

**THE RADIANT ENERGIES BALANCE (REB)sm
for Relaxing, Focusing and Centering yourself ©**

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DELTA LIFE SKILLSsm

EMOTIONAL FREEDOM IS IN YOUR HANDS with EFPsm

Integral Energy Psychology

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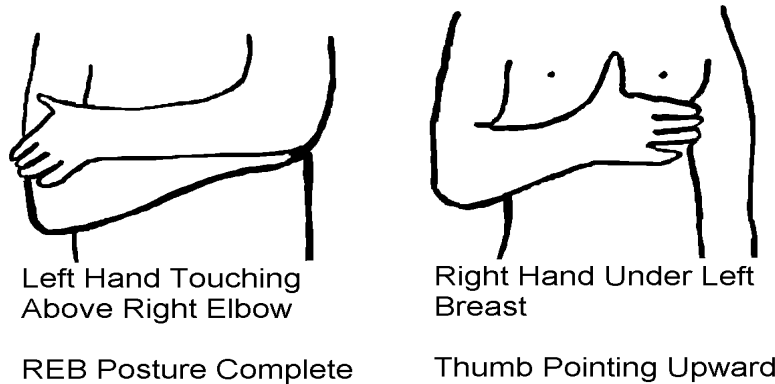
The REBsm for Relaxing, Focusing and Centering yourself

The REBsm posture has a cumulative effect as well as an immediate calming effect. You can use it anytime you have a situation where you need to be relaxed, focused and centered.

Preliminaries

- ∞ If you notice that you're experiencing unwanted thoughts, feelings, and sensations (stressful or confused) when you approach your performance or just life in general, this indicates an opportunity for you to substitute more adaptable thoughts, feelings and sensations. Using your unwanted aspects you formulate a Desired Outcome (or DO) It's not advisable to just set the DO as "to be rid of the unwanted aspects" since this leaves a vacuum which can be filled by another unwanted set of aspects. For instance set a DO to feel more focused, centered, grounded or relaxed. See the list of suggested "core heart feelings" given below as substitutes to your unwanted aspects.
- ∞ Take a subjective look (a "multi sensory survey") at the condition of your body when you get in touch with your Desired Outcome (or DO) you have formulated. If your DO is to feel clear and focused about your issue . . . rate how clear and focused you feel right now on a scale of 0 to 10. Zero will mean none. Ten means that your cup over flows with feelings of being clear and focused. Again, see the list of suggested "core heart feelings" given later.
- ∞ Where ever you find your self in the moment, move gently into the REBsm position.
- ∞ Once you get used to using the REBsm approach your body will know exactly what to do so you can use practically any position, e.g. standing before you make a golf or basket ball shot, taking an exam, or performing in some manner. Indeed, with practice you may obtain the benefits by just imagining yourself doing the procedure!

1. **REBSsm position (see figure):** Arms folded across your chest. Right arm lies beneath your left breast. Left arm lies gently on top of your right arm and your left hand rests on your right arm just above the elbow. A useful refinement, if possible, is for your right thumb to lie on your chest between your breasts. You will need to try each hand position to see which feels best for you . . . and this may change according to the DO you formulate. Allow your tongue to rest gently behind your UPPER teeth and breathe through your nose.



Directions for REBSsm Self-Help Process

2. Keep your Desired Outcome (or DO) in your mind while you relax in the REBSsm posture, noticing how your body responds to the process. Simply notice the sensations, feelings and thoughts, that float into your awareness or through your body. DO NOT become involved with any of the thoughts, feelings, and sensations (stressful or confused). Let them flow freely in and out. You are allowing a flow and release to occur in order to reach your DO.
3. As you go through this “multi sensory survey” breathe deeply through your nose from the stomach and symbolically **breathe in the good, your DO, and out the unwanted aspects you identified.**
4. When you feel that your level of goal attainment (DO) has reached a desirable level . . . hopefully at a 7 or an 8 or above . . . you are ready to close the session.
5. With your arms still in REBSsm position simply concentrate on the generated feeling and **FEEL** gratitude for your achievement.

EMOTIONAL FIRST AID with a POSITIVE EMOTION RE-FOCUSING TECHNIQUE

Home and Daily Life Activity: Although this use of the REBsm method emphasizes a goal oriented approach, you can use it also for generally making your life work better. As a regular general home daily life activity and ANY time you time you feel discomfort or anytime you just want to feel better I **STRONGLY** recommend that you perform the "REBsm-Freeze-Frame" technique (modified from HeartMath; <http://www.heartmath.org>). Since the radiant circuits are called "The Energies of Joy" by Donna Eden (http://www.innersource.net/energy_psych/energy_psychology.htm) engage the posture and remember; for your life to work better, gently rest your tongue in the roof or your mouth just behind your front teeth.

Here are the instructions for the **REBsm-FREEZE-FRAME** technique, a **Positive Emotion Re-focusing Technique**:

1. Recognize the unwanted thoughts, feelings, and sensations (stressful or confused) and FREEZE-FRAME them! Take a time-out.
2. Shift your attention away from the racing mind or disturbed emotions to the area around your heart. While breathing through your nose, imagine breathing in through the heart and out through the solar plexus to help focus your energy in this area. Keep your focus there as you assume the REBsm posture. Observe, without expectation, the changes in your body.
3. Next recall a positive, fun feeling or time you've had in life and **RE-EXPERIENCE** it. Give to your heart in gratitude. (see the suggested list of core heart feelings)

REBsm-FREEZE-FRAME isn't hard to learn. With practice, this technique becomes almost second nature. But don't let its simplicity fool you. Systematic practice of these steps will yield substantial results. FREEZE-FRAME with the REBsm posture provides a doorway to intuitive intelligence and builds a reliable bridge between heart and brain.

Some suggested core heart feelings are: **happiness, joy, elation, humour, safety, trust, faith, security, comfort, freedom, purity, vigour, enthusiasm, energy, confidence, clarity, competence, focus, centered-ness, capable-ness, nobility, connected-ness, unity, integration, thankful-ness, gratitude, blessed-ness, patience, commitment, serenity, peace, appreciation, kindness, compassion, care, and love: any positive emotion you think of and can FEEL**. It's your life so BE CREATIVE.