved how easily they could integrate Energy Flow® into their practice, using it to help their clients and themselves. It's a method that brings benefits to both client and practitioner, building emotional, physical, and mental wellness.

These case reports showcase the effectiveness of Energy Flow® in various areas, from trauma release and emotional regulation to pain relief and physical health. It is a comprehensive and highly valued tool for anyone seeking to create lasting positive change in their lives and the lives of others.

*Energy Flow® offers effective strategies to detoxify negative emotions into positive energy within a supportive community.*

## ■ 12.1 Case Reports for Energy Flow® for Emotional Health

### FROM NEGATIVE EMOTIONS TO POSITIVE ENERGY



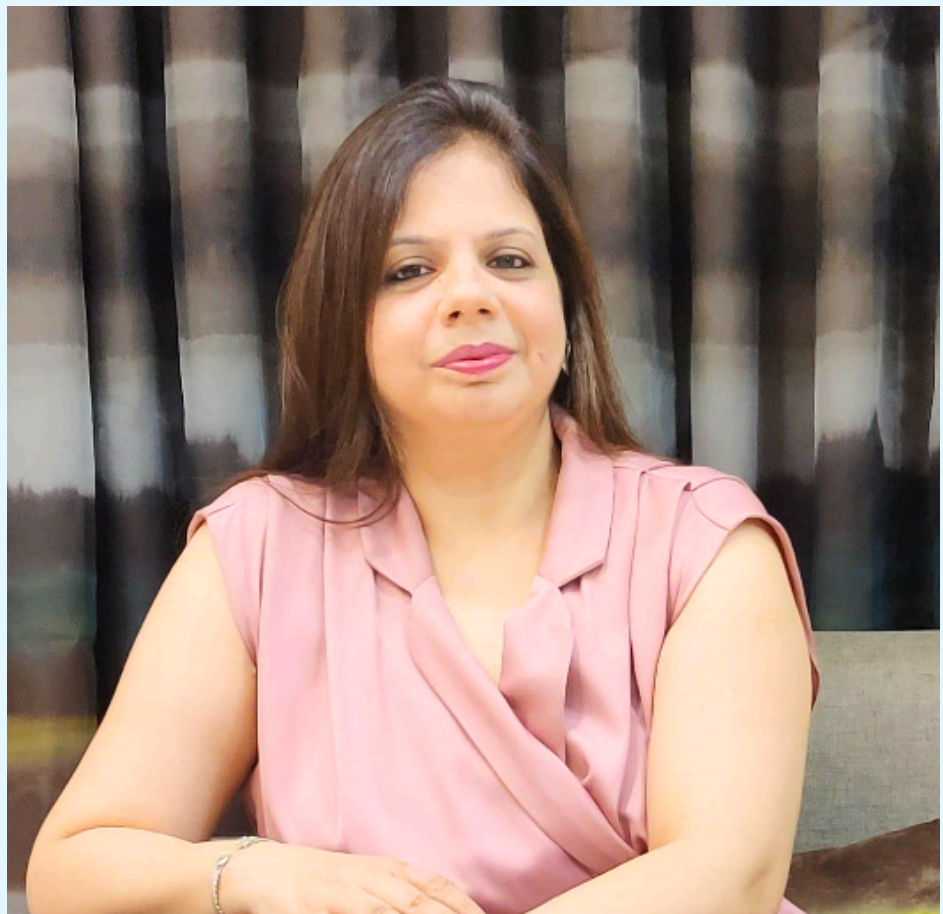
“The structured approach made complex content engaging, blending theory with practical steps. I learned a simple self-care routine to detox negative emotions without needing to verbalise them. Understanding how my body keeps score empowered me to release emotions, boosting my energy and vitality.”

Priyanka Tiku Gupta, Dubai, UAE

*Understanding  
our body's  
messages is key  
to healing and  
finding peace  
within.*

## ■ 12.1 Case Reports for Energy Flow® for Emotional Health

### RELEASED STRESS AND EMBRACED GROWTH



This body-based work is vital for addressing stress and trauma, even unconsciously. The class helped me understand my pain and triggers, giving me strategies to manage them easily. I now feel more connected to my body and better equipped to handle stress through simple exercises.”

