

# Identifying a Person's Natural Energy

## The Pusher

Always Introduce yourself and explain that you will be starting with gentle pushes and their job is to resist the push and find a way to be strong. Ask whether the individual has any injuries you should be aware of, and request that they remove high-heeled shoes, hats, glasses, or any interfering garments and personal items.

1. Begin with a neutral, data gathering push as you create the initial relationship. Check for the presence of tone, its quality, and where it is held. Notice whether they are making consistent eye contact or attempting to connect through eye contact.

\*Note: If, in this stage, someone is making steady eye contact with an honoring gaze, has a gentle body, and an open throat, consider checking for 1.

2. With this initial direction, begin exploratory pushes.

If you think the center is in their head, push on their shoulders and pay attention to head motion; keep an eye on their body as well, what do they do when you push them back? Be ready to catch them if you push on the shoulders, head-types almost always go back on the first pushes. Ask them to "Find a way to keep me from pushing you back." Experiment with the position of the head—put them in the 7, 5, and 1 positions, push gently and note where any strengthen the tone in the body.

When pushing on shoulders:

- if the upper body goes back, but the feet stay in place, they blink often, and have a watery, deep quality in the eyes, check for 4.
- If the whole body goes back with no tone, check for 5.
- If the upper body/shoulders go back but the eyes remain steady, check 9.
- If they re-adjust to straighten the back leg and bring the upper body forward, check for 7.

If you think the center is in their chest, smile your biggest smile to check for 3. If they do not respond as expected, take a deep breath and note how they breathe in turn:

- If the the breath expands through the middle of the chest, raising the sternum, check for 6.
- If the breath reaches through the upper chest, the shoulders rolling back and relaxing for the chest to expand, check for 9.

If you think their center is in their torso, check the quality of their eye contact. Do they have even tone in the face and bright eyes? If so, try the 2 dance; whether they are a 2 or not, this will give you more information about how they move; however, don't dance for long if they are not responding well.

Where is their movement center? How are they leading? Are they:

- Looking intently with their eyes (like 3,1, 4, or 7)?
- Moving up and down (like 5 or 3)?
- Sliding or dragging their feet, heavy feeling in their movement (like 8)?
- Keeping high tone in the hands and arms (like 3, 6, or 8)?
- Lacking tone almost entirely (like 4 or 5, sometimes 9)?
- Keeping moderate tone (like 1, 2, 7, or 9)?

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- Leaning forward (like 7, 3, or 1)?
- Turning their back or body (like 4 or 9)?
- Better at the dance with their eyes closed (like 4?)

3. Once you have a more concrete direction, move on to testing pushes:

-Guide them into the correct posture (described further below), with as much precision as possible. Check eyes, head incline, body alignment, arm position, foot position, knee locking, distance, and breathing.

-Activate the test energy in YOUR body--strengthen it as much as you can before beginning the push. Create the needed tone in your body and be ready to push **before** you put them in the position you are testing.

-Do the appropriate push for the Natural Energy (described further below), pushing energetically as well as physically, and only from the empowerment/movement center you are testing. Start slow, pushing gently with little intensity; this tests whether their body is responding to the verbal and postural cues. Indeed, they should understand their Natural Energy's verbal cues with relative ease, particularly as compared to others.

-Increase the intensity of the push. Each push should increase the intensity(2,3,6) or you are increasing the intensity within the push (4,5,7,8,9). Pay attention to how their body responds, take your time in between pushes to let the experience settle for them and for you.

4. The TESTING Intensity Push:

Work yourself up to the amount of intensity that someone who does not have that energy would not be able to hold. Remembering to be completely activated in that energy the entire time.

5. The strengthening:

This starts off with the last intense push that they could handle. Ramp up the energy in your body even more. At this point your push is designed completely to support and strengthen them. Typically you only do the intensity push for as long as is comfortable, but really move into the fullness of it, whatever it is.

\*Important Note: Increasing intensity may cause them to initially lose balance and fall back. When this occurs, give them time to recover their connection to the energy and *do not push them past their limit*. Remember that this process should always support a person's body and strength, and that a person's Natural Energy may not have been active or practiced beforehand. Also remember that you are not teaching them the Natural Energy – you are testing for it. Give them the cues, but do not tell them what to do. You are checking to see if they can do it, and if it gets stronger each time you work with them. If you use force, you may lose them and it is hard to get them back.

