



Em #2a NE Points

Being able to respond to stress in a different way, with emotional tolerance

Being able to release rather than volcano eruption

We can choose an appropriate response, not just react

Choosing a response not a reaction (re-enact)

Note: if points are very painful, it may indicate the need for some calcium...mother natures natural emotional relaxant

Metaphysics

Breaking the emotional circuit

Moving toward goal with neutrality

Metaphysics of the involved meridian / s

Letting go of old patterns of reaction

Moving out of survival and into creation of life

Evaluation:

1. Mode in circuit - unlock
2. CL MAP for meridian - 1st lock
3. Close circuit
4. Find emotion
5. Test:for
 - Balance A - simple
 - Balance B - wheel

Balance A:

1. Firmly / deeply rub NE points
 - Firstly for CV
 - Next GV
 - Lastly for the meridian found via MAP

Balance B:

1. Firmly / deeply rub NE points
 - Firstly for CV
 - Next GV
 - Lastly start at the meridian found via MAP and continue around the whole wheel.

Checking Changes:

1. Check emotion
2. Check mode