Tamanna Goplani, Thane, Maharashtra

*Understanding the nervous system can empower individuals to manage their emotional states effectively.*

## ■ 12.1 Case Reports for Energy Flow® for Emotional Health

FOUND A POSITIVE SHIFT TO CALM AND WELL-BEING



“I loved learning how to shift from the vagal to the ventral state through simple vagal and meridian exercises. These small, intentional practices have made a big difference to my well-being, leaving me feeling calmer and more relaxed. This program gave me the understanding I needed to make this shift.”

Kruti Desai Khaitan, Mumbai, Maharashtra

*Stress and emotional baggage can be quickly released through effective vagal and meridian exercises, leaving you feeling calm and energised.*

## ■ 12.1 Case Reports for Energy Flow® for Emotional Health

### FROM STRESSED TO INNER GLOW AND CALM



“I can do it like daily yoga or any other practice and take care of my body. It calms my system and makes me active. Now I could release my stress and emotional baggage by doing the vagal and meridian exercises. I am more in touch with my body. I love these exercises even more for how quick and effective they are.”

Maansi Pillai, Pune, Maharashtra

*Energy Flow®  
boosts energy,  
improves sleep,  
and enhances  
health through  
simple exercises.*

## ■ 12.2 Case Reports for Energy Flow® for Physical Health

### ENERGY LEVELS, SLEEP AND DIGESTION IMPROVED



“I loved the group energy and compatibility. How we shared our exercises each day to motivate everyone. Energy Flow® proves that every block resides in our body and using simple tools, we can clear any blocks within us so easily and effortlessly. My energy levels have improved, I'm sleeping better, and my digestion has improved too.”

Anita Patel, Hong Kong

*The body has its  
own wisdom.  
Listen to it, and  
you'll find the  
power to heal  
yourself.*

## ■ 12.2 Case Reports for Energy Flow® for Physcial Health

### FROM IGNORANCE TO SELF-HEALING AWARENESS



“Well structured, good drilling, and peaceful breakout rooms. The diagrams were clear. This is a side of us that NOBODY addresses. Brand new information is put in a new package. I learned that I can heal myself, and that my body talks to me. I have to learn how to listen.”

Lina Mishalany, Cairo, Egypt

*Energy Flow®  
helps in  
managing  
tension and  
enhancing self-  
care.*

## ■ 12.2 Case Reports for Energy Flow® for Physical Health

### TRANSFORMED TENSION INTO SELF-CARE AND RELIEF



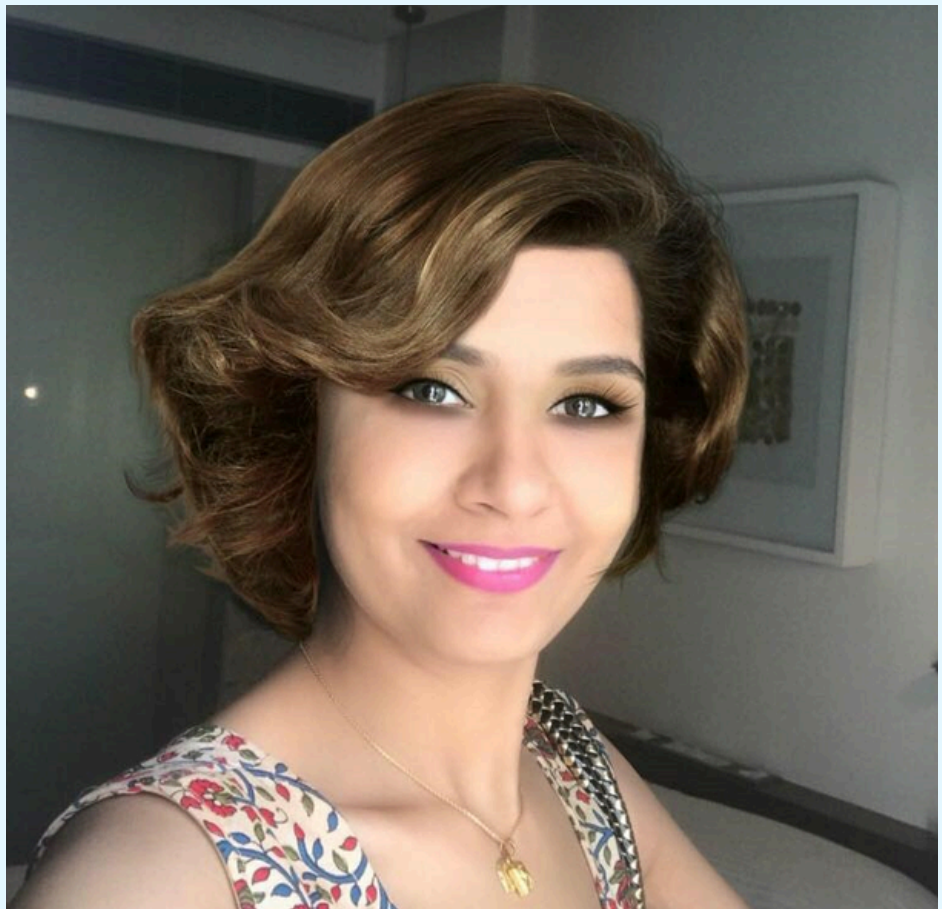
"Energy Flow® provided practical tools for self-care and nervous system regulation, helping me manage tension more effectively. Experiencing the exercises firsthand, and observing positive shifts in others, reinforced the program's impact and credibility."

