

Holistic Marketing – Motivational Tools

Balance Techniques ©

Thymus Tap – This is a technique that can be used quickly and easily and gets your meridian energy back into balance. Meridians are intrinsically linked with our health and wellbeing and it is vital that they are regularly balanced. To do this for yourself you simply tap in a big (anticlockwise) circle around the Thymus area (between your throat and heart). Doing this for 20 seconds balances your meridians for around 20 minutes. This technique can be used as often as is necessary and is great before business meetings or after something stressful has occurred.

AF/FE Points – These points are situated on your head and can be found simply if you put your head in your hands while sitting at a desk/table. These points impact upon the stress reaction and can help to significantly diffuse it when held for 20 seconds. It is best to do the Thymus tap and then this technique afterwards. You can also use this technique to diffuse worry regarding an impending event.