



# Emotional Clearing

PRACTITIONER TRAINING MANUAL

NOVEMBER 2022



## TABLE OF CONTENTS

Key Values of The Spiral School of Awakening .....	6
Agreements for Emotional Clearing Training .....	7
Origins and Intentions of Emotional Clearing .....	8
The Fundamental Philosophical and Spiritual Assumptions That Underpin This Work .....	10
What is Clearing? .....	13
Benefits of Emotional Clearing .....	13
The Clearing Process .....	14
What is the Spiral? .....	15
How does Spiral work? .....	16
What is Kinesiology? .....	17
Muscle Testing Basics .....	19
Muscle Testing Pre-Checks .....	21
Dehydration .....	21
Switched Energy Test .....	22
Three Switching Problems .....	22
Balances for Switching .....	22
Basic Process for Finding the Emotion .....	23
ESR Points .....	24
Origin .....	24
When to Use Emotional Stress Release Points .....	24
Benefits of Emotional Stress Release .....	25
Where can I do ESR? .....	25
How does ESR work? .....	25
Corresponding Acupuncture Point .....	26
Basic ESR Process .....	27
The ESR Balance: (For Yourself) .....	27
Checking the Changes .....	27
5 Elements Theory .....	28
The Five Elements .....	30
Wood - Season of Spring .....	30
Fire - Season of Summer .....	32
Earth - The Season of Late Summer .....	34
Metal - Season of Autumn .....	36
Water - Season of Winter .....	38
Meridians .....	41
Meridians: The Body's Energy Pathway .....	41
Location of Each Meridian .....	42



How to Apply Acupressure .....	56
Feeling the Energy of the Hands .....	56
Acupressure Techniques .....	57
Neuro-Lymphatic Reflex Points .....	58
Benefits of Neurolymphatic Points .....	58
Clearing Points .....	60
Fire .....	60
Earth .....	61
Metal .....	62
Water .....	63
Wood .....	64
Central .....	65
Governing .....	66
Clearing Types .....	67
Statement Clear .....	67
Quadrant Clear .....	69
Chakra Clear .....	71
Chakra Line Clear .....	72
Manifestation Clear .....	74
Energy Field Clearing .....	75
Scale of Consciousness .....	76
Client Work Foundations .....	77
Frames & Agreements .....	78
How to Do a Clearing Session .....	79
Emotional Clearing Client Agreement .....	81
Mirror Theory .....	83
Perception is Projection .....	85
Be-Do-Have .....	88
Be-Do-Have: Flow Zone .....	89
Life Design Template .....	90
Resources and Recommend Reading .....	91
Dane's Magic Potion Sales Script: The Discovery Call .....	92
NLP Resources .....	96
The Unconscious Mind .....	96
S.E.E Imprints .....	97
Unconscious Mind Prime Directives .....	98
NLP Communication Model .....	99
Presuppositions of NLP .....	103
Massey Development Stages .....	104
Emotions Dictionary .....	105
Bibliography .....	112



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# Welcome

Welcome to the Emotional Clearing Practitioner training. We are so incredibly excited that you have made the decision to learn this powerful technology that will upgrade your evolution and performance in every area of your life.

This tool has the ability to create long lasting changes in not only your lives but also in the lives of your loved ones and clients. It has the ability to clear out deeply unconscious patterns that are impacting your life and your results.

At our very fingertips we can quickly locate and shine a light on the patterns that have kept us stuck and we know that when we make the unconscious conscious and bring enormous compassion and presence to it, that transformational change can happen instantaneously.

Our intention of bringing this work to you is to help each and every one of you help yourself and others, so that together we can raise the consciousness of this planet.

Each of our lives has been indelibly impacted by this work, our relationships with ourselves, our families, our businesses and our communities.

This program frees you up from the conditioned constraints that we all hold, allowing us to expand and self actualise as human beings, so that we can transform the way that relate and connect with each other and most importantly with yourselves.

It is with much humbleness and grace that we bring this powerful body of work to you and we hope that you will treasure and revere it as much as we do.

With much love and gratitude,

Kylie, Mei and Bianca

Spiral School of Awakening



# Key Values of The Spiral School of Awakening

These are the values that The Spiral School of Awakening holds, aligning with its purpose of Awakening. It is expected that as an Emotional Clearing Practitioner, you will do your best to uphold these values as you conduct yourself in life and in business.

## **AWAKENING**

This is the core purpose of the organisation and involves surrendering attachment and transforming our beliefs.

## **INTEGRITY**

We honor our agreements and live what we teach with sovereignty, personal responsibility and honesty. It's about stepping back into integrity when you notice yourself out of it.

## **GROWTH**

The pursuit of excellence, fulfillment and self mastery in all areas of life, including financial.

## **CARE**

Primum Non nocere. First, do no harm. At all times we are mindful to bring the utmost care to our clients, and minimize potential harm, with compassion and consent.

## **SERVICE**

We understand that abundance is created through fair exchange and delivering value. We aim always to be of the highest service to our clients.



# Agreements for Emotional Clearing Training

1. Self-responsibility
2. Mirror Theory
3. Respect other people's boundaries
4. Confidentiality
5. Play at 100%
6. Challenge yourself and break patterns
7. Trust the process
8. Empty Cup
9. Punctuality



# Origins and Intentions of Emotional Clearing



*Before enlightenment, chop wood, carry water.  
After enlightenment, chop wood, carry water.*



~ ZEN PROVERB ~

Emotional clearing as a self clearing tool is a potent way to help people set themselves free of their unconscious limiting beliefs and behaviours in order to BE, DO and HAVE what they want in the world. For individuals it means taking your own growth and healing into your own hands. For coaches it's a powerful tool that helps to integrate insights that come from coaching conversations and works at gently clearing underlying emotional challenges that are preventing someone from living their best life.

This incredible system has been informed by a range of different modalities and philosophies including NLP, Buddhism, Traditional Chinese Medicine, Spiral Dynamics, Dr David Hawkins work on Levels of Consciousness, Ayurvedic Chakra System, Carl Jung, John Demartini and Kinesiology. Dane Tomas is the founder of this body of work. He synthesized using muscle testing along with a range of different philosophies to create a powerful modality for change and transformation

This work is for people who want to:

- Continue growing and self actualising
- Evolve and shift their levels of consciousness
- Experience deep fulfillment and live a life in which their gifts to the world are fully given and realised.

A fundamental belief of this work that Dane shares is that we can Be, Do and Have whatever we truly desire IF we are willing to do the work of letting go of what is holding us back, and taking the necessary actions.

Regardless of your intention for coming to this work, emotional clearing is a way of radically upgrading your mental and emotional operating system.

What you may or may not realise, is that what is fundamentally blocking you from attaining your desires, dreams and goals is a misalignment between your conscious mind (that which sets the goal or intention) and the unconscious mind (that which runs the show and is the goal getter).





Much of how we show up today is as a result of all the conditioning that is taking place at an UNCONSCIOUS level.

Consider this, have you ever had the experience of wanting to do something different? Maybe it's to start a business, go for a promotion, start a new relationship, stop smoking, lose weight or uplevel in your business. Intellectually you know what you need to do and what you need to stop doing. But even though you KNOW this, have you taken all the actions that move you easily and effortlessly towards your goal? If the answer is NO, then that's a sure sign that there are some unconscious blocks that need to be worked with.

This is exactly what emotional clearing is for. This body of work allows us to elegantly and immediately locate the unconscious patterns that are impacting our results in the world. Once we can bring the unconscious to the conscious we have the ability to release old patterns and change our lives to be more aligned with who we really are.

What Dane Tomas was ingenious in being able to do was to bring together the great maps and models of human behaviour from the coaching industry and combine it with the kinesiologists ability to directly bypass the conscious mind of stories and content and talk directly to the body and the unconscious mind. Combining the two created something new and incredibly powerful.

What underpins both Emotional Clearing and the Spiral Modality is a set of fundamental philosophical and spiritual assumptions that are shared below.



# The Fundamental Philosophical and Spiritual Assumptions That Underpin This Work

## 1. SELF-RESPONSIBILITY

This is the core purpose of the organisation and involves surrendering attachment and transforming our beliefs.

## 2. THERE IS AN UNDERLYING ORDER

We live in a magical Universe that has a hidden order and symmetry. From ancient philosophers to modern mystics, people have been seeking to understand and know this hidden order for thousands of years. One part of this hidden order is the balance between support and challenge, as shown in the Chinese yin/yang symbol. Sometimes even when we can't see the order in the moment, in retrospect we can see that events in our life have played out for our growth. When we can have faith in this order even in difficult times, we can begin to see the divine perfection unfolding at all times. When we make this shift in perspective then seemingly miraculous changes can occur.

## 3. YOU HAVE ALL THE RESOURCES YOU NEED

Your Unconscious Mind and Higher Self are supporting you. If you have a dream or a desire, the reason you have it is because there are the resources within you and around you to bring that into reality. If you are seeking a change in your life, that means you have the strength to handle what that change requires from you. Your unconscious mind has a built in homeostasis system that balances stress with support. As you grow and get stronger, you may face bigger challenges, and you can stretch and rise to meet them. When you open to receive the support within and around you, life begins to flow.

## 4. YOU ARE COMPLETE

Some people come to this work looking to be “fixed” because they believe that they are “broken”. If you think this, there is some wonderful news. You are NOT broken! No one is. If you are running unresourceful patterns and habits, that is simply because your mind has been conditioned and imprinted with unresourceful beliefs. You have been complete since the first moment you were born. The idea that you have to “go somewhere” to “get something” is a mental construct that keeps you on a treadmill of suffering. You ARE already perfect. This work will help you recover that perfection and remember the miracle that you are.



## 5. MIRROR THEORY

Our sensory experience of life: everything we see, hear, feel, taste, touch, is filtered through our mind. These filters delete, distort, and generalise on our sensory data to create our internal map of “reality”. Everything we become aware of consciously is related to something that we believe or have experienced. A simple way to understand this is to consider that everything we experience is in some way a mirror of our consciousness, thoughts and beliefs. This is especially true of recurring events and patterns that we have emotional charge around. If the same thing happens with 3 different people – let me give you a hint – it’s not them! It’s you! When you begin to investigate the beliefs and ideas you have about that experience and clear them, it will seem like your external world changes like magic!

## 6. THOUGHTS AND EMOTIONS ARE CHANGEABLE

What are thoughts? Have you ever wondered? A thought is an electrical signal moving through your brain. In the same situation, different people will have different thoughts about that situation. The thoughts you have about the situation, will change your experience of it. You can think just about anything. That doesn’t make it a fact. This is very liberating, because it means that you can change your thoughts. Emotions are the specific “feeling tones” and energies that move through your body (usually in response to thoughts). Neither thoughts nor emotions are permanent, they shift all the time, many thoughts you have are driven by unconscious patterning you picked up as a young child playing on repeat. Spiral is one method to begin to become aware of - and make changes to - the thoughts and emotions that are not empowering you to live the life you want to live.

## 7. RESISTANCE IS YOUR TEACHER

Take careful notice of when your “avoidance” patterns come up. Often your resistance will be backed by “really good” reasons or rationalisations. Often when we are very close to a breakthrough or a transformation we will get distracted, become tired or manifest some sort of significant drama to “keep us safe” from the imminent changes. There are parts of your unconscious mind that resist change, even if it’s something that you desire. Change can feel scary and uncertain, and sometimes your mind will hold onto a problem state because it believes that there is a bigger, scarier problem to face if this one is solved. This is called secondary gain in psychology. However, when we unpack and clear the deeper fears (which are often illusions and distortions themselves) then change can become far more peaceful and easy. To quote Joseph Campbell: “the cave you fear to enter holds the treasure you seek”.



## 8. BODY MIRRORS MIND

A HUGE percentage of physical illness is actually emotional imbalances that have gone unrecognized for too long. Our organ function, our musculature, random aches and pains, flus and colds and various “dis-eases” can be caused by suppressed emotional patterns. During this work it is not uncommon for people’s bodies to lose weight, for tears to take place as they shed layers of emotional baggage that has been with them for years. The body serves as a representation of what’s going on emotionally – if only we listen!

## 9. FREQUENCY RESONANCE

We attract people, events and situations into our lives all the time. We CAN ONLY attract circumstances that resonate on the same frequency as we do. That’s why it’s SO difficult to build and keep wealth when we have low self-worth, shame and guilt running in the background, and why soul mates and highly compatible partners SUDDENLY appear once we start loving ourselves. We don’t just attract what we think about – we attract what we are a resonant match for. The Spiral work is a powerful process to raise your frequency, by healing & clearing past baggage so you can be a match for higher frequency people, places, times, things and events.

## 10. HOW YOU DO ANYTHING IS HOW YOU DO EVERYTHING

This is a common saying in personal growth literature, that while not strictly true in every sense, points to a deeper truth of the patterns and attitudes of how we approach life. The mundane things we do and say every day, and the way that we approach them can reveal huge amounts about the greater patterns running in our life, when we enquire. Whether you disconnect when you speak to people. Whether you’re the first to volunteer or you hide at the back. Whether you see things through to the end. Whether you talk yourself out of decisions after you’ve already made them. Many of the strategies and patterns you run in your life are universal – they don’t just show up in one area. Once those “small” habits that are interwoven into the fabric of your identity start changing – the big ones are next! If you want to understand this concept more deeply explore meta-programs from NLP.





# What is Clearing?

Clearing uses muscle testing, which is a tool drawn from Kinesiology which allows the practitioner to track emotional stressors and access information from the unconscious mind for themselves or their clients (with the client's permission)

When used with the Emotions Chart taken from Traditional Chinese Medicine, it allows the practitioner to quickly and accurately locate the emotion that acts as a stressor that has been trapped in the body. Once this emotion has been identified we can massage or hold a corresponding point to release the blockage.

There are many different types of clearing: statement clears, quadrant clears, root clears, chakra clears, scale of consciousness clears, manifestation clears. Which can all be done separately to the Spiral in stand-alone Clearing Sessions. These stand-alone sessions are not "The Spiral."

## BENEFITS OF EMOTIONAL CLEARING

This body of work is for any leader, entrepreneur, coach or individual who would like an easy to use tool to help them shift their emotional state whenever they find themselves triggered by a situation or person. It is for those who are willing to take self-responsibility with their mindset and emotions. If you are deeply committed to your personal growth, open to new ideas, and want cutting-edge tools for emotional mastery this is for you.

We are living in a fast changing, uncertain and volatile world. No longer can we predict what will or won't happen. Those who can stay steady, centered and focussed amidst chaos become powerfully magnetic to others who are seeking leaders and change agents who act with integrity and purpose.

Consider the metaphor of a lighthouse. Being able to clear any emotional charge that is stopping you from achieving your potential and being your best self, means that you can be the beacon of light, not only shining and showing the way for others, but also being able to withstand the stormy seas around you by remaining steadfast and strong.



Emotional Clearing powerfully supports:

**MASTERY** - When you gain mastery to work with what is present on all levels of your being you become more easily able to move through the world.

**MAGNETISM** - When you clear your lower frequency emotions you become irresistibly magnetic to your dreams and desires.

**MISSION** - As you clean up the conditioned fears and limitations of your past, you become a clear channel for your Purpose and Soul Mission to guide your life.

## THE CLEARING PROCESS

The actual act of clearing a behavioral pattern or a complex issue (more on complexes later) follows this basic structure:

1. Identify the triggering event
2. Muscle-test through the emotions chart to find the priority emotion triggered
3. Massage the corresponding points for that emotion and breathe whilst holding the intention to release the emotion
4. Retest to see if the emotion has been cleared
5. Take action towards what you want and/or choose an activity to help integrate (optional)

When you combine this basic structure with the practitioner's ability to understand mental maps, hold space and listen for the structure of what is really going on for the client, you hold in your hands the key to unlock a human being's potential of who they can BE, DO and HAVE in this world.



# What is the Spiral?

Whilst this training is focussed on teaching the foundational skills of emotional clearing, it is useful to share what the Spiral is. The Emotional Clearing skills are the fundamental skill set to be able to facilitate the Spiral and in order to certify as a Spiral Practitioner requires an additional 7 days of training.

The Spiral was originally created by Dane Tomas in 2012 and has become increasingly recognised as an essential tool for profound personal and professional transformation and is an accredited modality with the International Institute for Complementary Therapies.

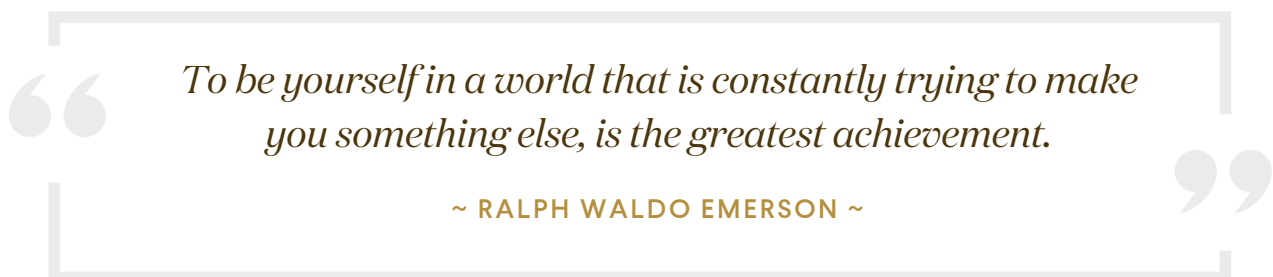
The Spiral is a sequence of emotional clearing that utilises the insights from the combination of Spiral Dynamics, Levels of Consciousness, Ayurvedic Chakra System, and Neuro-Linguistic Programming to create a systematic mental-emotional upgrade in frequency for healing and evolution.

It utilises emotional clearing to clear 22 emotions common to the human experience in a 7-stage process that follows a natural unfolding related to the chakra system.

The process reveals unconscious limitations, and where we have opportunities to grow. It also allows natural strengths to shine through, after clearing the accumulated emotional baggage that was blocking them before.

In simpler terms that means that the Spiral helps you to clear out all of the baggage that is weighing you down and allows you to be your most powerful, aligned self.

**BREAK THE PATTERNS. SET YOURSELF FREE.**





## HOW DOES SPIRAL WORK?

The Spiral is delivered over 7 sessions – followed by a final integration session.

The Spiral & Clearing differs from some other methods in that it can be a deeply unconscious, and energetic, so there may not be obvious changes that take place within the session that the client is consciously aware of.

What's most important are the changes that take place AFTER the session, as the unconscious shifts and integrates into choices and behaviour.

For some people there are noticeable shifts straight away, for others the shifts are revealed over time and in specific situations.

In order to get the most from the work, homework tasks are given after each session, (including journaling and taking specific actions) to help solidify and integrate the changes that are taking place. Integration is often where the client will have the most conscious awareness of the changes, and will be convinced of the effectiveness of the work.

This work is incredibly powerful, but it's not a magic pill. The more you work WITH the process, the more tangible your results will be. The areas and themes that you are guided through are as follows.

**Level One:** Deserving; Releasing SHAME and increasing SELF-WORTH.

**Level Two:** Creativity; Releasing FEAR and increasing PROACTIVITY.

**Level Three:** Power; Releasing ANGER and increasing SELF CONFIDENCE.

**Level Four:** Openness; Releasing WOUNDS OF THE HEART and increasing LOVE.

**Level Five:** Expression; Releasing LOW SELF-ESTEEM and increasing EXPRESSION.

**Level Six:** Vision; Releasing OLD VIEWS and increasing CLARITY.

**Level Seven:** Purpose; Aligning to your HIGHER PURPOSE and DIVINITY





# What is Kinesiology?

Given that muscle testing comes from kinesiology, it's useful to share what kinesiology is and some of the more commonly known definitions.

Please note, that this training DOES NOT qualify you to be a kinesiologist. To qualify as a kinesiologist takes a number of years and is a very robust training in of itself and contains numerous protocols.

Here we are using the muscle testing component to easily access what is blocking someone's results, growth and potential.

Kinesiology uses muscle testing to monitor stress and imbalance within the body. We use muscle testing as a way to communicate directly with the person's unconscious mind.

Kinesiology is a method of personal evolution that uses the science of energy balancing and the gentle art of muscle monitoring to access information about a person's well being.

Originating in the 1970s it combines western techniques and eastern wisdom to promote physical, emotional, mental and spiritual health.

Muscle testing enables people to detect and correct various imbalances that may relate to stress and can help you improve performance in all areas of life.

According to the International College of Professional Kinesiology Practice (ICPKP)

Kinesiology is the most holistic of all the natural health care systems.

A fundamental premise of Kinesiology is that the body has innate healing energy and is at all times doing its best to care for itself, but that sometimes it needs to be helped into a better position to achieve this care.

Kinesiology is concerned with imbalances in the body's energy.

In this respect, Kinesiology has close links with the acupuncture concept of the energy flow.



The exact nature of blockage in the energy flow can be more closely identified by ‘muscle testing’. Acupressure massage, light touch and other simple correction skills are used to restore muscle ‘balance’, which has flow-on effect into total body energy.

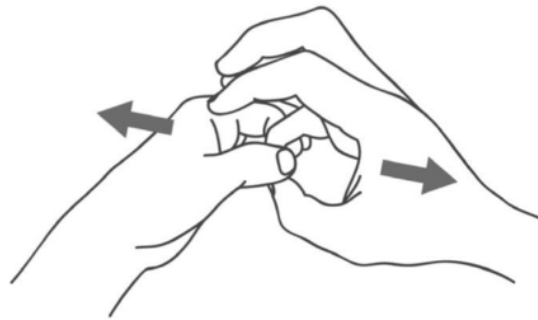
Kinesiology is often called ‘muscle balancing’ or ‘energy balancing’ – helping the body into a better position to heal itself or reach a specified goal by ‘balancing’ its energies.

Whilst kinesiology is extremely powerful as its own modality, it lacks the in-depth understanding of mental maps, and questioning skills that trained coaches are skilled in, especially those trained in NLP. In this body of work, we combine the best of both worlds to create a powerful system for change.

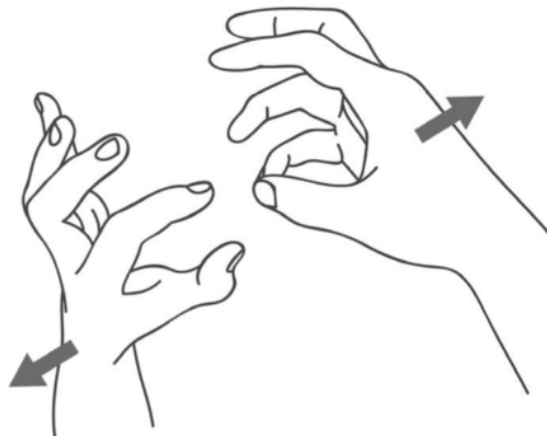


## MUSCLE TESTING BASICS

Form a circle with our thumb and pinky finger and interlock that circle with another circle formed by the thumb and index finger on our other hand.



LOCKED



Gently pull the two rings against each other, feeling how the closed circuits created by each finger and thumb naturally hold together.

Through repeated practice we anchor this feeling of 'locked' to a sense of 'YES'.

As we say "NO" we allow ourselves to feel the subtle weakening of the circuitry and notice that the fingers unlock.



At first it feels like we're 'making it happen' but as we practice it we gradually build a sense of certainty and can feel that the body is able to speak to us through this simple LOCK/UNLOCK or YES/NO circuit.

Throughout this learning process remember that you're installing a new piece of software into your body and teaching your nervous system a simple way to communicate with you.

If it feels 'made up', don't worry; that's exactly how many people feel.

The key is to continue practicing and experimenting. After a short period of time you will begin to notice that your results are getting more consistent.

After doing it for three months Dane Tomas shared that no longer questioned if he was 'making it up' any more than he would question whether Google search results were 'real'. He just put the enquiry into the system and got the answers!

Ultimately this process is about self-trust; if you practice it then you'll notice it starts to work.

And since trust is like a muscle, the best way to build it is to walk around the house testing everything you can think of and seeing what happens!

Once we've practiced this for a little while we can start testing our congruence with verbal statements.

This muscle-testing ability is an enormous breakthrough. It means for the first time we can build a communication bridge between our unconscious mind and our conscious mind. We can ask ANYTHING we want, so long as we can phrase the question in a way that it has a yes/no or numerical answer.

This tool can then be applied to all the different models and processes as well as to thousands of other applications.