Mitsuko Ito, Atlanta, Georgia

*Energy Flow®  
helps turn  
challenges into  
ease through  
gentle touch  
while enhancing  
body awareness.*

## ■ 12.2 Case Reports for Energy Flow® for Physcial Health

### FROM PAIN TO COMPASSION AND AWARENESS



“All the days were just amazing awareness I got in my life. During the program, I learned how our bodies are so magical and that just a gentle touch can change our tough life into an easy, healthy one. I became aware of all the weak points of my body and learned to listen to my body with compassion.”

Rajni Kukreja, Hyderabad, Telangana

*Self-healing techniques like Energy Flow® empower individuals to transform their health and well-being.*

## ■ 12.2 Case Reports for Energy Flow® for Physical Health

### REGAINED CONTROL AND ALLEVIATED PAIN



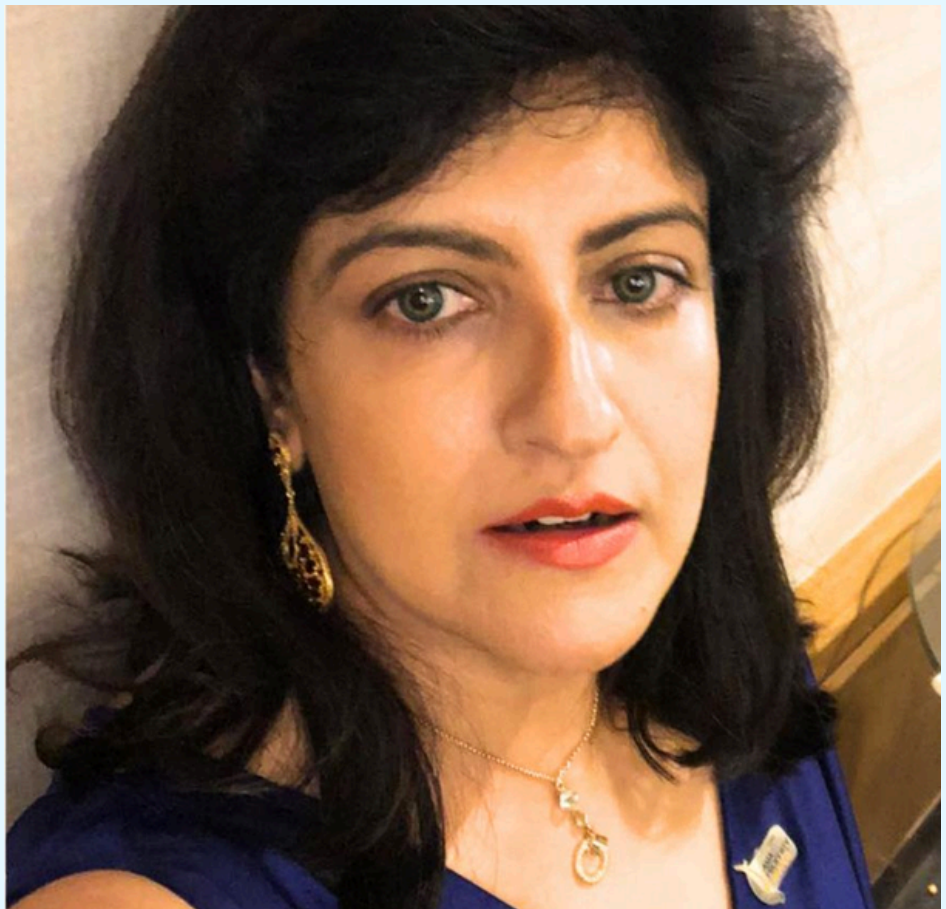
“I joined the Energy Flow® Program with the primary goal of improving my physical well-being, particularly to alleviate persistent pain for which my doctor had recommended pain management. The techniques and insights gained have not only provided relief but have also allowed me to experience a newfound sense of freedom in my body.”

