

EI #2c Meridians - Pain Tapping (Out Of Context = Outside of a Goal Protocol)

Pain travels from one set of nerve fibres and touch is on another. With the correct touch you can stimulate the spinal cord 'inter neuron' switch to inhibit the pain message transmission. Great for management of chronic pain as well as acute pain.

Metaphysics

Put up boundaries not taking on any more

Stop taking on too much

Feeling over burdened / overwhelmed

What is not flowing in your life

Where are you over committed and not saying no

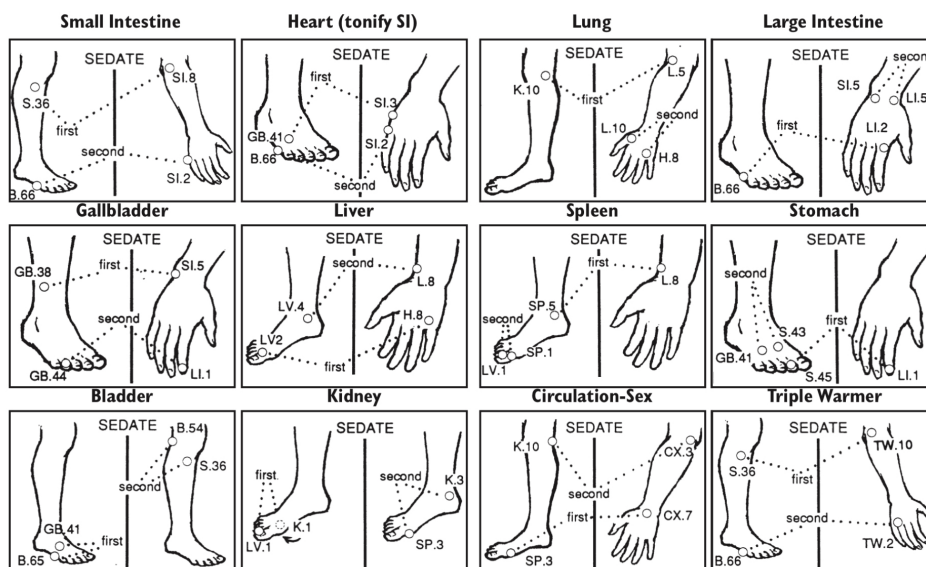
What do you need to defocus off the perceived pain in your life

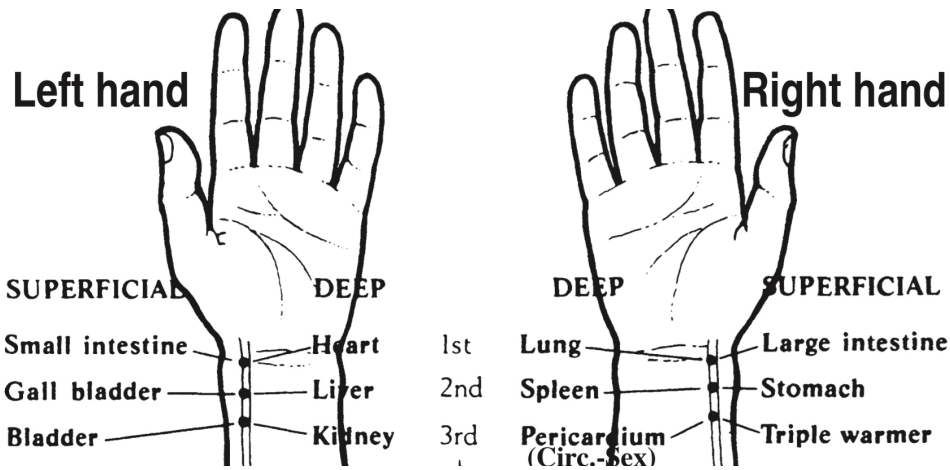
How does the pain serve you to stay in your pattern / loop

Evaluation:

1. Find emotion
2. Assess pain 1-10
3. 14 muscle 1 point or fix as you go
4. Check Alarm points, fix any over energies using acupressure sedation points (see chart below) - Hold first set of points for 30 seconds, then second set of points on one side of the body then the other.
5. Client accesses the pain (generates the pain)
6. Immediately use pulse points to identify the meridian that the pain (over energy) is surging through (see chart on next page)

Acupressure Sedation Points





Balance:

1. Go to 1st tonification point (chart below) for that meridian on opposite side of the body to the pain
2. Tap using a firm continuous tapping - ticking clock rhythm for 30secs
3. Reevaluate the pain - repeat if no change after 90 secs
4. If pain persists tap on the side of the body with the pain - for up to 3 sets of 30 seconds

Checking changes:

1. Check emotion
2. Re-assess pain 1-10
3. Check mode