The benefit of it is, you can find out if your unconscious mind (which runs about 85% of your life including all of your vital physical processes) is onboard with your conscious level intentions.

This mismatch is the cause of the vast bulk of our resistance and self-sabotage (not to mention a large percentage of our disease).

The long-term benefit of this tool is it allows you to experience greater alignment between your day-to-day life and who you really are!





## MUSCLE TESTING PRE-CHECKS

Before we start muscle testing for a client, it's important to do these pre-checks to ensure that there is nothing impacting the accuracy of your muscle testing.

### DEHYDRATION

When a person is dehydrated or lacking in enough water, the body's electrical system is impaired and both lymph system and organ function are impacted.

This makes sense as our bodies are at least 60% water. It is the primary component of all body fluids (blood, bile, cerebrospinal fluid, digestive juices, sweat, tears, urine,). Water is the medium in which all other body nutrients are found and is involved in almost every function in the body (diet, digestion, absorption, circulation, and elimination, to name a few). The mineral salts and electrolytes that help carry electrical currents in the body are carried in water. The body depends greatly on water for clarity of thinking, proper mind/body function and overall top performance

Before every session ensure that you are well hydrated by drinking a glass of filtered water.

Ask your client to do the same and ensure that both of you have a glass of water during the session. It's recommended that when clearing emotions that you and your client take regular sips of water to ensure that you both stay hydrated especially as a lot of energy is moved through the massaging of acupuncture points throughout the session.

Dehydration may also be a indication of the following:

- Not nourishing self. Lack of self nurture/care
- Feeling dry inside
- Given up on self - a "why should I bother" mentality
- No life force energy
- Diminished hopes and desires
- Lacking self love, connection, self worth



## SWITCHED ENERGY TEST

When someone is under stress there is often electrical ‘scrambling’ in the body (chiropractors practicing applied kinesiology (A.K) call it neurological disorganization). The most common form of this disorganization is called ‘switching’. Muscle testing may not be accurate in the person who is ‘switched’.

### THREE SWITCHING PROBLEMS

**A. Side to side switching problems**

These shows up as confusion between right and left.

**B. Top and bottom switching problems**

These show difficulty walking up and down stairs, disorientation looking down from heights (or looking up).

**C. Front and back switching problems**

These include not being able to reverse a car using the rear vision mirror, and the dyslexic tendency to have handwriting slide up or down as it goes across the page.

### BALANCES FOR SWITCHING

**A. To balance side to side switching problems**

Hold the navel (CV8) with one hand. Rub under the inner end of the collar bones (K27's) with the other hands. Change hands and repeat.

**B. To balance top and bottom switching problems**

Hold the navel (CV8) with one hand. Rub the top (GV27) and bottom (CV24) lips with the other hand. Change hands and repeat.

**C. To balance front and back switching problems**

Hold the navel (CV8) with one hand. Rub the sacrum (GV2.5) with the other hand. Change hands and repeat. We never rub GV 1 on the coccyx (tailbone)



## BASIC PROCESS FOR FINDING THE EMOTION

### PROCESS:

1. Have your partner think of a stressful issue.
2. Say 'Let's find the priority emotion involved'. There may be a number of emotions involved, however by asking for the priority one we will get an UNLOCK for the one that is most important.
3. Start testing around the 5 Element chart.

When you get an unlock, eg: Metal element, then test each meridian, Lung, Large intestine. When you get an unlock it indicates that the emotion is in that meridian.

4. Say the words from this meridian (e.g. with Large Intestine it is dogma, guilt, shame, spite etc) and muscle test after each word.
5. When you get an UNLOCK on an emotion, let the client know, eg: it unlocks on Shame. Do not tell the person what you think "shame" means. Your role is to ask them **"what does shame mean in relation to this issue you have right now?"**
6. Show the client the corresponding point to massage/hold whilst breathing deeply and setting the intention to let the emotion go.
7. Test to check that the emotion has cleared by saying, "have we now cleared shame?". If it has cleared the muscle will lock.



# ESR Points

One of the most powerful points we use for emotional clearing are what we call the Emotional Stress Release (ESR) points.

## ORIGIN

Dr Terrence J. Bennett, a Chiropractor, first described this technique in his book, 'Neurological Reflex Technique' in 1956.

When we experience stress, be it emotionally or physically generated, our bodies go through a series of biochemical changes that vary in intensity depending on the severity of the stress or trauma. One of the effects of stress is the imprinting of a series of negative factors which seem to continually impact us either consciously or unconsciously. We may 'forget' the individual stressful incident but our unconscious stores the information and remembers the stress every time we encounter a similar situation. The result is a cumulative effect that leads to our being in stress (distress) almost continually.

## WHEN TO USE EMOTIONAL STRESS RELEASE POINTS

You can use ESR for past, present and future stress events. The right brain will accept your new learnings and insights as a 'new reality' to replace past stressful memories.

Because the right brain is timeless, it can be used as a time machine to go backward or forward and re-make the past, the present or create the future. This ties in with the NLP presupposition of "the map is not the territory". Meaning, that we construct our meaning of the world and therefore how we experience it based on how we filter information. By re-coding events, we can create a new meaning from the particular stressful event.

The technique is the same in all situations whether it be for preparing for a presentation to the Board, job interviews, sports performance, or resolving old or recent hurts and misunderstandings.



## BENEFITS OF EMOTIONAL STRESS RELEASE

The Emotional Stress Release points rebalance our emotions and release pent-up energy. The physical effects of ESR include a general sense of lightness and relaxation. Vision seems clearer and hearing appears to be more acute. Use it for when there is interpersonal conflict to improve relationships, to bring yourself back to a resourceful state in the moment, or any other stressful situation. Children respond to ESR quickly and easily and parents can easily hold the ESR points whenever a child is distressed. Used at night time it can help them drift off to sleep.

## WHERE CAN I DO ESR?

ESR can be done anywhere. When sitting at your desk, lying in bed, walking or out and about. Use it for when you are feeling overwhelmed, anxious and indecisive.

We intuitively use our ESR points when we feel overwhelmed. How often have you put your elbow on the table whilst holding your forehead with your thumb and forefingers? You are in effect holding your ESR points. Or how many of us have put our whole hand over our forehead when feeling overwhelmed, tilted our head back and taken a few deep breaths. Whether we realised it or not, we were holding our ESR points.

If using for decision making, after a few moments, a priority of importance in the decision making or clarity of ideas will come. If you are a person who makes lists, now is the time to make notes as new ideas or clarity comes. You will find the overwhelm and nervousness you felt before has gone, enabling you to move calmly and confidently through your day.

## HOW DOES ESR WORK?

The ESR technique activates reflexes (called neuro-vascular points) which bring more blood to the frontal lobes of the brain. Back brain thinking is the survival response mode. Here we generate automatic reactions based on the alarm and vigilance responses as well as on past experiences. Front brain thinking is creative, with new options and new alternatives. When we use the front brain we tend to find new ways of looking at old problems, new possibilities and alternative solutions.

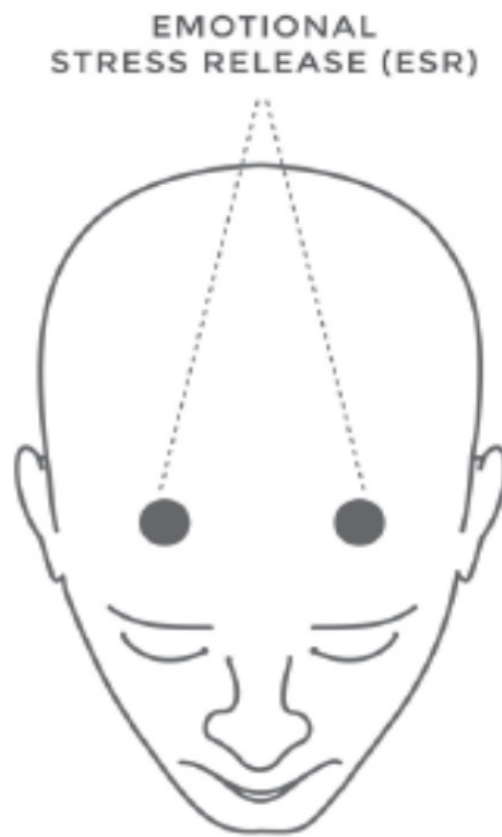
Stress chemicals seem to have the effect of reducing front brain/back brain and left brain/right brain integration and prevent us thinking creatively under stress. ESR reverses this process. It has the effect of reducing or erasing the biochemical trigger to the old stress memories and thus relieves stress.



## CORRESPONDING ACUPUNCTURE POINT

The ESR points as well as being neuro-vascular points are also powerful acupuncture points, specifically Gall Bladder 14. As part of the Wood Element these points are for helping one make decisions, become clear and to be brave in taking action.

Psychologically and spiritually GB 14 is said to help one to have the courage to choose to live their intended destiny/ spirit path





## BASIC ESR PROCESS

1. Think of a stressful issue. (Note body response) Ensure client is associated.
2. Assess emotional energy on a scale of 0-10.

## THE ESR BALANCE: (FOR YOURSELF)

3. If possible, find a quiet space in which to 'be'. This is not essential, but helps.
4. Close your eyes and lightly hold your GB14 points.
5. Focus on the event or problem.
6. See the details. (Be aware of the colours, sounds, shapes, smells and feeling involved.)
7. Make it real. (you may notice shallow breathing, flickering of your eyes or tearfulness.)
8. Continue to hold your forehead, breathe and relax. These signs of stress will pass.
9. Now play it as you would like it to happen.
10. When your mind starts to wander you know the event is cleared of immediate stress.

## CHECKING THE CHANGES:

11. Recheck body test and your emotional energy level 0-10.

### Notes

- You may have to repeat the process as a different aspect of stress comes to mind. It is okay to do it often.
- There are no contra-indications to using ESR.



# 5 Elements Theory

## INTRODUCTION

The 5 element theory comes from Traditional Chinese Medicine (TCM). The original teachings include early classical texts such as The Yellow Emperor's Classic of Internal Medicine (c350 BC). TCM includes yin/yang theory, the Law of the 5 Elements, the 5 Spirits and other aspects of Taoist alchemy.

Acupuncture is one of the cornerstones of TCM. In this body of work, we will be using acupressure to stimulate the acupuncture points and meridians to bring about emotional balance.

TCM in the Western World is widely known for treating chronic pain and disease. TCM is also a "powerful psychological healing modality that can be used to promote emotional healing and psychological and spiritual transformation." Given the transformational nature of the work we will be doing, it's useful to hold a frame around acupuncture as it relates to alchemy.

In her book, the Five Spirits, Alchemical Acupuncture for Psychological and Spiritual Healing, Lorie Eve Dechar describes Alchemy as follows:

"Alchemy is an ancient spiritual discipline and natural philosophy that was practiced in various forms all over the world for many centuries. Its' main concern is the process of transformation"

The 5 elements refer to the elements of wood, fire, earth, metal, and water. Each individual is a blend of these elements, and in order to be truly healthy, they need to be balanced.

In TCM when working with the five elements, there are a number of cycles and for the purposes of our work we will be working with the Creation (Sheng) cycle.

In this creation cycle each element leads to another or transforms itself into another.

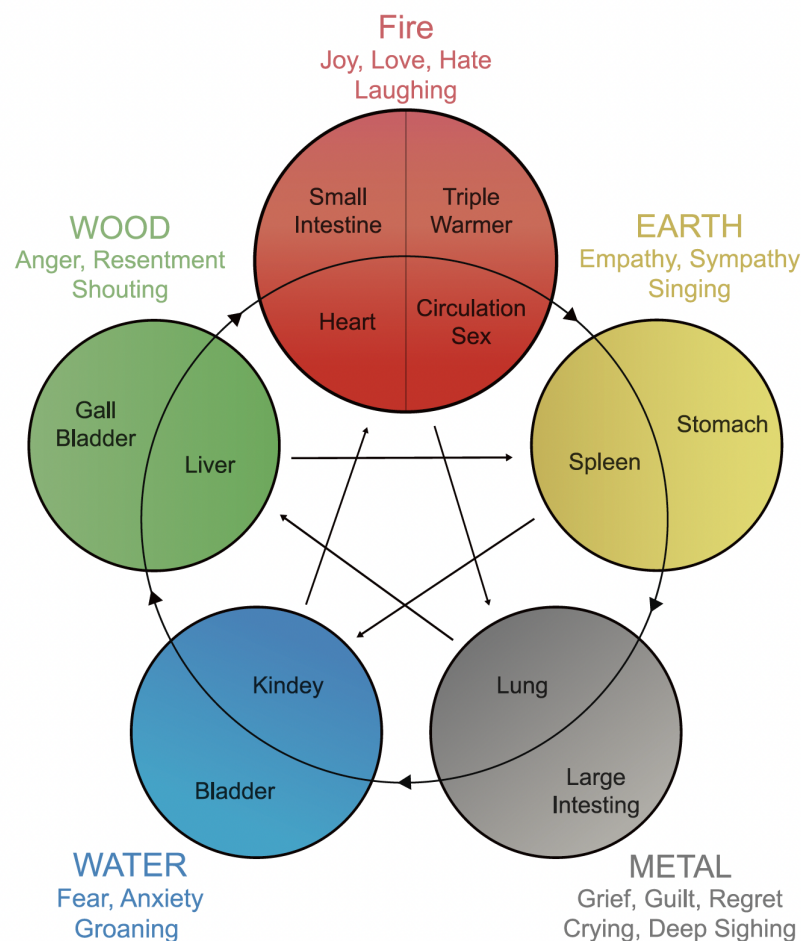




For example:

<b>Water generates wood</b>	as rain nourishes a tree
<b>Wood generates fire</b>	in the way that burning wood creates fire
<b>Fire generates earth</b>	as ash (which becomes part of the soil) is formed from burned wood
<b>Earth generates metal</b>	as metal ore is mined from the earth
<b>Metal generates water</b>	in the way that water condenses on a metal surface

As long as the elements influence and nourish each other in the appropriate direction there is balance and harmony in the person. However, if the direction is reversed, meaning one element exhausts the previous one, or one element cannot nourish the one to come, then imbalance occurs which can manifest as a mental, emotional, physical or spiritual disturbance.



## THE FIVE ELEMENTS



# The Five Elements

Let's look at each element:

## WOOD - SEASON OF SPRING

The Wood Element is the season of Spring.

It's a time when Nature puts on a rapid growth spurt, shooting upwards, vigorous and unstoppable. The seeds that have been in hibernation all winter suddenly burst forth with the warmer weather and longer days.

When our Wood Element is in balance, it's like Springtime. We can feel the energy and motivation rising to start new projects, give birth to new ideas, create and bring our visions and goals to life.

**When balanced Wood allows us to:**

- Have clarity in our thoughts and actions
- Create a vision and put it into action
- Create and follow a plan
- Act decisively
- Show up easily in the world expressing our true selves
- Be unapologetically ourselves
- Assertive in our communication and interactions
- Have discernment and wise judgement

**When our Wood element is out of balance, we could experience:**

- Feelings of failure in facing an obstacle
- Become easily irritated, frustrated and angry
- Feel unclear about our future direction
- Have issues with making decisions, be indecisive
- Feelings of hopelessness and being disoriented
- Feel stunted in our growth or evolution



## How to treat the Wood element?

- Get to bed by 11 pm
- Do yoga and stretches before starting an activity
- Aside from the Spring season inviting us to be active, it is also a good time for a liver cleanse (use herbs like coriander, dandelion, and milk thistle)
- For food choices, choose food with a sour taste, like lemon and vinegar to support the Wood. Also choose food that is green in color and stay away from alcohol, drugs, and excess fats.

## Emotion in Wood

- Anger is the emotion of Wood
- Notice how we relate to anger and assertiveness
- When we understand how we deal with the range of emotions, from irritability to rage, we are able to fully see how we constrict the natural expression of our Wood

## Reflective Questions to ask:

- Do we show our true selves and allow ourselves to take up space, or do we bottle up our upward rising energies?
- Do we express our thoughts or do we dwell on our frustration?
- Do we suppress ourselves and are accommodating to maintain peace, but are resentful inside?

## People of Wood Constitution:

- These types of people are extroverted, creative, and easily irritated
- They have positive characteristics including courage, decisiveness, flexibility and entrepreneurship. However, if these characteristics get out of control, they can lead to negative impulses including anger and aggression



## FIRE - SEASON OF SUMMER

The Fire Element is the season of Summer.

At this time of year, the growth in Nature has reached its peak and is exploding. This is the time of greatest expansion.

When balanced, the Fire Element allows us to:

- Experience and respond with joy
- Exude warmth and love, as we connect with other humans
- Make our hearts full and open
- Recognise the boundaries of opening to love and at the same time be mindful of our hearts
- Love, compassion, enthusiasm, and a sense of fun, sociability, intimacy, and passion
- Have good discernment of what is good for us and what is not

**When our Fire Element is out of balance:**

- Our hearts can close off and we can be aloof
- Or lack of boundaries as we gush our heart out inappropriately
- We feel a lack of joy and humour, and uncaring
- Over emotional, hysterical and overexcited
- Handling mental and emotional levels could be affected, as well as how we connect in a personal relationship

**How to treat the Fire Element:**

- Have more fun. Be spontaneous, playful, and laugh more. Be more childlike.
- Go out and socialise and be with other people
- In terms of food choices, choose foods that have bitter taste such as eggplant, celery tops, and bitter greens; and foods that are red in colour like tomatoes, capsicums and beetroot

**Emotion in Fire**

- Joy is the emotion of Fire
- Joy in Fire is not the serene joy of a tranquil mind but a stronger type of joy, more effervescent in nature
- When there is no joy, there could be a state of flatness and even depression



### **Reflective Questions to ask:**

- Can we reach a state of calm joy that is not reliant on conditions?
- Do we jump into relationships that take us out of our heart or do we instinctively protect our heart by withdrawing into ourselves?

### **People of Fire Constitution:**

- People of a fire constitution are warm and have a lively, infectious manner
- They radiate energy and have the ability to liven people around them and influence them in a positive way
- In fire's negative direction, these characteristics can lead people toward nervousness and a hectic forgetful manner



## EARTH - THE SEASON OF LATE SUMMER

The harvest time of the year. Nature is sharing her abundance and all the fruits of her labour.

**When balanced, the Earth Element allows us to:**

- Fully accept the bounty of the world, as well as releasing it
- We can nurture and be nurtured, understand and be understood
- We become individuals who are thoughtful, sympathetic, empathetic, grounded and centred in ourselves, acting and relating to others from that place

**When Earth Element is out of balance:**

- We lose hold of our center and fall into patterns that don't serve us
- Imbalance in receiving and giving -- we may be needy or we may sacrifice our own needs for others
- We worry too much not only about our problems but others as well
- Or a total lack of care and sympathy
- Clouded intentions
- Feeling like we don't have support from the world

**How to treat the Earth Element:**

- Shift awareness around giving and receiving. Give and receive appropriately.
- Finding the balance between taking care of self and others is the key to supporting the Earth element
- We have to stay grounded and centred with our true selves
- Sing, walk or dance.
- In terms of food, choose those with a sweet flavour including fruits (not sugar!) and sweet flavoured vegetables; and those yellow or orange in colour such as pumpkins, and carrots

**Emotions of Earth:**

- Sympathy or worry is the emotion of Earth
- Worry can result in obsessive repeating thoughts, while sympathy can produce over-concern for others



### **Reflective Questions to ask:**

- What do I need? What do I want? Can I ask for these?
- How easy is it for me to receive and give?
- Is there a balance between my giving and receiving?
- Where am I over giving?
- Am I open to receiving?

### **People of Earth Constitution:**

- People with an earth constitution are characterized by being firmly grounded and having a reality-based approach to life
- They have both feet firmly on the ground and enjoy comfort and good food
- They are willing to pass their internal strength to other people and are always ready to help and care for others
- Ideally, earth people are balanced and pragmatic. They can think through things and promote change.
- Negative aspects of the earth constitution are laziness, overthinking, and concentration problems



## METAL - SEASON OF AUTUMN

Autumn is the season of the Metal Element.

It's the time of year when Nature is letting go. The leaves are dropping, it's getting cooler. Animals are getting ready for hibernation.

### **If there is balance in the Metal Element:**

- We are gifted with the ability to let go of things that are not serving us
- Enables us to accept without attachment
- See the value in others; treat others with respect
- The phrase "I respect that divinity within you that is also within me," (Sanskrit greeting Namaste)

### **When the Metal Element is out of balance:**

- Hard for us to let go, including emotions, people, objects, beliefs and ideas that do not benefit us or serve us
- We could be trapped in grief when we lose someone or the things that we treasure
- We may lose our hold with the Spirit
- The balance between Heaven and Earth is lost

### **How to treat the Metal Element:**

- Let go of things that do not benefit us, from objects, beliefs to relationships
- Breath work. Especially breath work that brings us into autonomic balance.
- Aiming to have a healthy colon is the key to efficiently removing waste and toxins
- As a support to the Earth Element, consume food that are white in colour such as cauliflower, and potato; and pungent in flavour such as spices and aromatic herbs

### **The Emotion of the Metal element:**

- Grief or sorrow is the emotion of the Metal element
- Losing someone or something that is dear to us will cause us to grieve, but if we are unable to get past that, the grief may become all encompassing and lead to depression





### **Reflective Questions to ask:**

- What am I holding onto that needs to be released?
- Am I living in the past or the present?
- How can I shift to living life more fully in the present moment?

### **People of Metal Constitution:**

- People of the metal constitution are alert, introverted, and attentive to detail.
- In their positive manifestations, these characteristics lead people to be sensitive and honest.
- In their exaggerated or negative form, they cause people to isolate themselves, to be hypersensitive, and to have a tendency toward sadness and depression.



## WATER - SEASON OF WINTER

The Water Element is the season of Winter.

It's the time of year when Nature withdraws within, when seeds are stored for the following year, waiting patiently for the time when growth will begin again.

