

The Five Element Meridian Release Technique

Lynne Namka. Ed. D. © 2011

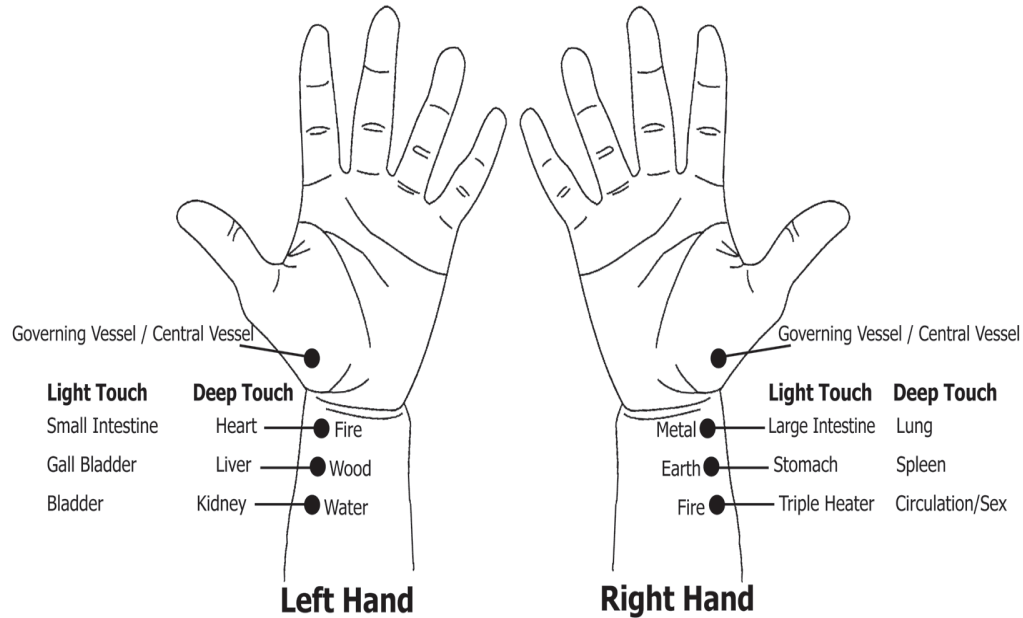
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Five Element Meridian Release Technique

Lynne Namka, Ed. D.



Low Energy Meridians Points on the Wrists

Chart from Scott Walker's Neuroemotional Technique (Ignore the words Light and Deep Touch)

The Eight Steps of the Five Element Meridian Release Technique

1. Identify a troubling emotion. Locate it on the list of energy meridians that flow through the body. Find other similar feelings you identify with from that same meridian. Breathe deeply.
2. Identify the meridian point on the wrists or palm. Hold this point with your finger or thumb. Points for Governing and Conception Vessel can be held on either the right or left palm.
3. Place that palm that has the wrist-point hand flat on your forehead while holding the point
4. Identify the first time you felt that feeling or the age that you were. This is the causative event or root cause that is linked to how you unconsciously react today. Guess if you're not sure.
5. Break the pulse point hold and use that hand to reach around and tap sharply on your spine anywhere from your neck down to the base of your spine. This tapping puts a vibration into your central nervous system. Tapping gives you frequencies that carry information. Breathe.
6. Say the Release Statements for that meridian. (I choose to release ____.) Forgive yourself for having normal emotions when you felt overwhelmed and did the best you could. Breathe.
7. Say the Empowerment Statements for that meridian (I reclaim ____.) while visualizing it.
8. Repeat with the next emotion around that issue. Most upsetting events have more than one associated emotion or belief. Locate the meridian, hold the pulse point and forehead and tap on your back. Work all other emotions and negative beliefs around the issue until you feel clear.

Five Element Meridians with Excessive Emotions that Create Under-charged Energy Blockages

Governing Vessel

Arrogance, disdain, grandiose, false self-esteem, false ideas, entitled, pride, unsupported, mistrust.

To release beliefs of superiority or inferiority.
To support one's self. To release entitlement.
To let go of unrealistic ideas and false beliefs.
To reclaim true sense of self interconnected to all.
To know true identity of being One with All.

Heart

Shock, surprise, agitation, talkative, excessive laughter, guilt, lack of emotion, rigidity.

To release racing thoughts and agitation.
To connect with the loving energies of the heart.

Large Intestine

Dogmatically positioned, rigid, defensive, excessively neat, stubborn, stuck. To cleanse & eliminate what is not needed.

To release judgment, need to control and ego defensiveness.
To listen to new information. To release old stuck ideas.
To be flexible and let go of what no longer fits.

Gall Bladder

Resentful, emotionally repressed, depressed, indecisive, stubborn, galled, judgmental, critical.

To let go of resentment and fear of speaking out.
To release inner critic and reclaim clarity and peace of mind.

Bladder

Paralyzed will, miffed, timid, inefficient, engulfed, smothered, trapped, used, wishy-washy.

To release unneeded fluids and irritability.
To release overwhelmed and fear of deciding.
To reinforce will power, meaning and direction.

Stomach

Over-sympathetic, Disgust, egotistic, self-important, betrayed, despair, nervous, obsessive, worried, distrust.

To release nervous stomach * issues with self & others.
To reduce overabundance of stomach acidity.
To gain sense of calm and centeredness.

Triple Warmer

Confusion, muddled thinking, paranoia, instability.

To let go of confused thinking and feeling overwhelmed.
To enhance digestive and elimination process.
To choose relevant information and gain inner voice.
To connect with the healing forces of love.

Central Vessel

Humiliation, ostracized, confused, embarrassed, awkward shame, self-conscious, mortified, ridiculed, wounded pride, bashfulness, self-sabotage, self-loathing.

To release shame, embarrassment and feeling different.
To reclaim intact sense of self prior to bullying/ostracizing.
To release beliefs of being bad, unworthy or undeserving.
To gain sense of safety and wholeness.

Small Intestine

Abandoned, lost, vulnerable, deserted, insecure, deep unrequited love, absent-minded.

To release fears of insecurity and vulnerability.
To connect to competence and sense of security.

Lung

Sad, grief, loss, depression, yearning, anguish, cloudy thinking, uncertain, betrayed, jealous,, cravings.

To release attachments to former loss. To accept change.
To release grief and use deep breathing to calm self.
To deepen the breath and see a bright future despite loss.
To release addictive cravings. To reclaim centeredness.

Liver

Anger, irrational temper, frustrated, aggressive, entitled to anger, envy, rage, vengeance. To release toxins & restore immunity.

To let go of hurt under anger and defensiveness. Release entitlement.
To breathe deeply before reacting and reinforce healthy boundaries.

Kidney

Fear, dread, terror, bad memory, death fear, impending doom fear of unknown. To release past memories which created fear.

To release sympathetic nervous system arousal & amygdale over reactivity. . To restore the vital energy flow. To return to my body.
To reclaim sense of safety, sense of self and gain empowerment.

Spleen

Low self-esteem, over concern, lack of control over events, worry, hopelessness, lives through others.

To let go of worry, obsessive thoughts & looking outside of self.
To accept those things you cannot control. To center and ground.
To decrease oversensitivity to others emotions and co-dependency.

Circulation/Sex (The Heart Protector)

Depleted, suppressed, sluggish, exhausted, invisible, apathy, jealous, rejected, ignored, sexual, invisible, dissociation, spaced out.

To release relationship issues. To release blockages in circulation.
To restore energy. To allow vital energy to flow from the Universe.
To heal sexuality issues, open to intimacy and healthy sexuality.

What isn't Resolved is Stored in the Body and Mind

Some experiences in life strongly affect how you see yourself. Negative events that are upsetting can distort your identity. Excessive emotions and their accompanying beliefs and muscular reactions became associated with a threat to your sense of safety or to your self-esteem during an upsetting event. Much of how we react is *associational learning*! Unresolved issues from the past with high emotions still affect how you react today. You can unhook these old, unhealthy ways of feeling, thinking and reacting.