Hemjyoti Sikdar, Bangalore, Karnataka

*Energy Flow® helps you heal past trauma and discover your true life's purpose while trusting in divine guidance.*

### ■ 12.3 Case Reports for Energy Flow® for Trauma Release

#### FROM TRAUMA TO TRUSTING IN DIVINE GUIDANCE



“With Energy Flow®, I learned how quickly and effectively past negative experiences, beliefs, and trauma can be healed. It helped me achieve a deep understanding of how and why I am who I am. My true life's purpose. My learnings through all life experiences. That it's safe for me to give up control. To trust in the divine guidance and the universe.”

Stephanie Balendra, Sri Lanka

*Energy Flow®  
empowers you to  
release trauma  
and enhance  
authentic  
communication  
to better support  
your clients.*

### ■ 12.3 Case Reports for Energy Flow® for Trauma Release

#### GAINED CONFIDENCE THROUGH TRAUMA RELEASE

“I gained a deep understanding of how to process emotions without attaching extra meaning to them. The detailed knowledge is something I can apply both personally and with my clients. I feel more confident in communicating authentically from a place of inner safety. This will help me support my clients in processing trauma.”

Kirthana Ramani, Bangalore, Karnataka



*Energy Flow® helps release trapped energy, reset your nervous system, and restore emotional and physical balance for a more peaceful, fulfilling life.*

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## ■ Conclusion

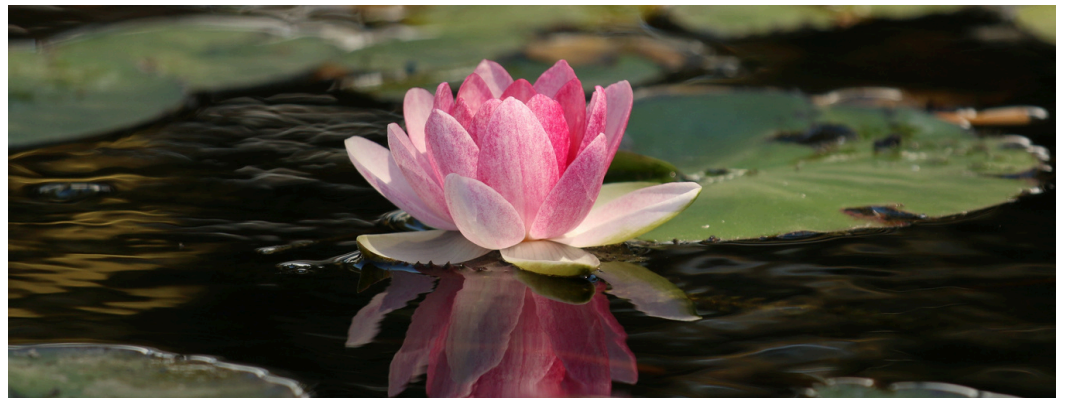
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Understanding and managing blocked energy is essential for maintaining both emotional and physical well-being. Suppressed emotions, unresolved trauma, and trapped energy often contribute to feelings of imbalance, anxiety, and stress. If left unaddressed, these issues can manifest as physical and emotional challenges.

Energy Flow® techniques offer a simple and powerful way to release this trapped energy, reset the nervous system, and bring your body back into balance. It provides simple yet powerful techniques to help reset your energy meridians and nervous system, allowing you to break free from the fight-or-flight mode that keeps you emotionally and physically imbalanced.