### **If our Water Element is balanced:**

- We view this as a time to reflect and gather our own resources. We spend more time indoors and do less.
- Time to rest and restore, sleep a little more, eat a little more, and do less in our lives
- The ability to listen deeply is one of the gifts of Water, along with the wisdom of inner knowing and conserving resources
- Trust more in ourselves

### **When our Water element is out of balance, we could experience:**

- Anxiousness, uncertainty, fear, and distrust in ourselves and of the world
- Low back pain and hearing problems may be seen
- The cold weather will make us feel drained and weary
- We lose our sense of will

### **How to treat the Water element?**

- The meridians in the water element are Bladder and Kidney which are compared to the lakes and rivers that store and carry our precious Qi. Being aware that we need to conserve our Qi.
- Requires plenty of sleep and rest especially during the cold winter season
- For food choices, choose beans, fruits, and vegetables that are blue or black in colour, small amounts of salty food like seaweed, tamari
- To support the Bladder and Kidney meridians, do breathing exercises that bring the breath to the belly, which warms the lower back and abdomen
- To help add vitality, massage the muscles of the lower back

### **Emotion in Water**

- Fear is the emotion of Water
- Notice how we view our relationship in relation to fear and its effects



### **Reflective Questions to ask:**

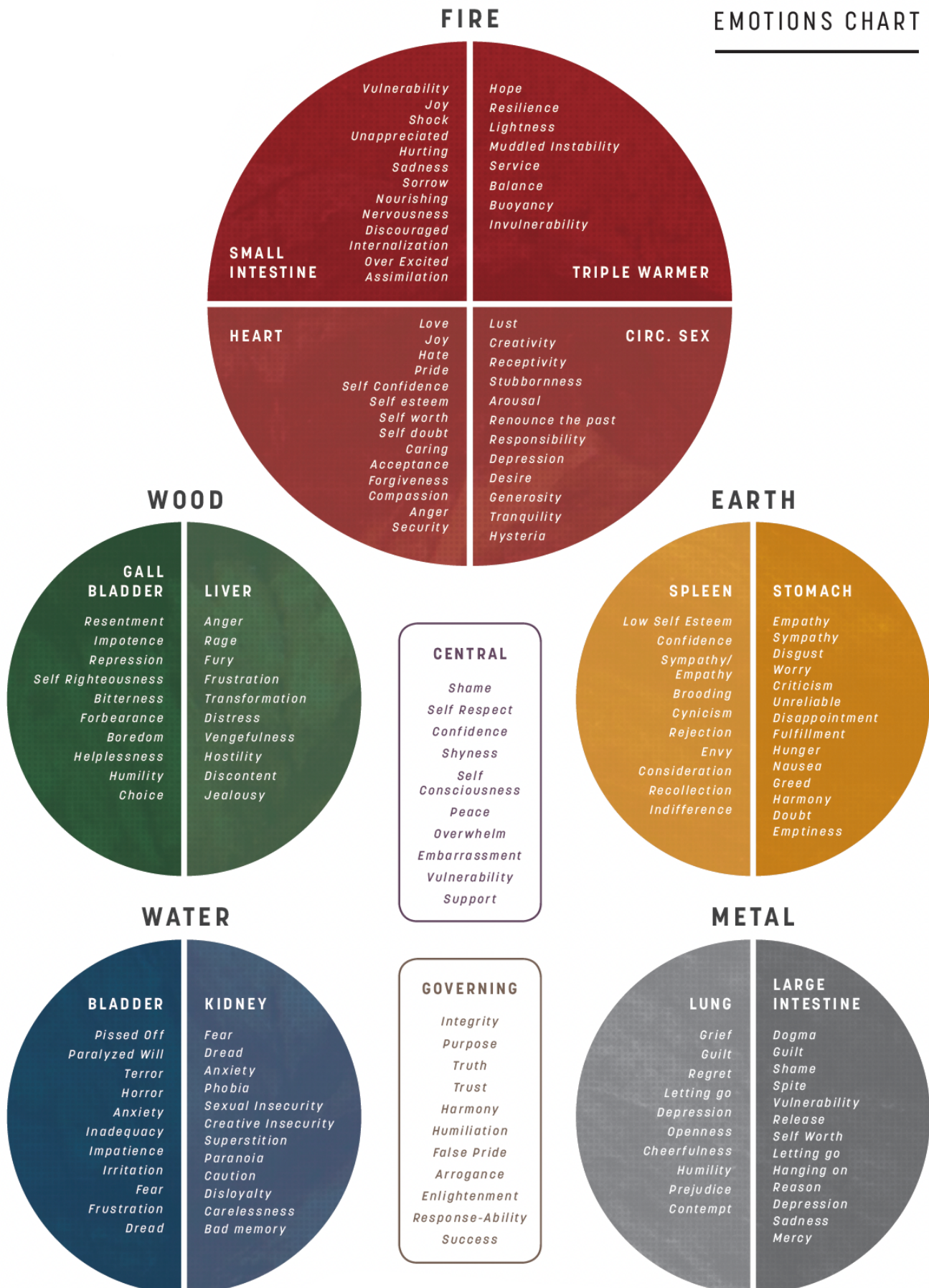
- Are we over-fearful or adventurous? What is this in service of?
- What stops us from fully trusting in the unfolding flow of our lives?
- What would happen if we did fully trust in the unfolding of our lives? How would we show up differently?

### **People of Water Constitution:**

- People of the water constitution type impress through their determination and stamina
- In the positive sense, they are punctual, reliable, and respectful of tradition
- In their exaggerated form, these characteristics turn into possessiveness, stubbornness, and a lack of flexibility as the expression of an excessive fear of change



## EMOTIONS CHART





# Meridians

## MERIDIANS: THE BODY'S ENERGY PATHWAY

A fundamental principle of Traditional Chinese medicine is that qi (life energy) circulates through the human body within a series of meridians. Qi or chi has two different aspects, yin and yang. When the normal balance of yin and yang is disturbed, disharmony occurs.

Altogether there are twelve meridians that form a cycle through which qi circulates over a period of twenty-four hours.

Lined up along the meridians like pearls on a string are the acupuncture points.

Of the 12 meridians, 6 are yin and 6 are yang.

### YIN MERIDIANS

Heart  
Spleen  
Lung  
Kidney  
Liver  
Circ Sex

### YANG MERIDIANS

Small Intestine  
Stomach  
Large Intestine  
Bladder  
Gall Bladder  
Triple Warmer

Aside from the twelve main meridians, there are two special meridians:

- The Central (Conception) Meridian
- Governing Meridian

The Central and Governing meridians run along the center of the body on the front and the back and are directly related to yin and yang. Except for the Conception Vessel and Governor Vessel, each of the meridians manifests in two parts, one on each side of the body.

The meridians are designed to work harmoniously with each other, so that all aspects of being -- body, spirit and mind will work together as one.

Each meridian plays a specific function, and all have a consciousness that allows them to play an essential role in balancing different aspects of your being when all are in harmony,

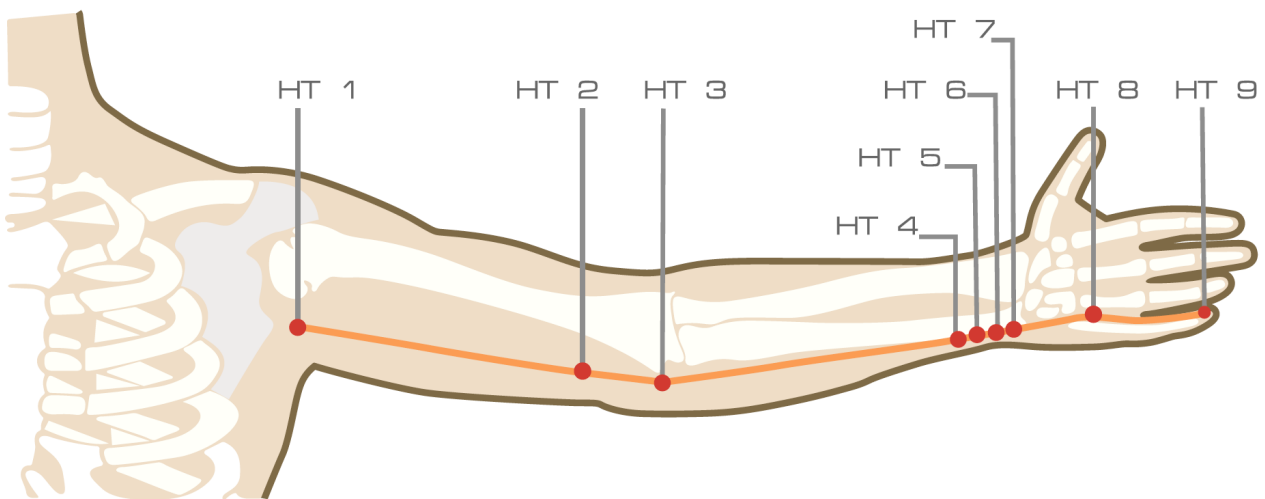


## LOCATION OF EACH MERIDIAN

We will be using a number of different acupuncture points in emotional clearing work and it's useful to have an understanding of where each meridian starts and finishes.

### Heart Meridian (11am-1pm)

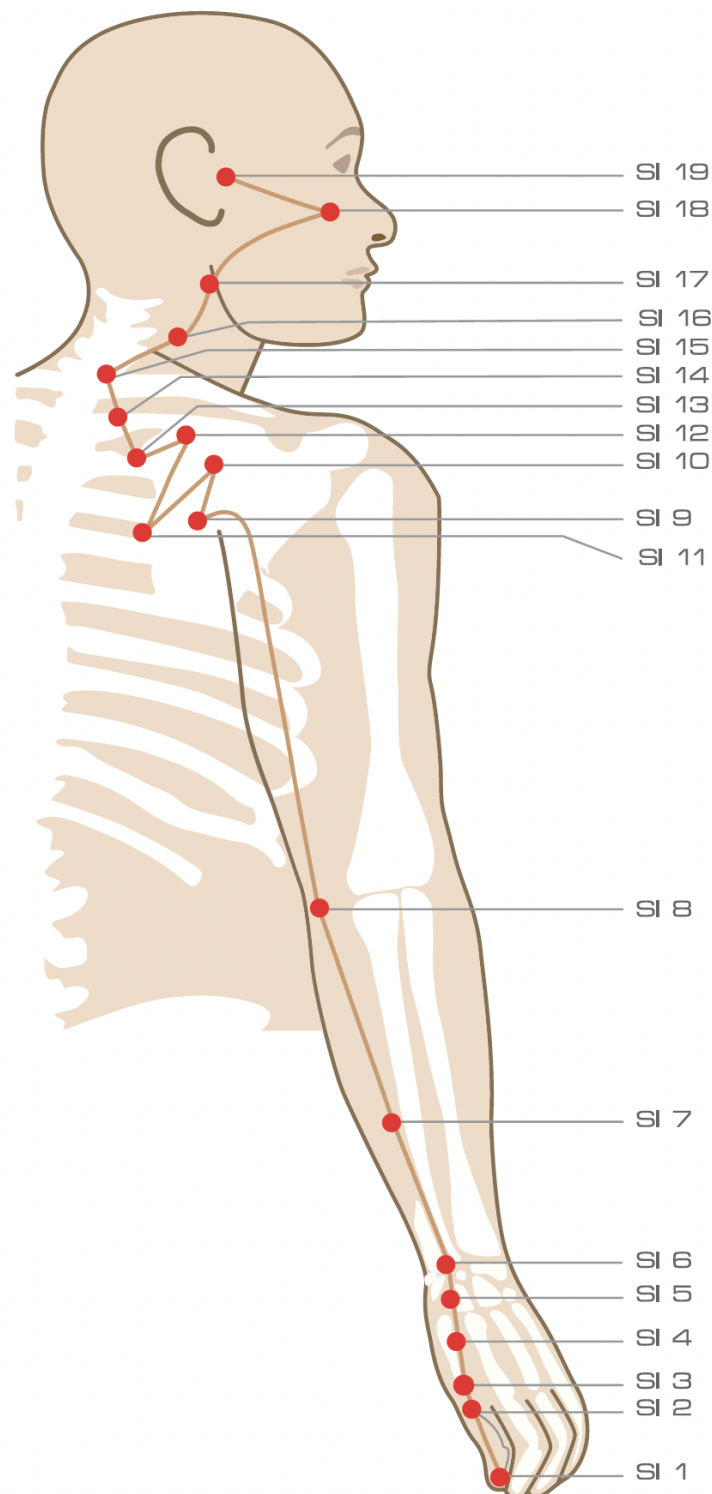
This begins in the armpit. The path goes down the inner aspect of the arm and forearm and finishes at the bed of the little fingernail (next to the fourth finger)





## Small Intestine Meridian (1am-3pm)

This begins on the little finger at the lateral side of the root of the fingernail and travels up the back of the arm through the shoulder. It slips down on to the shoulder blade, up on to the neck, forward on to the cheek, and back to the ear.

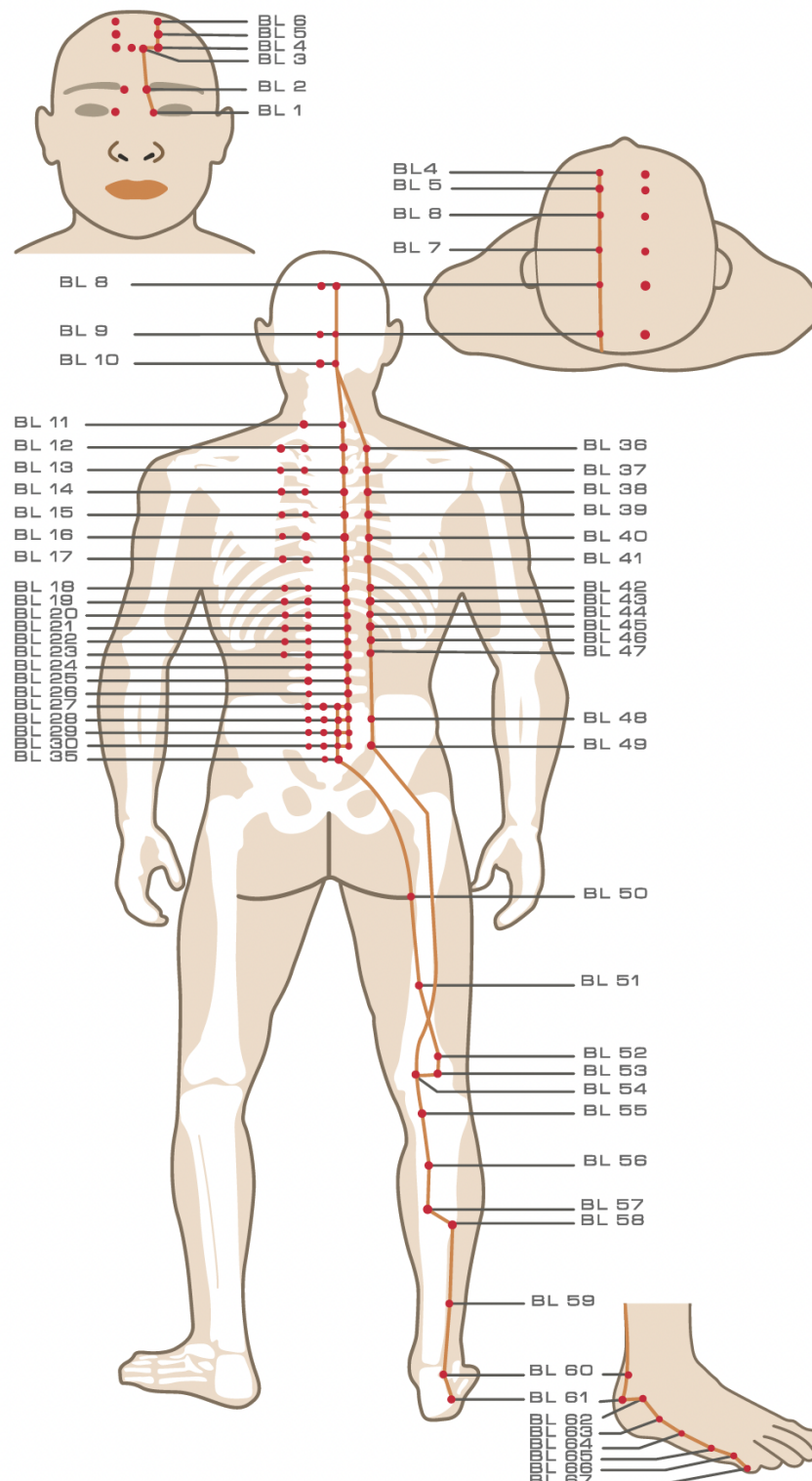






## Bladder Meridian (3pm-5pm)

This begins at the inner corner of the eyes and goes over the head, down the back of the neck, the back, thighs and legs to the end at the side of the nail of the little toe.

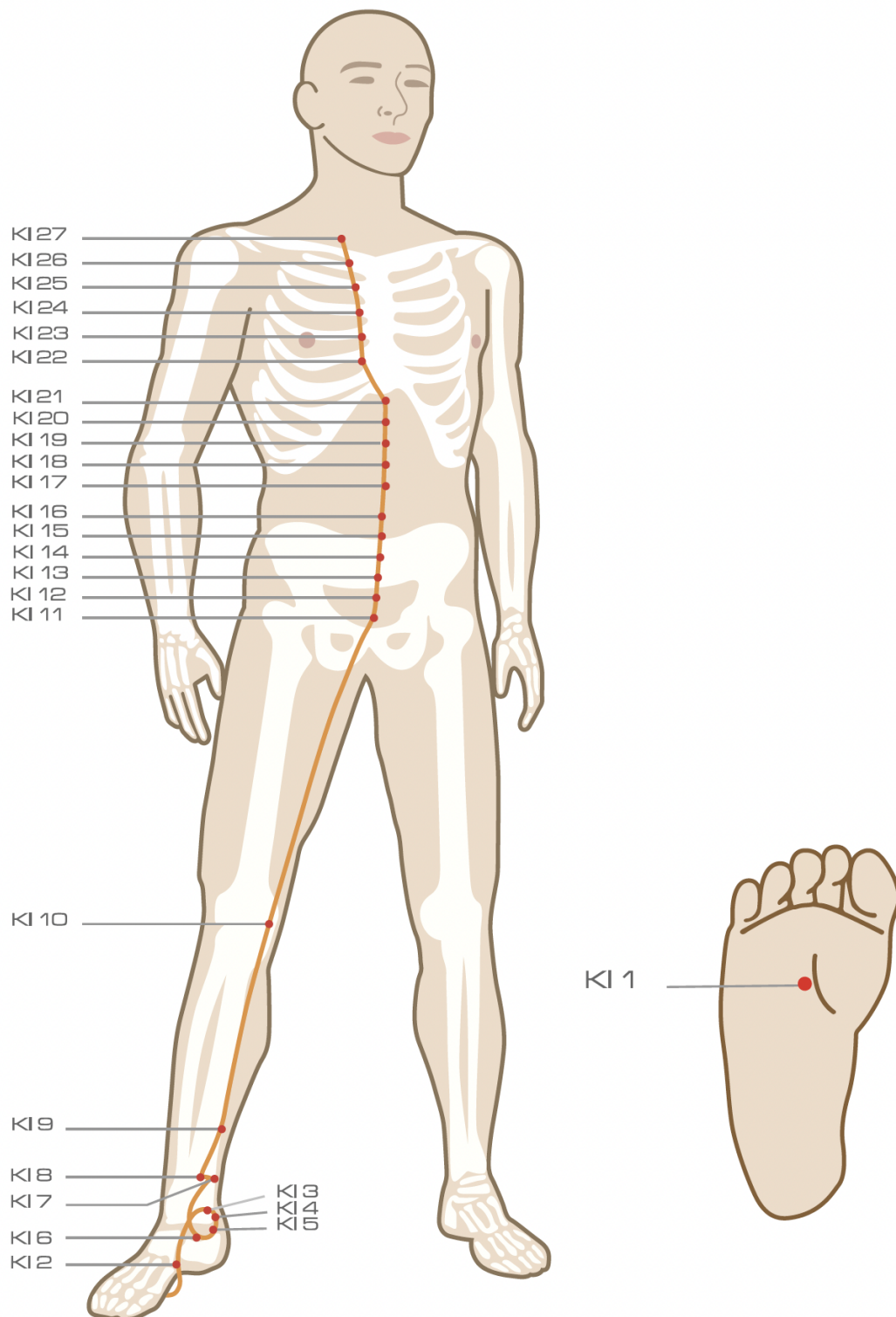






## Kidney Meridian (5pm-7pm)

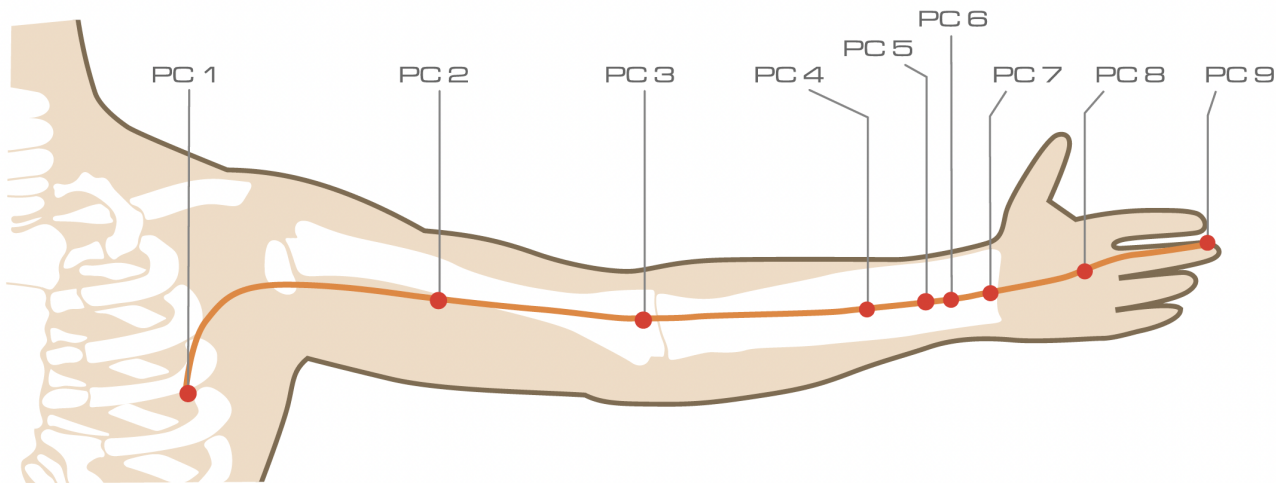
This begins on the sole of the foot and goes up the inner aspect of the legs and thigh, up the abdomen and thorax with its last point just below the clavicle in the first rib.





## Circulation-sex Meridian (7pm-9pm)

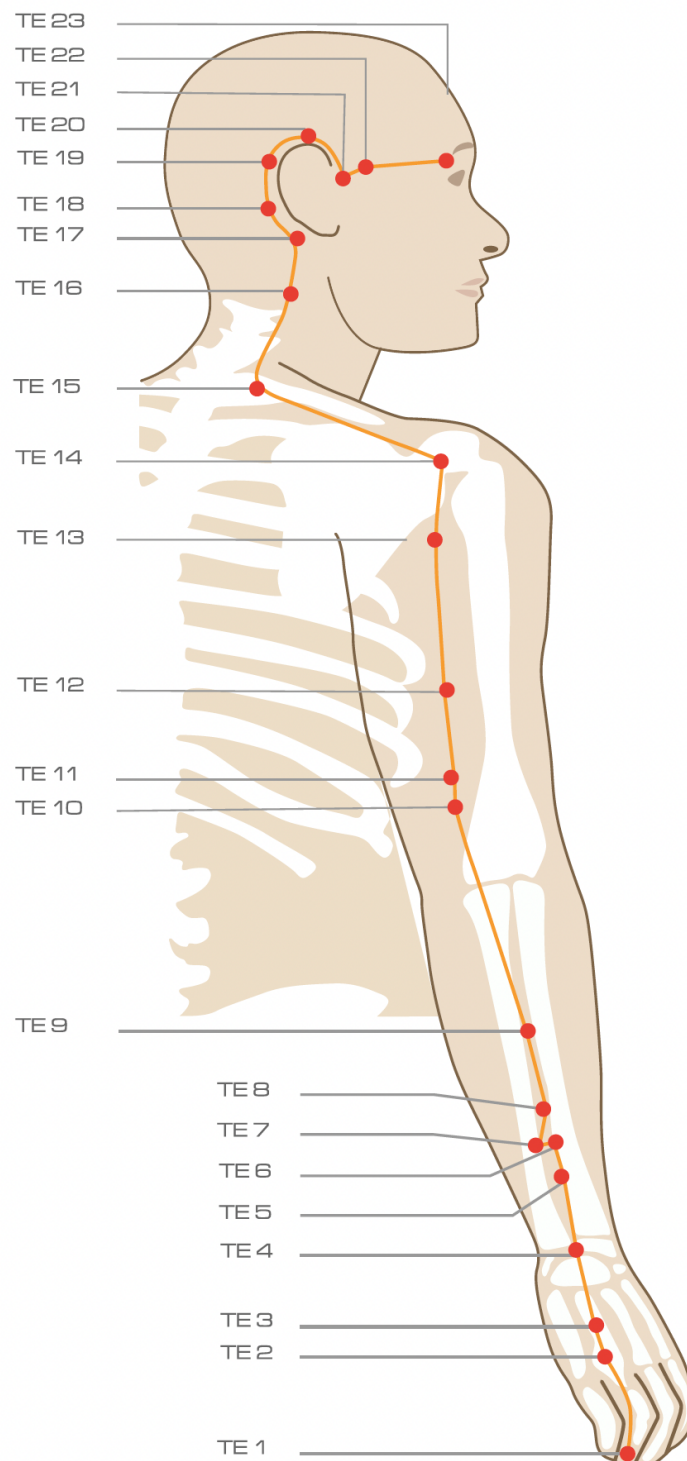
This begins outside the nipple and runs up to the shoulder, down the arm and forearm and over the surface of the palm to end at the nail of the middle finger (next to the index finger)





