

- ∞ Take a subjective look (a “multi sensory survey”) at the condition of your body when you get in touch with your issue and the intent (your Desired Outcome or DO) you have formulated. If your intent is to generate prolonged inner peace . . . how much inner peace do you now experience. On a scale of 0 to 10 determine how much inner peace you have. Zero will mean no inner peace. Ten means that your cup over flows with feelings of inner peace. Again, see the list of suggested “core heart feelings” given later.
 - ∞ Either sitting or reclining, move gently into the REBsm position. Close your eyes and gently rock from side to side if that helps to relax you.
1. **REBsm 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 you right arm just above the elbow. A useful refinement, if possible, is for the right fingers to lie gently under your left breast and 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 intent you formulate. Allow your tongue to rest gently behind your UPPER teeth and breathe through your nose.



**Radiant Energies
Balance Posture**



**Radiant Energies Balance Right
Hand Placement**

Directions for REBsm Self-Help Process

2. Keep your intent (Desired Outcome or DO) in your mind while you relax in the REBsm posture, noticing how your body responds to the process. Shoulders will relax, muscles throughout your body will relax. Simply notice the thoughts and feelings that float into your mind or through your body. Take great care not to attach to any of the feelings or thoughts. Let them flow freely in and out. You are allowing a flow and release to occur in order to reach your intent (DO).

3. As you go through this “multi sensory survey” gently alternately squeeze your hands (you can also rock side to side if you wish). Breathe deeply through your nose from the stomach and symbolically **breathe in the good, your intent (DO) and out the bad.**
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 REBsm position simply concentrate on the generated feeling and give gratitude for your achievement. You can do the merging heaven and earth qigong exercise described below, now concentrating on the further generation of heart feelings. Let your hands rest at your heart for as long as you need to immerse yourself in your intent (DO). . . allowing other positive core heart feelings like safety and security flow through you.

Open or close with a gentle process “Merging Heaven and Earth” qigong exercise.

Merging Heaven and Earth Qigong Exercise Instructions

Janet’s version of merging heaven and earth qigong combined with energy psychology.

Stand in Emptiness

At heart level, arms and hands toward the earth/floor to experience that energy

At heart level, arms and hands toward the sky to experience that energy

Arms together over the head . . . gently stretch upward

Bring the hands down in a prayer position and stop at the heart level

Feel the energy of the heart

Pointing the fingers away from your body move the arms and hands forward to almost their fullest extension . . . keeping the elbows open (unlocked)

Clasp your hands, palm to palm, interlacing your fingers

Turning your clasped hands, bring your hands into your heart area

Focus on feelings of love, joy, kindness, peace, serenity, fulfillment, hope or any other core heart feeling

Unfold your hands and return to prayer position

Lower your hands and arms down the front of your body and begin a circle that takes your hands down the center front of your body, up to your crown and down the center front

Continue to make this circle three or four times

On the last rotation bring your hands down the front of your body and let your hands rest at your sides, palms down toward the earth/floor

Gently lower your hands to a natural position, fingers pointed down

Rest in this manner until you feel ready to move on with your day

EMOTIONAL FIRST AID with a POSITIVE EMOTION RE-FOCUSING TECHNIQUE

Home and Daily Life Activity: Taking your session insights and benefits "out the door" will likely require some form of home daily life activity. 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). Since the radiant circuits are called "The Energies of Joy" by Donna Eden engage the posture and remember; for your life to work better, gently rest your tongue in the roof of 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 stressful feeling and FREEZE-FRAME it! 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. When done, 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)
4. Now, using your intuition, common sense, and sincerity, ask your heart, "What would be a more efficient response to the situation, one that would minimize future stress?"
5. Listen to what your heart says in answer to your question. (It's an effective way to put your reactive mind and emotions in check and an in-house source of commonsense solutions!)

REBsm-FREEZE-FRAME isn't hard to learn. With practice, this technique becomes almost second nature. But don't let its simplicity fool you. Simplicity is efficient, and it usually manifests when complexity has finally been unraveled. Systematic practice of these five 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, 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.