

Slide 1



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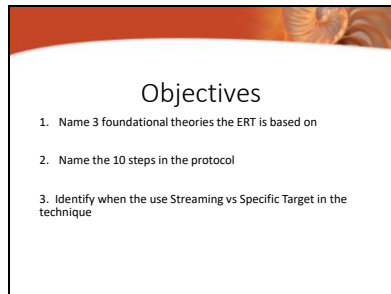
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Slide 2



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Slide 3



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Slide 4

### Ethical Considerations

- Encourage curiosity -- no guarantees
- Ask permission!
- Get consent

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Slide 5

### “Streaming” -- simplified

Go up and down their back, alternating hands, while they talk about what's bothering them.

Have them hold a hand across their forehead, if possible.

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Slide 6

### “Streaming” protocol

- They sit with their back to you – I have a couple of ottomans I use, can use stools or chairs turned sideways
- I often start here – have client just start talking about whatever the issue is
- Skip the breath and eye movements
- Thump up and down their backs as they talk
- Have them put a hand across their forehead
- As their arms get tired, have them switch hands or just let them rest (can instruct unconscious mind to keep those energy points activated without their physical touch)

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Slide 7

**Streaming Protocol, continued**

- Listen for where there is a specific energetic charge
- Make a note of it, come back to it later
- It might help to ask after they've told the story, "What is the hardest thing about that experience?" Or whatever helps to clarify for you both where the energy is stuck
- Then switch to the Specific Target Protocol
- Can go back and forth
- If the clients just needs to talk about something, I'll often do the Streaming Protocol to connect the energy in their head to their body

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Slide 8

**"Specific Target" Protocol**

- Decide on a specific issue
- Muscle test to see how strong the reactivity is (strong, medium, mild, super mild), or have them describe in detail where/how they experience it in their body, so you can tell when and how it's shifting
- Muscle test again with their hand across their forehead – if they test strong, have them put hand across their forehead as they do the protocol
- Go through what the breath and eye movements are, so they're not wondering what you're going to ask them next, but also tell them they don't have to remember them, you'll prompt them.

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Slide 9

**Energetic Repatterning Technique – Specific Target Protocol**

As you thump gently up and down their back, alternating hands (bilateral stimulation) ask them to:  
 Put one hand across their forehead, the other hand where they feel the energy stuck

- 1. Take a deep breath in and hold it in
- 2. Let breath out and hold it out
- 3. "Huff and puff" – hyperventilated breathing
- 4. Slow breath in
- 5. Slow breath out
- 6. Eyes open – roll in one direction
- 7. Eyes open – roll in other direction
- 8. Close eyes
- 9. Eyes closed – roll in one direction
- 10. Eyes closed – roll in other direction

Deep breath

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Slide 10

**Energetic Repatterning Technique – Specific Target Protocol**

- As we're going through it, have them tune into what the charge is about. Tune in too, and offer reminder phrases, or other info you're getting, to give them something to respond to
- After first round, they take a breath. Can leave your hand resting gently on their back (ask permission)
- Check in with what's coming up
- Check for accuracy in what you might have been saying
- Follow the threads with more rounds, client switching hands
- If they need to talk again for a while to process, I'll do the Streaming Protocol, and just thump their backs while they talk, then decide on next Specific Target

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Slide 11

**A note about the eye rolls....**

- Ask the client if, as they roll their eyes, they notice that they skip quadrants – that is, if they're moving their eyes around a clock, whether they are skipping numbers
- Skipping quadrants indicates stuck energy
- If yes, then go back and do just the eye rolls, open and closed, both directions, SUPER SLOWLY, until they can roll them freely

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Slide 12

Demo!

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