## Triple-warmer Meridian (9pm-11pm)

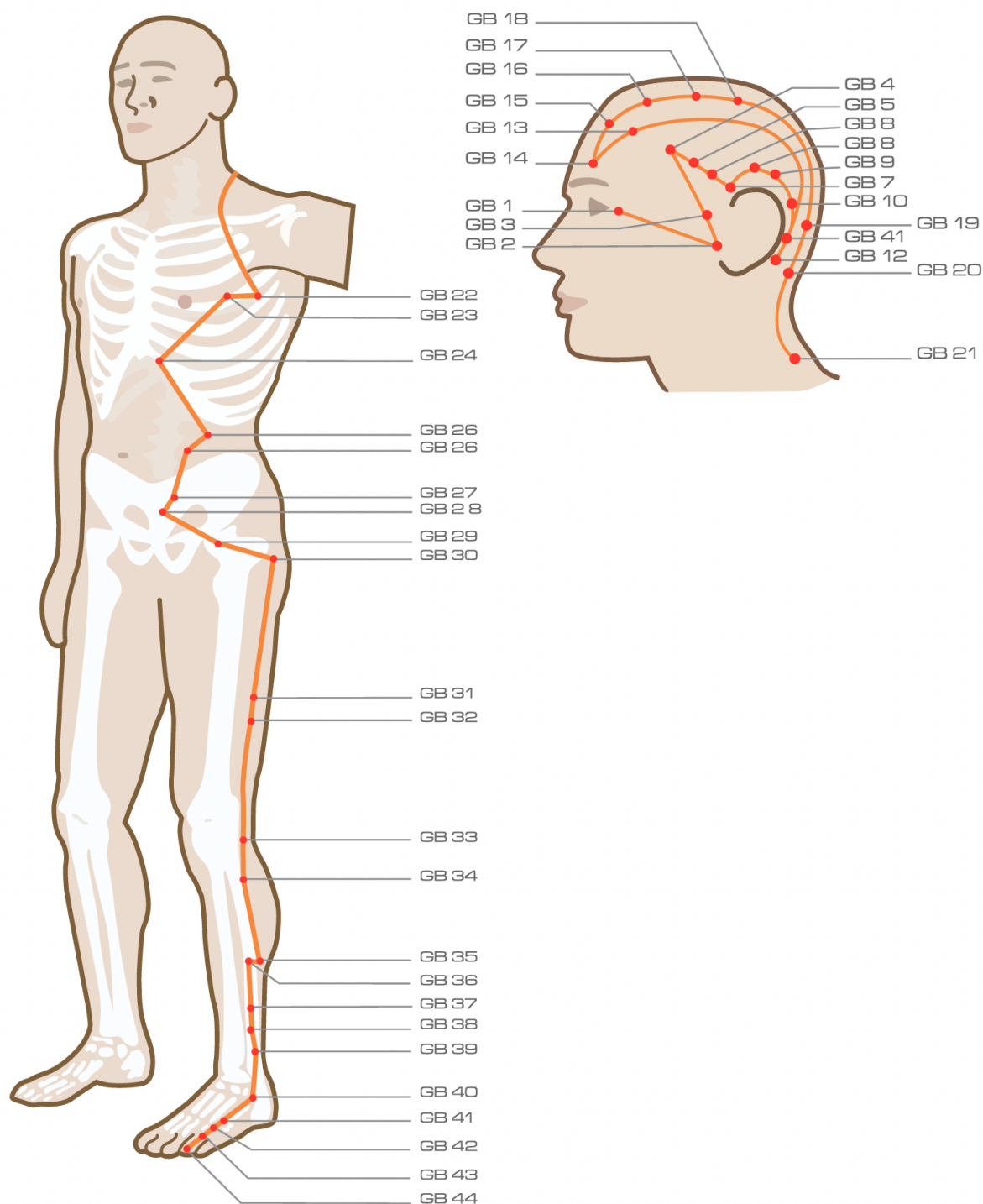
This begins at the nail root of the ring finger (on the little finger side) and goes back of the forearm, the arm and over the back of the shoulder, around the ear, to the end near the outer extremity of the eyebrow





## Gall Bladder Meridian (11pm-1am)

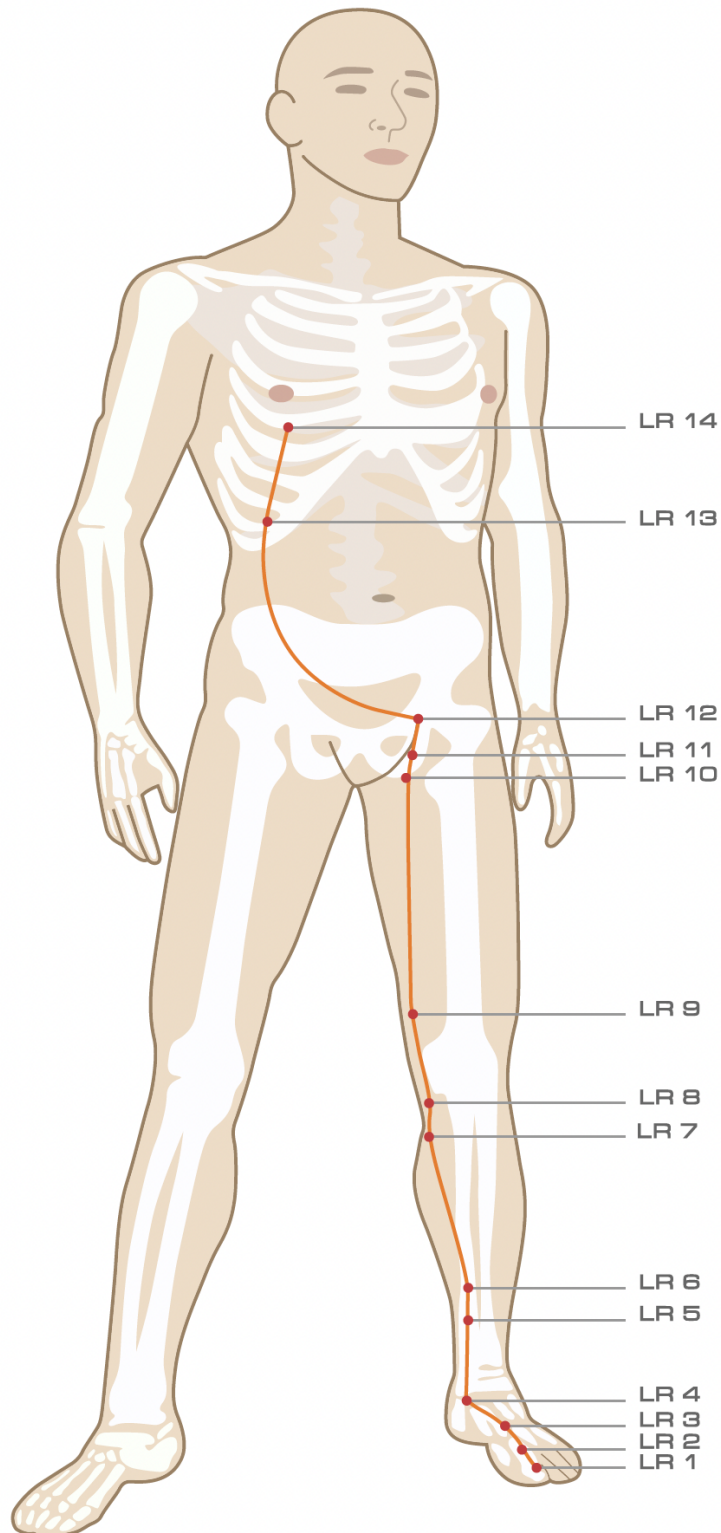
This begins at the outer corner of the eye and goes back and forth over the skull, then around the front of the shoulder, down the side of the thorax, forward on to the abdomen and down the outer side of the thigh, leg, and foot and ends on the fourth toe (little toe side)





## Liver Meridian (1am-3am)

This begins at the nail bed of the big toe nail (second toe side), runs up the inner surface of the leg, thigh, and up the abdomen to the rib margin of the sternum.

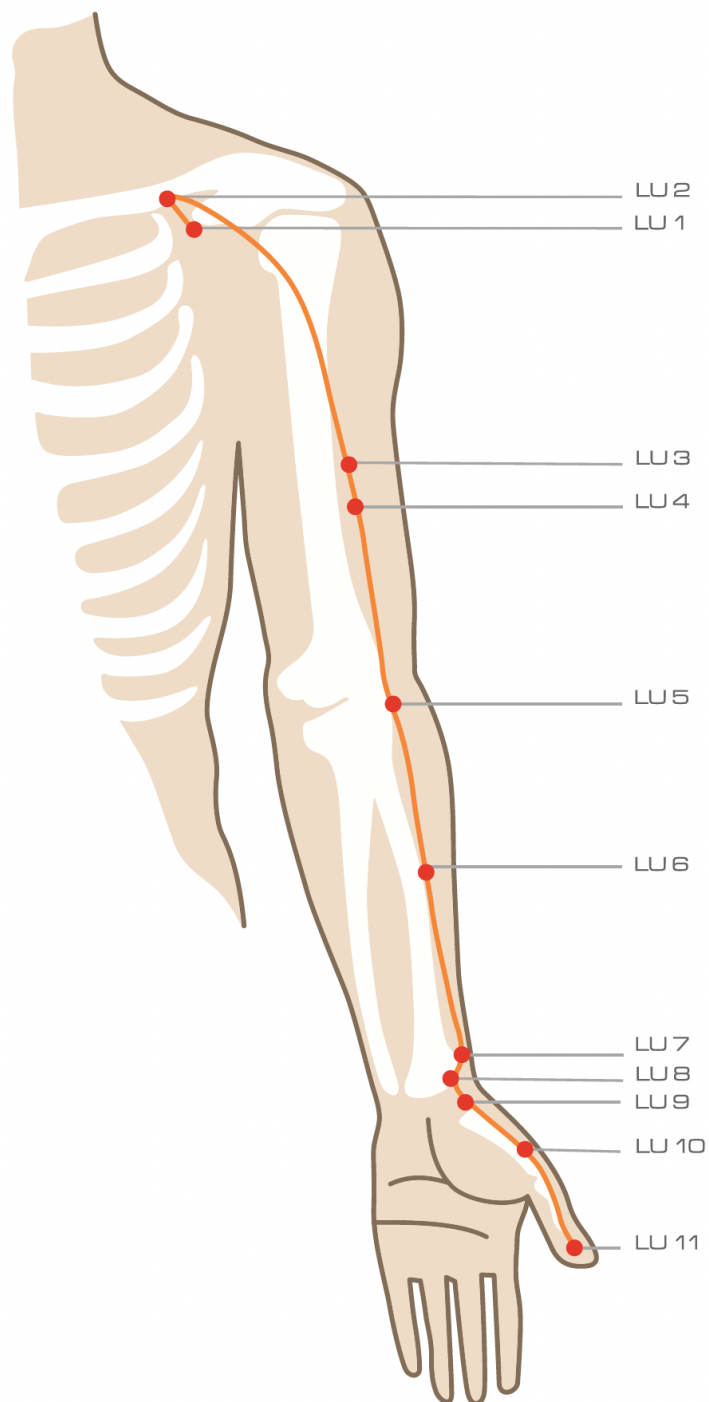






## Lung Meridian (3am-5am)

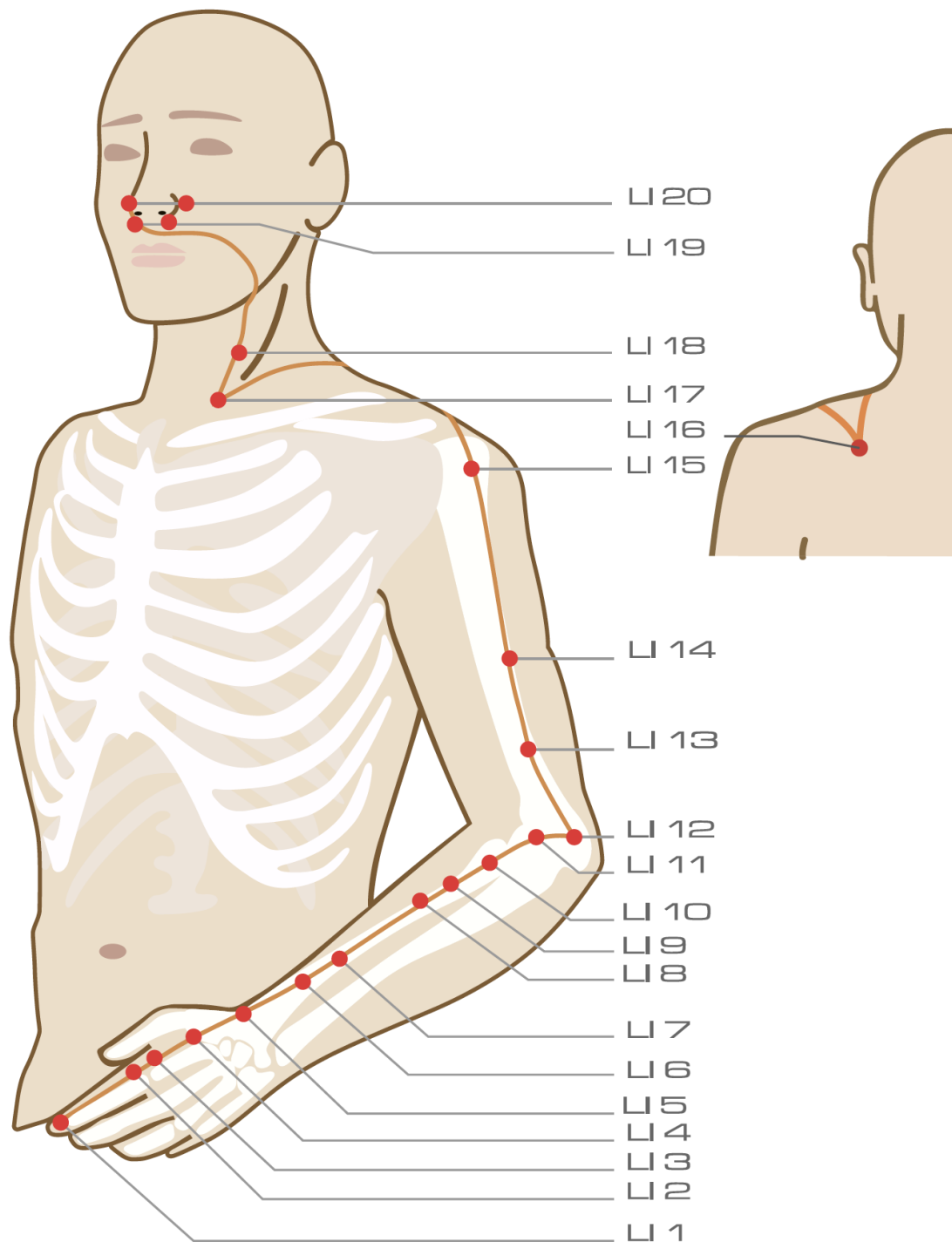
This begins in the first intercostal space runs to the shoulder, then goes down the inside of the arm to end at the lateral side of the root of the thumb nail.





## Large Intestine Meridian (5am-7am)

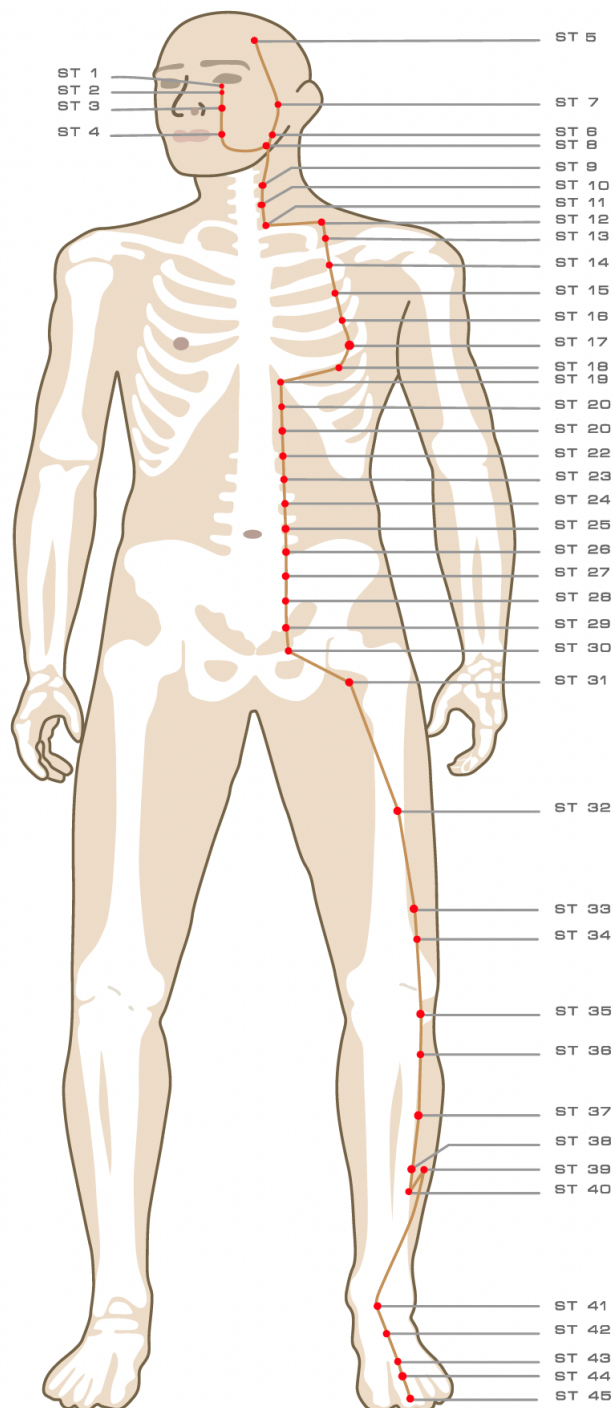
This begins at the middle of the base of the first fingernail, then runs up on the outside of the forearm, arm, and over the shoulder to finish at the nose





## Stomach Meridian (7am-9am)

This begins at the center of the lower edge of the orbital cavity and runs down to the face to the edge of the jaw then up to the ear, around the forehead, down over the throat, then front of the thorax, abdomen, anterior, aspect of the thigh, leg, and the foot, to finish at the base of the second toe nail (adjacent to the 3rd toe)

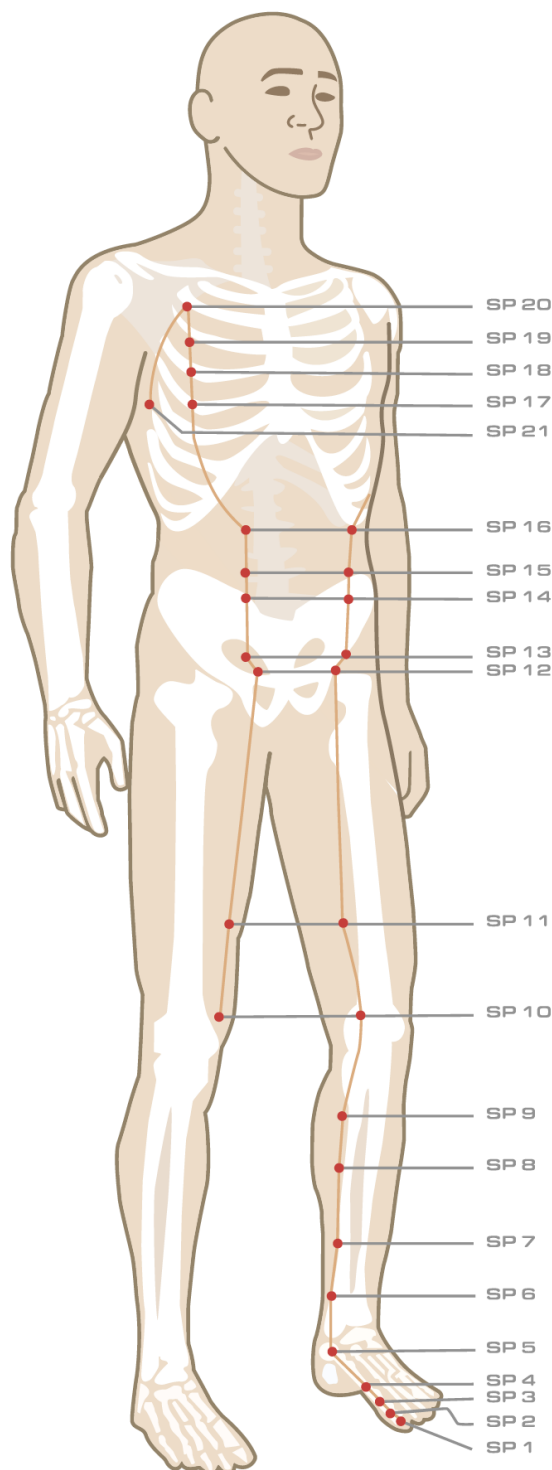






## Spleen Meridian (9am-11am)

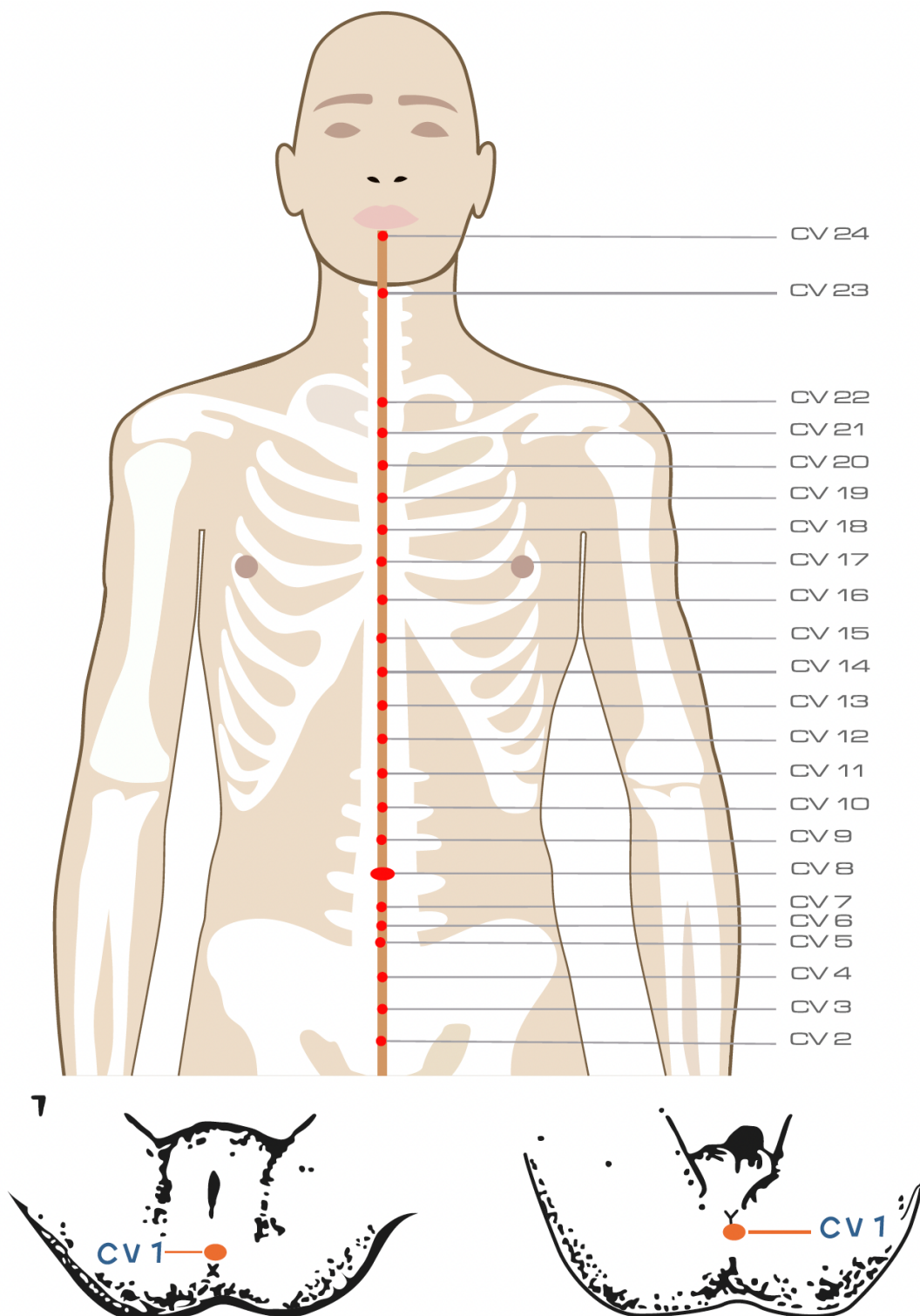
This begins at the outer side of the base of the big toe nail and proceeds up the internal aspect of the leg, thigh, and up the abdomen, thorax (outside the nipple to the second rib), then runs down to the end at the sixth intercostal space on the axillary line.





