

RELEASE FEAR – KIDNEY BALANCER SCRIPT

Kidney balancer works directly with the kidney meridian. It is known as the Kidney Balancer because the ending of the kidney meridian is located underneath the collarbone, at a point known as K27.

Here are the steps of the Energy Flow® Kidney Balancer exercise:

1. Bring into your awareness what you are feeling fearful, scared, or anxious about.
2. Place the fingers just under the collarbone and gently tap.
3. Take a breath in and out and make a gentle “Ahhh” sound while keeping the awareness of the fear or anxiety that you want to free up today. You can even say out loud internally the words, “Releasing this fear now.”
4. You can tap the feet gently as if letting the fear and anxiety come out of your body and into the ground.

Reflection questions:

1. When you brought the feeling of fear or anxiety into awareness, where did you notice it most clearly in your body?
2. What did the tapping under the collarbone and the “Ahhh” sound feel like in your chest or breathing?
3. As you gently tapped your feet and imagined the fear moving into the ground, did the feeling of anxiety shift in any way?