Improve Your Physical Balance in Minutes

by Stacey Vornbrock, M.S., Sports Performance Pioneer

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We Take Our Balance for Granted!

Our physical ability to balance is something we take for granted on a regular basis. We stand up, move forward, backwards, side-to-side, and bend over and our body instantly adjusts to the movements we make.

But did you know that this balance we take for granted involves a very complex set of processes performed by three systems in our body? We usually associate balance with our inner ears but it's far more complex than that.

Our Three Sensory Systems Involved with Balance

The first system involving balance is our visual system. We need a visual point of reference with our eyes wide open. When we don't have visual cues or our body doesn't utilize the visual cues it has, balance can be affected.

Researcher, Dr. Mark Edwards said, "The images on our eyes undergo complex patterns of motion, called optic-flow patterns, that indicate the type of movement we are making – radically expanding patterns indicate forward motion, and contracting patterns indicate backward motion."

The second system involving balance is our vestibular system - a pair of tiny sensory organs deep inside our temporal bone on either side of the head near the cochlea of the inner ear. Its primary job is to keep track of where our head is. I won't go into the complex details of this system (and wow, is it complex!), but one thing that happens when we're having a balance issue is the number and size of our vestibular neurons decreases.

The third system involving balance is our somatosensory system. This system provides information about our body's position and location spatially and involves our skin, muscles, tendons, and joints. Our skin receptors must receive and relay accurate information about temperature, pressure, vibration, and tactile information for our body to create balance. Our stretch receptors in our muscles must send the correct signals to our central nervous system until the muscle is contracted and the desired length and tension of the muscle is regained.

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Here's Even More Complexity

Our sense of balance comes from these three systems working together and processing this complex information in the spinal cord, the lower and mid-brain, and the brain cortex. Balance requires precise transmission and rapid and accurate information processing at these levels.

Please know that the information in this article is not anything you have to consciously be concerned with…your body knows exactly what to do create balance and is performing these functions on a millisecond-by-millisecond basis. This information is to satisfy the curiosity of the left-brain!

Here's the Balance Protocol

If your body ever feels off-balance, you can tap the *Balance Protocol*. You can also use this protocol to improve your balance. It's best to tap this before bed to allow your body to integrate the changes while you're sleeping.

Tapping Protocol for Balance

(EB) Eyebrow point, tap both sides where eyebrow begins
(SE) Side Eye point, tap both sides on the temple
(UE) Under eye point, tap both sides under the eye on the bone, dead center
(UN) Under nose point, tap in between nose and top of lip
(CH) Chin point, tap right in the middle where the chin indents
(CB) Collar Bone point, make a fist and tap in the hollow of collar bone
(UA) Under Arm point, take four fingers and tap 4 inches down from under arm
(WR) Wrist point, tap inside of wrists together
(KC) Karate Chop point, tap four fingers along side of hand

Tap Karate Chop Point while repeating 3 times:

"Even though my body is out of balance, I deeply and completely love and accept myself."

EB: My body is not using visual cues for a point of reference
SE: My body needs a point of reference with my eyes wide open
UE: My visual system isn't functioning at 100%
UN: My vestibular system is out of balance
CH: My vestibular sensory cells aren't functioning at 100%
CB: The number of vestibular neurons in my inner ear canals has decreased
UA: The size of my vestibular neurons in my inner ear canals has decreased
WR: My somatosensory system isn't functioning at 100%

EB: My skin receptors aren't relaying accurate information about temperature
SE: My skin receptors aren't relaying accurate information about pressure
UE: My skin receptors aren't relaying accurate information about vibration

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UN: My skin receptors aren't relaying accurate tactile information
CH: I can't sense the forces acting on my body
CB: My stretch receptors in my muscles aren't sending the right signals to my central nervous system
UA: These three sensory systems are not processing in harmony with one another in the spinal cord, the lower and mid-brain, and the brain cortex
WR: My spinal cord, lower brain, mid-brain, and brain cortex are not precisely transmitting rapid and accurate information at these three sensory levels

Tap Karate Chop Point while saying:

"I give my body permission to fully use visual cues for a point of reference. I give my body permission to increase the number and size of my vestibular neurons in my inner ear canals. I give my skin receptors permission to relay accurate information about temperature, pressure, vibration, and tactile information to my spinal cord, lower brain, mid-brain, and brain cortex."

I'd love to hear about your experiences and results using this protocol, please let me know!

Love and Blessings,
Stacey

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Stacey has been pioneering the use of Emotional Freedom Techniques with professional and amateur athletes to release mental, emotional, physical, and mechanical blocks on the cellular level.

She worked as a psychotherapist from 1977 until 2003 when she began working with athletes.

Stacey is recognized as a leading expert and innovator in the use of EFT with sports performance. Most notably, she has pioneered the application of EFT with injury and surgery recovery, range of motion, soreness, and sports-related mechanical changes.

Stacey is the author of nine *Breakthrough Performance for Sports Manuals* and ebooks for non-athletes, including her ebook, *Injury Recovery; The Ultimate Injury and Trauma Recovery Program.*

Download your free copy of her ebook, *Conquer Your Fear of Failure and Your Fear of Success,* and see her EFT products at:
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