

# Energy Outflow Portals

## Does your energy flow?

As we have learned already, our connection with the outside world allows for energy to penetrate through our crown chakra as well as the root chakra, which get harmonized at the heart level before it is distributed throughout the body. This is how the energy gets in but it also needs to flow out.

Energy Outflow Portals (EOP) help us understand how our energy flows or circulates. EOP are doorways situated at varying places on our body. Eleven in total, they are situated at the creases of our wrists, elbows, ear tragus, knee patella, the outside of the ankles, and the spleen. The spleen is the most important doorway and it is crucial that it remain opened, otherwise vital energy becomes stagnant, eventually leading to death. Don't worry, the spleen's outflow usually remains open.

For various reasons, our remaining 10 Energy Outflow Portals can close off. This process prevents our energy from circulating. When our EOP are closed, we feel discomfort because there is an accumulated amount of energy that doesn't circulate in one area. Examples of these can be pain or discomfort in the back, leg, the nape of the neck, shoulders, and cause headaches. This may weaken our vulnerable parts which vary from person to person.

To find out if your energy flows in your body I use the (5,70) wavelength and point the antenna at the wrists to see if the antenna will tip indicating it finds the vibration meaning it is open. If the antenna tips downward at the first doorway, this means all the other energy outflow portals are open. If the wrist EOP is open, just to be sure I always check all the others.

I use essential oil synergies to re-open the portals. To find out which synergy will be helpful in the process, I use the (5,70+) wavelength, and I scan over the 12 bottles of essential oil synergies. The antenna will tip downward when it finds the right one.

The chosen oil indicates the metaphysical source of the problem therefore gives us an idea of why the EOPs have closed off. It can be one or a number of reasons, so it is important to go through the 12 essential oil synergies. Once the antenna has selected the specific synergy that will help reopen the EOP I put a drop of the chosen oil on the EOP area of the wrist. The essential oils mixture penetrates the skin and this has a very healing effect on the body. After a few seconds the portals re-open. As soon as the portals re-open the pain will disappear at the energetic level and eventually trickle down to the physical level depending on the person's receptivity.

The following are the 12 situations that trigger the closing of the EOPs, each one having a specific essential oil synergy addressing the issue.

1. Criticism, negative judgments toward self or others, frustration, dissatisfaction
2. Situation or event we cannot digest, need to control others or situations
3. Feeling crushed by events or people, giving up, needing stimulation to take our power back
4. Things are not going the way we want, feeling helpless toward a situation we are not in charge of
5. Lack of interest in our emotional life, lack of vitality
6. Feeling unnerved, hyper, needing to relax, to allow ourselves to experience the joy of life

7. Difficulty in taking our place in life, feeling suffocated, or alternatively, to take too much space
8. Hurt feelings, injuries not yet healed, often stemming from childhood memories
9. To allow ourselves to be invaded by people or situations that drain our energy.
10. Suppression of emotions, to retain or hide them from ourselves
11. To depend on a person, situation or substance
12. Lack of love for ourselves, lack of love felt from others

### **How can you re-open your Energy Outflow Portals?**

There are methods to help your energy to start flowing again. As always, it is important to become self-aware. The more you tune in to your inner feelings and emotions, the more you can discover what needs to be done to reestablish your balance and well-being.

#### **Here are a few suggestions:**

1. **Breath moves energy:** The power of a deep breath is immeasurable. Take in a deep breath through the nose and send it as far as you can in your tummy. Feel your tummy rise. Take your time. Breathe out through the mouth slowly. This may seem over simplistic but sometimes a big sigh done while thinking about a difficult situation can shift our energy and help it start circulating again.
2. **Bach Flower Remedies:** These powerful floral elixirs can also help to re-open EOPs. For example, Rescue Remedy drops can

be put on the wrist (where you feel your pulse) similar to the essential oil synergies.

3. **Tuning Fork with the “C” vibration:** The C-128 vibration of the tuning fork carries the (2,50) wavelength which is in tune with good health. Put the vibrating tuning fork on the inside wrist of the person and let it vibrate until it stops.

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