

Thank you for inviting me to speak at your Better Breathers meetup!

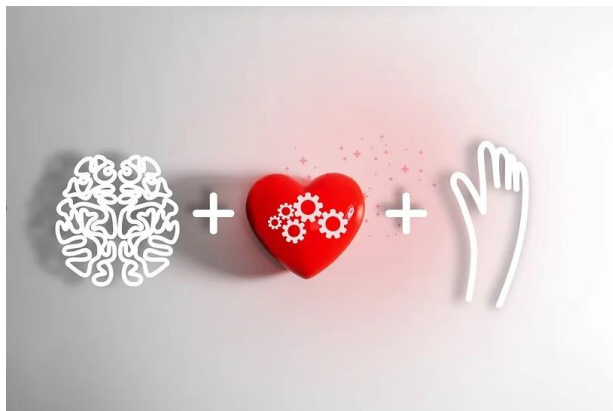
Enclosed are the instructions for the techniques I shared during the meeting.

I hope these simple techniques bring you more ease, comfort and joy!

I want to empower you to use your own hands and hearts to feel and function better.

Here is a blog I wrote to summarize my presentation:

It includes How to Awaken Your Inner Physician with the Reflective Reset Technique
Full Version and Pocket Sized



[How to Sync Up Your Head, Heart, and Body: The Power Trio for Real Healing](https://www.zenbriohouse.com/post/power-trio-for-healing)

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Use the following techniques often and early whenever you feel “off” and as part of a daily energy routine. An easy way to work them into your day is to stack them on to your current habits - For example, when you have your first glass of water each morning, take a moment to Tune In, when you brush your teeth Switch On, etc.

Each technique is more powerful than it might seem.

If you enjoy these techniques or find they help you in any way, please let me know.

I'd love to hear about your wins!

Feel free to email me at sara@zenbriohouse.com or visit my websites at

[Zenbrio House](#) and [Zenbrio School](#)

Carry on being amazing!

[Sara McRae](#)

In My Body

Stress State: Not Embodied

In this state the person is not fully in their body due to stress.

When under stress, it's common to feel disconnected from your body, as if you're not fully present. This simple technique helps you re-establish that connection, grounding your awareness and energy back into your physical self.

Technique

1. Close your eyes and take a moment to become aware of your physical body. Notice any sensations. Feel yourself in the present space and time.
2. Activate your proprioception by noticing your feet and hands—where they are right now and whether they are touching something. Allow this awareness to bring you fully into your body.
3. Say out loud, “I am [your name], and I am in my body.” Repeat this statement several times, until it feels true. Notice any subtle shifts or changes you feel.

This grounding technique helps restore energy levels that may be depleted due to stress. It's particularly useful whenever you're feeling “off,” fatigued, or after a stressful event.

Being fully in your body is foundational for healing, making this practice valuable to incorporate regularly, especially before engaging in any self-care or healing activities.

**This technique is from Sara McRae's ZSIM*

Tune In

This technique uses ear massage to release tightness and tension, enhancing auditory processing and listening skills. By working with the ears, you can also “tune in” to your body, subconscious, and intuition. The ear contains acupuncture points that correspond to the entire body, so massaging the ears can help balance your whole system.

Technique for Neck Tension:

1. Begin by turning your head to the right. Notice any tightness, your range of motion, and your range of vision. Then, repeat on the left side, comparing the two.
2. Thoroughly massage both ears, applying firm pressure to the entire outer and inner ear. If you encounter any sore points, spend extra time massaging those areas until the soreness dissipates.
3. Repeat the massage three times from top to bottom of each ear.
4. After finishing, turn your head in both directions again, and notice any increased range of motion or release of tension.
5. If there is any residual tightness or tension, turn the head in the direction that activates the tension, and massage the ear on the same side as the tension. After finishing, recheck your range of motion and comfort.

Technique for Auditory Processing:

1. To enhance auditory processing, start by listening to the sounds around you. Clap or snap near each ear and compare what you hear. You can also listen to your voice, music, or other sounds.
2. Then, massage your ears as described above.
3. Afterward, notice how the sounds seem clearer. This practice puts you in an improved state for learning and listening.

You can combine both techniques for a comprehensive self-care practice. Additionally, you can apply this method to other areas of the body or different ranges of motion beyond the neck. Enjoy the release and the surprising benefits of working with the acupoints of the ears!

**This technique is from John Thie’s Touch For Health*

Switch On

Stress State: Neurological Confusion

Have you ever forgotten someone's name, confused your left and right, or said the wrong word when you meant something else? These are signs of neurological switching, a condition where stress disrupts the brain's ability to communicate effectively with the body. This can also manifest as switching letters when writing, brain fog, mental overwhelm, or difficulties with reading, learning, or coordination.

By using this technique, you can help your brain communicate more clearly with your body. As a result, you may experience improved clarity of thought, better balance and coordination, enhanced energy, and an easier time learning.

Key Acupressure Points:

These powerful acupressure points function like main circuit breakers in an electrical system, helping to reset your body's communication pathways. It's important to know where they are before we begin the technique.