6. Demonstrate their strength, and its source. This step may not be necessary for all energies.

-1 or 4: No physical push demonstration required. But sometimes for 4 I will push on hips so they understand how their hips stabilize their body or to be sure they are a 4 if I have any doubts.

-5: Remove the head connection, and demonstrate the results. Re-establish the connection to show confirmation.

-6: Tell them to collapse their chest and make (gentle) eye contact. Demonstrate the results, then instruct them re-expand, pushing for confirmation – this is only done with chest-push.

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-7: Tell them to focus on the low abdomen and look you in the eye, then demonstrate the results with a hip push with (this is a good check against the possibility of 4, both 4 and 7 have the under-eye flicker when they eyes are closed). Re-establish the third-eye connection and push again on the hips so they can feel how it stabilizes them to use the third eye.

-8: Raise the intensity and power of the push on their hips to your limits from you low back using your legs and the earth, demonstrating their strength. Do not use alternate postures or remove their grounding.

-9: Tell them set their hands on their chest as if in prayer, set their feet front and back for balance, and push their shoulders; be gentle, and be prepared to catch them. Reposition them into the correct 9 posture, rolling their shoulders and arms back and down, feet side-by-side shoulder width apart, and tell them to focus on the spine, between the shoulder blades, where you pushed earlier. Standing in front of them, push on their shoulders to activate the 9 spot, maintaining support and stability.

If you have any doubts about the Natural Energy, if any component is not all the way there, eye contact, energy signature, not as strong in the posture as you would like, face shape, or happiness level, consider having the person sit down while you work with others and come back to them. Be sure you have worked with all the likely possibilities before you have them sit down.

### The Observer

Consistently check:

1. Is the posture precise?
2. Do the eyes and face match the activated expression of the Natural Energy?
3. Is the energetic signature present in the space?
4. Is the person at ease with the energy?
5. Does the person find resonance in the description of the energy?
6. Have you noticed a factor that justifies testing a different energy? (eg. straightened back leg in 5, unintuitive head alignment, inconsistent body type or response)

### Postures and Pushes for Each Energy

#### Natural Energy 1

If you notice/encounter continuous unwavering eye contact, a long neck, jutting chin, facial hair around the chin, an honoring nature – consider checking for Natural energy 1.

The person may begin with arms held relatively high – throat level either with a lack of tone, or with a protective hold-you-away tone. Begin by asking for permission to make a few head and neck adjustments. Place your index and middle fingers gently on the occipital lobes, just under the base of the skull on the back of the neck. Tell them to “stretch up the back of your neck, and bring your chin slightly up and forward, without compressing the back of your neck;” they should naturally do this if they are a NE 1, and may actually lift too far. Gently adjust to the correct angle. Ask permission to feel their throat; their hyoglossus muscles should already be taught.

Hold hands with pleasant, gentle, palm-to-palm contact, standing about one foot away, and mirror their posture. You may need to ask them to soften their eyes, or close and open them halfway, if their eyes don't initially become receptive. Ask them to relax any tension in their arms

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and hold eye contact. Ask them to focus on a single eye and maintain steady eye contact. I usually say "Now we just get to be together." This will please and relax a person of Natural Energy 1. If they are blinking often, ask if their eyes are dry and ask if they can try not to blink – do it in a way that is very gentle so they do not feel like they are doing a bad job at being themselves; if not, and they appear to be "going inside" when blinking, check for 4. Stay with them for as long as is comfortable, if they break connection first, or are visibly uncomfortable, if the eyes don't soften and if you don't feel the shift into ethereal space, consider trying something else.

### Natural Energy 2

If you notice/encounter bright clear eyes with steady eye contact, a round lion shaped face, with a relatively high rounded forehead, if the person is very responsive to you, or if the upper-rectus abdominus muscles stick out consider trying Natural Energy 2.

If the person exhibits the indicators of NE 2, begin with dancing. Describe the process in such terms as, "If I go forward, you go back. If I go back, you go forward. If I turn, you turn. Your job is to stay right in front of me, keeping your upper abs aligned with mine;" they should intuitively understand these directions if they are NE 2, or will adapt to the concept quickly. Look for effortless matching of your movement; other energies will respond slower, and you may feel as though you are dragging them through the steps.

