

Mind-Body Work

When you touch specific areas of the body that are electrically sensitive, while a memory or mental image is being accessed, the stimulation of those accupoints can deactivate the experience of the negative emotion associated. Because physical ailments are often connected to our emotional wellbeing, clearing the emotions via the accupoints also may enable the body to right itself.

Tapping and focused touch are two options you can take to mind-body work. You can do both options or just pick one, either way you'll be working to clear the negative out and make room for the positive.

Focused Touch you hold a point on the head while working through points on the body, spending a few seconds at each point as you think about the emotion you are clearing.

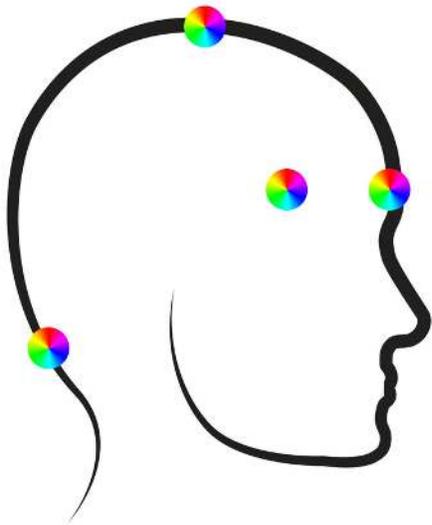
Tapping you follow an algorithm of tapping points, tapping 3-5 times on each point as you think about the emotion you are clearing.

If you are interested in pursuing this type of mind/body work on a deeper level, you can check out the resources from Captive Thought Therapy www.captivethoughttherapy.com, book a video chat session with Alice at www.emotionalandspiritualhealing.com. Or to find someone local to you, check out www.splankna.com/splankna-therapy-institue-clients/

Focused Touch

For focused touch you'll hold a head point and a body point while focusing on the emotion you are trying to clear. After you clear the negative you can hold the points again focusing on the positive opposite.

How you'll choose a head point:



Left temple - Choose this one if the emotion is from a previous experience.

Right temple - This one is a future orientation - the emotion is something that was anticipated or projected at the time of the trauma. Worry is a good example, and you can worry about having all other emotions in the future such as more betrayal, more anger.

Center of forehead - Continuous. Choose this point when the emotion feels like something that's always been there, always will be.

Middle back of head - This is all things spiritual. Warfare, relational issues with God

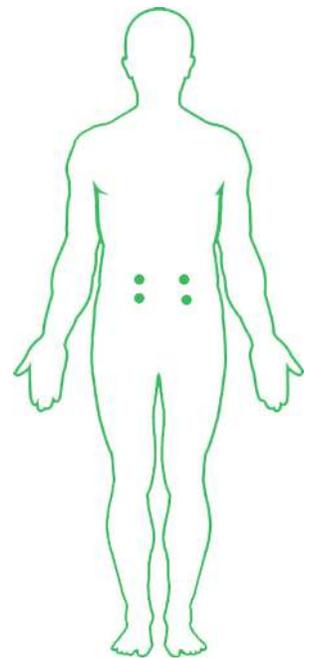
Top of head - Choose this one if the emotion that is affecting you is radiating from someone else. For example, a parent's intense anger towards you.

Body Points:

Touch and hold your head point and a body point while you either remember the emotion and the situation that made you feel that way, or if you don't remember/too many memories, you can think about the emotion in more general terms. This doesn't have to take long. Just mentally connect, give it a second or two, then keep your head point and move on to the next body point.

The sets of points are easiest to cover with one hand flat on the front of your torso just under the ribs. Do one side with one hand while the other hand touches one of the head points, then switch to the other side while holding the same head point.

After clearing out the anger, while holding the same body points that you did for the negative, you can visualize the opposite of that emotion being either downloaded into you (use the back of head point), or you can "see" yourself thriving and exuding the positive emotion, (use the right temple head point.)



Body Points for Anger

Tapping

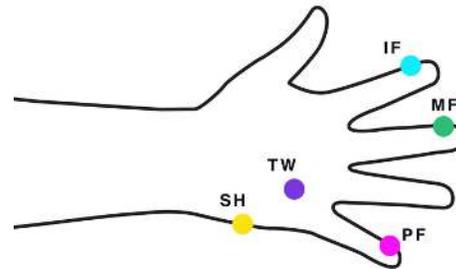
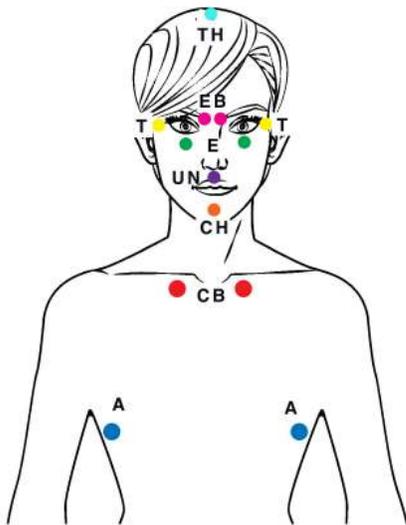
Exercise from Captive Thought Therapy Used With Permission

Exercise for Anger/Rage/Grumpiness: T - UN - PF - TW(20)+B - SH

Think the anger while using your finger tips to tap 3-5 times on each point in the exercise

When you get to TW+B, tap the TW point 20 times while stepping back and forth or moving your eyes side to side. The B stands for bilateral, so we are trying to get bilateral brain stimulation going on with movement.

After you've gone through the points focusing on clearing the anger, you can go back through the points again focusing on being filled with peace, love, forgiveness, understanding and appreciation of that person, whatever feels like the opposite of anger for you.



EB - Eye Brow
T - Temples
E - Under Eyes
UN - Under Nose
CH - Chin
CB - Collar Bone
A - Under Arms
TH - Top of Head

IF - Index Finger
MF - Middle Finger
PF - Pinky Finger
TW - Triple Warmer (Only on Right Hand)
SH - Side of Hand