- Kidney 27 (K27) Points: These are the endpoints of the Kidney meridian, located directly under your collarbone at the top of your sternum (breastbone). You'll find a small indentation or triangle where you move off the bones on the left and right sides of your sternum. These points help with left-right switching.

- CV/GV Points: These are the endpoints of the Central Vessel (CV) and Governing Vessel (GV) meridians, your primary yin and yang meridians. The CV point is below your lower lip, and the GV point is above your upper lip. These points assist with up-down switching.

- Coccyx: This point is at the end of your tailbone, just above your anus (where your tail would grow if you had one) and is an acupressure point on the Governing Vessel meridian. It relates to front-back switching.

Switch On (continued)

Technique:

1. Place one hand on your belly, over your navel. With your other hand, firmly rub your K27 points below your collarbone for about 30 seconds to a minute, or until any tenderness dissipates. Switch hands and repeat.
2. Keep one hand on your belly and firmly rub the CV/GV points above and below your lips for about 30 seconds to a minute. Switch hands and repeat.
3. With one hand on your belly, firmly rub your Coccyx at the end of your tailbone for about 30 seconds to a minute. Switch hands and repeat.

Advanced Technique:

For further integration and benefits, do the same steps as above, and incorporate eye movements:

1. While rubbing your K27 points, move your eyes left and right. Switch hands and repeat.
2. While rubbing the CV/GV points, move your eyes up and down. Switch hands and repeat.
3. While rubbing your Coccyx, focus your gaze on something near and then something far. Switch hands and repeat.

If the eye movements are challenging take breaks. It's good to challenge your eyes a little bit but do so gently and incrementally. You can drink some water, do some ESR and then try again, or go back to the simple Switch On version and try it with eye movements another time.

**This technique is from John Thie's Touch For Health*

Emotional Stress Release (ESR)

Stress State: Emotional Stress, Overwhelm, or Survival Stress Response

This technique is simple yet profoundly effective. By gently holding your own (or another person's) forehead, you can calm your mind, think more clearly, and function more effectively during times of stress.

The light touch on the neurovascular points of the forehead has a soothing effect, helping to redirect energy and blood flow away from the survival-oriented back brain and into the frontal cortex, where higher thinking and creative problem-solving take place. This shift enables you to access new ideas and solutions that might otherwise be blocked by stress.

Technique:

1. Place your palm on your forehead, or more specifically, hold the frontal eminences (the slightly raised areas of your forehead) with the pads of your fingers using very gentle pressure.
2. As you hold these points, mentally visualize or talk yourself through the aspects of the stress. You may need to think through the situation a few times.
3. Continue holding the points until you feel the stress begin to lessen or resolve.

ESR for Pain Relief: Here's a bonus tip - hold an area of pain or tension in your body while holding the ESR points. This emotional processing technique can sometimes result in physical relief, demonstrating how our emotions and our bodies are connected.

**This technique is from John Thie's Touch For Health*

I love Myself

Stress State: Lack of Self-Love in the Subconscious

Have you ever felt disappointed in yourself for something you did, made a mistake, or been upset with yourself? These moments can sometimes create an energy imbalance where we struggle to love ourselves fully. This stress state can manifest in various ways, such as feeling cranky for no apparent reason, pushing away loved ones, or being aware that you are repeatedly making choices that don't align with your true desires.

Even if we consciously love ourselves and think we're pretty great overall, unprocessed stressful events, particularly those where we judge our own behavior harshly, can leave us in a state of self-love deficiency.

Technique:

1. **Connect with Your Heart:** Begin by dropping into your heart space. Put your hands on your heart as you notice your heart and, if it helps, think of a positive emotion, feeling, or memory to activate your heart's energy.
2. **Tap into Self-Love:** Tap gently on the sides of your hands on the pinky side at the middle of the side of your hand (at acupressure point Small Intestine 3), similar to a karate chop position. As you tap, repeat out loud several times, "I love myself."
3. **Reinforce the Balance:** To deepen the effect, speak more about what you love about yourself. For example: "I am amazing, I am a great person, I am skilled at..., I am so lovable, I am kind, I love so many things about myself, I honor myself, I have deep and profound love for myself."

Continue to compliment yourself, acknowledging all the qualities you admire and are proud of. As you do this, you may notice a shift—a heartfelt shift—where saying "I love myself" begins to feel more true and powerful.

4. **Check for a Shift:** You'll know the technique is working when saying "I love myself" resonates more deeply within you. If you feel like you could say it to another person and genuinely mean it, that's a strong indicator that the balance has been restored.

**This technique is from Sara McRae's ZSIM, using tapping from EFT.*

Cross Crawl

Stress State: Left and Right Brain Hemispheres Lack Integration, Lack of Movement

We've all heard that walking is good for the heart, but movement is essential for overall health, benefiting not just the heart but also the lymphatic, neurological, and energy systems. When movement declines, so does our health. Walking is a fundamental activity that energizes and supports the body. However, if you find that walking or other forms of movement aren't energizing you, it's crucial to reintroduce and reinforce movement into your daily routine.