## Central ( Conception) Meridian

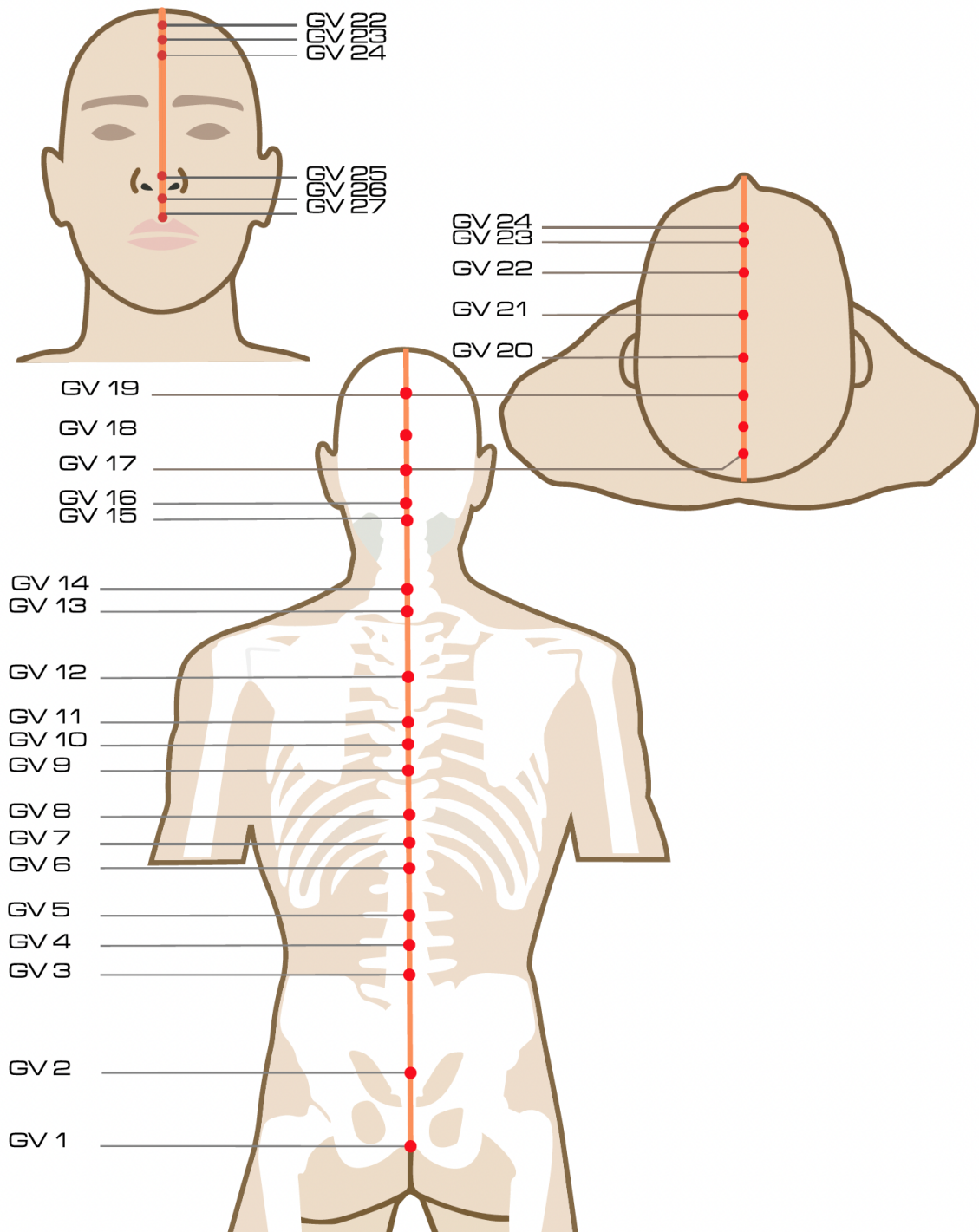
This begins in the center of the perineum and proceeds up the mid-line of the abdomen, sternum and throat to end just below the lower lip.





## Governing Meridian

This begins on the tip of the coccyx and then runs up the mid-line of the coccyx, sacrum and spine, over the middle of the head, down the middle of the forehead, nose, and ends on the top lip.





# How to Apply Acupressure

Before we talk about how to apply acupressure to the acupuncture points correctly, let's bring our awareness to hands which are one of the most important tools of this work.

You may like to do the following exercise with your clients to bring into their awareness the power they hold in their fingertips.

## FEELING THE ENERGY OF THE HANDS

- To increase the sensitivity of your hands, it helps to carry out the following simple but effective perception exercise after you have loosened and warmed up your hands.
- Begin by ensuring that your hands are warm by briskly rubbing them together. Test their warmth by placing your hands over your face including your eyes. This itself is a wonderful way of bringing yourself and your client fully into the present moment as well as starting to balance out the nervous system.
- Close your eyes and breathe in and out regularly. Keep your shoulders relaxed. Bring your hands in front of your body, with your palms facing each other but not touching. Direct your attention towards your palms. Try to feel the warmth emanating from one palm to the other.
- Now imagine this feeling of warmth to be a flow of energy between your hands. As soon as you perceive this flow of energy, begin to play it: Make small, slow, circular movements in opposite directions with your hands. Increase the distance between your hands, but only to the point where you can still clearly feel the energy and flow of warmth.
- When you begin to clear the emotions by massaging the acupuncture and neurolymphatic points, hold the intention and picture this energy moving into the points from your fingertips.
- It is possible that at first you might find it difficult to feel the flow of warmth between your hands.
- The more frequently you carry out this perception exercise, the more intensive and fine-tuned your perception will become.



## ACUPRESSURE TECHNIQUES

When using pressure techniques, do not begin with maximum pressure; instead gradually build up to it.

Applying pressure with the tip of one or more fingers is a basic technique of acupressure. The pressure is applied gently at first and then gradually increased.

### Steady Pressure

#### How to Apply Steady Pressure

- Place the tip(s) of your finger(s) on the point and apply steady pressure. Be careful in the amount of pressure you apply: the pressure can cause a sensation like the poke of a needle; it can even be sharp or painful.
- If you find the pain uncomfortable and are becoming tense, you are applying too much pressure. If you can hardly feel it at all, you are applying too little. The de-qi feeling (good aching/soreness) indicates that you've found the optimal amount.
- Maintain pressure for several breathing cycles.

### Circular Pressure

#### How to Apply Circular Pressure

- Apply steady pressure until you have found the right amount of pressure. Begin to make small circular movements with your hand. Apply pressure with your fingertips perpendicular to the skin surface. In this technique it is important not to move your fingertips or palms across the skin, but rather to move the skin itself.
- It is important not to confuse circular pressure with rubbing. Do not rub the skin. The contact between your finger and the point/area that you are massaging should not be interrupted. Apply pressure slowly and most importantly, rhythmically.



# Neuro-Lymphatic Reflex Points

The clearing points we use are a combination of acupuncture and Neuro-lymphatic reflex points

These reflexes were first discovered by Dr Frank Chapman in the 1930's and were then further studied by Dr George Goodheart who is the founder of Applied Kinesiology.

These reflex points work to unlock the lymph energy flow in muscles and the related organs thereby optimising energy flow in that particular meridian. They are often used as energy boosters.

## BENEFITS OF NEUROLYMPHATIC POINTS

1. Decrease pain
2. Release toxins from muscles, tissues, and organs
3. Relax muscles, tendons, and ligaments
4. Promote relaxation to the nervous system
5. Energize the body
6. Increased oxygenation to the brain
7. Release endorphins
8. Enhance digestive
9. Improve sleep
10. Strengthen the immune system
11. Increase flexibility
12. Strengthen muscles
13. Calm troubling emotions

## IMPORTANT CONTRA-INDICATION

Contra-indication means that there are times when this is not helpful and can be actively harmful. It's advised that you do not rub these points with someone who has lymphatic cancer.



## HOW TO MASSAGE

Massage these reflexes for 20 - 30 seconds. Where you see a black dot in the diagram this generally means to massage in a circular motion.

Where you see a long band, move backwards and forwards along the band.

The pressure we use is often described as “comfortably uncomfortable” This does not mean painful. If you are finding the pressure you are using too much, release and use a lighter pressure.



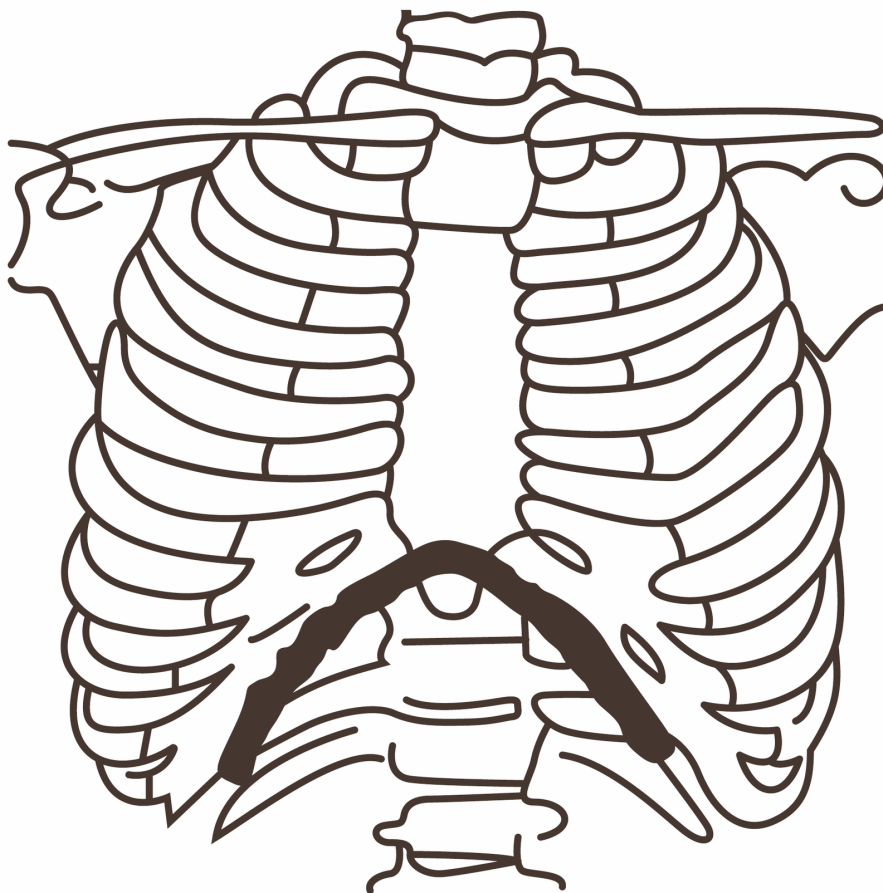
# Clearing Points

The clearing points are a combination of acupuncture points as well as Neuro-lymphatic points.

## FIRE

Neuro-lymphatic point of small intestine:

- Heart
- Small Intestine
- Triple Warmer
- Circ. Sex



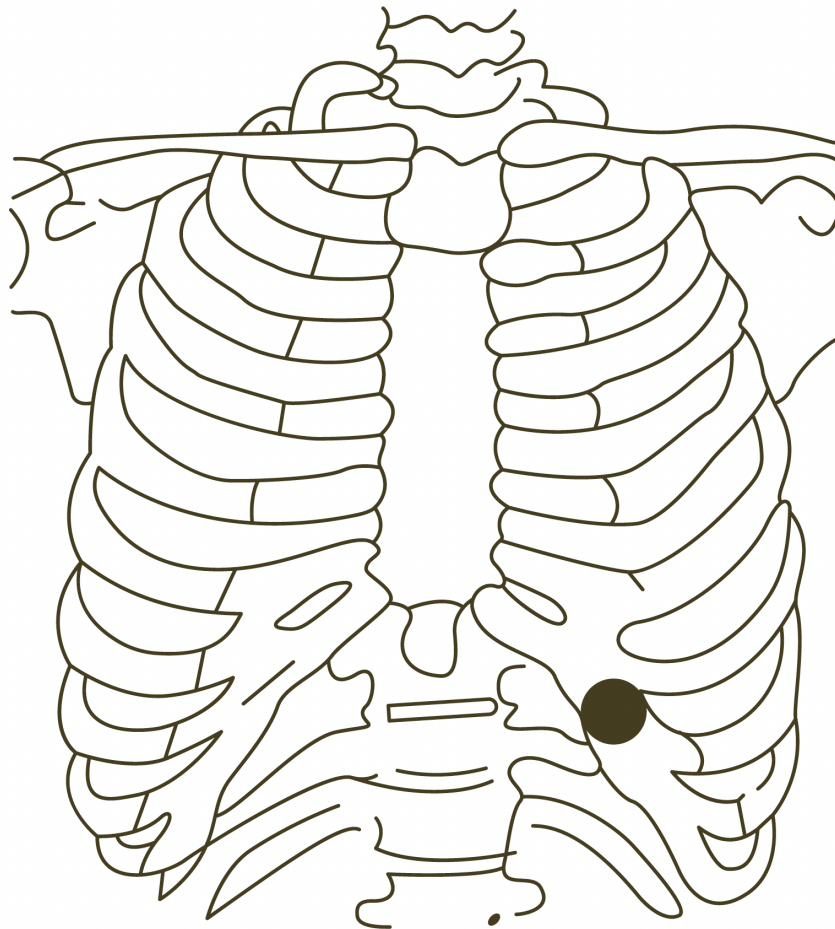




## EARTH

Neurolymphatic Massage Point of Spleen:

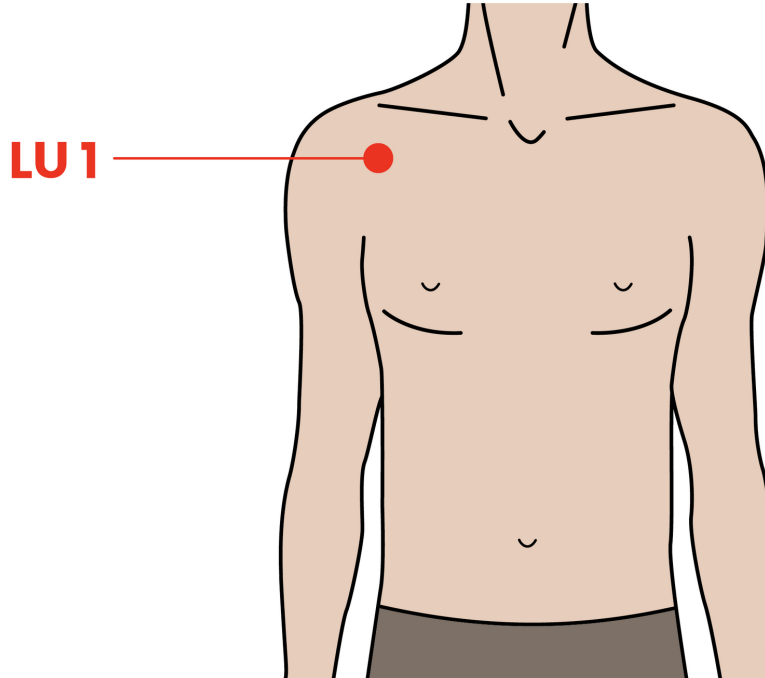
- Spleen
- Stomach



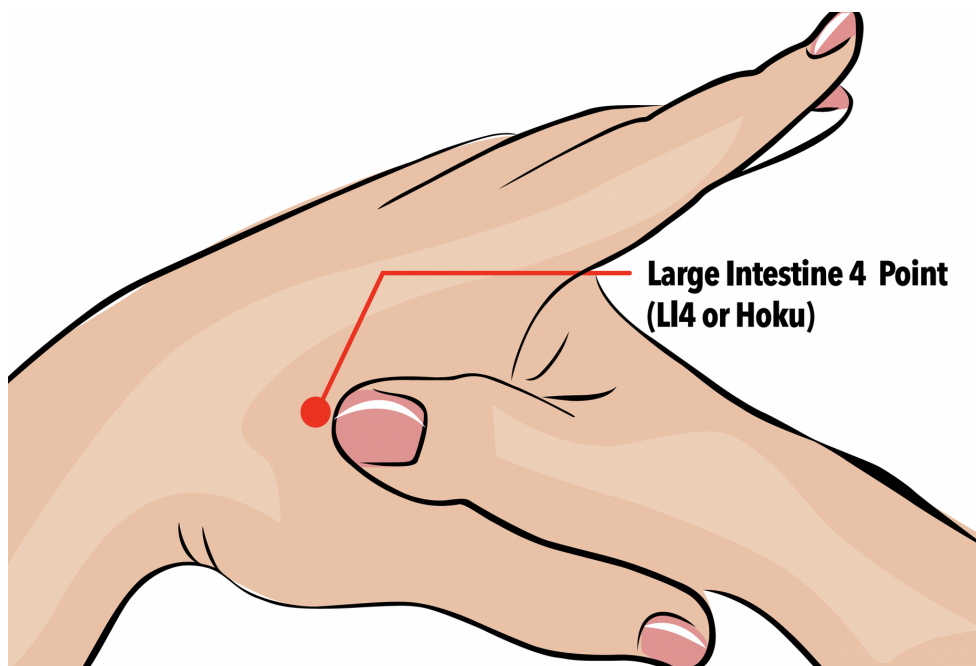


## METAL

- Lung- Acupuncture Point (Lung 1)



- Large Intestine - Acupuncture Point (Large Intestine 4)

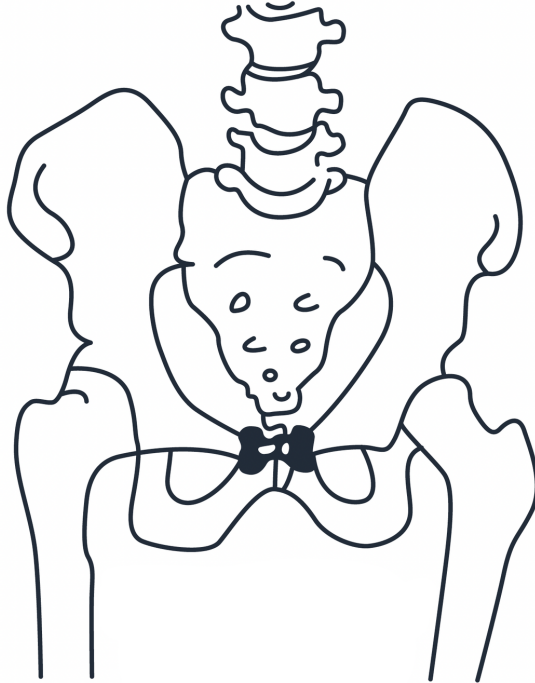


- This acupuncture point is contraindicated during pregnancy

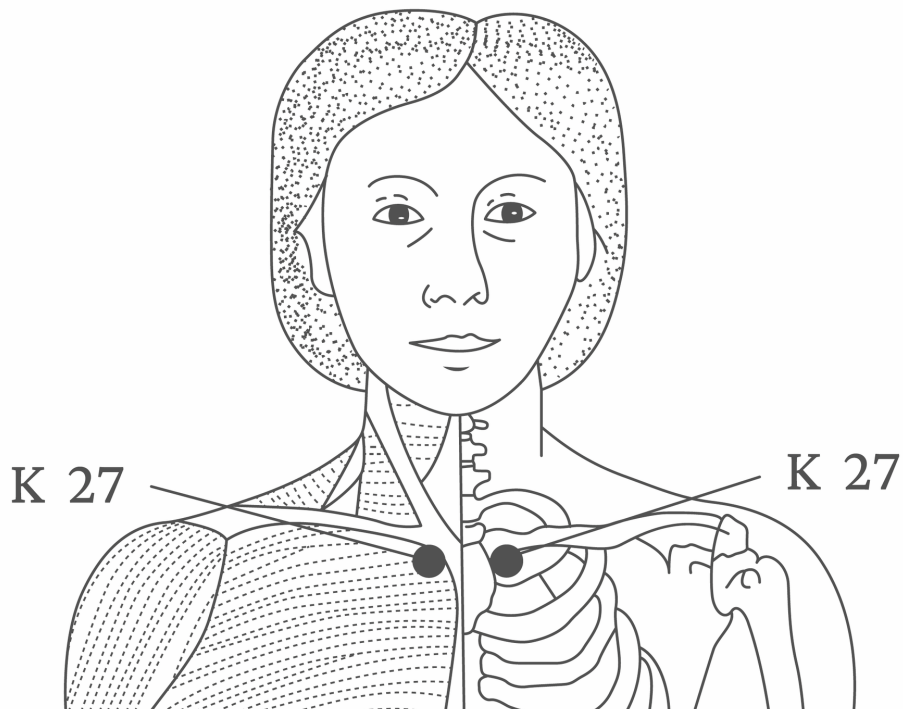


## WATER

- Bladder - Neurolymphatic Massage Point



- Kidney - Acupuncture Point (K27)

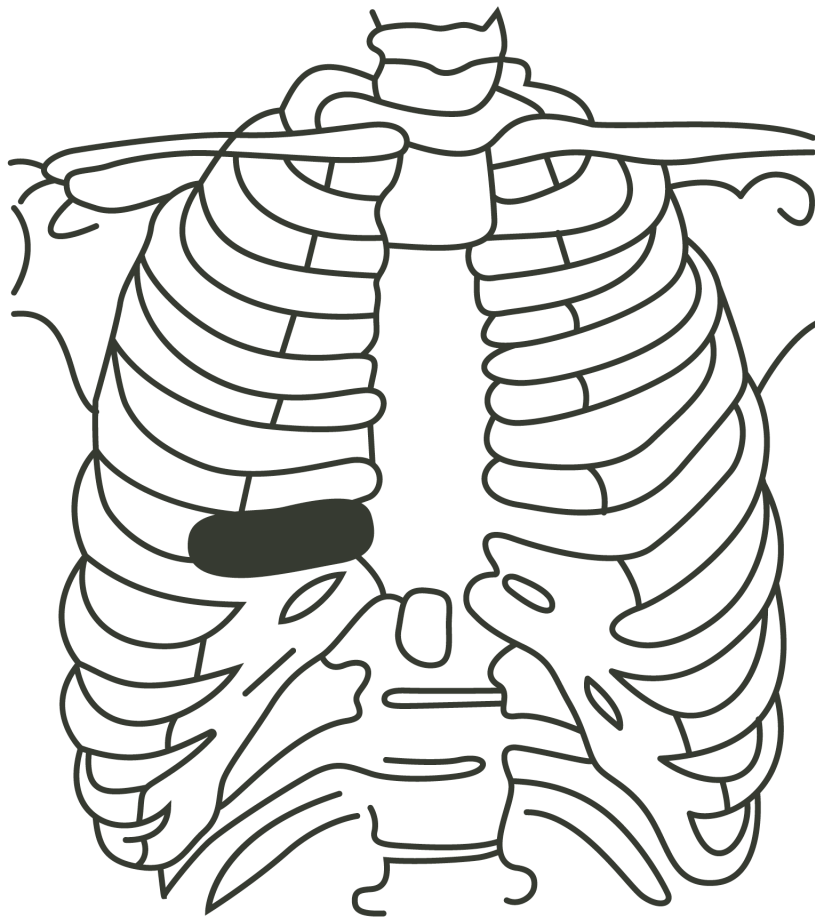




## WOOD

Neurolymphatic Massage Point of Liver:

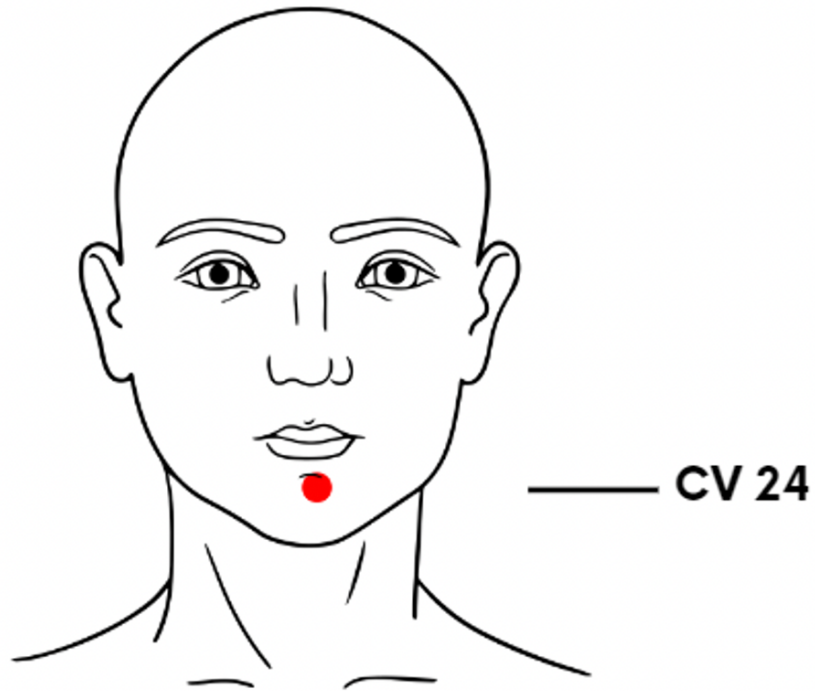
- Gallbladder
- Liver





## CENTRAL

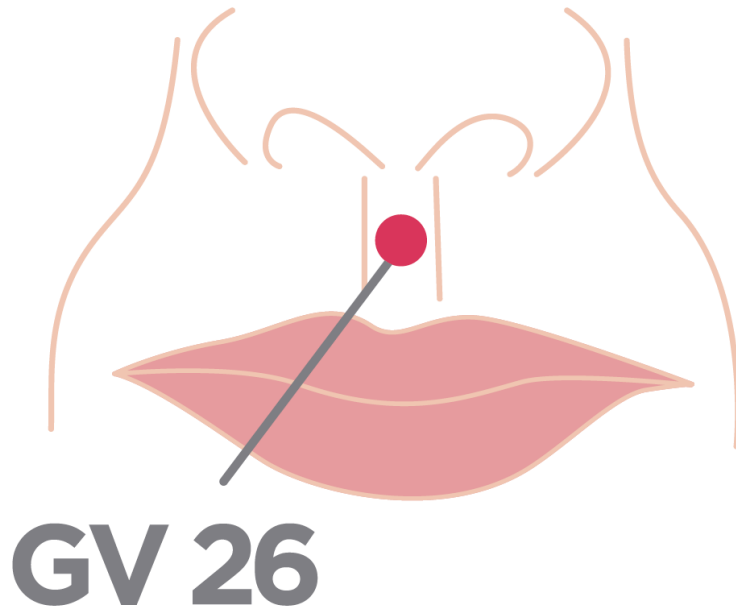
- CV 24 - Central Meridian





## GOVERNING

- GV 26 - Governing Meridian





# Clearing Types

## STATEMENT CLEAR

A statement clear is a simple, powerful clear, muscle testing, and clearing a statement back to equilibrium. We test the statement in both the positive and negative, to ensure there is no charge on either side. This allows the person to be at peace with the idea.

