

L.A.A.S.E.R Protocol

(Laser Acupuncture and Awareness for Subtle Energy Rebalancing)

This protocol combines sensory awareness of felt experience and acupoint stimulation to balance the subtle energies that are responsible for your health and well-being. Essentially, we're balancing the energies that guide your biology and psychology.

You can use this protocol to address the following issues, and more:

Pain Anxiety Illness Allergies Relationships Goals Creativity Emotional Trauma Behaviors

The Steps



1. Feel into your issue. This is the most important step. It alerts your consciousness of your intention to change.

If you're dealing with pain feel into the location of your pain and assess its intensity from 1-10, along with its quality, e.g. dull, sharp, throbbing, etc.

If you're dealing with emotional discomfort feel into its location and quality. You can rate its intensity from 1-10. You can name it, e.g. 'sad', 'heavy hearted', 'anxious', or something more vague like, 'a burdensome heavy something in my heart'.

This first step involves identifying an issue and how it feels in your body, either physically, emotionally, or both. Your body, heart wisdom, and right hemisphere use feelings and sensations to initiate healing.

2. Rest the laser pointer over the point on your thumb for at least 15 seconds while you curiously feel into your issue and take one slow breath in and out. Additionally, you can add any or all of the following:

- Verbalize to focus consciousness on your issue: For example, 'This pain in my foot', or 'My heavy heart', or when referencing a goal, 'I can be successful at my job'.
- Visual imagery helps to further focus consciousness: Visualize a simple scene that reflects the successful completion of your goal. For example, if you were anxious about a dental visit you could see yourself relaxed and chatting comfortably with your dentist.
- Eye modes for brain integration: Allow your eyes to simply float up while doing any or all of the above. Eye position can have a balancing influence on the brain and emotional energy.

3. Repeat step 2 on each succeeding finger on both hands. Hold the laser directly on the skin and never look directly into the laser. Even low level lasers can damage the eye with direct contact.

4. While lasering each point allow yourself to be aware of any images, memories, insights, or feelings that emerge. As energy balances, symbols flow. The flow of these verbal or visual symbols is often a weaving together of forgotten threads of past experience that's crucial to your healing.

5. After lasering all ten fingers re-evaluate your issue using the 1-10 scale. If there's been improvement you can simply appreciate (feel) the positive change. This balancing process can be repeated if needed 2-3 times daily over the period of a week to stabilize the energetic and neurological shifts necessary for your desired change.