Here's the longer version of the eight steps of the Five Element Meridian Release Technique giving a more complete explanation:

1. **Identify a current unwanted feeling that bothers you and find the meridian pulse point corresponding with that feeling on the chart.** Each pulse point corresponds with that same meridian where there might be a blockage and one or more emotions.

According to Traditional Chinese Energy Medicine, the meridian system is made up of fourteen major invisible pathways or channels that transport energy throughout the body. Some see this vital life force as being electromagnetic. The meridians are like a network of energy streams flowing through the body. Twelve of these meridians are duplicated on the right and left sides of the body. In addition, there are two primary flows—one—the Governing Vessel-- goes down the back of the body starting from the insides of the eyebrows down to the toes. The other is the Conception Vessel which runs down the front of the body. The meridians along with the chakras of the body allow you to connect with the consciousness of the universe.

Each of these meridians is associated with different emotions. Your energy flows freely through the meridians to every cell in your body when you are healthy and in a balanced state. If you are ill or emotionally overwrought, the energy stagnates, producing imbalance, fatigue or restlessness.

Note: Different models by different practitioners assign slightly different emotions to some of the meridians. I've used the chart given here for years and find that it works as well as the others do.

2. **Put your finger or thumb of your opposite hand on the identified pulse point.** Read the other emotions listed for that same meridian to find the ones with which you identify. Breathe deeply. This holding accesses the energy meridian that is out of balance.
3. **Place the palm of the hand that has the pulse point flat across your forehead.** This helps you connect with Neurovascular, Emotional Polarity, Neuro-lymphatic Reflex points on the forehead that were identified by chiropractic techniques. These two receptor points which are over the midpoint of each eyebrow were discovered by Terrence Bennett in the 1930s. Holding these receptors simultaneously on the right and left hemisphere of the forehead is thought to increase cerebral spinal, organ and muscle flow of blood to the body. It's hypothesized that touching these points on the forehead helps shift the energy and

blood flow from the more emotional mid-brain areas bringing it back into the prefrontal cortex areas which are associated with a calmer mind and rational, logical thinking. Placing your palm across the forehead calms the vascular system which circulates the blood flow in the veins, arteries and heart and further helps alleviate the negative emotions around that issue.

4. **Pull an unhappy event from your past** that is similar to today's emotion. Emotions and past events are energetically interconnected. This is the original or causative event—the root cause— where you could not defend yourself or speak out against injustice. Strong unresolved emotions around it created energetic imbalance where you felt out of control and incompetent. The earlier emotions and beliefs that were *associated* with feeling overpowered became stored as energetic charges in your meridians and energy field. During a precarious situation earlier on, you felt overwhelmed and developed negative beliefs about yourself, others or the situation. Say, "Today's emotion reminds me of an earlier time in my life. I felt like that when ____" or let an age float up in your mind when you first might have had the same emotion.

There is a way to get information from your body and unconscious mind. Use your intuition, dowsing or muscle testing to find the earliest time that the emotion originated. *Listen to the wisdom of your body!* Learn to use the "felt sense" described by psychologist Eugene Gendlin where you feel the rightness of something from your gut. This knowing what is right for you to choose right now is part of the wisdom of the body, mind and spirit. The felt sense helps you be authentic and clear about who you are. Here's how spiritual teacher Hugh Prather described finding your felt sense"

"What you are listening for is a softening of your heart and a sweetening of your mind. Listening is a form of vision. Inner quietness and peace allow your hearing to pass beyond all appearances. Create within you a quiet place into which the Answer can come. When you are as still as the Answer, you will hear it."

Discovering a truth about yourself is consistent with the flow of life, while untruths restrict it. Psychiatrist David Hawkins described this as "the capacity of the human organism to differentiate not only positive from negative stimuli, but also anabolic, meaning life-enhancing, from catabolic, meaning life-consuming, and most dramatically, true from false." See my book *Love is the Way to Ascend* available for free from theascension2012.com for more about using your felt sense which gives you that "Ah yes" feeling.

*A trauma is any event of such confusion and helplessness that you could not process it's meaning to make sense out of it. You **must** get back to the earliest original trauma which puts you in touch with the unconscious choices you made at that time to release the energy blockage held in the meridians. Debilitating experiences in early life or during your teen years or an earlier abusive romantic relationship can have a profound affect on an individual's personality and subsequent life decisions.*

Guess the causative event if you aren't sure what it was. Do not question or doubt this earlier age or experience. Your unconscious mind can give you information your conscious

mind does not remember. If there is no memory, turn it over to your unconscious mind. Intuitively connect with the wisdom of your body that wants to release what it no longer needs. Say, “The original event stored in my unconscious mind” or “The **very** first time I felt this way.” This brings up any unresolved energies so the associational learnings from the root cause of your disrupted energy can be uncoupled.

Your conscious mind does not have to remember—some part of you does. Psychiatrist John Diamond described the original cause as the “fork in the road” event where you made some negative decisions when there was a loss of positive identity due to feeling out of control. So you have to regress to that place where you were derailed—that fork in the road—to come back and get back on the main road to a positive self and future. Don’t go full blown into the negative experience—you don’t want to retraumatize yourself—just think of the feelings listed for that meridian.

Some issues happened before the development of your verbal language. Some go back to the womb when the fetus felt intrauterine contractions and the stress hormones from the mother. Other examples of early events might include birth trauma, physical and sexual abuse, being rejected and abandoned and bullying and accidents. You may have forgotten or were too young to have the language to correctly interpret the event that impacted you.

So you say you have no traumas? That you had a happy childhood? Think again. We forget the many little things that have upset us. Even little events that shook your sense of self like your friend refusing to play with you, not knowing the teacher’s answer when called on in class, being spanked for something you didn’t do changed how you viewed yourself. How about that time you were sent to your room as a child and you thought it was unfair? Or you got too much water in your nose and couldn’t breathe? Any mean teasing or bullying certainly affected your self-esteem. Small experiences that you didn’t understand where you felt helpless threw your energy system off balance as well as the big ones. Energetic imbalances remain until you do a correction.

The more sensitive you are as an individual, the more your energies were affected when you felt hopeless in an unfair situation and didn’t know how to handle those strong emotions. Whatever problems you are having now with something is a strong indicator that something is unresolved in your background.

5. **Reach around with the hand that held the pulse point to tap on an area on your spine anywhere from your neck to the base of your spine.** If it feels correct, you can even tap on the top of your head. Tap around ten times or just touch if tapping doesn’t feel good to you. Use your intuition to determine where to tap or hold. Keep the palm of your other hand across your forehead and breathe deeply so that the link between the past where the integrity of your being was threatened and the present can be released. This tapping accesses the central nervous system that runs down your spine.
6. **Say the Release Statement (I choose to release ____.)** given for that meridian or make up one of your own that fits you better. Forgive yourself for having those strong emotions which were normal at that time given what threat or stressors you faced. Forgive yourself

for being a normal person having normal emotions around an upsetting event that you did not understand. Family systems theorist Virginia Satir taught that you did what you did to survive that event—you did the best you could back then. If you could have done better, given the circumstances, you would have. Forgive yourself for being a human being, for having human fallibility.

7. **Say the Empowering Statement (I choose to reclaim ____.)** or any other positive idea that comes to mind. Create the positive affirmation to replace any negative beliefs to bring yourself back to resiliency and strength. Put your attention on your heart's longing and its healing intention as you say the Empowerment Statement to build in insights and reclaim your power. Visualize and feel yourself in this powerful state. The negative belief associated with the early feelings of helplessness is broken. New associational learnings take place: "Even though this unfortunate thing happened to me, I am safe and strong."

Say your self-empowering statements with enthusiasm! See, feel and become what you are reclaiming. Be enthused at experiencing yourself differently. Enthusiasm is a positive energy state that disrupts the earlier problem identity that you picked up.

8. **Repeat the steps with the next emotion** and/or belief associated with that same issue. Continue with each meridian with which you identify one or more of the emotions listed. Think of the issue again and see if there is any other negative belief associated with it that also needs to be released. If so, say the problem out loud and find the emotion that you feel about that belief. Virginia Satir called the feeling under a belief "the self-esteem around that issue."

