



Tapping for Balancing Your Energies

After a Transformational Kinesiology (TK)TM Balance, a Reiki session, after Receiving Reiki attunements, or other energetic shifting, you may experience roughness as your system is adjusting to the change in energies. I'll simply tell you that when I experience it, I become aware of a sudden feeling of exhaustion, my energies feel funky, I may feel nauseous, and I sometimes feel my entire back/spine ache from my tail bone to my head. I often can't do anything, and I most often can't sleep. I like to say, "I feel like I've been hit by a Mack truck". I've had others say the same thing. I just feel like a wet noodle.

Here's what I know to do:

- 1) Drink water
- 2) Rest
- 3) Tap front to back in a waltz kind of beat about twenty times each
 - a. Above the pubic bone and at the base of your skull – at the same time, front to back.
 - b. Under your chin (at the point of the right angle so you are not tapping up or tapping towards your back) and on the midline of your sacrum. Again, front to back at the same time.
 - c. Complete by holding hands together, finger tips touching, *or* hands folded to help settle what shifts from the tapping. Hold until you feel complete.

Please share this information. I've experienced this seemingly from "out of the blue", not only after healing sessions.

*From Transformational Kinesiology (TK)TM Level 3
Shiranda Deerwoman, M.A.
(928) 951-2935*