



CENTER FOR TRUE HEALTH

Kerry Rowett's Kinesiology Tips

Small Intestine 3

Tap on the meridian point for Small Intestine 3: it's on the outside edge of the knuckle. Tap for 30 seconds, repeating a negative thought you want to release. (e.g. "I'm not good enough.")

While repeating the negative thought and tapping on this point, you'll diffuse it, taking the stress and power out of the negative thought or feeling.

Primary Brain Points

Place two fingers at the top of your hairline and one thumb in the center (or crown) of your head and hold for 1 minute. These are brain integration points.

If your thinking feels scattered or confused, hold these points, close your eyes and take a few deep breaths. These points will help to bring you back into the moment and reconnect.

Use these points anytime you feel stuck, whether it's in a story or over thinking or you feel like it's hard to figure out what you need to do next.

Heart 8

This technique is good for releasing fear and feeling more in control of your life.

Place two fingers in the palm of one of your hands. Rest your hand in your lap so it's comfortable.

These points are Heart 8, an acupressure point, which helps with fear, anxiety, worry, and over thinking.

Holding Heart 8 helps connect you back to your heart and reconnect to yourself, building love and self acceptance and helping you feel secure and comfortable within yourself.

Hold for 1 minute and then switch to the other hand.