Be thorough. Do not jump to a new issue until you have totally finished balancing all the meridians that were affected at the time of the first issue. With the release of each meridian blockage, the intensity of the energy that is held with the event diminishes. Don't stop doing the exercise too soon—work each meridian if you are not sure whether there is a blockage there or not.

The stronger the intensity of the emotions, the number of energetic disturbances there will be in the meridians. All meridians go out of balance in huge traumas while small ones may affect only several ones. More emotions create more energetic blockages! In extreme neglect and physical and sexual abuse when there is paralyzing fear and terror all of the meridians of the body might go out of balance. They stay blocked until you do a correction on them. If you are not sure which meridians are out of balance, do the procedure on all of them. If you don't feel clear on your issue, you have not gotten to all of the aspects surrounding the originating event.

Sometimes a second uncomfortable issue comes roaring up after you have released the first one. Some people interpret this as the technique causing this strong emotional reaction. However, this is incorrect. Issues are stacked, one on another, waiting to be activated so they can be released. Emotional symptoms come up to be addressed. When you cleared the first one, the second was set free to be examined. So say thank you and go ahead and clear the new emerging issue.

Excessive Emotions Create Meridian Imbalances and Much, Much More

Unresolved excessive highly-charged emotions can cause asymmetry in the body's energetic system causing the meridian to be over- or under-energized. Yes, you are a normal human being, with complex emotional reactions and automatic muscular tension patterns. Understanding that you are a real, live person with feelings helps you learn to observe and accept raw body sensations and emotions to gain mastery over them rather than ignore, give in or try to escape them. You can use this Five Element Meridian Release Technique to release:

- Emotions resulting in your being able to stay present and calm to deal with stressors.
- Emotions underneath irrational beliefs resulting in challenging errors in thinking.
- Emotions underneath your defense mechanisms resulting in healthier ways of acting.
- Emotions underneath chronic muscular tension and postural patterns resulting in decrease in muscular tension patterns, neck aches, back aches, etc.
- Emotions underneath chronic pain conditions resulting in less physical pain.
- Emotions under somatic illnesses resulting in lessening of somatic symptoms.

Due to our ability to think and hold emotional memory of what happened to us, we are complex people! There can be layers of emotions and physiological problems around an old trauma. For example, a child who was afraid that his parents would get a divorce when he heard them fighting might grow up to become conflict avoidant and be frightened when someone yells at him. These patterns can continue through the person's entire life unless released.

Work every Single Feeling, Belief, Muscular Pattern and Somatic Reactions to Become Clear!

Clarity of mind is rare as we are besieged by our problems and unresolved issues. With insight and determination, you can clear unnecessary negativity from your mind. Here are examples of some of the complex, emotional, physical and hormonal reactions that might happen after a confusing experience:

- Excessive emotions (I become frightened when I hear people fighting.)
- Conditioned, automatic neurochemical releases (I get a jolt of adrenalin and my heart pumps wildly.)
- Irrational beliefs (I can't stand conflict and loud voices.)
- Automatic ways of reacting (I emotionally withdraw and shut down.)

- Defense mechanism (When confronted with something wrong that I did, I feel guilty and go on the attack to shut the other person down.) Common defenses include denial, repression and projecting blame on someone else.
- Tight muscular patterns (I hold my breath and my neck and shoulders tense.)
- Localized pain and pain which radiates to different areas of the body (I get a throbbing in my head.)
- Psychosomatic illnesses (My energy drops and my stomach starts to churn with acid.)
- The electrical system of the body is disrupted (The electrical output of my heart, other organs and cells are affected, changing my electromagnetic field.)

Work your Meridians, Neurovascular Points and Central Nervous System and Respiratory System all in One Approach!

Many of the energy therapies are efficient and can relieve undesirable symptoms of the moment. However, too often people stop prematurely when doing a technique such as the Emotional Freedom Technique because they feel better; they fail to get to ALL of the imbalances held at the root cause of the event. The therapy techniques that are most efficient bid you to go back to earlier events to unhook all emotions, beliefs and conditioned behaviors that are not congruent with life. To thoroughly release the vibrational imbalances around an issue, you must address all the meridians that were sent out of balance at that earlier time.

The Emotional Freedom Technique and most Energy Psychology approaches work the meridians. The Five Element Meridian Release Technique is more inclusive as it works with the neurovascular system (blood circulation), central nervous system through tapping the spine, and respiratory system as well as working the energy meridians.

Remember to check all emotions, beliefs and tension patterns thoroughly to completely resolve an issue. Is the Five Element Meridian Release Technique the “end-all technique? No, no one technique is applicable for every situation. A variety of energetic, cognitive behavioral, gestalt and communication techniques are necessary for healthy relationships and the forgiveness approaches are needed.

The Five Element Meridian Release Technique is a simple but elegant procedure to reverse fear of feelings and release old triggers. By naming and owning the emotions and cognitive errors around an event that sent your body out of balance and adding a different vibrational charge through intention and touch, you can release them. This acupuncture approach works at a non-verbal level to access the overly-activated emotional centers of your brain (the limbic system and amygdala) to break into the maladaptive emotions and defenses you typically slip into. When the energetic charge underneath the fear-related thoughts and emotions are released, your entire energy field shifts and you feel calmer and think more clearly.

Healing Formulas

Healing is a function of (Focused Attention + Connection + Intention + Forgiveness of the self to receive Vibrational Frequencies).

Healing is understanding an event from a higher spiritual perspective and drawing from Higher Resources to correct the misperceptions and errors in thinking and empower the self.

Healing in Traditional Chinese Energy Medicine is a balancing of the body's energies.

The Five Element Meridian Release Technique incorporates all these healing parameters. It is drawn from different traditions, drawing from the Tao, Five Element Chinese Energy Medicine, Applied Kinesiology, Touch for Health, Scott Walker's Neuro Emotional Technique and others. It is non-cathartic, which means that you don't have to experience the disturbing emotions, but only recall and acknowledge them while doing the energetic correction.

Acupressure bypasses your conscious mind working energetically with the body. Using acupressure on the under-energized meridian pulse points of the wrists and the Neurovascular points on the forehead and tapping on the spinal vertebrae can shift emotional issues of the present and of the past. This Five Element Meridian Release Technique breaks into today's seemingly irrational triggers by tracing them to their roots thus changing the neurochemistry of the brain. This approach can bring harmony back into the out-of-balance meridians and quickly balance the body's energy field. It can work to release some physical symptoms as well as emotional ones.

We are an Information Processing Species

As a human species with complex sense organs and brains, we are meant to take in new sensory information and integrate it into our sense of who we are. We are energetic, vibrational beings that process and assimilate stimuli in our environment. We are also meant to process our inner sensory reactions. Our cells and tissue carry energy, also called Chi, Prana or Qi which connects us with the life force of the Universe. Energy is power and frequencies that carry information. You are an informational system. The word "information" comes from the Latin word "*informare*" which means shape or form. Information is transmitted by frequency resonances to bring your body, mind and spirit to order.

Traditional Chinese Energy Medicine states that the overabundance of any emotion sets up an energy imbalance in the body. Richard Bartlett, developer of Matrix Energetics, said,

"Our body is the physical manifestation of an energy field, which records everything that has happened to us in our lifetime, including accidents, illnesses, stress, etc. If this field is not

cleared and balanced, we can develop an imbalanced energetic expression and this can cause disruption at many levels of our being compromising our vital life force.”

A basic belief in Chinese Energy Medicine says, “The heart takes the hit.” When there is a great shock or surprise to a person that he or she cannot process, the overwhelming energy goes first to the heart. The heart starts racing to prepare the person for fight or flight. The heart goes out of balance and the excessive energy is then distributed to the meridians, some of which go out of balance. Acupuncturist, Lin Cao said, “If the basic energy is not stabilized, the spirit is insecure.”

The Cells, Tissues and Organs all Carry Their Unique Frequency

Note: This section is from my free pdf book, *Love is the Way to Ascend* available at theascension2012.com.