\*A specific note on Susan's dance method: you, leading, go back first, then forward, then make them move around you, remaining stationary as they turn.

When they connect with you, add some enjoyable complexity to the dance--NE 2 should find this fun and interesting, and should still be able to match your movement with relative ease. Remember to change your facial expression as you dance and note how quickly and accurately they mirror the shift.

After dancing, check the rib cage shimmy; instruct them to set their feet side by side and shimmy their rib cage, isolating the upper body from the lower body. Next, move to the intensity push. Tell them to set one foot forward and back for balance, and remind them to flex their upper rectus abdominis muscles; ask permission to touch the muscle group and suggest adjustments on expansion or tension if necessary: "If you don't activate your upper abs and make eye contact, you will go backwards. Don't be shy; I know you can handle this intensity." Put your hands on their shoulders, activate your own upper abdominals, and push with intensity, *not* power. Bring your full self forward, and they will enjoy it, bringing their full self forward in turn. If they go back the first time, remind them, "Don't be polite, I know you can do it!" and continue pushes as necessary.

### Natural Energy 3

If you notice/encounter, round focused eyes, a longish face, a ready large smile that goes into the highs and a protruding collarbone, consider Natural Energy 3.

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Ask them to bring their hands and arms up to shoulder height and lock them out straight forward, placing their palms flat against each other. Ask them to lift from the manubrium, demonstrating the location and lift yourself. Pay attention to this position throughout the process—if their arms are not at straight and locked out and held easily parallel to shoulder height, you may have to look in another direction.

Tell them, “I am going to try to pull your hands apart, and push you back; the way you’ll stop me is by focusing on me and smiling.” Push first so they can establish their center, then pull their arms apart gently with 3 intensity, using the ring finger and the thumb. Muster your full 3 intensity, pushing forward, pulling apart, and *smiling* all at once; bring your face slightly forward as you do. Sustain intensity for a few seconds with each push, increasing strength every time; about three repetitions should be sufficient. *Hold nothing back--NE 3 will rise to the intensity.*

### Natural Energy 4

If you notice/encounter consistent and steady blinking, hip forward posture, softness in the muscles around the mouth, and warm inviting eye contact with very little tone in the arms or body try Natural Energy 4.

Position your left leg outside their right leg, and your right leg is in between their legs (this will enable you to get closer when you need to). Hold hands at hip height—the wrists will basically rest on the hips—with your arms bent such that the elbows point straight back. Their abdomen, and yours, should come slightly forward in this posture. Tell them to, “Focus on your lower abdomen, and connect your hands energetically to the muscles of the lower abdomen. Close your eyes and breathe, letting each breath take you deeper and deeper inside.” They should begin to breath steadily, audibly at their own pace.

Close your eyes, breathe, and drop in; begin a firm, steady, non-challenging push, hip to hip, using your lower abdomen. Slowly move closer as the connection develops, starting with the lower body, until your lower abdomen is almost touching theirs. Then drop you head slightly to the side to create space for their head drop, relaxing your upper body to come slightly forward. *Remember to breathe, and move with the pace of the breath.* You may feel their hair brush your forehead. NE 4 will naturally drop and be comfortable with the close proximity. In the fully activated posture, you should be no more than one inch away. Push just enough to help them feel the resistance in the lower abdomen. When the deep connection has been made, you will feel their bubble around you. Remain in the connection for three to four breaths, matching their pace; 4's will not necessarily synchronize their breath, but will often breath audibly.

When you are ready to move out, open your eyes first, holding the connection in the lower abdomen. Move your upper body back three to four inches, followed by your lower body. Invite them to, “take your time to come back out.” Watch their eyes as they do, and be there for them when they return; acknowledge, through your gaze, the connection that has been made. Look for indicators that they have been in the deep space: they should take time to come back, might look down before meeting your eyes, or emerge blinking. They also might squeeze your hand right before you break the connection.

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## Natural Energy 5

If you notice round eyes, a wider skull than jawline, and a lack of tone in the body during initial pushes, check for NE 5.

