

Energy Body Radial Currenting: Releasing through Expansion

1. Ask client to identify center of body, or use center of mass just below navel.
2. Think of the head, the right arm, the left arm, the right leg and the left leg as limbs.
3. Choose which limb to begin with. You'll traction each of the five limbs.
4. Locate an area of the body on the limb you've chosen on which to apply energetic traction.
5. Ask permission, and remind client you would like them to share at any time whatever they feel like sharing; and you are happy to pause at any point.
6. Place your hands and begin to traction the limb energetically from the identified center you established earlier. To do this you sense a subtle flow along the line of the limb. You may also sense areas that do not flow or are not coming along into the expansive state. Just continue to "call" the energy outward along the limb. You are tractioning energetically, but also are gently tractioning the physical body as well.
7. You can change your hand position at any point, share what you experience, etc.
8. Move to all the limbs eventually. You can do this by either working with a limb until you get the sense of expansion you and your client are looking for, or you can roughly time the amount of work on each limb and move on when the time is up for each one.
9. Note: You may find one limb or a few limbs are more "congested" and "condensed" and so take longer. You may find after you have moved all the way around the body one time, you will want to go around again a second time.