Cross Crawl is a simple yet powerful technique that helps synchronize the left and right hemispheres of the brain, enhancing coordination, balance, and overall brain-body communication. This technique mimics natural movement patterns like walking, running, or crawling, which are vital for integrating both sides of the body and brain. If you experience a lack of coordination, symptoms more pronounced on one side of the body, or fatigue and pain from exercise, Cross Crawl can be particularly beneficial.

Benefits:

By practicing Cross Crawl, you can:

- Enhance cognitive abilities
- Improve coordination and balance
- Boost energy levels
- Overcome brain fog
- Enhance learning and memory
- Achieve better physical and mental balance

Cross Crawl (continued)

Technique:

1. **March in Place:** Begin by lifting your right knee toward your chest while simultaneously touching your left hand to your right knee. Switch sides—lift your left knee and touch it with your right hand. Ensure that your knees bend fully and your shoulders swing freely.
2. **Focus on Opposite Movements:** Continue this opposite arm-to-leg movement for 2-3 minutes. Strive for smooth, rhythmic motion, ensuring your movements are coordinated and balanced, using your muscles rather than relying on gravity and momentum.
3. **Breathe Deeply:** As you perform Cross Crawl, breathe deeply and evenly. This helps integrate the movement and enhances the connection between your brain and body. For added benefit, hold your tongue on the roof of your mouth, just behind your front teeth, to encourage nose breathing during the exercise.

Challenge Yourself: If Cross Crawl feels uncoordinated, challenging, or tiring, that's a sign it's especially needed. Take breaks as needed and challenge yourself incrementally until the movements become easier, indicating successful integration. You may notice surprising benefits!

Variations:

- **Limited Movement:** If movement is limited, start small. Assisted Cross Crawl can be helpful for children or those who need support in moving their limbs. You can also visualize the movement in your mind or start by moving just an opposite hand and foot at the same time, gradually working up to larger movements that cross the midline.
- **Make it Fun:** Put on some music or your favorite song while you perform Cross Crawl. Be creative with your movements—make them bigger, smaller, faster, or slower.
- **Different Positions:** Try Cross Crawl in standing, seated, or lying down positions.
- **Cross Crawl with Eye Movements:** As you perform Cross Crawl, move your eyes in the direction of your lifted knee, then switch as you alternate sides. This adds an additional layer of brain integration. You can also experiment with eyes open, looking around, and eyes closed.
- **Cross Crawl While Walking:** Perform Cross Crawl while walking forward, exaggerating the movements. Swing your arms freely and relax your shoulders to further engage your brain and body.

Cross Crawl (continued)

Frequency: Three minutes of these arm and leg motions is a quick, invigorating, and integrating exercise that can easily be repeated three or four times per day. Incorporate as many different contralateral (cross crawl) movements as you wish for a general exercise routine.

When to Use: Cross Crawl is an excellent warm-up for physical activity, a quick pick-me-up when you're feeling sluggish, or a powerful tool to boost concentration before studying or working. It's also ideal as part of a daily energy routine or before any healing or self-care practice. Regular practice can lead to improved cognitive function, better coordination, and a greater sense of overall well-being.

**This technique is based in John Thie's Touch For Health and additional contribution from Sara McRae's ZSIM*

Better Breather *(he hee)*

Stress State: Breathing Imbalance

This technique is designed to enhance the energy flow of the Lung Meridian, leading to various improvements in breathing, such as increased capacity, ease, rhythm, depth, and the location of the breath. By using neurolymphatic and neurovascular points from Touch For Health, this simple technique can help balance and optimize your breathing patterns.

Technique:

1. **Pre-Assessment:** Begin by noticing your breath. Pay attention to your breathing capacity, ease of breath, and where the breath moves as you inhale. Observe how it feels to exhale.
*Optional – Additionally you may challenge yourself by taking a deep breath in and holding it. Notice how many seconds you can hold your breath with comfort or without any stress arising.
2. **Set an Intention:** Consider how you would like your breathing to improve. Whether you want deeper breaths, more rhythm, or greater ease, set a clear intention for this practice.
3. **Neurolymphatic Massage:** Firmly rub your entire sternum (breastbone) from top to bottom using a deep circular motion. It may be easiest to use your knuckles. Be thorough and attentive. If you find any tender areas, continue massaging until you notice a shift, or the tenderness subsides.
4. **Next, firmly rub between the 3rd and 4th, and the 4th and 5th ribs beside the breastbone.** These points are located by moving off the breastbone into the intercostal spaces of the chest. Massage these points for 30 seconds or until you notice a shift, or the tenderness subsides.
5. **Neurovascular Holding Point:** Gently hold the top of your head at the anterior fontanel (the soft spot on a baby's head). Hold this point gently for 30 seconds or longer.
6. **Post-Assessment:** After completing the technique, check in with your breathing. Notice any positive changes in capacity, ease, and overall breath quality.

**This technique is based in John Thie's Touch For Health*