

Innovative Practices

- from the East and West -

for Bodymind Health



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Illustrated by Erin Fowler

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The key meridian points and locations

- eb = beginning (inside) of the *eyebrow* (bladder-2)
- ie = *inside the eye*, near tear duct (bladder-1). [eb and ie are interchangeable]
- oe = *outside the eye* (gall bladder-1)
- ue = *under the eye* (stomach-1) [Some say this is actually somach-2]
- un = *under the nose* (governing vessel-27). [Sometimes abbreviated as GV]
- ul = *under the lips* (central vessel-24). [Sometimes abbreviated as CV]
- cb = *collarbone* point (kidney-27)
- ua = *under the arm* (spleen or pancreas-21)
- rb = *rib* (liver-14)
- th = *thumb* (lung-11)
- if = *index finger* (large intestine-1)
- mf = *middle finger* (circulation-sex-9)
- lf = *little finger* (heart-9)
- sh = *side of hand* (small intestine-3).
- bh = *back of the hand* (tri-heater-3)

Figure 9. The key meridian points described

NLR or sore spot: Notice the location of this site on the facing page.

The site of the NLR site, or the neurolymphatic reflex, is presumably located over a lymph system drainage site. Lymph is a fluid found in the blood, important in the immune system. More familiar terms may be B lymphocytes and T lymphocytes or *T cells*, antibodies that attack foreign tissues or microbes that could harm us. The various components of the human immune system are found throughout the body – in lymphatic nodes, in lymphatic vessels, in the bone marrow, in the thymus, etc. Though a sketch of the immune system looks similar to the blood system with their various routes that course throughout the body, the immune system does not have a pump – like the heart – to move the fluids. Hence we need to push the fluid manually, by rubbing or massaging.

When we do not move lymph fluids, they can stagnate, blocking the flow of lymph as well as the subtle energies associated with lymph. A tender or “sore spot” may develop at the site of these blocks as a sort of signal that one needs to manually move the fluid so that a lymph-energy flow can continue.

It was found through trial and error that rubbing the sore spot could often help when an energy psychology intervention began to lose its effectiveness. The hypothesis here is that lymph blockage (before or during treatment) can both impede and *reverse* the natural direction of energy flow. Rub the sore spot in the directions indicated on the facing page, *vigorously* because you are moving lymph, to correct the energy reversal. When you do this correctly you will grip the skin with your finger tips – rather than slide the fingers over the skin – and move the skin over the muscles and bones.