Begin with pushing on the shoulders, and ask them to, "find a way to be strong." Most people fall back the first time you push on their shoulders; be ready to catch them. Pay attention to how they go back, a 5 will offer no resistance and sometimes show surprise at how easily they go back. While still standing upright, ask them to put their head all the way down; 5 should intuitively understand how to align their head parallel to the ground by extending from the back of the neck, stretching out and down. By contrast, 7 will drop their forehead and tuck their chin.

Push again, testing whether the lowered head position stabilizes their body. If so, tell them to "put your hands on your front knee, and bring your head and body down, parallel to the ground." For clarity, step back and demonstrate this posture for them. Once they are in the down position, observe their head and the back, and adjust as necessary. You are looking for a flat back. You may need to tell them to, "drop your chin to your chest and extend your head out to flatten your back." Place your palms under their shoulders so you can push upward and back from underneath them. Ask them to, "Relax your body. (you will often feel the shoulders and body drop and the tone leave the body.) Resist by pushing your head towards my chest, like a turtle coming out of its shell. Focus on the top of your head, and trust it to hold you in place and keep me from pushing you up." You may need to remind them to relax their body and focus on their head. With your hands placed under their shoulders, push up, with your whole body, the arms stay toned, lifting with the top of your head, through your 5.

As the energy in their head strengthens, they will be able to drop their arms and shoulders into complete relaxation, with nothing else holding them in place. Once they are strong, you can release them and ask them to come up. Watch their movement and emotion as they do so; NE 5 will lift from the top of their head, will typically adjust their feet under their head, and will often look happy as they rise.

Next, give them a stronger upright experience of their Natural Energy. Ask them to, "Make the same connection you felt in the downward position, straight up from the top of your head." Ask for permission to push on their hips. Activate your 5 and push on their hips to show them how this position stabilizes their body. As you do so, check again for consistent facial expression, body tone, energetic signature, and enjoyment. To reinforce their sense of strength, break their 5 energetic connection by waving your hand above their head, maybe with a swishing sound. Then tell them to focus on another part of their body (typically the heart) to resist with. Push again on the hips and be ready to catch them in the likely event they fall back. Then tell them to re-establish the upward connection and pull the power into their head, and then push again to cement their sense of stability.

\*Note: If they are surprisingly strong when you ask them to focus on the heart, check their body position and confirm they are not connecting upwards. Test other energies for certainty, then return to 5 if none match.

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## Natural Energy 6

If you encounter a person with very high tone during initial pushes and naturally holds their arms at chest height, check for 6. They might look skeptical, quizzical, uncomfortable, and/or curious, or they may look away when you offer sustained eye contact. Additionally, look for a jowly quality in the face, an energetic awareness in the eyes, and an expanded rib cage or upper body.

Ask them if they can, "lift your chest like this," and demonstrate the sternum chest lift. If they can lift their chest, tell them you're going to do a much more energetic push. Instruct them to look at your own chest, and "try to catch the push out where our hands are; don't let it come further. You'll do this by expanding your chest and feeling the energy."

If they have collapsed their chest at all, remind them to lift and expand their chest again. If they are having trouble expanding their chest, tell them to take a deep breath and hold the expansion as they breathe out, letting their shoulders drop back and down as they lift at the sternum. Make sure they are ready to catch the push before you initiate it. You can tell by the tonal quality in the arms – they are in full tone and the expansion of the chest – it is lifted and expanded.

The first push is very short, teaching them how you are going to push. Remember to push from your chest; don't let your arms become disconnected. If their arms go back, remind them to catch the push as quickly as they can. You may begin to feel energy flowing through the arms and sternum in a counter-clockwise circular direction. With each push, they should become quicker and quicker with their response, reaching a point where there is no perceivable delay in catching the push as its coming. Remember to keep the pushes interesting by varying the rhythm and intervals at which they occur, and to expand your own chest between each push.

If they are enjoying this experience, assess if pushing on their chest is viable (ie. is their sternum in the lifted position, flat, and accessible). Have them set their feet front and back for balance, and ask for permission to push on their chest. Explain that, "I will put the side of my hand against your sternum. The more you lift, the easier it will be for me to do that." The side edge of your hand should line up comfortably against the center of their sternum, with the rest of your hand touching nothing. Your body will be offset to the left if you are pushing with your right hand, and your arm will be straight out from the elbow in the 6 position.