Healing is an exchange of vibrations and energy to achieve self-transformation. Everything in the universe has a characteristic resonance or frequency consisting of light and information. Resonance means the natural frequency at which an object vibrates which gives the basis for healing. The concept of human resonance is based on the idea that like attracts like and people tune into the same wave length and vibrate together in unison. Humans have built-in resonance detectors for good or ill. We fall under the influence of those we are around and can be caught up in their energetic resonance. We also resonate with calm, soothing environments or harsh, discordant ones.

Indeed the different systems of our bodies reverberate in resonance. Sound healer Jonathan Goldman explains how our bodies and the very organs, tissues and cells are made up of their own frequencies,

“Together they make up a composite frequency, a harmonic that is your own personal vibratory rate. You have your unique vibratory signature and each of the organs and systems of your body has a vibratory signature. Through resonance, it is possible for the vibrations of one vibrating body to reach out and set another body in motion.... Just as it is possible to set an object into its own natural motion through resonance, so it is possible to restore the natural vibratory frequencies of an object that may be out of tune or harmony. When an organ or another portion of the body is vibrating out of tune, we call this ‘disease.’”

All healing is self-healing; it is a response to a deep, inner need that calls out for the required information which is absorbed as distorted vibrations. A higher vibration is needed for release of the trauma-associated vibration. Each vibratory imprint in the organs that are out of balance can be accessed. Set the intention to shift each organ into its original vibration that is consistent with the healing vibrations of the universe.

We are Meant to Self-Organize

We are meant to absorb and integrate the things that happen to us making them a part of our normal, working memory by adding them to our storehouse of learning. During trauma, the body and mind are bombarded with sensory information of all types. As this information is processed, the person has judgments and feelings about what has happened. These emotions carry vibrations and informational patterns. Distorted thinking patterns and uncomfortable emotions create energetic interferences and congestion that are not consistent with supporting health and life.

Due to their high intensity, the emotions surrounding trauma experiences can't be assimilated. When you feel overwhelmed, you can't process and integrate the experience into your total being. Imbalance in a meridian is created when an emotion is too much (excessive or overcharged) or shut down or insufficient (deficiency or undercharged) during a sudden forceful event or during chronic stress.

The excessive feelings of helplessness and hopelessness are stored as disconnected memory fragments, separate sensory bits and pieces and body sensations and muscular reactions. Negative memories become stored as visual, auditory or olfactory sensory fragments associated with extreme emotions. These fragments become locked in place and locked in time at the same strength that they were during that first experience. They are tucked away in the unconscious mind and are walled off from conscious awareness. They remain hidden away ready to be triggered by similar stimuli in the environment. Any excessive emotion that can't be processed during a stressful time can become a habitual emotional response or repeating self-destructive pattern of behavior. Ongoing stress in life and continual negative thoughts and strong emotions keep the body out of balance.

Cognitive errors or beliefs regarding helplessness and lack of safety underlie the excessive emotions. Intrusive thoughts and flashbacks and some physical complaints are old associated fragments of memory that were not assimilated and integrated due to the excessive emotional arousal you felt at the time. These stimuli associated with the event seemed intolerable at the time as they were perceived as danger and your self-image was altered. You became overly sensitized to the environmental stimuli connected to the event and also to similar highly-reactive sensations in your body.

Today similar cues either in the environment or those emotional internal sensations remind you at an unconscious level of that unresolved earlier event. They can trigger you back into those old ways of thinking and acting when you felt helpless. You again become hyperaroused as you recess back into that earlier unproductive way of reacting. During this highly aroused state, you try to avoid the external and internal sensations to keep the frightening memories from coming up. The old strategies that worked when you were younger are evoked and you go into defensive reactions that are no longer efficient. See your symptoms as a defensive protection against remembering the overwhelming arousal but more importantly as an opportunity for clearance.

The Ability to Modulate Our Emotions is Necessary for a Calm, Loving Life

Unfortunately some children never learn to regulate their feelings due to disruptive family experiences. Neuropsychologist Allan Schore reviewed the infant attachment literature in regards

to how infant brains mature during the different attachment styles of parenting. Infants from chaotic, angry or neglectful homes lose their complexity and ability to make meaning of the information presented to them. Their brains become more excitable and develop differently than those infants from calm, supportive parents.

Early stressful experiences in life lead to the inability to regulate the emotions in response to stress in later life. Mothers who comforted the stressed child and taught it to calm itself did better with regulating feelings in later life. Schore says that "... early relational trauma is specifically imprinted in the right brain which is dominant for autobiographical or personal memory. The research shows that the right orbito-frontal cortex of the brain that regulated autonomy and stability does not mature in infants who are abused or rejected."

The ability to soothe one's self when upset and stressed is a major skill of life. The field of psychology is finally recognizing that the lack of this self-regulation skill because of early trauma or neglect is at the bottom of many mental disorders such as depression, anxiety, anger, Post Traumatic Stress Disorder, Borderline Personality Disorder and Narcissism. Schore and other researchers have stated that the ability to regulate the emotions is at the basis of all emotional issues and psychiatric disorders.

Early caretakers who soothe an infant who is crying and unable to calm himself can bring that child back to a state of relaxation and coherence. They model calm, relaxed behavior—"There, there, it's alright." A recent study indicated that if you did not have a comforting parent, choosing a partner who helps you with regulating your feelings can be a boon. In addition, there are many cognitive behavioral and energy psychology approaches that teach regulation of excessive feelings.

In a sense, we can become the comforting parent who reminds us to regulate our own feelings through an Energy Psychology technique. This Five Element Meridian Release Technique is a way to do self-soothing. The most common reaction that people have after doing it is "I feel so calm."

Our Greatest Fear is Fear of Feelings

We become 'feeling' phobic—so afraid of our own feelings and accompanying sensations of the body that we avoid them. We have to feel vulnerable and exposed! The defenses are ways we avoid facing the shame and terrible feelings within. Through avoiding and defending against the uncomfortable emotions, we never learn to self-regulate them. Defense mechanisms operate at the unconscious level and consist of neurobiological, emotional, hormonal, physiological and muscular and behavioral reactions. Physical symptoms without an organic cause can be protective defensive mechanisms to distract you to keep you away from remembering that original disturbing event. Head, stomach and back aches are notorious for harboring old emotional imprints underneath them!

We need our feelings to give us feedback on what is happening in the environment. As I teach in my children's books, we are feeling people and feelings are meant to be felt. That's why they are called

feelings! So catch the feeling, stay with it for a moment, call it out and give it a name and then do a release technique on it.

Catch what sets you off emotionally—those triggers and your response of fear, panic, sadness, anger or disappointment! No need to fear them or repress them. Just learn to deal with them effectively! Feelings are to be dealt with and released with this or any of the other Energy Psychology Techniques. You no longer need to be at the mercy of your upsetting feelings. You can learn tools and techniques to modulate your emotions so you can deal with whatever comes our way. Stress management and self-soothing techniques are absolutely necessary for a calm, harmonious life.

Automatic Triggering—Oversensitivity to the Emotions and Reactions of Others

Triggering happens when you see, smell or hear sounds that were established with the core trauma—you have a direct associational learning that is still linked to a past emotional injury. Things that would not bother other people do bother you immensely and can push you over the edge. Fear and shame are particularly toxic emotions, keeping your reactional pattern glued in.

“Each of us has a history and that history has shaped us,” said psychologist Andrew Christensen, a long-time researcher of how partners trigger each other. For example, fear of being abandoned is likely to be linked to a real experience where someone you depended on left and you did not feel safe. This may create an over-dependency pattern or being too loyal to people who are not good for you. It may be related to fear of conflict and an inability to speak out. Or it may manifest as extreme anger known as abandonment rage. Unaddressed patterns can be analyzed and assimilated.

We all have our oversensitivity patterns that are directly related to what happened to us early on. Perhaps you are overly sensitive to the needs of others. This is a Spleen and Stomach Meridian imbalance where you are overly in tune with other’s feelings at the expense of your own. Your being overly sensitive to someone else’s criticism, anger or even a look on their face that indicates displeasure might stem from having a critical or controlling parent.

