Module 9: Building a Customized Meridian Treatment

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Emotional Encoding

Emotional disturbances are encoded in the meridian system, which governs the flow of energy to each organ in the body. Roger Callahan, PhD, the developer of Thought Field Therapy, researched thousands of cases using a diagnostic procedure to trace the exact meridians that were blocked with different emotions and the exact order in which they needed to be treated in order to unlock the disturbance. Patterns emerged, and from these patterns, Callahan put together "algorithms," specific tapping sequences that were the most common order needed for a specific emotional disturbance. He wrote down these sequences notating the treatment locations with abbreviations to represent the meridians treated. Here is a chart of the meridians and their abbreviations:

Meridian	Treatment Location and Abbreviation
Bladder	**eb** (eyebrow)
Gall Bladder	**oe** (outer eye)
Stomach	**e** (eye)
Governor Vessel	**un** (under nose)
Conception Vessel	**ul** (under lip)
Kidney	**c** (collarbone)
Spleen	**ua** (under arm)
Liver	**r** (rib)
Lung	**t** (thumb)

Large Intestine	**if** (index finger)
Pericardium	**mf** (middle finger)
Heart	**lf** (little finger)
Small Intestine	**sh** (side of hand)
Triple Energizer	**bh** (back of hand)

Callahan discovered a common four-point sequence emerged for the emotions of Post-traumatic Stress Disorder (PTSD), Grief, and Love Pain, all variations of **trauma**. Memorize this algorithm so you always have it handy in traumatic situations:

Trauma Algorithm

eb, e, ua, c

The most common phobia algorithm simply subtracted the first point in this sequence, leaving **e, ua, c.**

Callahan called the meridians transport systems for the flow of information. The encoding of information he found to unlock the very difficult human emotions of anger, rage, and guilt are very short. Note that they all end with the collarbone:

Anger: lf, c

Rage: oe, c

Guilt: if, c

The trauma and phobia algorithms also end with the collarbone, the kidney meridian. One could conceptualize dislodging the emotions from their meridians and then "flushing" the residue out the kidneys!

The Diagnostic Procedure

Think of the diagnostic procedure as a flow chart, rather than a stepladder. At each step, a locked response will send you in one direction, and an unlocked response will send you in another direction.

Here is the step-by-step procedure:

One Round of Treatment

1. Client holds issue in awareness.

2. Muscle should unlock.

3. MT while touching one acupoint (or chakra).

4. Treat first point (or chakra) that locks.   Record.

5. Then go back to #1. If muscle unlocks, go to #3. But if muscle locks, the customized treatment sequence is complete.

6. Do Bridging Technique (9 Gamut or moving the eyes in a figure 8).

7. Repeat diagnosed tapping sequence.

Evaluate Results, Determine Next Steps

- If muscle unlocks while holding the issue in awareness, go back to **Step 4**, clearing objections.

- If muscle locks, check SUD. If greater than 0-1, search for another aspect.

- If muscle locks and SUD is 0–1, treatment is done.

- End with Eye Roll.

Here is a word description of what we are doing in each step:

One Round of Treatment

1. **Client holds issue in awareness**. We can only clear issues if the system is attuned to the problem. If the client does not tune in to a specific problem, tapping points would be like shooting a shotgun into the dark instead of carefully aiming a rifle at a target.

2. **Muscle should unlock.** Emotional disturbances block the flow of energy running through the meridian system, like the power going out during a storm, so the muscle should unlock when thinking about the problem. Once in awhile, the disturbance may be completely resolved by clearing objections, so the muscle would lock when attuning to the presenting problem, and the SUD level would be down to one or less. In this case, finish the treatment with the Eye Roll. But usually, the muscle locking when attuning to a disturbing problem means that the client is dissociating from the issue. In this case, have the client talk about the problem in more depth to identify the aspect that is most disturbing, or choose a different problem.

3. **MT while touching one acupoint (or chakra).** Imagine that lightening has hit a house and knocked out the power. Which circuit needs to be repaired first? Touching a treatment point is

like putting one's finger in the fuse box. It makes an energy link, temporarily restoring that circuit, but only while holding the finger in the fuse box! Finding a point that links identifies exactly what needs to be fixed next.

4. **Treat first point (or chakra) that locks. Record**. To rebuild the circuit, we need to treat the point we have identified to rebuild the line of energy to that organ or chakra. Where do we look first to find a point? Many practitioners test meridian points head to toe, in the same order used in an EFT complete treatment, which is the same order in your abbreviation chart at the beginning of this unit. If you have already found several treatment points and get to the end of the list without finding a point that will lock, go to the beginning of the list again. Another method is to listen very carefully to the client's story to see which emotions are involved, then test the meridians likely to carry those emotions. Note that most of the algorithms end with a collarbone point, the Kidney meridian.

