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ENERGY FLOW® FACILITATOR AUDIT

This document is an audit of all the exercises taught during the Energy Flow® Facilitator Training program. The three columns (understood/grasped/mastered) of this audit represent three stages in learning:

1. **Understood** means you have been made aware of something and taken note of it, but you may still be unsure of it and therefore need more study or practice time.
2. **Grasped** means you understand something, but you may struggle to explain it well when you talk about it to someone else, or you may need to look up part of it.
3. **Mastered** means you know and understand sufficiently well to explain it to someone else, usually from memory.

Tick whichever of the three columns applies when you self-assess.

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A.	Nervous System Regulation Breathing Exercises	Understood	Grasped	Mastered
1.	Breath Awareness			
2.	Deep Belly Breathing			
3.	6 Count Nose Breathing			
4.	6 Count Mouth Breathing			
5.	Longer Exhale Breathing			
6.	Straw (Pursed Lips) Breathing			
7.	Double Breath with Exhale			
8.	Breath Hold			
9.	Mountain Breath			
10.	Box (Square) Breathing			
11.	4-7-8 Breathing			
12.	Sighing Breathing			
13.	Flop Breathing			
14.	Body Scan Breathing			
15.	Grounding Breath			



16.	Chest Expansion Breath			
17.	Tension Release Breathing			
18.	Soothing Wave Breath			
19.	Resonant Breathing with Sound			
20.	Breath Body Mapping			
21.	Pelvic Floor Breathing			
22.	Body Integration Breath			
23.	Coherent Breathing (Slow, Deep Breathing)			

B.	Vagus Nerve Exercises	Understood	Grasped	Mastered
1.	Humming and Singing			
2.	Simple Humming			
3.	Vagus Nerve Reset			
4.	Inner Ear Humming			
5.	Vagus Nerve Energiser			
6.	Laughter Yoga			



7.	Cold Exposure (Face)			
8.	Cold Exposure (Hands)			
9.	Cold Exposure (Feet)			
10.	Gargling			
11.	Neck Massage			
12.	Grounding Visualisation			
13.	Progressive Muscle Relaxation (PMR)			
14.	Stanley Rosenberg's Exercise			
15.	Flipped Your Lid			
16.	Sensory Awareness			

C.	Somatic Regulation Exercises	Understood	Grasped	Mastered
1.	Connecting to Self (Seated)			
2.	Knock on Head			
3.	Ear Massage			
4.	Throw the Hands			
5.	Gentle Warm Up			

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6.	Neck & Shoulder Release			
7.	Gentle Neck Release			
8.	Shoulder Rolls			
9.	Gentle Stretches			
10.	Gentle Forward Bend			
11.	Gentle Twist			
12.	Pelvic Tilts			
13.	Legs Up the Wall			
14.	Legs in the Air Shaking			
15.	Resting Pose			
16.	Resting on Your Belly			

D.	Body-Mind Communication Exercises	Understood	Grasped	Mastered
1.	Self-Soothing Touch			
2.	Self-Soothing Touch (Forehead & Face)			
3.	Self-Soothing Touch (Head & Neck)			
4.	Self-Soothing Touch (Shoulders)			

5.	Connecting to Self (Standing)			
6.	Foot Pressure Grounding			
7.	Bouncing Movement			
8.	Shifting the Weight			
9.	Dangling			
10.	Movement Exploration			
11.	Reaching Exploration			
12.	Grounding Breath			
13.	Breath & Movement Flow			
14.	Dynamic Standing Twists			
15.	Space Awareness			
16.	Body Flow			
17.	Shaking (Self-Release)			
18.	Body Tracking			
19.	Open Stance			
20.	Centring Breath			
21.	Mindful Walking			

22.	Crown Grounding			
23.	Sitting Grounding			
24.	Sand Grounding			
25.	Foot Grounding			
26.	Orientating Practice			
27.	Resourcing Practice			
28.	Heaven & Earth Breathing			

E.	Lymphatic Drainage Exercises	Understood	Grasped	Mastered
1.	Cheek Drainage			
2.	Neck Drainage (Parathyroid)			
3.	Clavicle Drainage			
4.	Armpit Drainage			
5.	Stomach Drainage			
6.	Groin Drainage			
7.	Knee Drainage			
8.	Ankle Drainage			



9.	Full routine			
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F.	Emotional Regulation Exercises	Understood	Grasped	Mastered
1.	Stress Release			
2.	Release Anger - Tantrum Release			
3.	Release Anger – Throw the Pillow			
4.	Release Anger - Middle Finger Breathing			
5.	Release Sadness - Ring Finger Breathing			
6.	Release Sadness - Grief Release			
7.	Release Fear - Index Finger Breathing			
8.	Release Fear - Kidney Balancer			
9.	Release Worry - Thumb Hold Breathing			
10.	Release Worry - Hair Combing			
11.	Release Worry - Forehead Pulling			
12.	Release Worry - Crown Pulling			
13.	Release Worry - Eyebrow Pulling			