Observe yourself to see in what areas you typically overreact compared to other people. What pushes your buttons? What makes you blow your top? What hooks do others use to pull you in to get their needs met at the expense of yours? Find and work your overly empathetic areas or your reoccurring anger triggers. Say your habitual triggering pattern out loud and find the emotion that corresponds to it (I blow up when I feel guilty. I can release the imbalances in the meridians associated with guilt and anger which is Heart and Liver Meridian.).

Self-Sabotaging Core Beliefs

Your beliefs color how you view the world. Neurologist Robert Scaer states that the mind can take the smallest of beliefs that are associated with trauma and repeats them in some fashion. If the energetic blockages are not released and build up and stagnate, they can cause somatic and physical symptoms.

Your deepest held core beliefs are the colored lens that you look through. Beliefs define you and what you draw to you. If you have a self-limiting perspective, your perceptual field narrows so that you only see your own view of the world through those distorted lenses. What you look for, you most likely will find! Evidence gathered out of your misperceptions at an earlier time of your life becomes the supportive data in your mind even if it is wrong. Your sense of wholeness became shattered: There can be shattered beliefs, shattered innocence and a shattered identity.

Core beliefs are organized around issues of safety, self-esteem, entitlement, intimacy, trust and control that become trapped in the unconscious mind as permanent beliefs. They are cognitive errors that affect your ability to maintain healthy relationships. They are self-sabotaging ways of thinking and acting that don't respond to logic or reassurance from others. They are part of your programming from your earliest years, learned when you were younger and did not have much language or experience in the world.

Beliefs come out of your ego mind which tries to keep you away from your True Self. Kat Douma said, "Everything in the mind is its own end program—it is there to undo itself." So undo every thought or idea that you entertain in your ego mind that you don't like! You learned these ideas when you were younger; now you can unlearn them. You can take one hundred percent responsibility for the ways you tear yourself down by engaging in negative beliefs!

How many of these destructive beliefs do you have that have shattered your sense of being whole? To increase your positive self-image, really go after those core beliefs that shaped your identity in a negative way! Do this process several times on each belief until you are clear on it.

Unproductive Core Beliefs		
I am not lovable.	I am not safe.	I am unworthy.
My world is not safe.	I do not deserve abundance.	I don't have the right to belong.
I am guilty.	I hate myself.	I must remain guilty and ashamed.
I am incompetent.	I'm a bad person.	I can't receive abundance.
I'm trapped.	I'm a victim.	People always betray me.
The world is not safe.	People will hurt me.	I must rescue/fix others.
I can't hurt other people's feelings even if they act badly.	I must be overly sympathetic to others.	
I must be perfect.	I'm not capable/competent.	I should have done better.
I am better than others.	I can hurt others.	Raging is okay to avoid bad feelings.

I'm special and should get special treatment.

I'm superior and can do what I want.

I need to be loved and adored to feel special.

I need to get revenge to feel good.

Remember that there are negative feelings under each of these beliefs that are associated with an earlier learning experience in your history. By unhooking the feelings using an Energy Psychology technique, the belief evaporates.

Governing Vessel is almost always out of balance when you are under the influence of false beliefs; thoughts of superiority or inferiority are Governing Vessel imbalances. Your self-esteem has become over or under inflated in some way due to misbeliefs picked up by early wounding. Conception Vessel (how you conceive of or think about yourself) will be out of balance if you feel ashamed of what happened to you or how you handled it.

Emotions stack up, one of top of the other. You may be surprised at how sad (Lung Meridian) or angry (Liver Meridian) or disgusted (Stomach Meridian) you are at yourself for harboring negative beliefs! You may need to do the procedure more than once around a core belief as they have many subsets of beliefs underneath them. All it takes is a little bit of your time and determination. What you are accessing is the knowing that you are completely lovable. Here's an anonymous quote on finding the love within:

“At the core of every problem is an issue of:

I don't love enough.

I am not lovable.

I don't deserve love.

I am unworthy.

People cannot be trusted.

At the core of every solution:

I am worthy and deserve love.

I can find the peaceful solution to this.

I love myself for I am lovable.

I trust us to work this out by staying in love consciousness.”

Learned Muscular Tension Coping Patterns to Defend Against Threat

To fully heal—to fully restore your body, mind and spirit back to balance around an old unresolved issue, you may need to go even beyond your beliefs and emotions to address the patterns long held in the muscles of your body. The residue of feelings of being overwhelmed, confused and hopeless becomes lodged as tension patterns not only in the brain but also in the central nervous system, the muscles, the organs and the energy field surrounding the body.

You did what you needed to do to survive earlier in a time of trouble. You developed old survival strategies to protect yourself during that original event where you felt out of control. How you reacted physically at that time—the bracings against threat, the pull backs, the shut downs, the paralyzing stance, the jumping out of your body and even moving toward the attacker aggressively—is still stored there as an energetic imprint. These unconscious reactions are neurological, chemical as well as muscular and respiratory in nature. And as energies, they can be addressed and released energetically.

You keep reacting in these ways because you've not known how to do anything different. Today these old immature defensive learnings are not productive in your life. As the old saying says, "I don't have to keep jumping on the defense wagon as it always ends up crashing into something!" And yet you do have to, because those automatic ways of reacting when you feel threat are wired in you. Fortunately, the unconscious ways of reacting can be lessened when you address them.

What do you do when you are frightened by a stressor or someone else's threats? Here are the most common defensive maneuvers the body goes into automatically when danger is perceived. You will have several of these involuntary reactions. Each constriction pattern listed here can be released. As you work them, you will have less neck and back pain and somatic symptoms!

- ___ Withdraw, contract inward and tighten the muscles to protect vulnerable areas.
- ___ Hold the breath or breathe rapidly and shallowly rendering the respiratory system inefficient.
- ___ Go into a fetal position of tightly pulling in the body.
- ___ Tighten the exterior and/or interior muscular system of the body.
- ___ Churn the internal muscles associated with organs (anxious, overly acidic stomach).
- ___ Clench the jaw and tongue muscles to keep from speaking out.
- ___ Clench the fists preparing to or holding back attacking the offending threat.
- ___ Lock the eyes wide open scanning the environment to alert for danger.
- ___ Tighten the eyelids, upping the chin and flinging the head back in defiance and scorn.
- ___ Tighten the vaginal and/or buttock muscles if there has been sexual abuse.
- ___ Move forward, blame, project, bully, aggress towards.
- ___ Brace against the hit and tighten the shoulders, jaw, neck or stomach muscles.
- ___ Freeze, dissociate, space out, fragment the energies, faint.
- ___ Pull back, deny, ignore, minimize or discount the problem.
- ___ Become agitated and anxious having frenzied, scattered or nervous energy.
- ___ Become overwhelmed and shut down.
- ___ Distract, deflect, joke or change the subject.
- ___ Unable to comprehend what's happening; problems in seeing or hearing or go into "brain freeze."
- ___ Unable to speak clearly and organize thoughts.
- ___ Agree to do something then don't follow through (passive aggressive behavior).
- ___ Stay present, breathe and deal with threat in a direct, straight way—the healthy way!

Identify a familiar body reactive pattern and mimic it by mildly putting your body into that stance. Holding this body posture can access those old automatic, defensive physiological reactions. Do the

Five Element Theory Meridian Release Technique while thinking of the pattern and holding it ever so gently. Find the feelings connected with the tension pattern. No need to go full blown into the feelings or memory. Just bring the feelings up, one by one, to acknowledge them by naming them and doing the release work.

Each out-of-balance meridian that has gone out of balance can be reset so that the central nervous system no longer becomes hyperaroused. Drill the issue down to release all layers of emotions that are associated with energetic blockages. Repeat this release process until your breath is calm, your muscles no longer constrict and your mind is clear while thinking of the frightening experience.

To determine if you need further discharge of tension, tighten your muscles in your old familiar muscular stance and hold your breath. Intensify this reaction, hold it until you are uncomfortable and can't hold it any more. Then let it go by blowing it out with your breath. Say several Release Statements and Empowering Statements such as "I choose to have strong, relaxed muscles when I feel stress. I allow my jaw to soften and discharge tension. Even though I learned to tense by body back then, I now choose to let go of tight muscle patterns in my fists, shoulders, stomach, jaw, etc." Customize the statements to fit the tension patterns of your own body.

