

Change Your Energy, Change Your Life

Robin Friedman Energy, LLC



Our Amazing Built-In Calming Points

We can't think clearly when we are stressed!

When we are stressed, we lose up to 80% of the blood from our forebrain. Our primitive brain center takes over, and blood rushes to the limbs and chest to support the fight or flight response, so that we can run from the tiger. We definitely can't think clearly, or make a rational decision - literally because there is no blood in our higher conscious human brain. That's why we can't think our way out of stress.

We have these wonderful Neurovascular Reflex points - they are special points along the meridian that, when held or touched, boost blood circulation and draw the blood back to that area and balance the meridian. This calms the nervous system and allows blood to be drawn back up to the brain, which allows you to think more clearly and re-center yourself emotionally.



These are so powerful, I'm surprised it's not taught everywhere!

The two main Neurovascular points provide calm and blood-flow to the whole system. They are located on the forehead, one over each eye; two half-dollar size circles which actually protrude a little on most people, so they are called the "frontal eminences."

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The Main Neurovascular Reflex Points

Donna Eden says, "We actually know these points instinctively. When we are shocked, a hand may naturally find its way to the forehead, often with the exclamation 'Oh my God.' That is why I call these the 'Oh my God' points. The next time you are hit by stress and feel overwhelmed or highly emotional: (Time - 1 to 5 minutes)

1. Lightly place your fingertips on your forehead, covering the frontal eminences.
2. Put your thumbs on your temples next to your eyes, breathing deeply.
3. As the blood returns to your forebrain over the next few minutes, you will find yourself beginning to think more clearly. It is that simple!"

- Donna Eden

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~Robin Friedman CHT, CPC, CECP, CMRP