

Transform your thinking, lift your energy

by Katelon Jeffereys

In the mid-'80s I was working with a book by Arnold Patent called *You Can Have It All*. At one point I was using a technique that was supposed to clear blocks to prosperity, allowing you to manifest the money to pay back someone to whom you owed money. Since I owed my mom money, I started attempting to visualize looking her straight in the face and telling her I loved her.

Over and over, as I'd begin the visualization, a pie would come from the corner of my vision and hit her in the face. No matter how much I tried to complete this visualization with love and forgiveness, I just couldn't seem to complete it without the pie intrusion.

One day after another frustrating attempt, two friends of mine arrived for dinner just after going to a

New Age talk. I told them the story of my attempts and they laughed. The speaker had just talked about our attempts to "be saints before our time," i.e., trying to move to the positive without clearing the blocks and negative emotions that were keeping our good at bay.

I have seen this focus on the positive and disregard for the negative in books and the movie, "The Secret." I worked for years using the law of attraction without the positive results I was seeking. Now I see that the missing part is for us to dive into the deep emotions and blocks, love them, and allow them to move through us so that our energy naturally lifts and we are then able to attract to us the good we are seeking. No wonder so many people try to use the law of attraction and then decide it is just another New Age fraud, when they aren't able to obtain the results they are seeking.

Recently I discovered Lola Jones and her book, *Things Are Going Great in My Absence*. She addresses both the law of attraction and how to dive into your emotions and allow them to

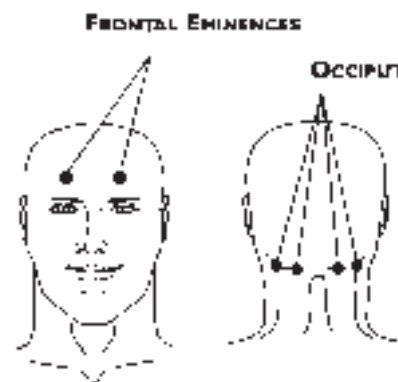
move, clearing the blocks to success and truly claiming your divinity. She describes various techniques to use in this process. I have been having great success with these techniques as well as using others that I find helpful.

Scientists have repeatedly proven that we store memories in our cells. These memories and the negative charge we have on these memories create the subconscious blocks that hinder our forward progress and manifestations.

In one of the therapies I do called "One Brain," applied kinesiology is used to access the subconscious, find the systems in which the negative charge is stored, and then, using gentle corrections, clear the charge and allow the body to restore itself to a positive state.

One of my favorite corrections used in One Brain is called Frontal Occipital Hold. It is one technique that I always teach in my corporate workshops as it can be used quickly and easily right in the moment, after a difficult phone call or situation, allowing you to regain your

focus and positive energy. The more you can allow yourself to get into all the feelings, the more you will be able to allow these feelings to move and dissipate. I invite you to practice using this technique and see what positives you then make room for in your life.



Frontal Occipital Hold

This is a way to release the emotional charge built up around a stressful situation. It is a way to welcome your vital forces to take you out of the place of victim and bring you to a place of empowerment. Also, in reframing the situation, you give your mind new solutions and reactions to call upon to use in the future.

Use both hands to apply a firm continuous touch to the places shown on the pressure point chart above, while you do the visualizing part of this exercise. Cover your frontal eminences (pressure points on your forehead) with the palm of your hand, and place all fingertips of the other hand over your occiput (base of skull). The frontal eminences are stomach acupressure points, and the stomach is where we often hold emotional tension.

These front points also correspond to the front part of our brain, the part that allows us to be in choice, create new actions and options. The occipital points

correlate to the primary visual centers of the brain, and the back part of our brain, the reptilian brain that holds old deeply entrenched behaviors and reactions.

You can use all three steps below or simply just use the first step. You can use this technique for a situation that just happened, or something from the past that you desire to defuse.

1. First, visualize the situation as it happened from beginning to end, noting all the details. Imagine you are watching it from outside, as though it were seen through a window or on a video. Take a deep breath and let it go.

2. Play the situation back again, noting all the details. But this time let all of your senses come into play. Remember sounds, sights, smells, temperature of the air, feelings in your body... Allow your body to "be" in the situation as completely as possible. Now run it backwards, as quickly as possible, several times. Take a deep breath and let it go.

3. Play the situation back again once more. This time, however, imagine the situation changed in any way you wish. You may simply change your response to the situation or you can completely change the details and outcome. The mind doesn't differentiate between what "really" happened and your new "made up" version, it just accepts it because it is all just perception anyway. You can even add polka dots, stripes, or any other creative additions to change the "movie."

When we hold the acupressure points we are using for this exercise, the blood flow within the brain moves away from the reactive paths that already existed, toward the brain center that is capable of creating new choices. This technique can defuse past situations and make new behavior patterns possible in similar stressful situations now.

Katelon T. Jeffereys has 28 years of experience and training as a therapist, trainer, and coach. She is available privately or for workshops offered to corporations and non-profits on wellness, stress release, team-building and other topics. In private sessions she uses 14 mind/body therapies alone or in combination to gently assist others in achieving the health, happiness, and love they desire. She can be reached at (206) 763-9880.

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