

BC - TP

Posted by DovInIsrael - 05 May 2010 14:56

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this is somethign I came upon whhile lying bed and being attacked by wild thoughts planted by the YH.

its a quick fix attempt to prevent (strenthen ) one from slipping:

BREATHE - in one nostril, out the other one, and then breathe in the other nostril, and breathe out the first one... provides high-octane oxygen to the brain to help you refocus (repeat a number of times till feel more calm)

COUNT - from 1 to 10, count objects in the room, slowly. Imagine there was a FIRE, and you are recounting the objects in the room to the fire chief. Keep repeatng the counting till you feel more calm (activates the intellectual side od the brain)

TAP - using two fingers tap on the fat part of hand (where a karate chop woudl occur) or using two fingers tapp on the veedoo spot on the chest (about 3 inches down and 3 over from the sterum in teh middle of the chest...if you rub in teh area you will find a tenor spot, this is it)

While tapping - repeat : Even though I slipped  
(variations of this are also ok )

PINCH - pinch the skin between your thumb abnd pointer finger.

and then GET UP and GO out of hte room where you where previously - this shoudl give the energies in teh room a chance to rebalance.

I woud like to hear feedback - from anyone who tries this , reads this, thinks about this, etc.

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Re: BC - TP

Posted by the.guard - 05 May 2010 15:39

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This all sounds good.

I've heard that holding your head under water in a bucket of ice-cold Woodford also helps. ;D

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Re: BC - TP

Posted by DovInIsrael - 05 May 2010 16:02

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too expensive!

I'm an addict - I go for the cheap, quick fixes....

until I can get to the station for real checkup and tune up!

welcome back guard!

we missed you!

were you are DC's daughters wedding?

if not - it was 100% beautiful event.

If yes...then you already know what I am talking about.

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