A law of energy is that restricted energy wants to move. Allow your body to physically discharge what it no longer needs. By holding the muscular and breathing pattern tightly, you might start to shake or tremble which discharges tension. This is a modification of a trauma release technique called Somatic Experiencing taught by psychologist Peter Levine who says that stored energy can be dissipated when a mild form of the protective survival pattern is replicated in a safe, supportive therapeutic setting. Levine hypothesizes that trembling discharges the body's natural release mechanism similar to wild animals that freeze when caught and then "shake off" the excess tension when they are released. His theory is that through movement and breathing, somatic experiencing accesses the limbic, subcortical and the brain stem processes that regulate emotion. So if your hands shake, your jaw chatters and your legs want to move and kick, think of this movement as discharging unnecessary energy and go for it!

Holding yourself in a state of body tension to release it is a variation of the Sculpturing Technique taught by Virginia Satir back in the 1970s. Building the tension pattern until it shifts is an old alchemical concept (heating the crucible) first described in Taoist theory. This is the polarity concept of inversion of intensifying a symptom to its straining point until it tips over to the opposite.

Chinese Energy Medicine states that releasing what is not needed in the body is essential for health. Letting unpleasant things out is better than holding them in! Thus a runny nose or diarrhea when you've had food poisoning is more desirable than keeping things bound up in your body. Likewise with excessive feelings. Sometimes emotional symptoms can be discharged through deep sobbing or hysterical laughter then abruptly stopping and feeling calm. Sighing and restless legs can be other forms of the body trying to discharge excess energy. Writing about your emotions or doing dramatic dancing or drawing them are other forms of release.

Dissociation and Freezing when Threatened

Dissociation or going into a numbed or frozen state can help a person distance away or split from the trauma. Dissociation includes automatic states of confusion, shock and paralysis that initially helped you deal with overwhelming threat of immediate danger by freezing and not reacting during times of feeling over-powered. These thoughts of being harmed were so overwhelming that the emotions shut down placing the person in a state of numbing which narrowed the perceptual field and caused distortion of reality.

This old survival strategy is like the possum playing dead in order to survive. Numbing of the emotions further distances the person from the fear of being hurt. Some theorists believe that the person goes into shock as a form of automatic hypnosis resulting in a specific amnesia around the event. This automatic state results in protecting the individual from the difficult situation which he does not have the ability to handle at that moment.

Robert Scaer theorizes that this shutting-down process of dissociation helps the person cope with a highly emotionally traumatic event but at the same time *prevents the painful emotions from being discharged*. The freeze state freezes the sensory fragments so that they can't be assimilated. The energy of the unexpressed emotions has to go somewhere; the memories are placed away in some recessed compartment of the unconscious mind and the body.

The body is caught in a pattern of unbalance and the life force becomes restricted. The vibrational rate of the individual is affected. The memories of the event are stored away being locked into that same hypnotic state of consciousness that occurred during the stressful event. The unconscious content then governs behavior under other situations of perceived threat. The fear energy of the early beliefs and thoughts of "I will be harmed." is experienced through dreams, flashbacks, psychosomatic symptoms and internal conflict.

The highly charged emotional memories of the event are held in check by the defenses which help the mind distract from and evade knowledge of the traumatic event. Scaer explains that the previous energy of wholeness of the individual becomes *the energy of defense* with the mission of not allowing the self to become hurt again. This defensive energy takes the form of moving toward the threatening stimulus as in anger or moving away from it in withdrawal. Defensive energy is best understood by the basic instinctual fight-or-flight response of the caveman. If the person cannot fight or leave the situation of threat, then there is emotional withdrawal into a dissociative state of confusion; the mind leaves if the body cannot.

The cost of guarding the emotional charge in the body is the tie up of psychic energy and body tension. The body holds the tension (charge) as a blockage in the neuromuscular system often resulting in stomach aches, back and neck pain, clenching of the fists or jaws or difficulties in breathing, swallowing or talking. There may be deep fears and accompanying seemingly irrational behavior surrounding similar threatening experiences often with little or no understanding of why this is so. There can be pervasive anxiety surrounding the event which accelerates with any threatened reintroduction to the original trauma.

Work Each Habitual Defensive Mechanism That Distracts You Away from Stress or Pain

Note: This following section is from my book, *Your Quick Anger Makeover Plus Twenty Other Cutting-Edge Techniques to Release Anger* available at www.AngriesOut.com.

Oh we are defensive people! We learned our defense mechanisms in childhood from those who raised us. Defensive patterns happen when you feel a threat to your sense of self and want to avoid unpleasant emotions and body sensations. We've all got them and you can identify yours and break into them. Start to notice when you act out to get away from those uncomfortable feelings and the intense emotional arousal inside. What tension-reduction strategies do you do when you've had a stressful experience? What you do to get relief from unhappy feelings is called coping or behaviors to calm inner tension. Here are some forms of unhealthy defensive coping with stress:

- I can't calm myself down unless I take a tranquilizer, get drunk, stoned or high, punch the wall, have risky sex, eat too much, crave sugar and grease, watch too much television, spend hours on the computer, play excessive video games or lose money gambling.
- I can't deal with this emotional pain so I scream at my partner or kids, blame someone, manipulate to get my way, rescue someone, give my solution to the problem when it's not wanted, go into denial, run away and hide or insist that my partner make me feel better.
- I can't stand these feelings so I turn them into body pain, get sick, pull my hair out, cut my wrists, chew my nails, get a headache, stomach ache or hunch my shoulders up to my ears.

These and any other ways you distract yourself away from emotional arousal can be identified and released by using the Five Element Meridian Release Technique. Say your unproductive behavior and then find the emotions that lie underneath it. (I get irritated and blow up when things don't go my way. About that pattern, I feel entitled, sad, disappointed or embarrassed, etc.)

Many unproductive patterns are the result of the fear of experiencing your own feelings! And yet, feelings are your friend—they bring you needed information. In a positive light, triggering is a message from your body and mind that something is out of balance. As symptoms, they are the key to getting back to your clear, calm self. Listen to your body and mind and what they are trying to tell you via symptoms. You are "nagged" by your symptoms until you recognize that you need to acknowledge and do something about them. Your body/mind/spirit is persistent in trying to get your attention with a reoccurring back ache or obsessive thoughts or reoccurring feelings.

What if you addressed the feelings directly instead of doing a behavior that hurts you? Challenge yourself when you are triggered and mine the gold—those unprocessed feelings that lie behind the trigger! Break into your habitual way of reacting. Put your mind into the How-Can-I-Release-this-Defensive-Pattern Mode. Take responsibility for what you don't like about yourself and do something about it. Think release! You don't have to hold onto old unproductive beliefs, emotions and patterns of acting! Imagine how different you could be if you quickly did the Five Element Release Technique every time you felt the urge to do your typical defensive pattern. You will gain increased self-esteem.

Shame Shapes How You Define Yourself

Shame is a fear-based state of emotions and sensations that is accompanied by feelings of being unworthy and unlovable. Shame says "I am bad." Shame conjures up brief, intense painful feelings of mortification due to being seen as inadequate. Shame feelings are a threat to the integrity of the self. They keep you caught in fear of being found out by others. The perceived deficit is so humiliating that you go to all lengths to hide the flawed self.

John Masterson, who is an expert in the field of personality disorders, says, "Shame is the shaper of symptoms!" Shame strongly affects the self-esteem and results in hiding, denial and addictions to keep the bad feelings at bay. Shame is associated with feeling incompetent, different and less worthy than others. The typical body posture that accompanies this emotion is holding the head down and avoiding eye contact.

Feelings of being ashamed and humiliated were learned during being criticized, teased or bullied, rejected, ostracized or during sexual and physical abuse. Causes of shame might include a betrayal by others or a broken trust through disapproval. Harsh, critical parental behavior produces shame-prone children. Parental high expectations of behavior, criticism and disapproval for failure create shame. Parental humiliation and punishment for failure or for distress or crying creates the need to hide vulnerability. Parental withdrawal, rejection or favoritism of a sibling cause deep fears of abandonment. The child feels that he must be really bad or his parents would love him. The trauma of physical and sexual abuse imprints major feelings of being devalued and unworthy in the victim.

