



Dr. Sandy Hunjan, C. Psych.

Intuition: Perceiving, strengthening, and experiencing the miracles of our inner voice

CAIET Conference 2018

BALANCING AND CENTRING

- Ensuring that we are grounded and present to our experience is fundamental and can help us to connect more clearly with our intuitive sense

Cook's Hook-up

- Helps people to relax and feel calmer, especially indicated for any over energy state:
 - o Anxiety, anger, agitation, confusion, lethargy, etc.
 - Brings balance to the body and the brain.
 - Helps with thinking, concentration, memory, and other cognitive tasks.
 - Helps with insomnia.
1. Place left ankle over right.
 2. Place arms in front with backs of hands touching.
 3. Bring right hand over left.
 4. Clasp fingers, fold hands and arms in and rest on chest.
 5. Breathing in through nose, rest tongue half inch behind top front teeth. Breathe out through mouth. Breathe in and out on a count of 4.
 6. Breathe for one to two minutes.
 7. Unwind arms and feet.
 8. Do the opposite side by placing right ankle over left, left hand over right and fold arms into chest. (Note which side feels better, if preference stick with that side, if not do both sides)
 9. Breathe in through nose and out through mouth.
 10. Touch fingertips together and try to feel your pulse.

5 Finger Quick Fix

Put all 5 fingers around the belly button and with the other hand tap:

- Under the collarbone
- Under the nose
- Under the lips
- Tailbone

Put 5 fingers of other hand on the belly button and with the other hand tap as above.



Heart Massage

Move palm in clockwise circle (clock face out from body) over heart centre accompanied by statements of self-acceptance, "I deeply and completely love and accept myself with all of my problems and limitations."

Massive Reversal Correction

Tap on your "sore spot" (spot approximately 3 inches below the middle of your collar bone on the chest wall that dips in a little and that can feel a little sore) while affirming 3 times:

"Despite all of my problems and limitations, I deeply and completely love and accept myself."

Specific Reversal Correction

Tap on your "sore spot" while affirming 3 times:

"Even though _____, I deeply and completely love and accept myself."

Cross Crawl

March in place, making sure to cross the arms and legs over the midline of the body, or tap each knee with the opposite hand.

- Counting to 30 once with each tap
- Humming for 30 seconds

Nasal Tap

Tap on both sides of bridge of nose for approximately one minute.

Thymus Thump

Thymus is located about 2 inches below the "notch" at the base of your throat under your sternum. Tap or thump on this spot using pressure that feels comfortable for you for approximately one minute while laughing and thinking about someone you love. Helps to reduce anxiety, increase confidence, strengthens immune system, and increases vitality.

Zip Up

Pretend to zip up from your pubic bone to your lower lip, lock it, and hide the key.