

## FIGURE-8 3D ENERGY WORKSHOP

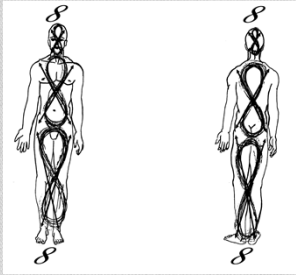

A TFH Extension

Robin Brown-Frossard

### Workshop Program


- A brief introduction to the figure-8s
- Revision of the protocol in TFH 3
- Supplementary considerations
- Hand configurations
- Speed
- The client is the expert
- Pick a workshop partner and **practice one figure-8**
- “Fuzzy Glove” indicator - **practice**
- Side of the body figure-8s
- Figure-8 3D Energy balance sheet
- Figure 8 configurations: vertical, horizontal four-leaf clover
- **Exchange of balances**

### Figure-8 Energy Flow – TFH 3




### Supplementary Considerations

- Rudolf Steiner
- Three-dimensional presence in the body
- Structure
- Liquid flow
- Position in regards to the body:
  - Inside
  - On the surface
  - Around the body, in the aura



### Hand Configurations


- Flat hand
- Perpendicular hand
- Sword fingers
- Closed lotus flower
- Mudras
- Chakras

Sword Finger/Sword Hand

### Speed

- Go **slowly**
- Pay **attention**
- Listen, watch, feel, etc.
- Observe the **verbal and the nonverbal**
- Keep the movement **fluid**

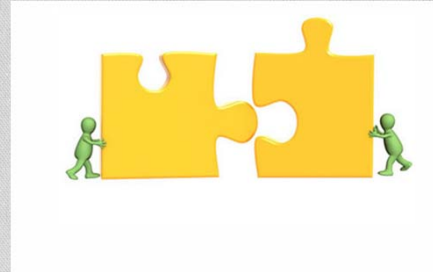


### The client is His/Her Own Expert

- To say when the balance movement is sufficient
- To say stop at any moment if discomfort
- To share what they are feeling inside (sensations, emotions, thoughts)
- Educational model
- Allowing the person to
  - Rediscover
  - Reconnect
  - With different aspects of themselves

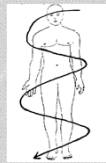


### Practice one TFH Figure-8



### « Fuzzy Glove »

- An indicator of imbalance in the Figure-8 system
- Off the body, in the air
- Move your hand from left to right and back again ...
- Downwards and upwards
- As if tracing several rounded zigzags
- Test an IM
  - IM unlocks, there is a possibility to reinforce the figure-8 energy system
  - IM locks, it is in balance
- Practice



### Figure-8s on the Sides of the Body

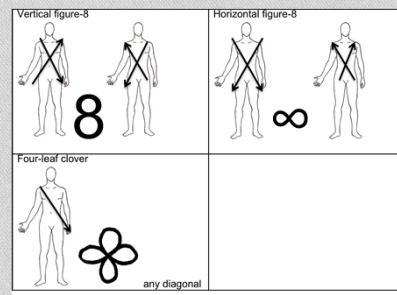


### Figure-8 3D Energy Balance Sheet

Side of body	Figure-8 schemes (V/H/C)	Side of body	Figure-8 schemes (V/H/C)

\* V: Vertical figure-8; H: Horizontal figure-8; C: four-leaf clover figure-8

### Figure-8 Configurations



Exchange of Balances  
Figure-8s as an independent balance



Robin Brown-Frossard  
Grand-Rue 1  
1680 Romont  
Switzerland  
+41 79 288 19 09  
[www.kinepro.ch](http://www.kinepro.ch)