    Be sure to write down the points you treat because you will need to treat the very same sequence again after you finish #6 below, the Bridging Technique.

5. **Then go back to #1. If muscle unlocks, go to #3. But if muscle locks, your customized treatment sequence is complete.** Once we have repaired a circuit, we need to find out whether power has been restored to the whole house. We ask the client to attune to the problem again. If the muscle now **locks**, our sequence is complete—the power is back on—and we go on to the Bridging Technique. But if the muscle **unlocks**, we need to search for the next circuit that needs to be repaired by touching other energy points until we find one that locks again. We keep doing this process after each point to see what we need next, and next, and next, etc.

6. **Do Bridging Technique (9 Gamut or figure 8 eyes).** Bridging techniques activate more parts of the brain. Like shining a flashlight around in the attic and the basement, the client may find another piece of the disturbance that had been hiding in the corners.

7. **Repeat diagnosed tapping sequence.** Repeating the customized tapping sequence helps to clear any other pieces of the problem that had escaped notice before doing the Bridging Technique.

Evaluate Results, Determine Next Steps

• **If muscle unlocks while holding the issue in awareness, go back to clearing objections.** Problems may come in layers, with one layer needing treatment before we can access another layer. When trying to get a view of the lake from the house, first the trees standing in the way need to come down. After the trees are down, one may find a row of bushes which need to be removed. Eventually, the sight line is clear. The next step if we have more work to do is to check for objections again. Frequently a **mini-reversal** will come up at this point, as the disturbance has been partially resolved but not **completely** resolved. In every case, we need to be sure to clear limiting beliefs before we can have lasting success. If the client has a limiting belief, the chain saw is locked in the shed and cannot be used to cut down the tree.

- **If muscle locks, check SUD. If greater than 0-1, search for another aspect.** We know that we successfully treated one aspect of the problem if the muscle locks when attuning to the issue. But a problem may involve more than one aspect, like a dandelion root having a fork in it. Both pieces of the root need to be pulled out, or the dandelion will grow back. Talk with the client about the problem to identify the source of the remaining disturbance.

- **If muscle locks and SUD is 0–1, treatment is done.** When the power is restored and the disturbance level has gone way down, we know we are complete.

- **End with Eye Roll.** The eye roll is like dessert after all the treatment sandwiches. The protocol for an eye roll is the following:

Eye Roll

While tapping back of hand:

close eyes,

open eyes,

look down at ground and slowly look all the way up to the ceiling.

Note that the eye roll starts out with the first two steps of the 9-Gamut sequence, but then does something new. Looking up relaxes the body, and this action seals in the benefits of the treatment.

Areas of Confusion

A. **Correlation of emotions to meridians.** One factor that may confuse the new energy practitioner is that different healing modalities vary in the emotions that they assign to the meridians. For example, Callahan treats anger on the heart meridian, but some other modalities assign anger to the liver. All of the systems seem to agree that rage encodes on the Gall Bladder Meridian. When enraged, we say, "And that person had the GALL to…etc." But upon closer scrutiny, rage could be considered an intensified and exacerbated form of anger. The Gall Bladder is coupled with the Liver Meridian in Oriental Medicine, with the Gall Bladder flowing south from the head to the toes and the Liver flowing north, from the toes to the head. With rage, the Gall Bladder becomes overcharged with energy, which depletes its partner the Liver. Treating either partner, the Liver or the Gall Bladder, will move the system toward balance, so treating the liver will also lower the level of anger in the system. Other practitioners may find anger at other locations. Another example is that *Energy Psychology Interactive* assigns guilt to the Liver meridian, and we assign it to the large intestine.

B. **Encoding on several meridians.** In addition, another area of confusion is that some emotions are encoded on several meridians, as in the example of phobias/fear needing the sequence of e, ua, c to treat the stomach, then the spleen, and then the kidneys. We all know that fear blocks up the stomach and also has powerful effects on the kidneys!

C. **Exact treatment point.** Some systems use a different treatment point for a meridian than the ones listed above. For example, in *Energy Psychology Interactive*, Feinstein taps on the middle of the wrist for the Pericardium meridian rather than the middle fingernail, which we are using. Both treatment points are effective. Since the sex and circulation are on the Pericardium meridian, in English, the abbreviation for the middle fingernail is "mf," which makes it easy to remember!

