

# Energy Medicine #1

## Neurovascular points

Guidance:

1. Using two fingers gently but firmly apply pressure to the following points below.
2. You can go in the order listed or jump to whichever emotion you are feeling most intensely in that moment, but always begin with the overwhelm points on your forehead to help ground you first.
3. Breathe in through your nose and exhale out the mouth while you hold.
4. Notice any tension in your shoulders and release it on the exhale or lay down for more comfort.
5. Hold each point for 2-3 minutes. I usually feel a noticeable shift by 30-45 seconds. Listen to your intuition for when you feel complete or a subtle shift in energy to guide you to move to the next point.