Have them take a deep breath and expand their chest as much as possible. When their chest reaches maximum expansion, be ready to push from your own sternum, keeping the connection between your chest and arm. Push with energetic intensity, not physical power. Their body should easily hold the expanded chest position; the sternum should be solid and energetically responsive with no give, while the back leg posts down to support the sternum. They should enjoy this experience; if they don't appear to and are definitively a 6, make the pushes more interesting, varying rhythm, intervals, and energy.

After confirming their Natural Energy, ask them to collapse their chest and look you in the eye. Push gently on their chest to demonstrate the difference in their stability; be ready to catch them in the likely event they fall back. Then tell them to expand their chest again and break eye contact; push on their chest with intensity again to confirm the experience. While pushing, ask them to look you in the eye and tell them that as long as their chest is expanded they can maintain their power.

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## Natural Energy 7

If you see a prominent glabella or protruding forehead, coupled with an infinite quality in the eyes, check for 7.

Tell them you are going to push on their shoulders, and to, "find a way to be strong." Notice how they adjust their body to resist; 7's will likely straighten out their back leg, lean forward, drop their head, and slightly tuck their chin. Have them close their eyes, and check for flickering under the eyelids as you push on their shoulders. If all the markers are in place, put them specifically into the 7 posture.

Tell them to keep their eyes closed, and that you are going to touch their forehead between their eyebrows. Gently touch their third eye and ask them to focus on this point, relaxing the rest of their body and resisting with their forehead. Begin with a gentle push, paying attention to whether their body can balance using their third eye. Slowly increase the intensity of the push and energy from your own third eye, with your arms locked or bent, but not changing the angle of the arms, until you feel a sensation of infinite stillness. As they become stable, you may instruct them further to connect the energy from their third eye to the heel of their back foot to become stronger. Remember to make adjustments to your own posture to support the 7 activation in your own body; continue the push through any alterations.

Increase the intensity of the push when you feel they are ready, and note whether their body can sustain it. If they consistently demonstrate the ability to maintain the posture and energy of 7, ask for permission to push on their hips and show them how their third eye continues to stabilize their body.

For contrast, ask them to look you in the eye and focus on their lower abdomen--be ready to catch them in the event they fall back. Push on their hips, normally 7s will rock back over the straightened leg. Return to the 7 posture, and push on them again to confirm their strength.

\*Note: If they are able to resist the push while holding eye contact and focusing on their lower abdomen, cross-check for 4.

## Natural Energy 8

If you notice a powerful jawline, a resolute quality in the eyes, a relatively roundish face, and upon pushing feel appreciable tone throughout the body, check for 8.

Ask them to straighten and lock their arms out at shoulder height; they may have already done this naturally. Tell them to tuck the sacrum/hips toward the earth, bring their upper-body back and stack their spine over their sacrum and push their feet into the ground; correct their posture if they lean forward. Mirror their position, then push gently and energetically from your sacrum and through your locked-out arms. Feel for full body solidity in response, the force of the push dropping down with no give in the posture except for the upper body going back to balance on the sacrum.

Move to a stable surface; 8's tend not to prefer the soft mat. Placing their feet front and back for balance, tell them to tuck their tail bone and stack their spine over their hips, pushing into the ground through their feet. Check that their upper body doesn't collapse as they do so. Ask for



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permission to push on their hips, and have them they show you where their hips are. Position the heels of your hands directly on their hip bone to ensure solid contact. You may also need to lower your upper body or move closer to maintain the correct angle; be sure they are comfortable with the proximity if you do, respecting their space and body through the process. Whatever position your upper body adopts, the push must be direct and even. Check that their hips are squared evenly and facing you; your hips should be squared in turn. Bring your energy down to your sacrum, ground through your feet, and push straight forward from your legs; for the first pushes, you might adjust the angle slightly downward to help teach the direction of resistance and connection to the ground. Sustain the push primarily with energy rather than power. Tell them to keep their eyes open, but do not make eye contact.

If they fall back, stop and give them time to stabilize. Ask them to, "find a way to keep me from pushing you back," and encourage them to trust the strength of grounding through their sacrum and feet. When their alignment is correct, they should be completely solid and immovable. 8 typically requires no comparison pushes to understand the physical reality of the experience.