With this technique, you'll unlock and reset key energy pathways, including the vagus nerve, which is vital for emotional regulation. By freeing this nerve from stored trauma, you can achieve a more balanced emotional state, reduce stress, and restore a sense of calm in your life.

With these practices, you can restore balance in your life, enhance your emotional well-being, and move towards a more peaceful and fulfilling existence.



*Energy Flow® techniques are effective for releasing built-up stress and restoring calm to the body.*

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## ■ Next Steps

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1. Complete a daily sequence of Energy Flow® exercises (pages 48 to 58):
  - **Tantrum Release**
  - **Stress Release**
  - **Immune Boosting**
  - **Finger Hold Breathing**
  - **Heart Hold Breathing**
2. Break free of the cycle of overwhelm, trauma, anxiety and overthinking by exploring if Energy Flow® is right for you with one to one sessions with one of our Practitioners, <https://vitalitylivingcollege.info/energy-flow-practitioners/>
3. Explore becoming an Energy Flow Practitioner, <https://vitalitylivingcollege.info/energy-flow-program/>.
4. Attend one of the Energy Flow® programs with one of our facilitators (page 80).





## ■ Energy Flow® Practitioner Training

Our Energy Flow® Facilitators have undergone rigorous training and certification, enabling them to guide others to:

- ✓ Release stored trauma
- ✓ Reset the nervous system
- ✓ Unblock energy pathways
- ✓ Alleviate pain
- ✓ Heal emotional and physical trauma
- ✓ Enhance overall health and vitality
- ✓ Manage stress effortlessly
- ✓ Achieve and maintain balance
- ✓ Boost self-confidence
- ✓ Cultivate inner freedom and joy
- ✓ Set and achieve positive goals

Once you learn Energy Flow® techniques, these practices stay with you for life. You can integrate them into your daily wellness routine or use them in moments of stress, anxiety, or emotional challenges. The benefits are long-lasting, providing rapid and transformative results. Imagine how mastering these techniques could impact your daily life, helping you move confidently toward your goals and a more balanced, fulfilling existence.



*“When we suppress emotions or trauma, we block energy, which creates illness. Releasing this trapped energy is essential to healing.”*

*Dr. Gabor Maté, physician, author, and public speaker*



## ■ Energy Flow® Facilitators

Our Energy Flow® Facilitators are experienced guides and mentors dedicated to supporting your inner transformation. They have undergone extensive training, earning international certification through a rigorous program that includes:

- Over **49.5 hours of training**, including **Supervision & Mentoring** hours of client sessions
- Becoming an internationally qualified Energy Flow® Practitioner
- Energy Flow® Facilitator training

With their deep knowledge and practical experience, they are uniquely equipped to help you release stored trauma, unblock energy flow, and achieve balance. Our facilitators continuously engage in supervision and mentoring to ensure they provide the highest level of support, both in one-on-one and group settings. They are certified to run workshops and programs in:

- **Schools**
- **Universities**
- **Organisations**
- **Corporate companies**



## ■ Meet our Certified Energy Flow® Practitioners & Facilitators



Adrian Lim Peng Ann  
Singapore

Singapore-based counselling psychologist Adrian Lim Peng Ann found his healing path through Energy Flow® after struggling with depression, anxiety, and negative thoughts. This transformative experience enabled him to overcome his challenges, and now he uses Energy Flow® to help clients manage stress, release emotional blocks, and achieve emotional balance.



Hemjyoti Sikdar  
Bengaluru

Breakthrough NLP Coach, Hemjyoti Sikdar's transformation began with Energy Flow®, which helped her manage chronic pain, ease health issues, and restore balance to her life. She now guides others to release emotional barriers, overcome stress, and embrace emotional freedom, empowering them to lead healthier, more fulfilling lives.



Kruti Desai Khaitan  
Mumbai, India

Parent Coach Kruti Desai Khaitan transformed her own health by releasing trauma and healing chronic conditions like acidity and sinus problems through Energy Flow®. She now uses this powerful method to help clients release emotional blocks, build healthier relationships, and achieve lasting emotional wellness.

## ■ Meet our Certified Energy Flow® Practitioners & Facilitators



Lou Brannan  
Wakefield, UK

Person-centred counsellor Lou Brannan integrates Energy Flow® techniques to help individuals achieve inner balance and well-being. Having overcome stress, anxiety, and overwhelm herself, Lou uses the transformative power of Energy Flow® to guide clients toward resilience, healing, and personal growth.