Test for “I’m ok with X” AND “I’m ok with not X”

NOTE: Be certain to begin with I’m OK with X, I’m OK with NOT X...

(A common beginner mistake is to accidentally say “I’m ok with x, I’m not ok with X.)

**For example:**

*I’m okay with having money. I’m okay with not having money*

*I’m okay with exercise. I’m okay with not exercise*

**We can also create statements that break down any part of the BE/DO/HAVE process:**

*I’m okay with being a genius/not being a genius (be)*

*I’m okay with swearing/not swearing (do)*

*I’m okay with having friends/not having friends (have)*

**If we want to get to the heart of the matter we would target BEING-type statements relating to the identity we want to clear:**

*I’m okay with being a smoker/not being a smoker*

*I’m okay with being an employee/not being an employee*



You'll soon encounter situations in which clearing a simple statement doesn't seem to be enough.

You'll clear the statement and you'll be able to feel there are more dimensions to it.

A 'complex' (for our purposes) is any package of ideas that group together, have an emotional charge attached and affect our behavior.

Make 'complex' clears that cover all levels of the BE/DO/HAVE formula in one go:

Identity - *I'm okay with being a smoker/not being a smoker*

Action - *I'm okay with smoking/not smoking*

Result - *I'm okay with having a healthy lifestyle/not having a healthy lifestyle*





## QUADRANT CLEAR

Quadrant clears divide any triggering situation into four separate but interlinked possibilities.

Unlike most clears, quadrants are a great way to clear Limiting Beliefs and Complex Equivalences. They also aren't as heavy to process as root clears and can help you solve problems you don't understand just by working through a formula.

One of the things that happens to us as we grow up is we compartmentalise different areas of life and often adopt an either/or belief system.

**For example:**

*I can either have money or be loved*

*I can either have freedom or commitment*

*I can either live my life purpose or have a career*

*I can either have a great sex life or meet a nice girl, etc.*

Once again our emotions are shaping what we believe is possible.

This powerful clear is for internal conflict. When we have made an unconscious decision that we can have one thing but not the other. This is a powerful clear for integrating these two ideas so we can have both at the same time.

**Example Love vs. Money**

The statements that form the quadrant Love vs Money would sound like this:

*I'm okay with having money and not having love*

*I'm okay with having love and not having money*

*I'm okay with not having love and not having money I'm okay with having love and having money together*



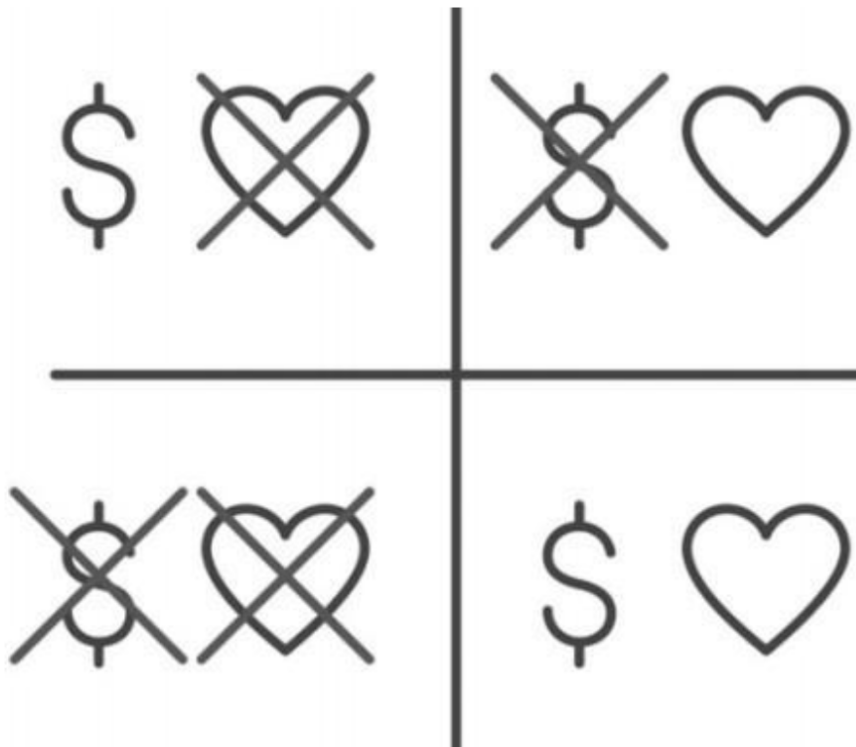
In other words the template is:

‘Possibility A but not possibility B’

‘Possibility B but not possibility A’

‘Neither possibility A or B’

‘Both possibility A and B together’





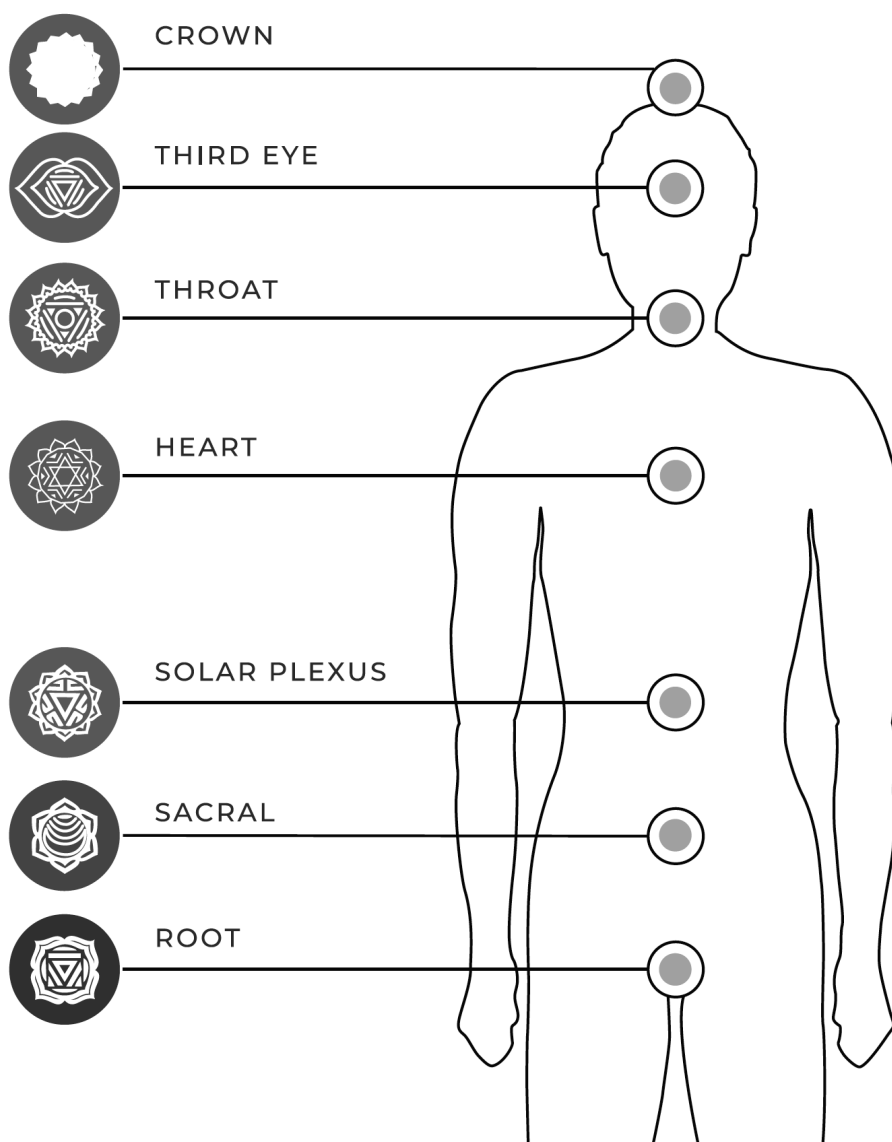
## CHAKRA CLEAR

The most basic level of chakra clearing is to feel into each chakra and ask the question “How clear is it?” on a scale of one to ten. Clear any emotions sitting in the chakra until it’s a ten out of ten clear.

The next level of this process is to start seeing the chakra as a two-way energetic vortex. It both gives energy out into the world AND receives energy from our surroundings. We can clear each chakra up to ten out of ten for both giving AND receiving.

On top of this we can add the energy flow from the crown to the ground (the manifestation current) and from the ground to the crown (the liberation current)

These sixteen clears can eventually be done very quickly and can COMPLETELY change our state on many levels.

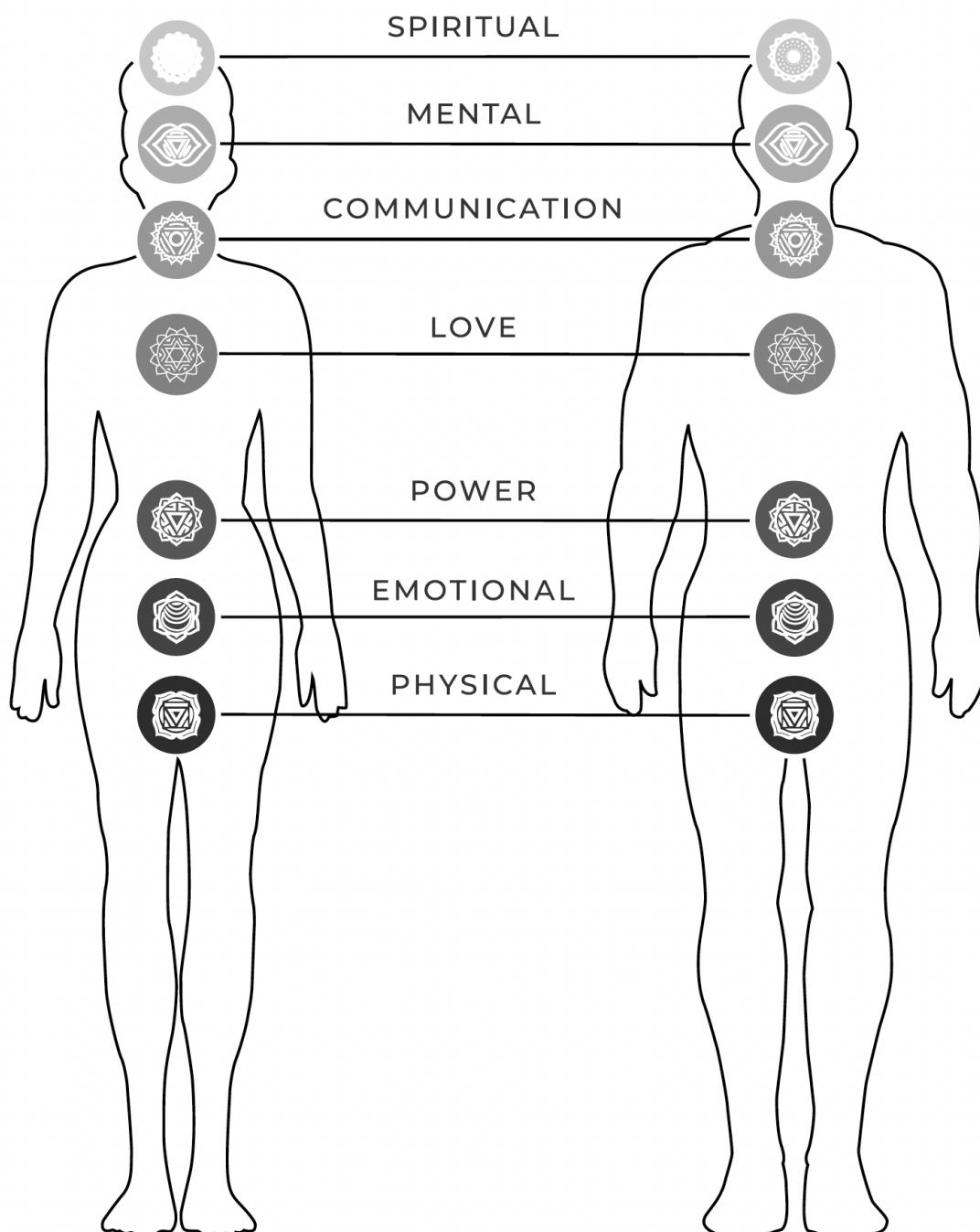




## CHAKRA LINE CLEAR

As an extension to chakra clearing, we can also clear the chakra LINES between ourselves and another person. This clear is useful when we can feel friction or contraction in our relationship with another and do not know why.

To clear this energy we simply feel the connection between each of our chakras and the other person. We muscle test each chakra for both giving and receiving energy up to 100%. Then we can find our specific chakra blocks and clear them quickly and easily.





## CHAKRA INFORMATION

CHAKRA	LOCATION	FOCUS	ELEMENT	COLOUR	MANTRA	THEMES
1 Muladhara, Root	Perineum, Base of Spine	PHYSICAL	Earth	Red	Lam	Grounding, connection to the earth, physical body, physical health, basic survival, stability, security, safety, self-worth, wealth
2 Svadhithana, Sacral	Lower abdomen, below navel	EMOTIONAL	Water	Orange	Vam	Pleasure, sexuality, sensuality, nurture, movement, change, flow, creativity, emotion, charisma
3 Manipura, Solar Plexus	Solar plexus, navel centre	POWER	Fire	Yellow	Ram	Personal power, individuality, identity, self-confidence, will power, discipline, determination, problem solving
4 Anahata, Heart	Centre of chest	LOVE	Air	Green	Yam	Forgiveness, compassion, unconditional love, self-acceptance, empathy, surrender, devotion, intimacy, gratitude, appreciation
5 Vishuddha, Throat	Throat	COMMUNICATION	Ether/ Sound	Blue	Ham	Communication, self-expression, creativity through sound
6 Ajna, Third Eye	Forehead above/ between eyebrows	MENTAL	Light	Indigo	Om/ Aum	Intuition, vision, insight, connection with consciousness, awareness
7 Sahasrara, Crown	Crown of head	SPIRITUAL	Thought	Violet or clear	Silence	Enlightenment, self-realisation, fulfillment, divine self, peace, wisdom, purpose, energetic and spiritual bodies





## ENERGY FIELD CLEARING

The three measurements are:

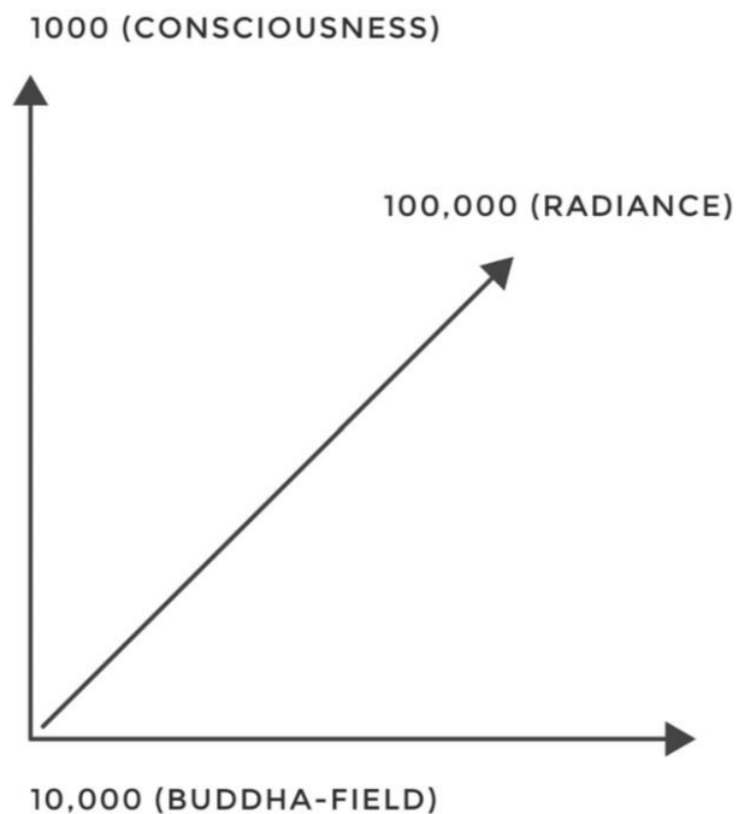
**Consciousness** – a vibrational measurement of how aware and how clear our capacity to perceive our experience is. Any low vibrational energies such as fear, guilt and shame will interfere with our ability to resonate at the highest level possible. From a tantric point of view this measurement relates to our masculine presence.

**Buddha Field** – how far out into the world do we allow our field to extend? Do we shrink our presence for fear of being judged?

**Radiance** – how BRIGHT will we let our light shine? Do we hold our spirit back? From a tantric point of view this clear relates to our feminine radiance.

1. Clear CONSCIOUSNESS up to 1000
2. Clear BUDDHA FIELD up to 10,000
3. Clear RADIANCE up to 100,000

Not everyone will find it easy to clear all the way up to the full measurements straight away and that's okay. We have found that people who have completed The Spiral have a much higher natural resonance than most people who haven't.





# Scale of Consciousness

The scale of consciousness, as discussed in the book **Power vs Force** by Dr Hawkins, is a scale that spans from 0 – 1000. Dr. Hawkins' work suggests that if we have trapped emotions in the body, we resonate at the frequency of those emotions. Dr. Hawkins discovered that there is a critical point (when we reach 200 on his scale) where everything that calibrates below this point makes the body go weak and represents the absence of “truth” and creates a sense of force. Whereas everything above 200, causes the body to be strong and powerful and represents the presence of truth. Having a frequency of 500 or above is of pure unconditional love, and it is in these states that we are in deeper harmony with our body and our environment.

EMOTION	LEVEL
Enlightenment	700-1000
Peace	600
Joy	540
Love	500
Reason	400
Acceptance	350
Willingness	310
Neutrality	250
Courage	200
Pride	175
Anger	150
Desire	125
Fear	100
Grief	75
Apathy	50
Guilt	30
Shame	20





# Client Work Foundations

## RAPPORT

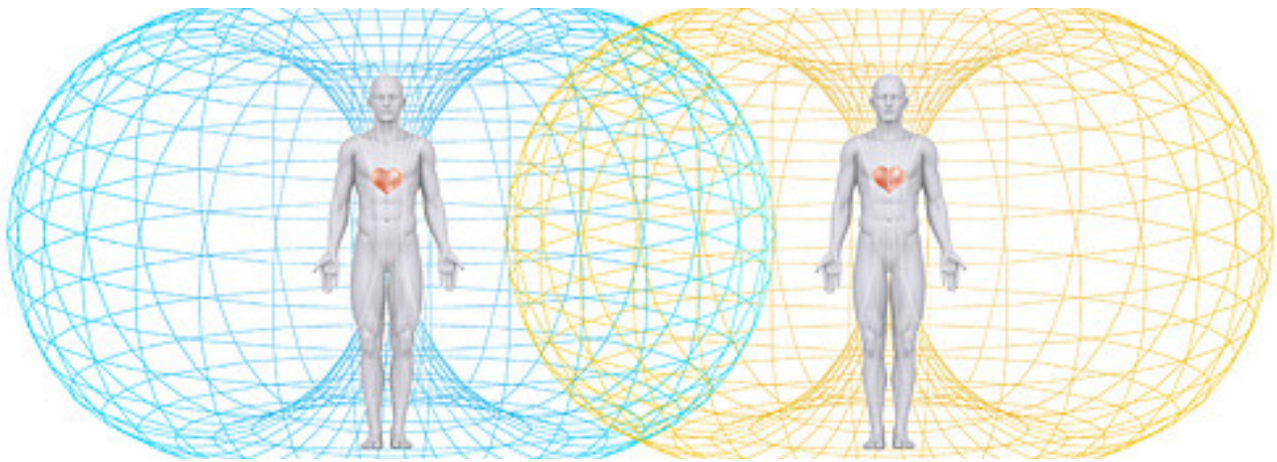
Rapport is the process of “liking”. We are already very skilled at rapport naturally. The more alike we are to someone, the more we will feel connected to them, and trust them. We can deliberately facilitate rapport with someone by allowing ourselves to be flexible enough to match and mirror their posture, breathing, keywords, and thinking styles. The simplest way to get started with this is to focus on the client, match their body and posture, and keep a soft, warm eye contact.

## HOLDING SPACE

Holding space is a term for being in a compassionate, caring support for a person who is processing an emotion. It means to have a non-judgemental care for the person, while also allowing and encouraging them to feel what they are feeling while being cared for, witnessed and loved through that experience. You can do this by being in rapport, fully focussing on your client, keeping a soft gaze, not interrupting them, and keeping yourself in your own centre so they can feel safe to drop into their emotions more deeply.

## ENERGETIC FIELD

We utilise the shared energetic field that is created when two people are in rapport, as a basis of muscle testing. Your energetic field, sometimes also referred to as your auric field or etheric body is an invisible energy that emanates around the physical body. Scientists including James Oschman, author of Energy Medicine, consider it a biomagnetic field. As Dr. Oschman says, “It is a fact of physics that energy fields are unbounded.” This means that our biomagnetic human energy fields extend indefinitely. Which means that we can muscle test for someone, no matter how far away we are physically. Modern equipment can now measure the heart’s fields—the strongest of those originating from an organ—up to fifteen feet away. HeartMath.org has more information on their studies of the heart’s electro-magnetic field.



*HeartMath Institute. Read more at <https://www.heartmath.org>*

## INTENTION

Intention is your focussed mental aim. Intention is the most essential aspect of transformational change. It is the arrow of your consciousness that creates a shift in the reality field for yourself and your client. The power of transformative work is really only limited by two factors: The level of consciousness, and strength of intention of the practitioner. The power of your intention will amplify or diminish the effectiveness of your work; the more certainty you hold in yourself and the power of the work, the more powerful it becomes.

## FRAMES & AGREEMENTS

It is best practice to set agreement frames with your client prior to beginning any clearing work. This is a way of “setting the container” so that the client feels safe, cared for and knows who is doing what and what their responsibilities are and what yours are. We suggest explicitly naming agreements clearly and getting conscious agreement. Some that we recommend as best practice are:

- **TIME.** That you will mind the timing of the session and finish on time.
- **INTERRUPT.** Get permission to interrupt a story to keep the session on track.
- **CONFIDENTIALITY.** That all session information and notes are kept confidential.
- **NON-JUDGEMENT.** That the sessions are a safe and non-judgemental space.
- **SELF-RESPONSIBILITY.** That the client is responsible for themselves at all times and must communicate if they have a need that is not being met.