Repressed shame leads to substituting more acceptable emotions such as anger, depression and anxiety to reduce the internal tension. Other defenses of shame include macho behavior, intellectualization and shutting down feelings. Controlling, blaming, criticizing or feeling superior to others are other common defenses against feeling shame. Engaging in excessive use of alcohol, substances and addictive behavior may be an indicator of shame. Engaging in behaviors that society frowns upon creates more shame which then has to be repressed.

Patterns of dysfunctional behavior in relationships in a person's life can indicate a strong internal shame core. Lack of intimacy and connection to others indicates a lack of trust. Shame can cause a lack of trust of others and a deep breach or separation from others and the real self.

At some point in an individual's life, the old defenses of trying to keep the shameful feelings hidden no longer work. Anxiety, depression and shame can come up big time. The person's life crashes around him with ideas related to the core negative beliefs of "I'm bad. I'm not safe. I will be rejected because I am unworthy. I'll be abandoned."

Shame can be released energetically without going back into that debilitating reaction that people try so desperately to avoid facing. One advantage of this Five Element Meridian Release Technique is the reminder to routinely address the shame and embarrassment about being helpless during an earlier stress-related event. Just putting your head down in shame might trigger an old issue that needs clearing.

Many theorists agree that shame is an underlying emotion in many resistant maladaptive patterns. However, few approaches give information on how to address and release shame successfully. So check each issue you work to see if there is a shame feeling lurking underneath it. The Conception Vessel meridian which is related to your ideas of how you conceive of your self-image can be worked to release shame. You can reclaim your innocence, competence and wholeness by focusing on the meaning behind these words as you complete the Five Element Meridian Release technique's Empowering Statement.

Turning the shame over to something greater than oneself can negate those global beliefs of unworthiness. Touching into the higher aspects of oneself again and again can elevate you to remembering that you are worthy of being loved. Forgiveness of self for having normal emotions during a time of helplessness is always a part of shame reduction.

Unprocessed Excessive Emotions Later Show up as Emotional and Physical Symptoms

Neurologist Robert Scaer works with accident and pain patients. In his book, *The Body Bears the Burden: Trauma, Dissociation, and Disease*, Scaer theorizes that current emotional, physical and pain issues for which there is no actual physical cause can have their root in earlier traumas. He reviewed the brain research and drew from his clinical experience that shows that trauma changes the central nervous system and the brain which in turn changes the body and targets the person's weakest organs.

The amygdala and the limbic system are involved in fear conditioning and hold the associations with not feeling safe based on the old unpleasant event. Highly-charged emotions around an uncontrollable event create an overly excitable amygdala and other parts of the limbic system of the midbrain. These old trauma fragments become "locked" in the amygdala which alerts the person that potential danger is near.

The body puts emotional issues into physical symptoms. Choose a psychosomatic illness or symptom that you have and use your intuition to access the first time the organs associated with this pattern went out of harmony. Perhaps you got tummy aches when the kids on the bus taunted you when you were younger. Then identify the discordant emotions associated with that root cause and do the correction on each one. Ask that the errors in thinking be released and that the vibrations that support life at the highest level return.

Can't Hurt, Might Help

I've added some physical organ changes as Release Statements for some of the meridians in this exercise. Go for broke and ask for as much as you can from your unconscious mind on any related physical body issue or illness. As Gary Craig of The Emotional Freedom Technique says of his own energetic technique: "It can't hurt. It might help." You can always ask for what you want from the body; you may not always get it but you surely won't get it if you don't ask. So ask away to release physical symptoms. At the very least, release the emotional load and negative ideas you have about an illness.

Healing illness is a complex process. Under every physical problem are many emotions. You can call each emotion out, one by one, to balance it out so it no longer adds an additional energetic load to your body. Think of how differently you would feel if you released negative ideas and emotions that surround body complaints.

To accomplish this say, “I have (add your illness here— back ache, chronic fatigue, cancer, diabetes, etc.) and I feel (angry, depressed, anxious or fearful, etc.)” Negative emotions use up your precious energy that you need to go into healing. When you release the unproductive emotions that accompany the physical symptoms you could see your condition differently. “Even though I have this physical condition, I feel determined to deal with it in the best way possible.” You may need to repeat the correctional technique many times to release complex muscular or medical patterns.

The goal of healing physical symptoms is to get all cells, tissues and organs in resonance with the universal healing resonance of love. You and everything around you are vibratory patterns of light and information that can receive the necessary intelligence and knowledge to heal. Your body, mind and spirit can draw those necessary light and information patterns to shift lower vibrational energies. This language of love and light can move the dissonance of the unproductive ways of thinking and acting. It is there for the asking.

We are vibrational beings and our bodies seek the correct vibrations so that the internal code for healing activates. All emotional and behavioral imbalances can be corrected if you are willing to take the time and interest to become aware of every emotion, thought, defensive triggering, tension pattern, physical pain and emotionally-laden illness. So go ahead and be obsessive about challenging all your mind and body symptoms with this emotional correction technique by balancing your meridians!

How the Energy Psychology Approaches Work

There are scientific concepts that underlie the Five Element Meridian Release Technique and all the Energy Psychology approaches. Reciprocal Inhibition is psychologist Joseph Wolpe’s concept that two stimuli cannot operate in the same space at the same time. The weaker stimuli become inhibited while the stronger prevail. For example, if a boulder and an egg collide, the smaller and weaker of the objects must give way. As many research studies have shown, relaxation imposed on a fear can desensitize the fear. You cannot simultaneously hold two opposing emotions in the mind. You cannot love and hate in the same instant. You can’t be frightened and totally calm at the same time. Psychological research shows that fear response can be extinguished by pairing the response with relaxation. As one emotion is imposed over the other, one must shift and fall away.

Desensitization helps reduce phobic reactions by pairing relaxation with an anxiety-provoking stimulus; the fear is inhibited and relaxation prevails. As you become relaxed while thinking about the issues, sensations decrease, the former triggering stimuli become neutralized and the issue dissipates as the positive neurotransmitters come in. Another form of desensitization is using deep breathing and positive statements about softening while focusing on a tense muscle pattern. Laughter about the foolishness of a fear uses the idea of reciprocal inhibition to superimpose

relaxation over anxiety. Herbert Benson is a cardiologist and founder of the Mind/Body Medical Institute. He demonstrated that the “Relaxation Response” in yoga and meditation helps integrate hypothalamic responses resulting in decreased sympathetic nervous system arousal leading to healing of psychosomatic symptoms.

The most successful psychological treatments desensitize the overly-active emotional amygdala and midbrain by bypassing the conscious mind. Going back into the content—focusing on the story of what happened during the event can bring about too much emotional arousal in the amygdala and limbic system.

Years ago, Virginia Satir advised to focus on the *process* of healing and not the *content* of what happened as this only further upsets the person sending them back into that helplessness, frozen state where there is a flood of stress-related hormones. In the Five Element Meridian Release Technique, talking is minimized as very little of the story needs to be relayed. Emphasis is put on adding sensory stimulation to the body by holding, tapping and breathing *The focus is on the process of what was disrupted during the original event—the emotions, the false beliefs, the unhealthy ways of coping and the tight muscular patterns.* The old habitual response is inhibited and released and the new, more adaptive ways of thinking and responding are brought in.

After the meridians are balanced around that specific issue, positive neuro-chemicals are released in the brain, then positive language can be effective. As the body is relaxed, the Release and Empowerment Statements have the optimum conditions to take effect.

Another component of successful energetic approaches is using a bilateral treatment that involves crossing the midline of the body. Reaching across the front of the body to hold the pulse points crosses the midline. Holding the Neurovascular Points on the forehead while tapping on the spinal column assists hemispheric integration. Bilateral approaches send diverse signals to the brain to increase coherence. The right hemisphere can come back on board to allow a whole brain processing of the problem. The right hemisphere can allow new information and insight to come in so that the issue can be seen in less-threatening ways.

