



## 1 – Point Exercise

### Concept

As we go about our daily life, we often spend much of time “In our head” - thinking about the things we need to do / or things that have happened to us. Whilst this helps us plan things or helps us remember what was on our shopping list etc. and is a good thing to do, it can sometimes mean that we risk being unbalanced easily. We’ve all had the experience of walking through town, thinking about where we need to be, or the next meeting, not really paying much attention to the pavement, and then tripping on something on the floor – sometimes we fall, often we regain our balance quickly and are suddenly very alert with heart pounding.

The “1-Point” technique is a way of helping us centre ourselves quickly and find an internal balance and resourceful state, where we are in total control of our energy and state. It is a technique used in Martial Arts (Aikido), in Yoga it is referred to as the Hara Breath, and requires us to focus specifically on the Sacral Chakra, which gives us stability and resourceful energy.

When learning the technique for the first time, it is often best to have partner to provide immediate feedback and assist you to get into a solid 1-point, and the instructions have been written with this in mind. Person “A” is the “client”, person “B” will assist. It can be done on your own if necessary.

With regular practice, this technique is extremely useful in stressful situations. Remember to practice it prior to interview or a presentation, and then it becomes an automatic response at the point of conflict with colleagues or family. It allows you to feel calm and in control.

### The Pattern

- 1. Stand relaxed, at right angles to each other with feet roughly shoulder width apart, so that “B” can place their left palm on “A’s” shoulder (“B” to the right of “A”)**
- 2. While “A” thinks of what they need to do later that day, “B” gently pushes on “A’s” shoulder to assess how wobbly “A” is.**  
If it takes very little pressure to wobble “A”, they are up in their head thinking. Ensure that “A” does not tense up and push back.
- 3. Ask “A” to concentrate firstly on their throat for a moment, then on their chest for a moment, then on their stomach, and finally on a point 2 or 3 inches below their navel, while “B” pushes gently with increasing pressure as “A” moves to their “1-Point”.**  
You may wish to click the fingers of your right hand in front of the place you’d like them to focus on (do this about 18 inches in front of the body).



4. As “A” focuses their attention lower in the body, suggest to them that “It’s like a concrete block (or weight) settling down into their lower body”.  
As “B” does so, “B” pushes a little harder and notices if they are stable.
5. When “A” is in a strong 1-point, “B” will be able to apply reasonable pressure to the shoulder and they will be stable, if they are not stable, repeat step 3 and 4 until they are.
6. When they are stable, “B” removes their hand from “A’s” shoulder and asks them to relax completely again.
7. Now, ask “A” if they have a situation, somebody or something, that might “throw them off balance”. When they have found it, have them rate the experience from a 10 – Very difficult/unsettling, to a 1 – easy/no worries.  
We are looking for a situation of at least a 6 or more.
8. Now, ask “A” to put that situation to one side for a moment, and to return to their 1-point.  
Place your hand on their shoulder and apply gentle pressure to assess the strength of their 1-point, repeat step 3 and 4 until it is strong again.
9. Now, ask “A” to keep their attention on their 1-point, and to “See themselves in the (difficult) situation, seeing themselves handling it easily, effortlessly, gracefully, with the outcome they want to get.” Tell them to “try it in a couple of different ways, always with the outcome you want to get”.  
(Keep the gentle pressure on their shoulder to assess if the attention wanders from the 1-point, if it does, tell them to keep their attention on their 1-point as they think about the situation.)
10. When they have continued to do this for a minute or so, and remained stable and solid whilst doing so, ask them to rate the situation now.  
"Tell me, what has the situation come down to now?"  
"What is the new rating, now?"
11. If the rating has dropped to a 0 or a 1 – job done, if the rating is still above a 4, repeat as necessary, ensuring they keep focussed on a strong “1-Point”, until the rating reaches a 2 or a 1.
12. Rotate and repeat with “A” assisting “B”.