# How to do a Clearing Session

## 1. Rapport

Welcome your client. Check in with them. Build rapport. Match & mirror.

## 2. Frames

Set the framing for your clearing session, time, non-judgement, permission to interrupt. Consent to muscle test.

## 3. Ask permission to muscle test for the duration of the session

At the end of the session that connection is automatically closed off.

## 4. Session goal

Ask your client what they want to achieve. Ideally get an answer as specific as possible with a clear be, do, have. Keep questioning until you can see & feel yourself what they want to achieve. The more specific the session outcome and intention, the more powerful the clearing and results will be.

## 5. What's blocking the goal?

Ask what's stopping them that they need help with.

## 6. Question to discover themes of the interference

Listen for keywords that repeat, or ideas that limit, obstruct or interfere with the desire.

## 7. Statement Clears

Test statements that directly reflect the key issues that are showing up. Begin with the client's words, drill down by asking questions and then test around the issue.

## 8. Quadrant Clear any inner conflicts

Integrate any internal conflict with Quadrant Clears. These can be abstract concepts or very specific behaviours or identities.

## 9. OPTIONS

- **Manifestation Clear** for the outcome, new identity or resourcefulness. Either with or without consciously questioning the client (depending on available session time).
- **Chakra Clear** with any person they are having a conflict with.



#### **10. Test Statements that reflect the session goal**

Test back into core statements to ensure the client is ok with Being, Doing and Having what they desire.

#### **11. Conscious Convincer Close Questions**

#### **12. Set tasks**

#### **13. Rebook**



# Emotional Clearing Client Agreement

Please read the following carefully. Your signing and returning of this form acknowledges your understanding and acceptance of the terms of service.

1. I understand that “The Emotional Clearing” is an emotionally transformational process and, as such, it is very likely that I will experience various emotions and sensations as a result.
2. I understand that my Emotional Clearing Practitioner will facilitate and provide support along the way but that, ultimately, I am responsible for my physical, mental and emotional well-being, and I will seek additional appropriate support if necessary.
3. I understand that Emotional Clearing is a form of Complementary Care, and is not a substitute for Trauma therapy or the care of a licensed psychologist or other medical practitioner. If I have significant trauma history or any mental health conditions I agree to immediately disclose this to my practitioner prior to commencing the Emotional Clearing, in order to ensure I am ready for the process and have adequate psychological care for my needs.
4. If I am under the care of a psychologist or other medical practitioner, I agree to disclose my complementary care desires to my psychologist or other medical practitioner. And disclose that I am under the care of a psychologist or other medical practitioner to my Emotional Clearing Practitioner. I understand this clear communication between all parties is in my best interests.
5. I agree to disclose to my practitioner any current or recent prior use (within 6 months) of prescription medication (including antidepressants), and/or recreational drugs, as these may affect my results.
6. I understand that this process affects people differently and that the results of each session may take some time to become fully apparent to me.
7. I take full responsibility for the level of effectiveness of this program. I acknowledge that clearing emotions may not by itself produce ANY noticeable changes in my behaviour and life circumstances unless I take appropriate action to integrate and support those shifts. My practitioner will support me with suggestions for aiding the integration process, however, whether I pursue these actions or not is entirely my own decision and responsibility.
8. I understand that the sessions take place in a non-judgemental ‘safe space’ and that the content of our conversations and clearing work will be kept completely confidential.



9. I agree to be responsible for booking and keeping my Emotional Clearing appointments and for giving at least 48 hours notice should I need to reschedule an appointment, I otherwise understand that short notice may result in the session being forfeited.
10. I commit to paying for the program in full prior to our first session, or to paying it off by the end of the program if paying by payment plan (to be negotiated in writing with your practitioner).
11. I give my Emotional Clearing Practitioner full permission to be honest and direct with me and to hold me accountable in order to help me get the results I seek.
12. I agree to be honest with my Emotional Clearing Practitioner if at any time I become resentful, angry or upset with them personally. I understand that due to the nature of this work there are occasionally times where emotional transference can occur, and my own triggers can be projected onto my practitioner. I understand that this can be worked through with grace and compassion when I am honest at all times about how I feel.
13. I understand that I have chosen to work with this practitioner based on my trust in their ability and expertise. I acknowledge that the clearing process has been explained to me and I understand how the process works.

**SIGNED:**

**DATE:**

**PRINT NAME:**



# Mirror Theory

## THE ASSUMPTIONS OF MIRROR THEORY

Mirror Theory is the art of using the outside world to show you your hidden self. It can be held together by adopting the following principles AS IF they were true.

I am responsible:

What Stephen Covey calls ‘proactivity’ means understanding that at any given moment there are some things that we can control and other things that we can’t.

In order to be empowered it’s important to be able to:

- a) tell these two things apart and
- b) learn to focus on the things we can control, also known as our ‘sphere of influence’

We cannot control the actions of others, disasters that take place outside our influence or things that have already happened. We can’t necessarily even control the emotions that come up for us once they’ve come up but we can choose:

1. What we focus on
2. What we tell ourselves about what happens
3. How we engage with the emotion that arises
4. What we do next



This framework doesn't imply that you are in charge of everything, that you magically control all events or that you are to blame for large-scale global events.

It simply means that we are ABLE to RESPOND to our experience. Even in a typically disempowering situation (for example, being thrown in jail) we get to choose what lessons we draw from the situation, what meanings we derive from it, how we manage and process the emotions that arise inside our body and what actions we take within the sphere of influence we do have.

Many people seem to find this principle offensive, especially those who are emotionally invested in the view that the world is a hostile and unfair place.

I use this framework not as an absolute truth, but as a filter to help me moderate the fact that my mind has been drastically shaped by the narratives of my past experiences.

The interesting thing about the self-responsibility frame is that those who adopt it (even if it may seem untrue at first) become more proactive, more influential and more empowered.

This becomes much easier to live by when we have a tool like self-clearing up our sleeve because we realize that emotionally charged perceptions and painful triggers can be dropped in an instant IF we have the courage to take ownership of our own experience.





# Perception is projection

One of the biggest influences drawn from Carl Jung and later from NLP is the idea that everything we perceive is on some level influenced by our unconscious mind and our mental filters. Once we take this into account it allows us to understand the subjective nature of our viewpoint and provides great insight into helping us understand what UNCONSCIOUS behaviors are playing out in our life.

The advice with this idea is to apply it ONLY to:

- a) ourselves and
- b) those people who have explicitly given us permission, right now, to reflect the patterns we see playing out in their lives

Don't become that person who walks around accusing everyone else of 'projecting' but refuses to look at their own illusions!

'Perception is projection' addresses the notion that we can NEVER get outside of our own heads. If we can perceive something, we are on some level creating it.

We see the world through our filters which include (but aren't limited to) our five senses, our beliefs, our values, our culture, our current emotional state, our memories and so on.

Literally ANYTHING we experience is simply a mirror of our internal environment. This doesn't mean it doesn't exist outside of us, simply that we will never experience an unfiltered, unbiased, unconditioned view of it.

We will never know 'the truth', only 'our truth'.

In fact, because our filters are SO strong we constantly filter the world (which is infinitely complex) and look for events and experiences that confirm what we already believe to be true. This is a large part of why we play out the same patterns over and over again. It's also a part of why clearing one simple emotion that holds an old belief in place can allow us to experience something we never thought possible (like effortless financial abundance or deep love and intimacy without fear or letting go of twenty years of grief in a single moment).

We live inside the world inside our head, not inside the world directly. Knowing this empowers us to realize that if we want to change the world, we must first change ourselves.

A simple rule of thumb is, if I can see a trait in someone else, I definitely possess that trait myself. Maybe they're expressing something I'm currently repressing. Maybe they're repressing something I'm currently expressing.



It's not always simple to deduce the EXACT pattern we're running immediately but if there's a feeling of discordance or 'trigger' when observing a person or an event then there's something we haven't yet owned or dealt with internally.

NOTE: This doesn't mean we allow others' dysfunctional behavior in our lives and it doesn't mean we shouldn't take action against injustice.

It DOES mean there's always something to learn AND if you have basic clearing skills up your sleeve, it's quite easy to own and integrate any trait you're projecting IF you have the courage to be honest with yourself.

Once we fully embrace the idea that our entire reality is made of our perceptions, which are themselves conditioned by past events and inner biases, we realize we CAN create absolute magic in our lives JUST by changing beliefs, emotional patterns, images we hold and stories we tell ourselves.

This principle also leads to deeper compassion for others since once we start realizing that EVERYONE is projecting their experience all the time, we stop expecting others to conform to our particular value system and perception.

How I do anything is how I do everything:

This is an extension of the other two principles and can help us really zero in on the specifics of the big patterns that run our lives.

Another way to say this is that our 'micro' patterns show us our 'macro' patterns.

In fact, the unconscious mind LOVES to generalize. This is why traumatic events like death of loved ones, sexual or physical abuse, relationship break-ups, etc. can have such a HUGE influence on us across multiple areas.

In times of severe emotional pain we often make unconscious decisions not just about specifics but also about big, generalized concepts that will affect our whole life.

Let's say I'm working with someone who suffered sexual abuse in their childhood. Although the specific issue and story we're dealing with is: "I was abused", Generic beliefs (supported by strong emotional anchors) are likely to be things like:

"Nobody respects my boundaries" "I'm unworthy" "I'm dirty"  
"I don't like receiving"  
"People are untrustworthy"  
"Sex is destructive"



There will usually be dozens of very generalized beliefs and ideas that we will form a strong emotional charge around. A lot of these beliefs won't make any sense to us as adults, but then, they weren't formed by adults. These beliefs and emotional patterns will run our lives until the moment we recognize them and fully release them.

Carrying the belief that "I'm unworthy" won't just show up in our love life. It will affect our success with business and wealth building and prevent us from going after what we want in life. Restrict our ability to express our creativity and uniqueness, and turn up in dozens of other areas too.

We can be doing work twenty years later and suddenly realize how an event is affecting us in a way that makes no logical sense.

"I just realized I've kept myself broke since my mother died!"

Once we start practicing this rule we can know a LOT about someone just from a small mannerism or a pattern that's repeated a couple of times in a short conversation. The real art once again is, can we turn this principle in on ourselves?

When we see a habit that is dysfunctional in one area of our life (like sweeping the floor), we can ask:

- where else does this pattern play out in my life?

When we bring these three ideas together we create a new mental operating framework that tells us:

- we are driving our own life
- we can learn and take ownership of any event and - much of what we perceive to be true is made up

These ideas may or may not be true. That doesn't matter one bit. What does matter is that we adopt this framework to open up our range of options and support us in lovingly seeing ourselves for who we are.

In practicality this framework is much more useful when we have the ability to talk to our unconscious mind using muscle-testing and to let go of any block we want using clearing.

The key skill that needs to be developed is that of asking ourselves insightful questions that unpack the hidden drivers of our behavior.



# BE-DO-HAVE

Be-Do-Have is a simple manifestation model to help us align the physical results we want to see in our lives with the identities or being states, and required actions. It helps us to get specific about what we desire and what changes we need to make on all levels to create that result.

Oftentimes we look at someone else with a result and desire to have the same result, but are unaware of the work, or consistent actions over time that went into creating that result. Sometimes we may be aware of the actions but are unaware of the mindsets, internal identities, inner dialogue and emotional states that make doing the consistent actions possible and in flow.

## BEING

This is the innermost layer of the model. The being is comprised of the thoughts, inner narrative, emotional state, values, identity, or archetype that is activated at the time. This is the more feminine aspect of creation.

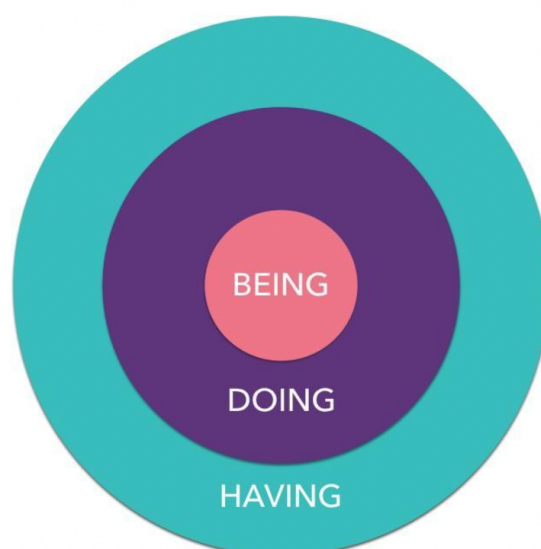
## DOING

This is the specific actions that are aligned with the being, and are aiming to produce the desired result. This is the more masculine aspect of creation.

## HAVING

This is the specific desired result. What do you want to see, hear, feel, taste, touch, experience in order to know that you have the desired result? The results you have in life are the combination of who you are being, and what you are doing over time.

We can do a Manifestation Clear starting with any of these 3 levels, and get clear on the others as we work through the clear & questions.





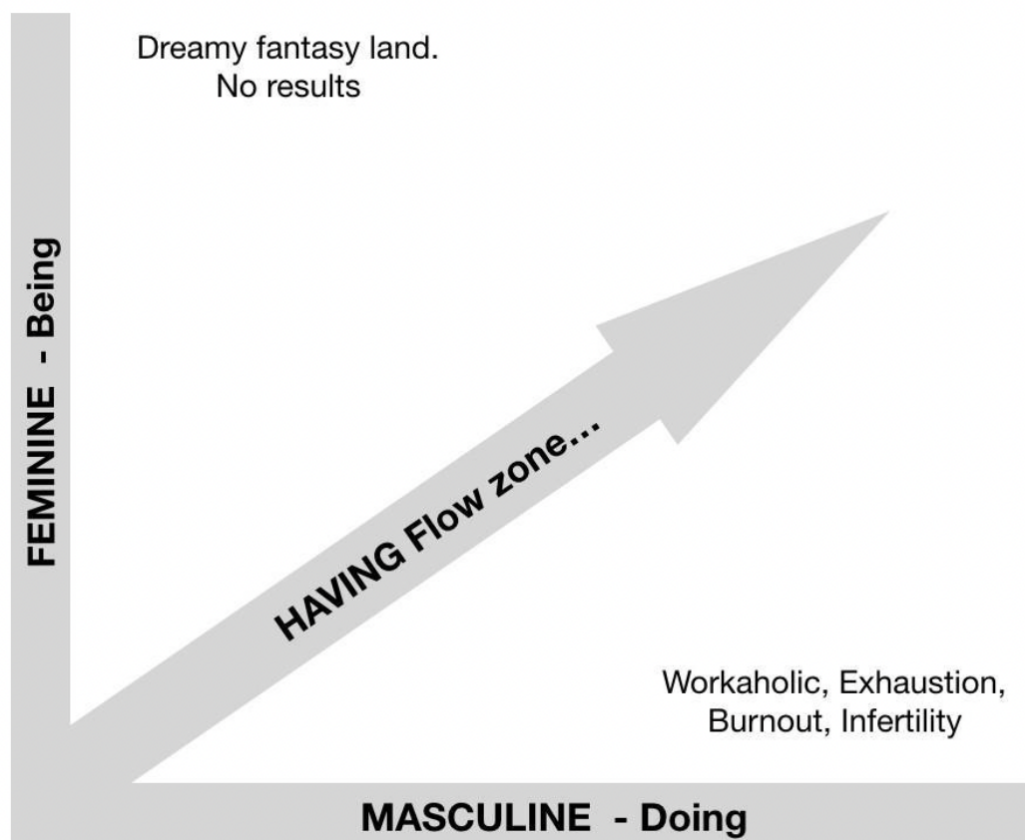
## BE-DO-HAVE: FLOW ZONE

We get a sense of alignment when we feel in flow. We are taking action on something that is deeply meaningful, and the resulting flow feels timeless, joyful and purposeful. These moments of flow are signals that we are on our own personal self-actualisation pathway and to keep going with what we are doing.

There are times in life when our actions and values get out of alignment, we feel out of flow; stuck, overwhelmed or bored. This is when we will experience results that we do not desire or find uncomfortable and challenging. When we are deeply out of flow we can end up swinging between doing things that are not meaningful to us at all, and fantasising about a magical time when we can live out our dreams.

The way to bring yourself back into flow and alignment is to raise the meaningfulness of all the actions you are taking: eg: This job that is paying the bills is supporting me while I build up my ideal passion career. And limit or eliminate any unnecessary actions that you are doing out of habit, in favour of actions that support you to raise up your self-care, and receptivity.

And also make the time to take small daily actions to move towards your ideal desires and goals.





## LIFE DESIGN TEMPLATE

---

### SPIRITUALITY & BEING

BE:

DO:

HAVE:

---

### MENTAL & LEARNING

BE:

DO:

HAVE:

---

### VOCATION & CAREER

BE:

DO:

HAVE:

---

### LOVE & FAMILY LIFE

BE:

DO:

HAVE:

---

### FINANCIAL WEALTH

BE:

DO:

HAVE:

---

### SOCIAL CONNECTION

BE:

DO:

HAVE:

---

### PHYSICAL HEALTH

BE:

DO:

HAVE:

---



# Resources and Recommended Reading

There are some resources recommended so that you can gain a deeper understanding of some of the theory and philosophy covered.

## **AWAKEN THE GIANT WITHIN - TONY ROBBINS**

All the principles of values, beliefs, decisions, standards, states are laid out in this book.

## **THE BREAKTHROUGH EXPERIENCE - DR JOHN DEMARTINI**

The work that spawned this work. Demartini's take on emotions and 'collapsing the charge' is key.

## **POWER VERSUS FORCE - DAVID HAWKINS**

Introduces the scale of consciousness and the idea of resonance.

## **EASTERN BODY WESTERN MIND - ANODEA JUDITH (ALSO CHECK OUT 'WHEELS OF LIFE')**

Best introduction to chakras and human behaviour out there.

## **BREAKING THE HABIT OF BEING YOURSELF - JOE DISPENZA**

Effective understanding of how to change behaviour on the mental and physical level. This is perfect for AFTER Spiral.

## **VERBAL QUESTIONING SKILLS FOR KINESIOLOGISTS - JANE THURNELL-READ**

Get your testing more targeted and accurate by knowing how to ask questions properly.

## **THE FIVE SPIRITS BOOK - LORIE EVE DECHAR**

A wonderful book that speaks of acupuncture as being an alchemical process. Beautifully enriching for the soul.

## **CHI HEALTH CYCLE : HOW TO BUILD CHI FLOW TO YOUR ORGANS ALL THROUGH THE DAY - JOST SAUER**

Understanding each element and their related organ and how to live life in balance with the meridians. Simple and easy to understand and implement.



# Dane's Magic Potion Sales Script

## The Discovery Call

### 1. CONNECT:

Hi, is that (first name)?

Hey (name), I'm so happy we get to chat today. How's your day?

(there is room here for connection chat but not for too long, keep it tight)

So, I'm glad you (responded to my post/reached out/said hi), let me explain how these conversations work.

It's a way for me to find out a little more about where you're at and where you want to get to in life and work out if going through The Spiral with me is going to be a good fit or not, okay?

I'd love to ask you a few questions and get a clear picture and we can take it from there...

### 2. ASK QUESTIONS:

Firstly, which areas of life are working really well for you at the moment?

(Probe which areas are they happy with in life? Money/health/relationships/career/social skills/etc.) (Employ active listening and be enthusiastic and genuine about understanding them)

Okay, got it. And what areas do you most want to work on? (Probe which areas they would most like to improve)

### 3. FIND OUT WHAT THEY NEED:

And tell me more about (insert key area) – what's not working there?

Are there any patterns that keep repeating themselves?

Where do you feel you're stuck?





What would you LIKE (insert life area) to be like? What would it give you if you had that? (chunk up to find the VALUE they are looking for e.g. connection/love/happiness)

Feedback what they've said: "So what I'm hearing (name), is that if you had more (insert area), you'd experience more (x) – is that about right?"

Okay, thank you for sharing all of that with me. So I think going through The Spiral could be a fit... are you happy for me to tell you a bit about what it is and how it works?

#### **4. ANCHOR THEIR NEEDS TO YOUR OFFER:**

So (name), the people who come and do The Spiral with me usually want to upgrade their life in one or more areas and, like you.. they know that there's some sort of emotional baggage or programming stopping them or slowing them down, okay?

The Spiral, to put it simply, is a healing process that's very effective for clearing the UNCONSCIOUS emotional blocks that stop us from living our potential.

Emotions like shame, guilt or fear, but also blocks around love, self worth, expression and purpose all dissolve very quickly once we start going through the process.

Obviously you can see how that will help you (insert their goal) and experience more (insert x) right?

So the way The Spiral is structured, is over a period of 7 weeks, I'll take you through 7 sessions, or what we call 'levels'.

Each level has a theme, for example, DESERVING which is level one. During that session we clear up unresolved shame and guilt and help you step into a greater sense of self worth.

Each session looks a lot like a coaching session - so we'll be having a conversation, but I'll also be using a technique to track what's going on beneath the surface and getting you to rub specific points on your body whilst we talk.

So... we are releasing old programming both on the conscious level AND on the unconscious level – does that make sense?

At the end of each session I'll give you some homework to help you integrate the changes into your life and make sure that you're actually getting results.



The process is powerful, but it isn't magic, it's dependent on your commitment to make changes so before we go any further (name) I need to check with you.. are you committed to making significant change in your life? (get a yes)

Great.

And...do you understand that this work can bring up emotions and that it's important to commit to the whole 7 week program if we actually want to step into a life with more (insert x/refresh their goal).

Okay and do you feel like you're ready to make changes? (get a yes)

Awesome. Now as a duty of care, I do need to check, are you currently using antidepressants or anything else that is likely to interfere with this process?

(If yes – discuss working with a mental health professional etc.)

Okay, awesome.

## **5. CLOSE:**

(So (name), let's say we took you through The Spiral – and you released a huge amount of limiting behaviours and patterns and you were able to REALLY step into a next level life that you love – what would things look like in 12 months from now?

(get them to paint the picture, name how it would feel, describe what would be happening and what that would give them)

Feed that back

“Okay so a year from now you'll (insert image) and (insert feelings) and (insert what things are happening) is that right?”

Ok awesome. From my point of view (name) it feels like you and I would be a good fit and that going through The Spiral is really going to help you (insert goal from before)... what do you think?

(They will ask price this is an indication of interest)



The price is \$xxxx if you pay in full or just a deposit of \$xxx and a payment plan that needs to be completed before we start (insert your own terms here)

Which of those is better for you?

\*they pick one\*

Okay, great. So I can set that up for you now if you'd like? Is that a credit card or a debit card? Great and is that a Mastercard or Visa?



# NLP Resources

## THE UNCONSCIOUS MIND

All the clearing processes that we use in this work through clearing imprints that are stored in the unconscious mind, located energetically through the embodied chakra system.

### HIGHER CONSCIOUS MIND

It is the part of your mind that brings knowledge and information of a higher source than the other two minds. It knows your purpose and is non-judgemental or critical. The subconscious or unconscious mind does not filter the data in the higher conscious mind. It is pure and is often thought of as intuition, gut feeling, inspirational. Sigmund Freud called it the Superego, Carl Jung, the most spiritual part of the mind, a part of universal sub consciousness. We communicate with the higher conscious mind when we relax and go within. Often when we are in a meditative state or trance state, like driving or in the shower or walking or when you first awaken or in meditation. This is also known as your Higher Self.

### CONSCIOUS MIND

The thinking, perceiving, judging part of your mind that exists by using the five senses. The five senses carry senses to the nervous system to the brain and the information is sorted, judged, some information stored and some reacted to immediately. IT is a beta level function when you are awake.

### UNCONSCIOUS MIND

The storehouse of all your memories, emotions, behaviours, habits, beliefs, values. It is like a computer and it records and holds in memory everything you ever see, hear, touch, taste, smell, and think as it comes from the conscious mind first. It is subservient to the conscious mind, having no decision- making facility of its own. It does not judge, analyse, or think it processes and stores only. It is thought that in quantum physics of NLP that the storage of memories is holographic in all parts of your body.



