

- You can cup your hands over your ears and circle the ears slowly and gently. This is relaxing and calming (especially when someone else does it on you).

5. Zip-Ups

- The Zip-Ups strengthen and energize your core energy along the line known in Chinese Acupuncture as the Conception Vessel – a reservoir of Yin energy that supplies energy to the six Yin Meridians of the Spleen, Lung, Kidney, Liver, Heart and the Heart Protector function.
- Doing the Zip-Ups has an overall strengthening and energizing effect.
- If you do the Zip-Ups when you hear or see de-energizing images, sounds, words or actions, your frequencies will stay in sync with your optimal frequency range, which will help you stay energized, centered and calm.
- Doing Zip-Ups in stressful situations helps you maintain your center of balance.
- Doing subtle and gentle Zip-Ups for another person – as in a natural slow upward-moving gesture of your hand while talking – has a strengthening and calming effect on both you and on the other person. This is particularly useful when handling an upset child, in an emergency situation or, if possible, even when threatened by an attacker.

How To:

- Holding your upward-facing palm – right or left – about one inch in front of your pelvis, move it **slowly** up the center of your body from your pelvis to your chin, just below the mouth.
- Avoid moving your hand **down** your midline or down someone else's midline. Only upward moving.
- You can do a more subtle Zip-Ups in front of your heart, moving your hand just a few inches **up** the midline.