Priyanka Tiku Gupta  
Dubai, UAE

Corporate coach Priyanka Tiku Gupta's turning point came with Energy Flow®, a transformative program that taught her the power of self-care. Through proven techniques, she released deep-seated emotions, shed exhaustion, and reconnected with her inner joy and energy, embracing resilience and balance in tough times.



Sharon Desouza  
Doha, Qatar

Based in Qatar, Sharon Desouza, a motivational speaker, was able to reconnect with herself, embrace self-awareness, and heal from within through Energy Flow®. The program provided her with tools to manage stress and empower others, shaping her approach to wellness and helping others achieve balance.

## ■ Meet our Certified Energy Flow® Practitioners & Facilitators



Sunandha Karthik  
Dubai, UAE

Sunandha Karthik, a healer, experienced a transformation through Energy Flow®, which healed her digestion, improved gut health, and balanced her hormones, bringing her profound relief. Inspired by her own healing, she now uses Energy Flow® and EFT to help others release stress, rediscover vitality, and achieve balance.



Suniyta P Jainn  
Bangalore, India

Before discovering Energy Flow®, therapist, coach, and healer Suniyta P. Jainn struggled with hyper-vigilance and restlessness, which made finding inner peace a challenge. Energy Flow® became a turning point, helping her embrace stillness, cultivate self-awareness, and honour her mind and body. This transformation brought a sense of calm, enhancing both her relationships and daily life.



Vani Radhakrishnan  
Bangalore, India

Vani Radhakrishnan, a therapist, coach, and healer, discovered profound healing through Energy Flow®, which brought balance to her body and peace to her mind during perimenopause. This inspired her to empower others to restore their energy, find inner calm, and embrace this life phase with renewed strength and vitality.

## About the Author



**Rangana Rupavi Choudhuri (PhD)** is passionate about motivating people – about boosting their confidence and helping them to achieve their true potential. Her clear and proven coaching style has encouraged audiences around the world to move out of their comfort zones – inspiring them to meet and exceed their personal and professional goals, over and over again. She has personally driven businesses valued at \$1bn during her 15 years of experience in the medical industry

while coaching global teams to lead with confidence and deliver measurable results. Her work as an international speaker, trainer and entrepreneur continues to take her around the world. As Founder and CEO of Vitality Living College, Rangana Choudhuri is committed to creating successful coaches and practitioners. From steering large teams in the corporate world to immersing in the depths of Energy healing and ancient healing techniques, she has designed the revolutionary 'Energy Flow®' program. She helps clients in the UK, US, Europe and Asia to deliver results and achieve their dream goals. She holds a PhD in Cancer Research from Oxford University, is a Senior Leader Coach for Robbins Research (a Tony Robbins Company) and a qualified trainer, coach and practitioner of the latest techniques that enable powerful business and life transformations.

## About Vitality Living College

Vitality Living College was formed in 2007 and is a member of the Vitality Group of Companies. It is the only global therapeutic skills and coach training college that:

- Teaches therapeutic and coaching skills to create health and wellness, peak performance and spiritual development
- Mentors coaches, practitioners and trainers to be successful with clients and in building their business
- Takes delegates through a step-by-step approach from foundational courses to more advanced techniques
- Brings the latest advanced techniques in peak performance, health and spiritual development for the first time in India
- Uses accelerated learning techniques and experiential learning to enable you to use the skills learnt straight away
- Trains, mentors and empowers professionals, leaders, business owners, therapists, coaches, students and consultants to boost their life, work, relationships and well-being

It is a unique college that is committed to training and development empowering all its delegates, coaches and trainers to reach their highest potential effortlessly and easily.

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)

Disclaimer: This book is for educational purposes and does not replace medical advice in any way. Please seek medical advice and diagnosis for any concerns or questions you may have about your health.

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# Energy Flow® Foundations Manual

## Unlock calm & restore balance



In this special manual, Dr Rangana Rupavi Choudhuri (PhD) of Vitality Living College shares twelve powerful Energy Flow® exercises to restore balance, release stress, and reconnect with your body. Try them for yourself to experience greater calm and peace.

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## Transforming Lives



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Dr Rangana Rupavi Choudhuri



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