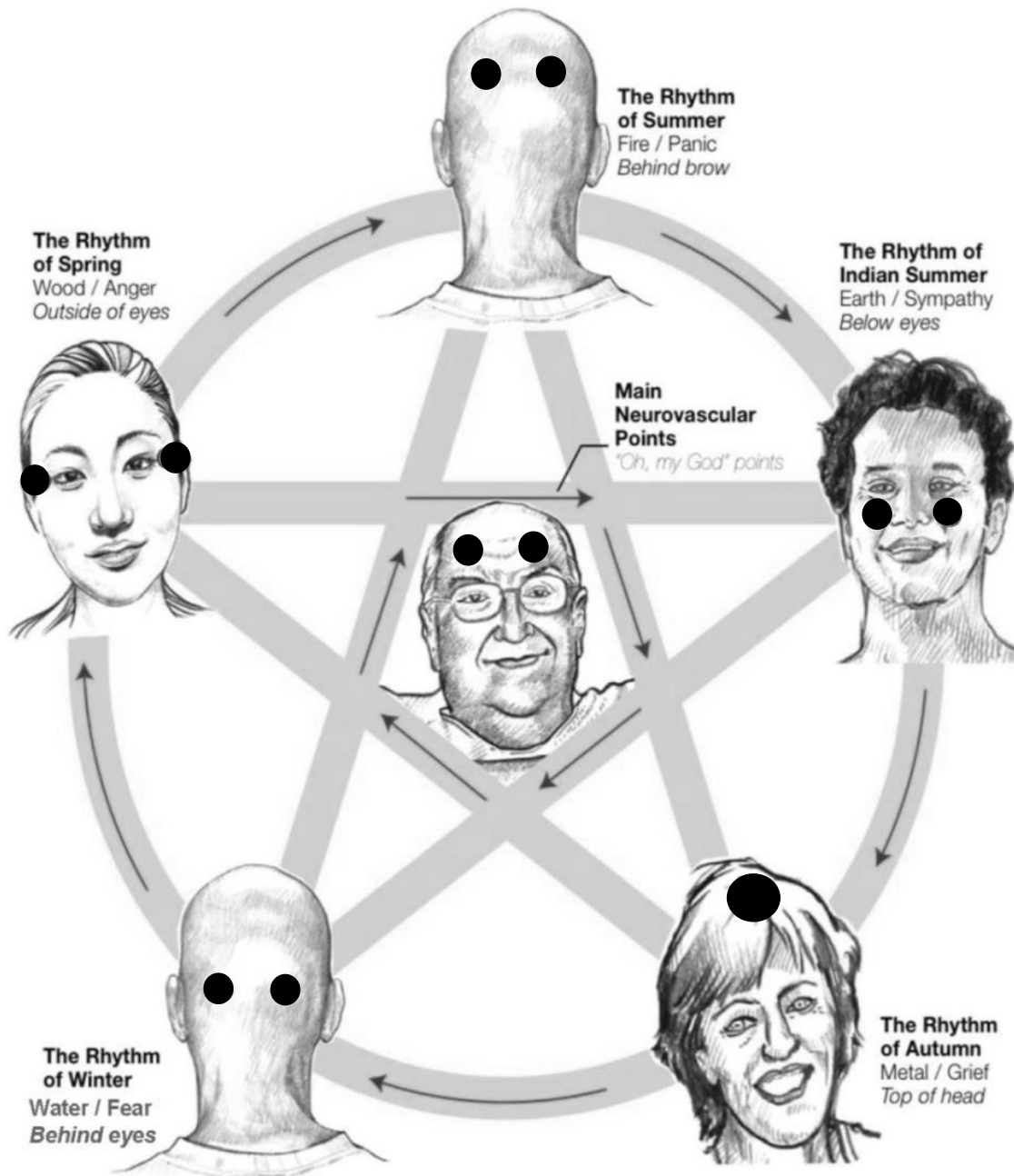


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Adapted from Eden Energy Medicine



To Release Emotions & Stabilize Energetic Shifts

Hold 2 sets of Neurovascular Points together- Main & Rhythm for 1-5 minutes or until Emotion Passes.

Hold thought of Your Emotion until it is gone. Then infuse yourself with the Positive Balanced Emotion listed below.

You can hold an individual rhythm set of points with the Main Neurovascular points or you can hold them in order of the rhythm flow.

Rhythm Neurovascular holding pattern begins with Water, then Wood, Fire, Earth & Metal

Hold the points on your head associated with the Specific Rhythm AND the Main Neurovascular points on the forehead.

Hold with light pressure until the emotion passes. Then infuse yourself with the positive emotions associated with that rhythm.

Water- *unbalanced emotion: fear, despair, depression*

Balanced emotion: Hope, courage, new beginnings

Wood- *unbalanced emotion: Anger, frustration towards self or others, impatience, aggressive*

Balanced emotion: assertiveness, kindness to self, warrior, pioneer

Fire- *unbalanced emotion: indecisiveness issues, anxiety, hysteria, fight-flight, over commitment to others- can't say no, burn out*

Balanced emotion: discernment, joy, peace, protectiveness, commitment, safety

Earth- *unbalanced emotion: under-compassion, excessive worry, over-involvement, too little compassion for self, taking on the burdens of life.*

Balanced emotion: sympathy, compassion, no worry

Metal- *unbalanced emotion: grief, sense of deadness, seeing everything wrong, searching life as a perfectionist, judgmental, no one else can do the job as good as me, inability to let go of...*

Balanced emotion: faith, inspiration, letting go, Awe, satisfaction

For Chronic Headaches:

Hold the Main Neurovascular Points (NV) with the Rhythm Neurovascular Points-

Begin with Water and move around the Rhythm Circle-

Hold for 2-5 minutes on each Rhythm/Main NV set.

Do 1- 2 times a day. It can be done as often as you desire, especially if a headache begins. You can begin your NV holding with an area associated with the headache pain if you desire.