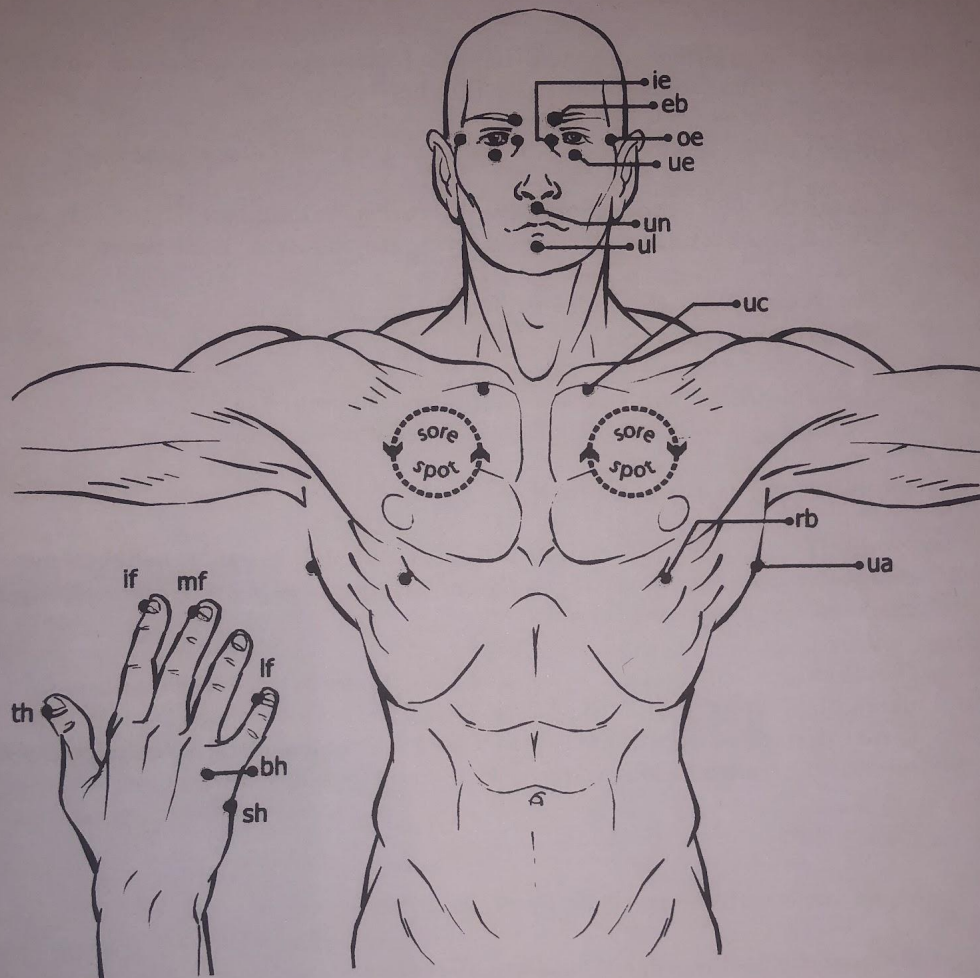


Figure 10. The key meridian points depicted

The procedural steps

(refer to figures 9 & 10 for legend)

Assuming you are treating yourself, you identify the problem you would like to work on. You then follow these steps:

- (1) Measure the problem with the SUD scale (where zero = no problem, and 10 = the worst this problem could possibly be)

Most disturbing 10 9 8 7 6 5 4 3 2 1 0 Least disturbing

- (2) Massage the NLR or sore spot in the directions indicated (or tap the side-of-the-hand point continuously) while saying the following three times:

"Even though I have this problem of _____, I accept myself deeply and completely."

- (3) Tap the following points in order, tapping each point 5 to 7 times while thinking of the problem (this is called the "sequence"):

eb, oe, ue, un, ul, cb, ua, rb, th, if, mf, lf, sh, bh

- (4) Figure 11 on page 51 depicts nine activities (called "9 gamut") that you now do *while tapping continuously on the back-of-the-hand point*, while keeping the head still and facing forward:

1. eyes closed, 2. eyes open, 3. eyes down and to the left, 4. eyes down and to the right, 5. eyes in a circle (if necessary, help the person by moving your hand in a circle in front of the person's face), 6. eyes in a circle in the opposite direction, 7. hum a melody (no words), 8. count to five, 9. hum again.

- (5) Repeat the sequence in step (3)

eb, oe, ue, un, ul, cb, ua, rb, th, if, mf, lf, sh, bh

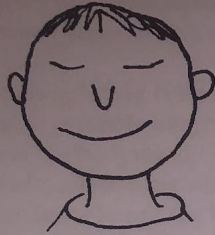
- (6) Measure the problem again with the SUD scale

If you experience a -1 or higher, think of "the part of the problem that remains", or "the rest of my problem", and continue with the sequence until you are able to report a zero on the SUD scale.

SUD score at this stage:

Most disturbing 10 9 8 7 6 5 4 3 2 1 0 Least disturbing

(The procedural steps continue on page 52)



1. Close your eyes.



2. Open your eyes.



3. Look down left.



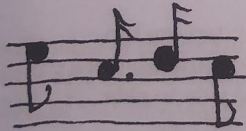
4. Look down right.



5. Eyes in a circle



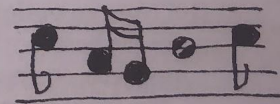
6. Eyes reverse circle



7. Hum a few notes.

1-2-3-4-5

8. Count to five.



9. Hum a few notes.

Figure 11. The 9 gamut

- (7) If you do not arrive at a zero with repeated treatment, correct any possible psychological reversals by rubbing the NLR as indicated, or by continuously tapping the side-of-the-hand point, while saying this list of possible psychological reversals:

"I accept myself deeply and complete,

**even though I have this problem,
even though it is not possible for me to be healed,
even though I do not want to be healed,
even though I do not deserve to be healed,
even though I am unable to heal myself,
even though I do not give myself permission to be healed,
even though I will not do what is necessary to be healed,
even though it would not benefit me to be healed,
even though it would not benefit others for me to be healed,
even though it would not be safe for me to heal,
and even though I have other psychological reversals."**

Other possible psychological reversals include: (even though I) ... "do not believe in my healing"; "... need to be punished; and " ... fear that by healing I will lose my identity or some other benefit such as the affection of others". Correct these as well if the client suspects they could be present.

- (8) Repeat the sequence in step (3) as necessary, and measure with the zero to 10 scale.
- (9) As an option do the eye roll technique, after you have gotten to a zero or one, as follows: while tapping the back-of-the-hand point continuously, and with the head at a level, look downward (without moving the head) and s-l-o-w-l-y raise the eyes upward to the ceiling. Stop tapping, close your eyelids, and breathe deeply.
- (10) Note an option that some practitioners use at this point: tap the top of the head with all the fingers of both hands. There is no particular place to focus, so you can move around from front to back and side to side. The impression is that this is designed to stimulate the midbrain, perhaps the pituitary, perhaps the pineal gland, perhaps these and more.
- (11) SUD:

Most disturbing 10 9 8 7 6 5 4 3 2 1 0 Least

- (12) Repeat the sequence as necessary.

(This completes the treatment steps)