D. **Alarm points.** Callahan identified which meridians were out of balance by muscle testing a point called an "alarm point," which was usually near the actual organ. For example, the bladder alarm point is right over the bladder. Three of the alarm points are identical to the point we tap to treat the meridian: Governor Vessel, Conception Vessel, and Liver. But the other alarm points are at different locations. *Energy Psychology Interactive* and many other systems also use the alarm points to diagnose which meridian needs treatment. The good news for this course is that **YOU DO NOT NEED TO LEARN THE ALARM POINTS**. We use the treatment points to identify which meridian is in need of treatment next. Learning just one set of points decreases confusion.

E. **Rechecking the point just tapped.** The protocol in *Energy Psychology Interactive* adds a step of rechecking a point after it has been tapped to see whether or not the treatment was effective. **NOTE THAT IN THE PROTOCOL WE TEACH IN THE CERTIFICATION PROGRAM, WE DO NOT RECHECK A POINT AFTER IT HAS BEEN TAPPED.** Instead, we attune to the problem to see if the muscle locks, indicating we have treated enough points in our customized sequence, or whether it unlocks, indicating another point is needed.

F. **Diagnostic Protocol.** The diagnostic protocol used in *Energy Psychology Interactive* is different from the protocol in the Certification Program because it tests all of the meridians before beginning treatment. **The Certification Program treats each point we identify in the sequence before checking to see whether or not another point is needed.**

Algorithms

The chart below is a list of the algorithms that emerged out of thousands of cases. Note that fear and anxiety ride on three meridians, called "The Anxiety Triad:" Stomach, Spleen, and Kidney. The exact order needed will vary with each client. When one of the anxiety triad shows up in a sequence, check the other two before searching different meridians for the next point in your sequence.

Algorithms	_Sequence_
Trauma, Love Pain	**eb, e, ua, c**
Physical Pain	**Simple version: extended tapping on bh**
Physical Pain **(**extended version) **&** **Depression**	**un, ul, eb, oe, e, ua, c, lf, c, if, c, bh for 15x4, c**
Embarrassment	**un, c** **un, ua, c**
Anger	**lf, c**
Rage	**oe, c**
Guilt	**if, c**
Nasal Stuffiness, Congestion	**un, c**
Shame	**ul, c** **ul, ua, c**
Fatigue	**e, c, eb, c**
Jet Lag	**Going east: e, ua, c** **Going west: ua, e, c**
Phobias / Fear **Spiders, claustrophobia, and flight turbulence:**	**e, ua, c** **ua, e, c**

Anxiety and Addictive Urge	e, c, ua, c e, c, ua, c, e c, e, ua, c e, ua, c, ua, e, c
Obsessive Compulsive Disorder	c, e, c e, c, e, c
Peak Performance & Installing Positive Belief	**ua for 30 seconds, eb for 30 seconds**
Comprehensive Algorithm	**un, ul, eb, e, ua, c, lf, c, oe, c, bh for 15X4, if, mf, t, r, sh, c**

A problem may involve several emotions. For example, a love relationship breaks up, which would need the algorithm for trauma and love pain, **eb, e, ua, c**. But the client is very angry about the partner's affair which broke up the relationship. The anger sequence, lf, c, can be added to the love pain sequence: **eb, e, ua, c, lf, c**. In addition, the client may feel guilty for not spotting the warning signs and doing something to repair the relationship before it was too late. In this case, we could add the points for guilt, if, c, to the end of the previous sequence: **eb, e, ua, c, lf, c, if, c**.

Variations from the Given Algorithms

The customized sequence you build may match an algorithm exactly, may be slightly different, or may be very different. Whatever sequence you build is exactly what your client needs. A virus has intelligence and a mission of invading the host. When a vaccine is developed that has targeted the energetic frequency of the virus, what does the virus do? It changes its frequency! Just when the vaccine has its number, the virus changes its number. This ability to mutate protects it from being destroyed by the vaccine. Just as viruses mutate, the energetic configuration of a disturbing emotion may mutate.   Some disturbances may need only a short sequence to eliminate the emotional disruption and others may need a longer sequence. The beauty of the customized protocol is that no matter how long the number is, you just find the first digit (first meridian or chakra needing treatment), then check whether the number has another digit (another point needing treatment), then check whether or not it has another digit, etc.

At the end of a treatment, you can identify the emotions associated with the sequence and reflect it back to the client. For example, if a customized sequence is oe, c, e, ua, c, you can tell the client that the meridians involved treated the emotions of rage (oe, c) and fear (e, ua, c).