### Natural Energy 9

If the person sets their arms wide, has a broad, flat upper chest, softness at the outside corners of the jaw, and neutral eyes, check for 9.

Ask them to take a deep breath, and watch their chest; their upper chest should rise, followed by their shoulders dropping back and down. Their arms might also go up and back naturally with the breath. They will hold the weight of their arms themselves.

Have them put their feet side by side, shoulder width apart. Ask them to keep breathing, audibly. Remember that some people are trained in breathwork, and will resort to their practices; however, 9's will typically breathe through the nose. Synchronize your breath with their breath, also breathing audibly; this in turn gives them permission to breathe audibly if they were otherwise reluctant. Tell them you are going to bring their arms up and back, and to think about bringing their shoulder blades together at their spine. Center your focus on your own back; allow your eyes to neutralize and peripheral vision to expand. Moving with each breath, gently and slowly move their arms up and back, until you are too close to continue. Switch the hand hold from palm-to-palm to gently guiding with your middle fingers on the center of their palms, and continue the gentle movement for a few more inches. Without letting go of their hand, walk around them, telling them to hold the position. When you are behind them, tell them they can bring their arms down and back, rotating their hands up toward the sky. Gently guide them through the adjustment.

Inform them that you are going to push gently on the middle of their back, between their shoulder blades. Take the side of your hand and place it on the spine at T-6/T-7, where the shoulder blades come together. You should feel their muscles bunch on either side, creating a padding for the spine. First make a nice connection with the side of you hand to this spot. Begin to push gently at first, and remind them to continue breathing. On the out breath, increase the intensity of the push, never so much as to push them forward. As they breathe, you'll feel a strengthening in their back. Their chest should open and their shoulder blades should drop down and pull back further. If their strength begins to fluctuate in uncertainty, remind them to,

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"trust that your back will hold you in place, as you breathe and expand." Eventually, they should become stable as they acknowledge that where you are pushing is holding and balancing them.

Once you are certain they feel the power of their 9, gently release the push, and go back around to standing in front. Have them place their palms facing together on their chest, in prayer position, set one foot forward and back for balance. Ask them to, "keep me from pushing you back," and push gently. Be ready to catch them in the likely event they fall back. Give them two chances, then have them set their feet side by side, roll their shoulders and arms back and down, and pull their shoulder blades together. Do a stabilizing push on their shoulders, demonstrating their stability in this posture.

### Things to Remember When You're Identifying

1. *Always* push with the energy your testing for, rather than power or force. For most pushes your arms are connected with tone through to the energy center you are testing for.
2. If you're a connector (1-4), start in neutral, *don't force eye contact*, and remind yourself to look away from time to time. It may help you to scan the rest of their body (shoulders, face, chest, hips, etc.) for cues and indicators if you have difficulty neutralizing your connection energy.
- 3: Your body and energy is *always* interacting with their body and energy--*do not ignore the person in front of you! Hold the connection at all times and stay aware of them.*
- 4: Remember that you are showing them their strength, not their weakness. For those that have not practiced activating their energy, it will take time to grow into their full power, which they will find harder if they lack trust or confidence in themselves. To this end, push to *test* and, later in the process, to *strengthen*, not to overpower their limit. Illustrate their power.
- 5: *Pushing is not a competition*; you are not trying to outmatch their energy. Even in the case of 8, which enjoys a challenging push, the participants are supportive partners, not opponents. Remember that you are connecting with a deep, sacred part of the person in front of you; *treat it with respect and encouragement.*
- 6: You may need to adjust and compensate for height when testing each Natural Energy. In general (though with some exceptions), your push should be as direct as possible; not over or under, but straight through. For 1: Be Above or parallel to the person. For 4: find a way to get in close, hips to hip, if the person is much taller than you, glance up to check that they have dropped into the connection and relaxed the back of their neck.
- 7: In addition to physical cues, arm position is one of the first clues you will receive. *Pay attention to their movement and preferences as they step onto the mat.*
- 8: Describe the energy while still in the connection; *pay close attention to whether your words resonate with them.* If you ask them "does this resonate" and they say sort-of, or mostly, check for what part resonates. You may have to start again. If you have to start again, always start back with the gentle pushes. They like to see that you are being careful and thorough.
- 9: When cross-checking an energy, *always restabilize them in their Natural Energy* before you are finished.