

EMOTIONAL RELEASE TECHNIQUE

Meridians can become blocked by negative emotions. This keeps us from moving on and organs from working properly. This technique frees the brain of negative emotions and clears the meridians, allowing the body to function properly.

Allergies are sometimes the outcome of blocked meridians. Negative emotions related to food (sugar, alcohol, etc), animals or chemicals may cause these blockages resulting in allergic reactions or sensitivities.

Each meridian is usually associated with an emotion. The following is a standard. However, this may vary with various healing modalities.

Spleen, Stomach:	Worry
Lung, Large Intestines:	Sadness, sorrow
Kidney, Urinary Bladder:	Fear
Liver, Gall Bladder:	Anger, depression, anxiety
Heart, Small Intestines:	Hate, irrational love, unreasonable laughter, giddiness
Triple Heater, Pericardium:	Same as heart

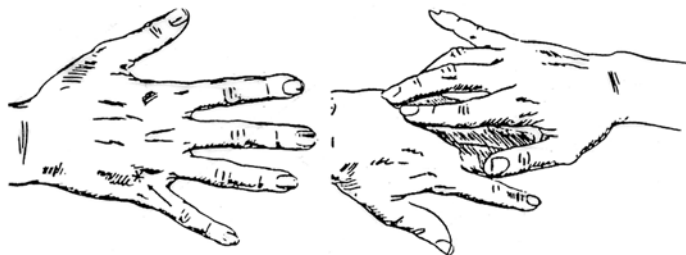
First muscle check for the negative emotion. It should be weak. Ask how intense this emotion is on a scale of 1 – 10, ten being the worst. This will help them to feel that the intensity has decreased by the end of the treatment.

The treatment consists of tapping on designated areas in order to clear the meridians. Each exercise accesses a different part of the brain. Tapping will be for approximately 30 seconds. The exercises are as follows:

1. Tap under the eyes (one side at a time) with eyes open (do this very carefully and with light tapping so as not to harm this delicate area).

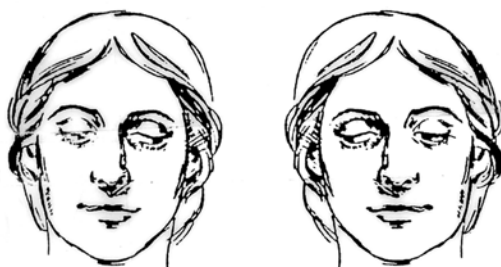


From this point on, you will be tapping on the back of the hand between the pinky and the ring finger, one side at a time.

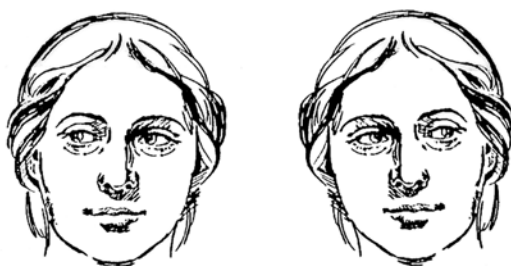


2. Eyes closed
3. Eyes open
4. Humming a simple tune (can be done silently)
5. Saying simple multiplication tables (can be done silently)

6. Eyes down to the left
7. Eyes down to the right



8. Eyes circling clockwise
9. Eyes circling counter clockwise



Re-check to see if the negative emotion has cleared. Ask where, on a scale of 1 – 10 (10 being the worst), they now feel this emotion is. Often times they cannot tell but can feel that something has released or lifted. They feel lighter or less tense.