

# Healing Sleep Challenges with Amy B. Scher

## Reminder

**Remember:** Be careful what you tell yourself; you're always listening! **New story:** I have a healthy sleep pattern!

## EFT tapping

**Karate chop point:** *Even though I'm unable to relax, I choose to change this pattern.*

*Even though it's been my story that I never knew when the other shoe would drop, I choose to feel safe.*

*Even though I need to be on top of everything because things always come from out of the blue, I am ok.*

*Even though I have all of these emotions that only feels safe to come out when I'm asleep, I choose to know I can process them safely when I'm awake and rest now.*

**Rest of the points: (just move from point to point with each phrase)**

So scared to relax  
so many emotions bottled up inside of me  
all of this fear  
all of this anger; all of this grief and sadness  
all this regret that things happened the way they did  
I just can't let go  
all of the "I wish's"  
I just can't rest  
constantly running things through my mind  
I just don't feel safe in the dark  
what if something happens?

Keep tapping on whatever comes to you. Pretend you are venting to a friend! End with one positive round.

## Evening energy exercises (Cliffnotes!)

### Blow out – releases stress

Reach both hands/arms back with hands open. Grab the air and make fists as you swing your arms forward. Throw your fists toward the ground. Repeat 2 more times, with the last "throw" being slow and deliberate as if you're breaking through concrete.

### Wayne Cook Posture – unscrambles energy

While sitting, place your left foot over your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand. Breathe in slowly through your nose, letting the breath lift your body, while stretching your leg toward you. Exhale slowly through your mouth, relaxing your body. Repeat four or five times. Switch to the other foot and repeat the process. Uncross your legs and "steeple" your fingertips, resting your thumbs just above the bridge of your nose. Breathe slowly in through your nose and out through your mouth.

### Triple Warmer smoothie – calms fight or flight meridian

Using your flat hands, smooth or trace from your temples down around your ears, down the sides of your neck and then ending with your fingertips resting on your shoulders (pointing toward your back). Repeat several times.

### Hook up – strengthens your field and keeps you calm and connected

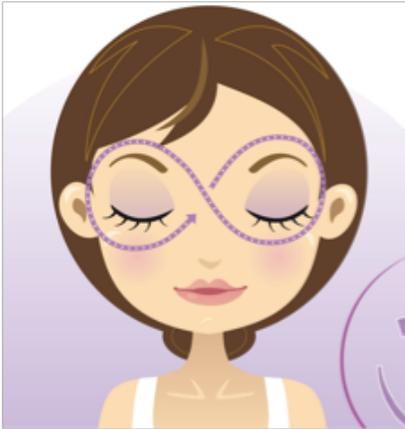
Place the middle finger of one hand at the “third eye” and the middle finger of the other hand in the navel. Pull up at each point and hold. Hold this from 30 seconds to 3 minutes or until you feel a need to yawn or sigh.

### Belly breath – draws energy out of the head (so you can stop over thinking) and into the body

Place your left hand over your navel. Place your right hand over that. Take about 10 deep breaths as you concentrate on breathing into that area.

### Tracing sideways 8's over eyes – helps establish a crossover pattern in the body (helps with energy balancing)

Use two or three fingers and drag them in a sideways figure 8 direction, using medium pressure.



### Meridian time wheel

Here is the meridian time wheel we discussed. If you have a waking pattern that falls into one of these times, you may want to pay extra attention to the emotions associated with each.

Tip: I suggest gently tapping on that organ or at the starting and ending points of that meridian (Google the image to see points) before you sleep! That is often a quick and easy way to balance.

If you want to know more about the meridians, I recommend this video by Donna Eden:

[http://www.youtube.com/watch?v=0q8tzxM\\_wgw](http://www.youtube.com/watch?v=0q8tzxM_wgw)

