

EI #3c 5 Element Tap

In applied Kinesiology, it is thought that the five elements are represented as points around all orifices of the body. This mode is about fortification, bringing in energy & strength.

The 5 Element tapping technique has roots in ancient Thai healing traditions, particularly within Thai abdominal massage, where the navel (hara) is seen as the body's energetic centre and surrounded by rings that reflect emotional and physical balance. Practitioners worked these circular zones to restore flow, much like regulating currents in a system.

Modern kinesiology adapted this concept by combining the circular navel focus with the 5 Elements from Traditional Chinese Medicine and adding Neuro Vascular holding (ESR points) to calm the brain. In simple terms, the technique works by settling the nervous system while rhythmically stimulating key points around the body's centre, helping to reset stress patterns and restore natural energetic and physiological balance.

Metaphysics

- Consider the navel (or other orifice) is like the switchboard and tapping the 5 elements is the operator reconnecting crossed wires. ESR ensures the operator is calm and not scrambling under pressure.
- Why do you need to fortify?
- Where/what, in relation to your goal do you need to bring more energy and strength?

Mouth - receiving nourishment, communication

Nipple - giving nourishment

Eyes - what seeing / not seeing

Ears - what hearing / not hearing

Genitalia - birthing / creating something / idea, Connecting sexually

Urethra - releasing what is no longer serves

Anus - letting go of toxicity / release

NOTE: it may relate to a piercing if no other orifice shows up

Evaluation:

1. Test thymus energy as a benchmark if using out of context
2. Mode in circuit
3. CL orifice: 1st lock
4. Test which direction (anti / clockwise): IM lock
5. Test whether tapping on all elements or one element: IM lock
6. Test how many revolutions to tap: IM lock
7. Close circuit
8. Find emotion and dynamic

Balance:

1. Tap around the 5 elements as per evaluation
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Checking changes:

1. Check emotion
2. Check mode
3. Recheck the thymus %