

OEC Protocol - a very effective Energy Psychology process to bring you comfort. It brings you DOWN if you're aroused and too excitable and feeling hyper and full of anxiety and it brings you UP if you're numb and frozen and in a hypo depressed state. Google this or view it on U-Tube for a better understanding.

- 1) Sit or stand.
- 2) Hands and arms extended in front.
- 3) Thumbs down.
- 4) Clasp hands and bring over heart.
- 5) If left hand is on top, bring left leg & foot over right foot so the left foot is on top also.
- 6) Breathe – tongue behind upper front teeth during the in-breath.
- 7) Breathe – tongue relaxed toward floor of mouth during the out-breath.
- 8) Take 6 breaths
- 9) Repeat with opposite hand & foot on top.