14.	Emotional Cleanse			
15.	Release Effort - Little Finger Breathing			
16.	Little Finger Effortless Living			
17.	Despondency - Hold the Palm			
18.	Finger Hold Breathing			

G.	Meridian Regulation	Understood	Grasped	Mastered
1.	Lung Meridian Vitaliser			
2.	Lung Meridian Boosting			
3.	Lung Meridian Cupping			
4.	Lung Meridian Tapping			
5.	Chest Pull			
6.	Lung Flush			
7.	Lung Energiser			
8.	Lung Balancer			
9.	Lung Energy Flow Quickie: Hold the thumb			
10.	Lung Energy Flow Quickie: Hold the ring finger (organ)			



11.	Large Intestine Meridian Vitaliser			
12.	Neck Flush			
13.	Sinus Release			
14.	Large Intestine Balancer			
15.	Large Intestine Energy Flow Quickie: Hold the index finger			
16.	Large Intestine Energy Flow Quickie: Hold the ring finger (organ)			
17.	Stomach Meridian Vitaliser			
18.	Stomach Soother			
19.	Stomach Balancer			
20.	Stomach Energy Flow Quickie: Hold under the eye			
21.	Stomach Energy Flow Quickie: Stomach grounder			
22.	Stomach Energy Flow Quickie: Hold the thumb (organ)			
23.	Spleen Meridian Vitaliser			
24.	The Hug Hold			
25.	Spleen Energiser			
26.	Spleen Balancer			
27.	Spleen Energy Flow Quickie: Under the arm			

28.	Spleen Energy Flow Quickie: Hold the thumb (Organ)			
29.	Heart Meridian Vitaliser			
30.	Heart Hold Breathing			
31.	Little Finger Breathing			
32.	Heart Pinch			
33.	Heart Balancer			
34.	Heart Energy Flow Quickie: Hold the little finger			
35.	Heart Energy Flow Quickie: Hold the little finger (Organ)			
36.	Small Intestine Vitaliser			
37.	Neck Flush			
38.	Lower Sinus Release (Toothache)			
39.	Small Intestine Balancer			
40.	Small Intestine Energy Flow Quickie: Hold the little finger			
41.	Bladder Meridian Vitaliser			
42.	Bladder Meridian Balancer			
43.	Hair Combing			
44.	Eyebrow Pulling			



45.	Forehead Pulling			
46.	Bladder Energy Flow Quickie: Hold the eyebrow point			
47.	Bladder Energy Flow Quickie: Hold the index and breathe (organ)			
48.	Kidney Meridian Vitaliser			
49.	Kidney Energiser: Tired or reversed energies			
50.	Tantrum Release			
51.	Kidney Release for Fear			
52.	Emotional Cleanse			
53.	Grief Release			
54.	Kidney Balancer			
55.	Kidney Energy Flow Quickie: Hold under the collarbone			
56.	Kidney Energy Flow Quickie: Hold the index finger (organ)			
57.	Pericardium Meridian Vitaliser			
58.	Pericardium Energiser			
59.	Pericardium Balancer			
60.	Pericardium Energy Flow Quickie: Hold the middle finger			
61.	Triple Warmer Meridian Vitaliser			

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62.	Triple Warmer Spleen Hug			
63.	Triple Warmer Flush			
64.	Triple Warmer Soother			
65.	Eyebrow Pulling			
66.	Triple Warmer Balancer			
67.	Triple Warmer Energy Flow Quickie: 9 Gamut Self-Soother			
68.	Triple Warmer Energy Flow Quickie: Hold the side of the eye			
69.	Gallbladder Meridian Vitaliser			
70.	Gallbladder Energiser			
71.	Gallbladder Balancer			
72.	Gallbladder Flush			
73.	Gallbladder Energy Flow Quickie: Hold the side of the eye			
74.	Gallbladder Energy Flow Quickie: Hold the middle finger (organ)			
75.	Liver Meridian Vitaliser			
76.	Liver Meridian Energiser			
77.	Liver Calm			
78.	Liver Balancer			

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79.	Liver Energy Flow Quickie: Hold the middle finger			
80.	Central Meridian Vitaliser			
81.	Central Meridian Balancer			
82.	Central Meridian Quickie: Hold chin point and the pubic bone			
83.	Governing Meridian Vitaliser			
84.	Governing Meridian Balancer			
85.	Governing Meridian Quickie: Hold the tailbone and under the nose point			

H.	Therapeutic Regulation Exercises	Understood	Grasped	Mastered
1.	Immune Boosting			
2.	Pulling the Ear			
3.	Ear Massage			
4.	Ear Pumping			
5.	Eyebrow Massage (Bony Area)			
6.	Inner Mouth Stretching			
7.	Tongue to Chin			



8.	Tongue to Nose			
9.	Twist & Turn			