

Date _____



Problem TRAUMA (panic/complex anxiety)

► MERIDIAN TREATMENT SEQUENCE

(Trauma)
Eyebrow
Under eye
Under arm
Under collarbone

(meridian)
bladder
stomach
spleen
kidney

(Anger) Tiny finger
Under collarbone

heart
kidney
gall bladder
kidney

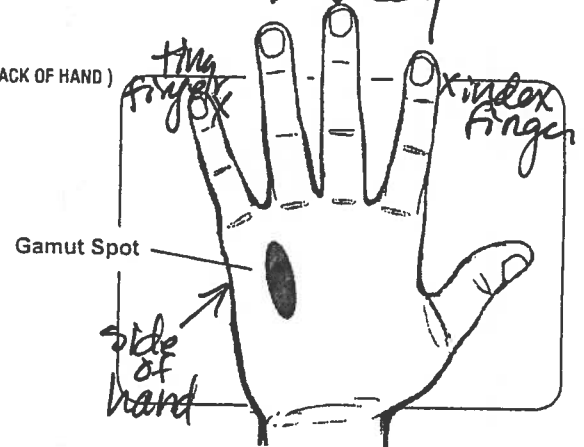
(Rage) Outside edge of eye
Under collarbone

large intestine
kidney

(Guilt) Index finger
Under collarbone

► 9 GAMUT SEQUENCE (WHILE CONTINUOUSLY TAPPING GAMUT SPOT ON THE BACK OF HAND)

- 1) Close your eyes
- 2) Open your eyes
- 3) Look down to one side
- 4) Look down to the other side
- 5) Roll your eyes in a circle in one direction
- 6) Roll your eyes in a circle the opposite direction
- 7) Hum a tune (4-5 different notes)
- 8) Count from 1 to 5
- 9) Hum a tune (4-5 different notes)



► REPEAT MERIDIAN TREATMENT

REVERSALS (FOLLOW EACH ONE THAT IS INDICATED, BY THE TREATMENT ABOVE : MERIDIAN TREATMENT, 9 GAMUT, MERIDIAN TREATMENT)

KARATE POINT : Tap side of hand approximately 15 times

TENDER SPOT : Rub tender spot upper left chest under the collarbone gently for a few seconds

INDEX FINGER : Tap on the thumb side of the end of the index finger about 15 times

COLLARBONE BREATHING

UNDER NOSE : Tap under nose 10-15 times

(OPTIONAL : Close with Floor to Ceiling Eye Roll while tapping Gamut Spot.)