

## THE OH! MY GOD! POINTS & GROUNDING / CENTRE-ING

Some people ask “What are we actually ‘doing’ when we use the OMG points?”

Here is how I explain it to my clients.

The two points on the forehead are known as ESR Points (Emotional Stress Release Points or Mental Stress Release Points) ... People seem to like OMG Points as we can all relate to that feeling. (I always apologise for any unintended irreverence to the more religious of my clients.)

My perspective/the way I like to visualise what is happening is that :

- by linking those two points we are linking the two halves of the brain together, and thus **integrating** the LEFT and RIGHT HEMISPHERES of the brain, and thereby centre-ing between the two sides
- by placing a hand on the FRONT and BACK of the skull, half way between the front and back we are FOCUSED in the centre of our head, literally in the HERE and NOW. In other words we are not in the FUTURE – imagining what is GOING to happen - the FRONT OF OUR MINDS – and we are not going back to the PAST, where we tend to shove things ... literally, to the BACK OF OUR MINDS.

Therefore, what we are achieving (if you look at us from above) is that we are CENTRE-ING in the middle of our heads (where the 2 lines cross ... between Left and Right and Front to Back).

From this, the still, quiet CENTRE of our minds, I then encourage people to ‘step into a lift’ and imagine themselves descending to the CENTRE of their body – the spot also called the *dan tien* or *hara* – which is between the **navel** and the top of the **pubic bone**.

### What is the effect of doing this?

I like to explain it or visualise it like this ... we are all aware of the concept of the *aura*.

If you look at the old religious icons, people are painted with the golden glow that surrounds their heads. (I have never understood why they don’t show the whole body surrounded by golden light. Answers on a postcard, please!)

When we are “**grounded**” what happens is that our aura settles down around us and surrounds our bodies ... some people say in the shape of an egg ... when explaining it to kids I describe the Ready-Brek ‘glow’ you see on the TV adverts ... but bigger! As a result, we feel ‘safe’ and secure, we feel comfortable, we have a sense that we have our ‘space’ around us, we feel calm and ... relaxed.

**(We are also at our most powerful, as you will see.)**

Our 'Common Sense' or Higher Self is now in charge of our brains and we can think clearly and in an **integrated way**.

### **We are CENTRED, powerful, integrated and “in charge” ... feeling In Control**

When we are “**un-grounded**”, we feel ‘scared out of our wits’, ‘scared out of our minds’, ‘freaked out’ for those of you from the 1970’s! Other expressions with which we are all familiar are ‘leapt out of our skins’, ‘out of our minds’, ‘out of it’, ‘spaced out’, ‘not with it’ ... there are probably more. In other words, when we ‘freak out’, **we literally move our focus from our belly up to our forehead.**

As we do so, our **aura** balloons out above us – taking The Boss (our Higher Self with it) - and what is left shrinks close to our skins, so that it is barely covering us. This results in us feeling ‘vulnerable’, weak and shaky, and **dis-empowered**.

**Imagine holding a heavy box of books ABOVE your head or BELOW your waist ... which makes you more stable? ABOVE ... you are a ‘pushover’. BELOW ... strong.**

This also means that we are automatically also **Un-Assertive** ... but I will come to that later. As I have explained in the STRESS SHEET, suddenly we are putting our ‘RAT’ – our rational mind - in charge of running the show.

Imagine the stress that the Rat would feel if, in its role as the Messenger Boy/Girl in a busy company, it was suddenly promoted from the repetitive, logical, linear jobs that it does so well to suddenly being promoted overnight to managing Director and told to run the whole Corporation ... without making a mistake ... EVER!

The Rat literally does not have the skills as it does not understand how the emotions work. (This is why such a lot of men have difficulties with their emotions, but that is another story. Women’s brains are literally better joined up ... they have more physical connections between the two halves of the brain.)

The Rat senses the fear that the emotional ‘side’ of the brain is feeling and panics and starts to try to make sense of the storm that has broken out; the result is that it jumps to ill-thought-out conclusions and begins to tell us frightening and illogical thoughts ... which really starts to freak us out emotionally and the vicious circle builds and builds.

Both the Rat and the Emotional Part of the brain know that The Boss (the Higher Self) has ‘left the building’ ... is floating above us ... ‘off with the fairies’ ... and hence we start to literally bounce off the walls inside our heads ... we flip from emotional to rational, we flip between the Future and the Past, thus creating ‘monsters’ in the Future (how terrible it will be) or going back into the Past and remembering (bringing towards the front of our minds, into the NOW) the LAST time this freak-out happened ... and round and round it goes.

The result can be a panic attack, as we shall discuss.