## S.E.E IMPRINTS

Throughout our lives, we all experience significant or challenging events: Significant Emotional Events. (S.E.E.) At times these challenging events will leave imprints in our unconscious where beliefs are formed and emotional frequencies get “stuck” in our 5 bodies. The clearing processes help us to identify and release these imprints which support the person to release the emotions and no longer play out the unconscious belief patterns. In a root clear which we learn in the Spiral practitioner training we identify 3 specific imprint events along the chronological timeline, in order to ascertain the deeper pattern around a concept.





## UNCONSCIOUS MIND PRIME DIRECTIVES

These are the “rules” that govern how the Unconscious Mind operates, which is drawn from NLP.

1. Storehouse and organiser for all memories.
2. Is the domain of the emotions.
3. Represses memories with unresolved negative emotions for protection, when the resources to handle are not apparent.
4. Runs the body, has a blueprint of the body now and the perfect health, mind, emotional body (higher conscious mind): - The stomach lining is replaced every 5 days - Skin 30 days - Liver every 6 weeks - Entire skeletal every 3 months - Every year 95% of atoms in your body are replaced - New gasses are in every breath
5. Preserves the body and maintains the integrity of the body.
6. A servant to follow orders, constantly eavesdropping and responding to what you think, say and do.
7. To be a highly moral being.
8. Controls and maintains all perceptions. Receives and transmits perceptions to the conscious mind.
9. Generates, stores, distributes and transmits energy in body, mind and spirit.
10. Maintains instincts and generates habits. Needs repetition for long-term projects.
11. Programmed to continually seek for more and more.
12. Functions best as a whole integrated unit.
13. Symbolic, uses and responds to symbols
14. Takes everything literally & personally. Unable to judge.
15. Works on principle of least effort or path of least resistance.
16. Is unable to process negatives.



# NLP Communication Model

Originally conceived and developed by John Grinder and Richard Bandler, NLP or Neuro Linguistic Programming began as a model of how we communicate and interact with ourselves and others. The NLP communication model explains how we process the information that comes in from outside us and what we do with it inside. It is a useful model for understanding how our beliefs and internal world shape our reality.

In NLP, we believe that “The map is not the territory,” so the internal representations that we make about an outside event are not essentially the event itself. What happens is that there is an external event and we run that event through our internal processing. We make an Internal Representation (I/R) of that event. The I/R of the event then combines with a physiology to create a state. The word “State” refers to the internal emotional state of the individual “happy, sad, motivated etc.

Did you ever notice that people treat their perceptions differently? Some people have to “see” certain relationships between things, where others have to have it explained or so they can “hear it”. Still others have to “get a grasp or a feeling” for the relationships. This is the essence of the NLP Communication Model.

The words, Internal Representation (I/R) include our internal pictures, sounds and dialogue, our feelings, and tastes and smells. So, what happens is that an event comes in through our sensory input channels, which are:

## **VISUAL**

Includes the sights we see or the way someone looks at us;

## **AUDITORY**

Includes sounds, the words we hear and the way people say something to us;

## **KINESTHETIC**

Internal or external feelings which includes the touch of someone or something, the pressure, and texture as well as our emotions;

## **OLFACTORY**

Smell or the faculty that enables us to distinguish scents; and



## **GUSTATORY**

Taste or the faculty of distinguishing sweet, sour, bitter and salty properties in the mouth.

The external event comes in through the sensory input channels and is filtered and managed by our neurology. As we manage the perception of the event, we delete, distort, and generalize the information according to the following processes that filter our perception.

## **DELETION**

Deletion occurs when we selectively pay attention to certain aspects of our experience and not others. We overlook or omit others. Without deletion, we would be faced with too much information. Maybe you already are overloaded with information and you feel like you have too much.

## **DISTORTION**

Distortion occurs when we misrepresent reality by making shifts in our experience of sensory data. In Indian philosophy, there is a well-known story of distortion in the rope versus snake analogy. A man walking along the road sees what he believes to be a snake and yells “SNAKE.” However, upon arriving at that place he is relieved as he discovers that what he sees is only a piece of rope.

Distortion is an important component to the NLP Communication Model and can be used to motivate ourselves. Motivation can happen when we actually misrepresent, change or garble the material that has come into our neurology. The information has been changed by one of our filtering systems.

## **GENERALIZATION**

Finally, comes generalization, and here we draw global conclusions based on one or two experiences. Do you know someone who has one experience and forms an opinion about all similar experiences? EG: “I hate all Indian music because I have heard Ravi Shankar and did not like it.”

Usually, the conscious mind can only handle seven (plus or minus 2) pieces of information at any given time. It gets overloaded. So, we tend to oversimplify, make decisions and set attitudes based on insufficient information. It’s critical to understand this in terms of the larger NLP Communication Model. Generalization is very common in the world today. Everybody does it. It is a result of the digital information causing information overload and taking over sensibility.

Of course, we all know many people can’t even handle this number, and I know you know people who can only process “1 (plus or minus 2).” How about you?





If we did not actively delete information all the time, we would end up with much too much information coming in. In fact, you may have even heard that psychologists say that if we were simultaneously aware of all of the sensory information that was coming in, we would go crazy. That is why we filter the information.

At its best, generalization is one of the ways that we learn - taking the information we have and drawing broad conclusions about the meaning of those conclusions. So, the question is, when two people have the same stimulus, why do they not have the same response? The answer is, because we delete, distort, and generalize the information from the outside that comes in from our senses based on one of five filters.

**The filters of the NLP Communication Model are Meta Programs, Belief Systems, Values, Decisions, and Memories.**

### **META-PROGRAMS**

The first of these NLP filters is Meta Programs. Knowing someone's Meta Programs can help you clearly and closely predict people's states, and therefore predict their actions and behaviors. Meta

Programs are clearly outlined in Tad James' book Time Line Therapy, and the Basis of Personality makes an important point about Meta Programs: they are not good or bad, they are just the way someone handles information.

### **VALUES**

The next filter in NLP is Values. Values are essentially an evaluation filter. They are how we decide whether our actions are good or bad, right or wrong and how we feel about our actions. Values are arranged in a hierarchy with the most important one typically being at the top and lesser ones below that. They are also discussed in Tad James' book Time Line Therapy, and the Basis of Personality.

Each of us has a different NLP Communication model of the world (an internal model about how the world is), and our Values are the result of our model of the world. When we communicate with ourselves or someone else, if our model of the world conflicts with our values or someone else's values, then there is going to be a conflict. Richard Bandler says, "Values are those things we don't live up to."

Values are what people typically move toward or away from (see Meta Programs). They are our attractions or repulsions in life. They are basically a deep, unconscious belief system about what's important, and Values can change with context too. That is, you probably have certain values about what you want in a relationship and what you want in a business. Your values about what you want in one and in the other may be different. And actually, if they're not, it's possible that you may have trouble with both. Since values are context related, they may also be state related.



## BELIEFS

The next filter is beliefs. Beliefs are generalizations about how the world is. Beliefs are the assumptions that we have about the way the world is that either create or deny personal power to us. So, beliefs are essentially our on/off switch. In the process of working with someone's beliefs, it's important to discover what beliefs they have that cause them to do what they do. We also want to find out the disabling beliefs, the ones that do not allow them to do what they want to do.

## MEMORIES

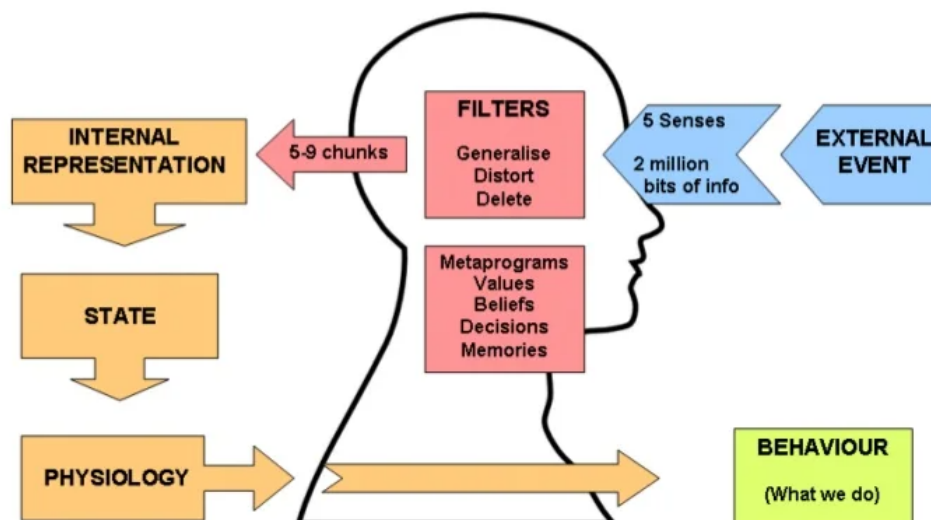
The fourth filter is our memories. In fact, a number of psychologists say that the present plays a very small part in our behavior. They believe that as we get older, our reactions in the present are more and more just reactions to gestalts (collections of memories that are organized in a certain way) of past memories. We can use Time Line Therapy® to make changes in our memories for a positive result.

## DECISIONS

The fifth filter is the decisions that we have made in the past. Decisions may create new beliefs, or may just affect our perceptions through time. The problem with many decisions is that they were made either unconsciously or at a very early age, and are forgotten. But the effect is still there. We can also make changes to the limiting decisions in our past using Time Line Therapy® techniques.

These five filters will determine how we internally represent an event that is occurring now. It is our internal representation that puts us in a certain state, and creates a certain physiology. The state in which we find ourselves, will determine our behavior, and the NLP Communication Model will determine how we process all the information from the outside world.

### THE NLP COMMUNICATION MODEL





# Presuppositions of NLP

On NLP, presuppositions are simply assumptions that NLP is based on. They are not necessarily absolutely true, however they are useful beliefs to adopt that support bringing out the best in yourself and your clients. We have highlighted just a few presuppositions here, however over 80 different presuppositions of NLP exist. In NLP we know that our beliefs affect our own filters, and the world we perceive.

1. The Law of Requisite Variety: The system/person with the most flexibility of behaviour will control the system.
2. The meaning of communication is the response you get.
3. The map is not the territory.
4. People are doing the best they can with the resources they have available.
5. People have all the resources they need to succeed and to achieve their desired outcomes.
6. Respect for the other person's model of the world.
7. Every behaviour has a positive intention.
8. The most important information about a person is that person's behaviour.
9. People are not their behaviours.
10. You are in charge of your mind, and therefore your results.
11. There is no failure, only feedback.
12. Resistance in communication is a sign of a lack of rapport.
13. The intention of all procedures is to increase choice and wholeness.
14. The mind and body are connected and therefore affect each other.
15. When you know better you can do better
16. Everyone has the potential for genius.



# Massey Development Stages

When working with values, beliefs, habits, behaviours and other patterns, it is helpful to have an understanding of the major development stages through which we all pass. Sociologist Morris Massey identified the following general stages of growth through different ages.

## **THE IMPRINT PERIOD**

**AGES 0 TO 7**

A child is like a sponge during this period. They have not yet developed all their mental filters. Everything they see, hear, taste and experience tends to go directly into the mind without the filters, which operates primarily unconsciously. This makes most of their learning unconscious and most of their memories outside their conscious awareness. They model their first concepts from the parents and other authority figures.

## **THE MODELLING PERIOD**

**AGES 8 TO 13**

A child both consciously and unconsciously really starts to model the behaviours of people around them. Up until the age of 7, most children do not distinguish well between self and parents. At around 8 the child begins to notice the differences and develops awareness of other people. They model behaviours of their heroes and anyone they look up to. Age 10 plays a critical time. When assisting people with value problems look for trouble during the modelling period.

## **THE SOCIALISATION PERIOD**

**AGES 14 TO 21**

During this stage a person normally interacts with others. Relations and social values form and these usually last throughout their life. Via the timeline we can alter these values if we desire. If a person has difficulty in the social areas, look for root causes in this period.

## **THE MATING AND BUSINESS PERIOD**

**AGES 22 TO 50**

This period is the largest chunk of adult life. forming relationships, building a home, and family, having children, growing a career or business. Usually any issues in this age range are reflections of beliefs and values formed in the imprint and modelling stages.

## **THE SPIRITUAL PERSONAL GROWTH PERIOD**

**AGES 51 ONWARDS**

This is when the desire to accumulate wealth, & status and provide for a family are generally less prevalent and more personal, spiritual desires come to the front as the person faces retirement, parents grown children and faces the death of a parent, and the prospect of their own death.



# Emotions Dictionary

## FIRE

Emotions in this element relate to our fire: aliveness, arousal, creativity, passion, wildness, etc.

### **SMALL INTESTINE (SI) (how we feel deep inside)**

Vulnerability – a deep sense of being exposed and unprotected  
Joy – a vibrantly alive sense of peace  
Shock – an abrupt sense of surprise and upset  
Unappreciated – the feeling that others do not value us  
Hurting – an ongoing sense of emotional injury  
Sadness – poignant sense of loss  
Sorrow – abiding feeling of distress caused by loss  
Nourishing – the ability to absorb love and sustenance  
Nervousness – overactive and unstable  
Discouraged – loss of desire to move forwards  
Internalization – the choice to head inwards rather than feel pain  
Overexcited – excessive elation or hyperactivity  
Assimilation – the process of being absorbed into

### **HEART (H) (the center of our being)**

Love – beautiful sense of oneness, unity and connection  
Joy – a vibrantly alive sense of peace  
Hate – the burning refusal to love  
Pride – an egoic self-assessment of being good  
Self-confidence – sense of capability  
Self-esteem – healthy and resilient self-image  
Self-worth – knowing that one is good enough  
Self-doubt – being unsure of our capability or values  
Caring – a sense of concern for others  
Acceptance – allowing what is to be what is  
Forgiveness – letting go of perceived harm in the past  
Compassion – unconditional desire to love others  
Anger – fiery reaction to having our values or boundaries challenged  
Security – feeling of being safe and protected



### **TRIPLE WARMER (TW) (resistance to challenge)**

Hope – a sense of reassurance based on faith in a future outcome

Resilience – ability to withstand any circumstance or condition

Lightness – a radiant, uplifting quality

Muddled instability – a sense of unsettling confusion

Service – a humble energy of helpfulness

Balance – a sense of homeostasis

Buoyancy – a sense of uplifted spirits

Invulnerability – inability to feel pain or be harmed

### **CIRCULATION SEX (CX) (sex, fertility, creativity)**

Lust – strong, all-consuming physical desire

Creativity – the state of fulfilling innovation and birth

Receptivity – openness to take into oneself

Stubbornness – resistance to change

Arousal – rising sense of energy and aliveness

Renounce the past – to let go of a specific event or story

Responsibility – the burden of taking care of others

Depression – the suppression of energy

Desire – a sense of wanting that pulls us towards

Generosity – to be overflowing with the desire to give

Tranquility – a delicious sense of peaceful calm

Hysteria – uncontrollable outburst of emotion



## EARTH

Emotions in this element relate to groundedness, heaviness, nourishment and stability.

### **SPLEEN (SP) (energy, self-worth)**

Low self-esteem (LSE) – abiding negative self-image

Confidence – the belief in oneself and one's abilities

Sympathy – feeling of resonance with

Empathy – taking on feelings of others

Brooding – to dwell heavily in the same depressive state

Cynicism – fear-based negation of positivity

Rejection – to feel cast out and pushed away

Envy – to hate someone for what they have

Consideration – to pause and reflect before acting

Recollection – to go back into a past event

Indifference – numbness and disconnection from outcome

### **STOMACH (ST) (absorption, breaking things down)**

Empathy – taking on feelings of others

Sympathy – feeling of resonance with

Disgust – strong desire to reject and push away

Worry – recurring concern about future outcomes

Criticism – to pick apart and reduce the value of

Unreliable – not to be depended on

Disappointment – sadness at having one's expectations go unfulfilled

Fulfillment – the sense of having everything we want

Hunger – the desire to be filled

Nausea – a sense of sickness and unease

Greed – addictive need for MORE

Harmony – a beautiful sense of equilibrium and peace

Doubt – nagging uncertainty

Emptiness – a sense of nothingness



## METAL

Emotions in this element relate to cutting ties, letting go and heaviness.

### **LUNG (L) (release, vital force, expansion/ contraction)**

Grief – the suffering caused by not letting go of the past

Guilt – a form of self-judgment caused by not living up to a rule or standard

Regret – looking back on the past and wishing it could have been different

Letting go – the act of releasing past events

Depression – heavy emptiness caused by suppressing one's feelings

Openness – transparent sharing of one's truth

Cheerfulness – an air of upbeat joviality

Humility – to be down to earth and unpretentious

Prejudice – holding a biased view without engaging with the truth

Contempt – to be disgusted by something or someone

### **LARGE INTESTINE (LI) (letting go, depth, deep unconscious)**

Dogma – uncompromisingly rigid thinking

Guilt – a form of self-judgment caused by not living up to a rule or standard

Shame – a deep sense of unworthiness and disconnection from the tribe

Spite – the directing of hurtful energy outwards in an attempt to harm

Vulnerability – a sense of not being guarded

Release – the sense of freedom that accompanies letting go or being let go of

Self-worth – recognition of one's own value

Letting go – the act of releasing

Hanging on – the act of clinging onto

Reason – clarity of mind

Depression – heavy emptiness caused by suppressing one's feelings

Sadness – poignant sense of loss

Mercy – the choice to not inflict harm or pain





## WATER

Emotions in this element relate to flow, creativity, instability, change and the unconscious mind.

### **BLADDER (BL) (pressure and release)**

Pissed off – passive aggressive and bitchy expression of anger

Paralyzed will – inability to take action

Terror – strong fear of being annihilated by something larger than ourselves

Horror – an intense feeling of fear, shock, and disgust

Anxiety – uncertainty of what's to come

Inadequacy – a sense of not being good enough or capable enough

Impatience – the sense that events are taking too long to occur

Irritation – a sense of recurring discomfort and slight anger

Fear – the projection into the future of pain, suffering or loss

Frustration – the belief that you can't get what you want

Dread – the certainty that something bad is about to happen

### **KIDNEY (K) (power/powerlessness)**

Fear – the projection into the future of pain, suffering or loss

Dread – the certainty that something bad is about to happen

Anxiety – uncertainty of what's to come

Phobia – a one-off fear of a specific event (always an image)

Sexual insecurity – fear that one isn't good enough sexually

Creative insecurity – fear that one isn't good enough creatively

Superstition – drawing irrational, fear-based conclusions

Paranoia – irrational fear of a specific future event (image)

Caution – the attempt to control events in order to avoid fear

Disloyalty – fear of betrayal/betraying

Carelessness – disconnection of heart in order to avoid fear

Bad memory – a specific unpleasant past memory causing fear



## WOOD

Emotions in this element relate to growth and expansion.

### **GALLBLADDER (GB) (venom and disillusionment)**

Resentment – anger at perceived self-sacrifice or loss  
Impotence – utter powerlessness (including sexual)  
Repression – forceful withholding of urges and desires  
Self-righteousness – to assume moral superiority  
Bitterness – to be continually pissed off by past emotional hurt  
Forbearance – ability to endure unpleasant conditions  
Boredom – lack of joy in current events  
Helplessness – to be powerless to change a situation  
Humility – forced inferiority  
Choice – regret and anger around a specific decision

### **LIVER (L) (reactivity and change)**

Anger – reactive desire to force change to occur  
Rage – violent anger  
Fury – wild hysterical expression of passion and anger  
Frustration – irritation caused by not getting what we want  
Transformation – the feeling of dramatic and total change  
Distress – destabilizing sense of overwhelm  
Vengefulness – strong desire to wreak harm  
Hostility – open enmity for others  
Discontent – dissatisfaction caused by comparing reality to an ideal  
Jealousy – hating someone else because they have what you want



## **CENTRAL MERIDIAN (feminine side/body)**

Shame (often sexual shame) – unworthiness or dirtiness related to the body

Self-respect – seeing oneself as worthy of admiration

Confidence – sense of being worthy and capable

Shyness – a feeling of social awkwardness

Self-consciousness – to be overly concerned of how one is perceived

Peace – a sense of restful stillness

Overwhelm – the sense that everything is too much

Embarrassment – to be ashamed about how one is perceived

Vulnerability – being exposed and unprotected

Support – the sense of being held up and taken care of

## **GOVERNING MERIDIAN (masculine side/spirit)**

Integrity – a sense of alignment between one's divine and human selves

Purpose – a sense of drive connected to one's spiritual mission

Truth – recognition of the fullness of what IS

Trust – the sense that everything will be okay

Harmony – tranquil equilibrium

Humiliation – forced degradation and fall from grace

False pride – pretending to be proud to avoid vulnerability

Arrogance – the forced persona of being above or superior

Enlightenment – to be beyond the material world

Response-ability – ability to respond

Success – creation of a positive outcome



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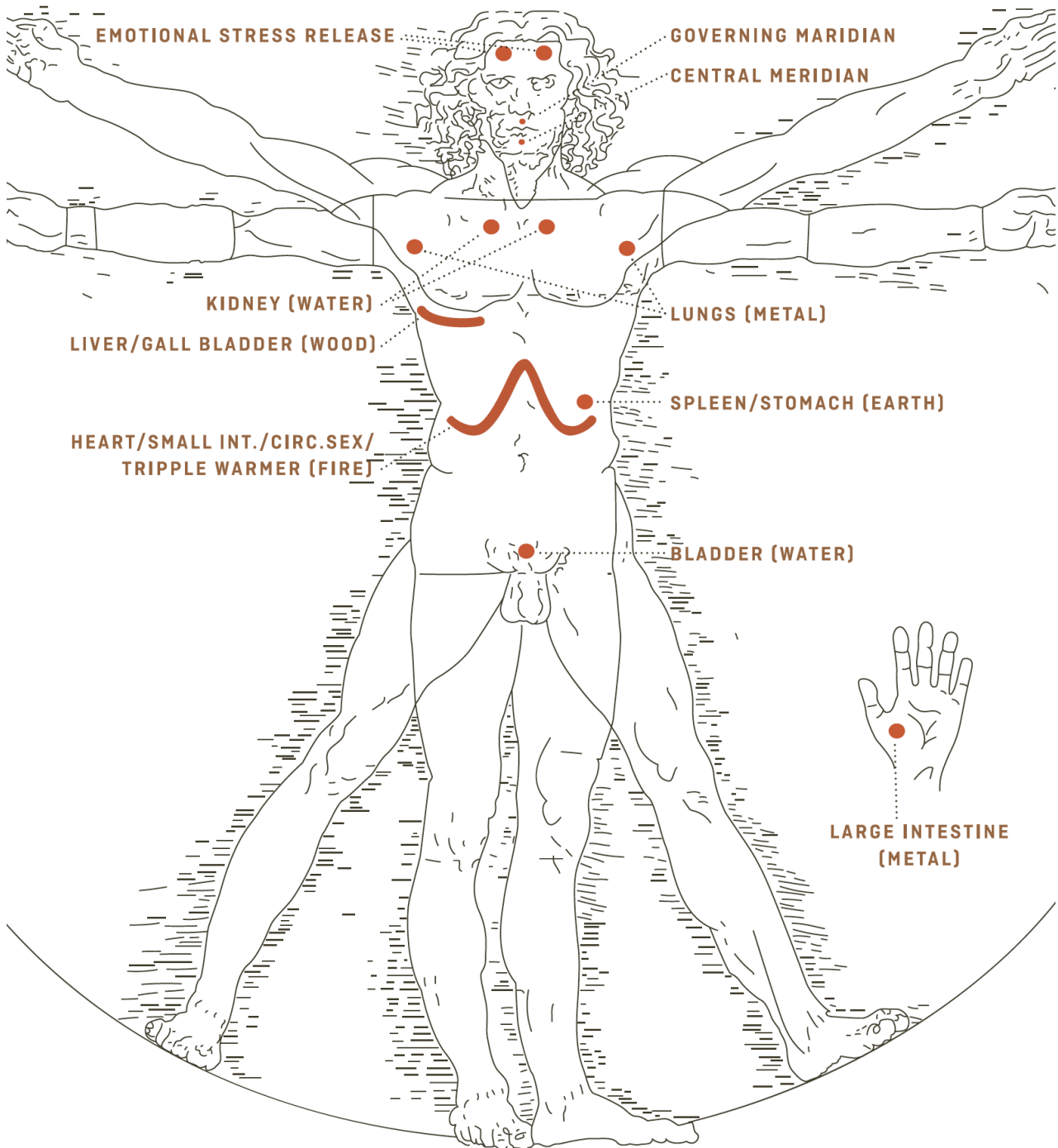
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## EMOTIONS CHART

