

Common Blocks Worksheet

Use this worksheet to identify what type of blocks you are experiencing from the 6 most common blocks found below.



BLAH BLOCK

The "blah" block is a result of depressing one's feelings and energy till they stagnate and cause accumulation of body fluids in that area.



COMPACTION BLOCK

The compaction block, which suppresses feelings, contains a lot of accumulated rage, like a volcano. This energy block results in stored body fat or condensed muscle in the area.



MESH ARMOR BLOCK

The mesh armor is an effective block in that it helps the person avoid feelings, especially fear, by quickly moving the blocks around when she is challenged in a life situation.



PLATE ARMOR BLOCK

The plate armor holds all types of feelings by freezing them. They are held in place around the body by a field of generalized high tension.



ENERGY DEPLETION BLOCK

The energy depletion block is simply a decrease of energy flowing down the limb in the direction of the distal end.



ENERGY LEAK BLOCK

The energy leak occurs when the person squirts his energy out of joints instead of allowing it to flow out of the limb.