Psychologist Jim Lane reviewed the research of the Energy Psychology techniques. Lane says that stimulating the acupoints through tapping or holding increases the positive neurotransmitters such as serotonin and the endorphins and reduces the stress hormones norepinephrine and cortisol. The heart rate is reduced and pain decreases as the Relaxation Response is produced. Acupressure interrupts the fight, flight or freeze response. The former distressing idea or situation is seen differently. The activity of the overly-sensitive amygdala, which has been programmed to fire too rapidly when stress or perceived threat occurs, decreases. Serotonin and other positive neurotransmitters turn on. The right brain activates and two hemispheres of the brain shift into balance. When your energy flow is corrected, the original vibration of health is restored.

Your Body, Mind and Spirit are Programmed to Heal

Roman philosopher Seneca said, “To wish to be cured is part of the cure.” So I wish for you that elemental first step in the path to healing—wanting to be happier and stronger and being willing to

make this happen. Look into the longing of your heart to find the impetus for positive change. There is an active program inside that wants emotional self-regulation and equilibrium. You have the innate capacity to heal. As you shift into the body's innate wisdom, your self-identity shifts from victim who was over-powered to self-empowerment. The signals for healing flow more freely when energetic blockages in the central nervous system are removed. The body, mind and spirit so want to release what it no longer needs! Always keep in mind that energy wants to move!

The Five Element Meridian Release Technique can assist you in releasing the charges of emotional pain from earlier causative events and replacing unhealthy, defensive reactions with these healthy living skills:

- Release excess emotions and phobic reactions to seemingly innocuous stimuli.
- Regulate your emotions and stay in the present to deal with threats instead of giving into them and reacting inappropriately.
- Recognize and correct cognitive errors so you can think and act rationally.
- Break into automatic triggering when around stimuli that is associated with former threat.
- Accept uncomfortable body sensations instead of automatically going into defensive mode.
- Open your heart to being less defensive making it easier to understand and accept other people's irrational ideas and eccentric behaviors as well as your own.
- Verbalize and release the mental conflict energetically instead of acting it out.

We all want to go home and get back to homeostasis and return to our calm, centered place where all-is right-with-the world again. Robert Scaer says that home is when things feel safe, familiar and predictable and you know that you are cared for so your central nervous system can reset and relax. Balancing the meridians and brain with intention and an Energy technique allows the soul to shine through.

We are Neurobiological Creatures that Process Information

Now let's switch from an energetic model to a biological one to examine how healing works. New brain research from those who study trauma shows that the heart, brain, respiratory sinus rhythm and the central nervous system operate to keep us safe in the world as we perceive the events around us. We are neurobiological creatures who are hard-wired, biological individuals who react automatically when we perceive something as unsafe. Our sensory apparatus and brain work with the unconscious mind with an exquisite radar system. This physiological reaction is automatic.

We constantly evaluate everything with which we come in contact responding differently to infrequent or novel stimuli. The brain categorizes all visual stimuli as "interesting, novel, boring, good or bad" making split second evaluations. These automatic evaluations that shape our moods and actions are registered in the central nervous system and in particular, the brain.

In this neurobiological model, healing includes those techniques that assist with the:

- 1. Down-regulation of the amygdala, the limbic system and other neurological structures.**
- 2. Endorphin release of opioid-like substances.**
- 3. Integration of electrical activity and blood flow in the brain hemispheres, thus decreasing activity in the pre-frontal cortex and the Broca's area in the left hemisphere.**
- 4. Decreases in heart rate variability and increases in heart rates, systolic blood pressure and diastolic blood pressure to return to homeostasis.**

People who are highly excitable, anxious and misinterpret sensory stimuli due to experiencing it at a higher volume than it actually is may be caught in sympathetic nervous system dominance. The vagus nerve is the major nerve in the parasympathetic nervous system which turns on to calm you down. Low vagal tone may be one dynamic behind being highly sensitive to life events and staying upset. Over reactivity is staying stuck in sympathetic dominance; there isn't enough energy for the vagal nerve to switch the body back to homeostasis. Psychologist Stephen Porges's polyvagal theory is that low dorsal vagal tone results in slower return to homeostasis. One study showed that children who were sensory defensive (extremely highly reactive to stimuli in the environment) had low vagal tone.

Researchers are now examining the changes to the brain as shown by function MRI which display electrical energy changes in the different areas of the brain. In a number of studies, researchers have presented trauma scripts and cue threats to people receiving brain scans. Ideas of trauma activated their feeling highly threatened and not being safe showed changes in the different brain regions as shown by functional brain imaging. Different researchers using the fMRI scans have shown the different brain pathways that register trauma. Bessel van der Kolk who researches Post Traumatic Stress Disorder says that the right brain is dominant in inhibiting control, therefore bringing it back on board is necessary.

Go Above the Emotional Charge to See Things from a Higher Perspective

The ancient Taoist theory holds that balancing the polar opposites of the emotions promotes health and well being. In the emotional spectrum, polarity is shown as emotions that are polar opposites—love and hate, fear and courage, tolerance and scorn, etc. The sympathetic nervous system and the parasympathetic nervous system are polarity responses which swing back and forth.

Robert Assagioli, in his book Psychosynthesis, described the balancing of the polar opposites through "fusion of the two poles, involving the neutralization of their charges of energy to create a new reality, a new being." This is accomplished by each end of the continuum coming to the middle ground (compromise) or by altering back and forth between the two poles in cyclic rhythm such as the movement of Ying and Yang of the Tao. The third solution he calls higher synthesis. "Synthesis is brought about by a higher element principle which transforms, sublimates and reabsorbs the two poles into a higher reality."

Assagioli said that we can choose the appropriate way to balance the opposites. “In the field of drives, emotions and feelings, the balancing of opposite qualities requires the intervention of a higher regulating principle of a mental or transpersonal nature.” Synthesis involves taking the conflict to a higher source. Gandhi had a similar idea of going above the problem to find a resolution. Many clinicians in Transpersonal Psychology and Energy Psychology agree that calling on something greater than your small sense of self and stating positive intentions strengthens the healing process.

The different fear emotions which come up when we don't feel safe can be neutralized and shifted. Negative beliefs can be replaced with neutral or positive ones which enhance information processing about being safe. Saying and experiencing the Empowerment Statements of “I am whole. Ahh, I'm safe.” gives a cognitive reconstructing around the issue. Recognizing that your highly-charged emotions are normal, given the disturbing circumstances, helps increase the relaxation response and forgiving yourself releases energy. By being decisive and capitalizing on positive statements that emphasize your strengths, you become coherent with the higher vibrations where life is celebrated not negated.

Love is Always Greater than Fear

You can always drop into the loving energies of the heart and call upon the higher forces of the universe to gain a higher perspective of your true identity. This higher Moral Authority can be invoked for your good. You can also call on the deeper sense of who you are within to give a higher truth to set the ideas from your disruptive mind aside. Positive self-statements enhance the energy flow in the body. When you speak a true statement, your breath deepens, your body relaxes and blood circulation starts to flow. Your energy is enhanced and moves to the prefrontal cortex of the brain. When you recognize the higher truth of who you are, you are congruent with the life-flowing energies of the universe.

Spiritual teacher Richard Moss said, “It takes a higher principle to refine the reality of a lower principle of being.” The power of love is always stronger than any negative emotion. Love is a higher energy state than fear. A heightened state of energy, such as love when the heart opens, can draw up and absorb a contracted state of fear. When you bring your fear beliefs into the expanded state of Love Consciousness, the fear thoughts shift.

The powerful reality is that love always wins over fear. When you are in the loving state, you can be aware of what happened in the past without judging it or reacting to it. The rhythms of the body come into congruence. The brain, breath and heart rhythms work together seamlessly with all available energy ready to do what pleases you.

The most important thing you can do is to become a loving person free from the emotional ghosts of the past. The Five Element Meridian Release Technique can help you resolve and release those unhappy emotions that interfere with living a harmonious life. Learn it and use it often to clear the cobwebs out of your mind so that you can spend more of your time coming from a loving place.

Resources

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