

# EFT (M.e.A.N.) Basics



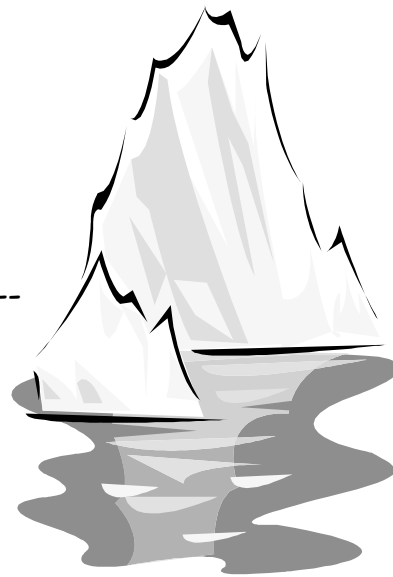
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**Mind + E-motions = Physical Body**  
*ILLNESS AND PAIN A MIND GAME*

# PAIN : Messenger of the Mind/Consciousness

Conscious

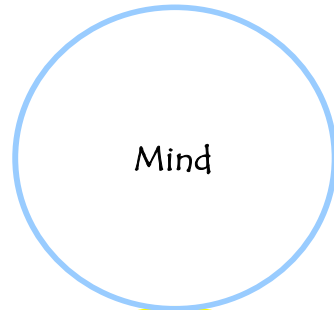
What we see!



Unconscious

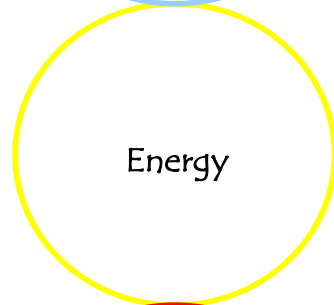
What we don't see!

# Mind–Body Connection



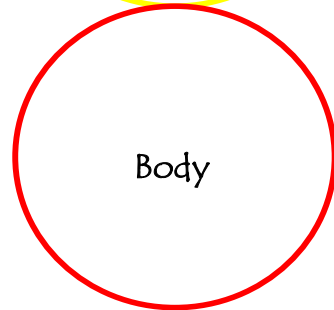
Mind: learned knowledge, emotions, thoughts processes, beliefs, DNA information, social and environmental influences

*Conscious, SubConscious, SubSubConscious, SubSuperConscious, and SuperConscious*



Energy: channels and store houses of chi, prana, qi, ki, etc.

*5 Elements, Aura, Kundalini, Orbital Sweep, Wei Qi, Chakras, 3 Tan Tiens, Meridians*



Body: physical mass

*Organs, Endocrines, Body Parts, Systems*

# Mechanics of E-Motion

This is how it ALL works:

Experience

Trigger: \_\_\_\_\_



MIND (Perceptions, Beliefs, Expectations)

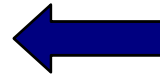
Beliefs about Trigger: \_\_\_\_\_

Beliefs about Self: "I am \_\_\_\_\_"



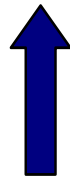
E-Motions

Result from Perceptions, Beliefs, Expectations



Reaction

Response



# E-Motions

- **Emotions are simply impulses, meant to guide us on our paths.** They are what we react to our environment with. These impulses help us survive. I think of them as the communication we get from the spirit realm. The emotions are how God communicates with us. **When we suppress impulses, our perception of reality becomes tainted and the emotions get stuck within us, because we cannot release them (for whatever reasons). When the emotions have been stored in the body and mind, they deteriorate the body and distort the true expression of emotions. Instead of the emotions guiding us, they tie us up.**
- In relationships we are drawn into situations that give us the opportunity to heal our wounded emotional selves. The biggest injustices we experience equal the biggest opportunities to heal these emotional wounds. The people we come in contact with are there to move us in some direction to clear blocked energies!!! There is plenty of moving to do because we are all crippled and or paralyzed in some way.
- **Before we get any further into emotions, I want you to be aware that there are no bad emotions. All emotions are required for someone to live and thrive. If anything “bad” comes from emotion, it is from our misdirection of our “charged” and stuck energies.**

# 5 Basic E-Motions

- Joy / Sadness
  - Worry
  - Grief
  - Fear
  - Anger

# E-Motions to Meridians

Every meridian has a corresponding emotion. Emotions we RESIST are stored in specific organs or body parts.

- Joy / Sadness
- Worry
- Grief
- Fear
- Anger

Heart & S.I.  
Spleen & ST  
Lungs & Colon  
Kidneys & BL  
Liver & GallBL



# 2 Forms of E-Motions

**ACUTE:** Acute emotions are what I call 'emotions in the moment.' This is the form of emotions that hit you as you're going through life. For example- let's say you are having an argument with a friend and you get angry (for a good reason) – that is 'acute emotion' and it's perfectly okay **EVEN REQUIRED** that you express your feelings in the **MOST PRODUCTIVE** way as possible in that moment!

If you do not express your emotions in the moment, they become "stored" and they wreak havoc on your health!

**STORED:** If you do not emote in the moment for whatever reason (fear, lack of self-worth, etc.) the emotions are stored in muscle, fascia, organs, and even bones. Stored emotion is basically emotion from circumstances in your life that you could not release (give away/forgive).

## STORED E-MOTION TEST

Here is a sure-fire test to see if you have any stored emotion:

1. Recall an injustice you remember experiencing in your life. It could have been last week or ten years ago.
2. If you still feel strong emotion (like anger, sadness or fear) when you recall the situation you have stored emotional charges.

**Stored emotions are the emotions that will kill you.**

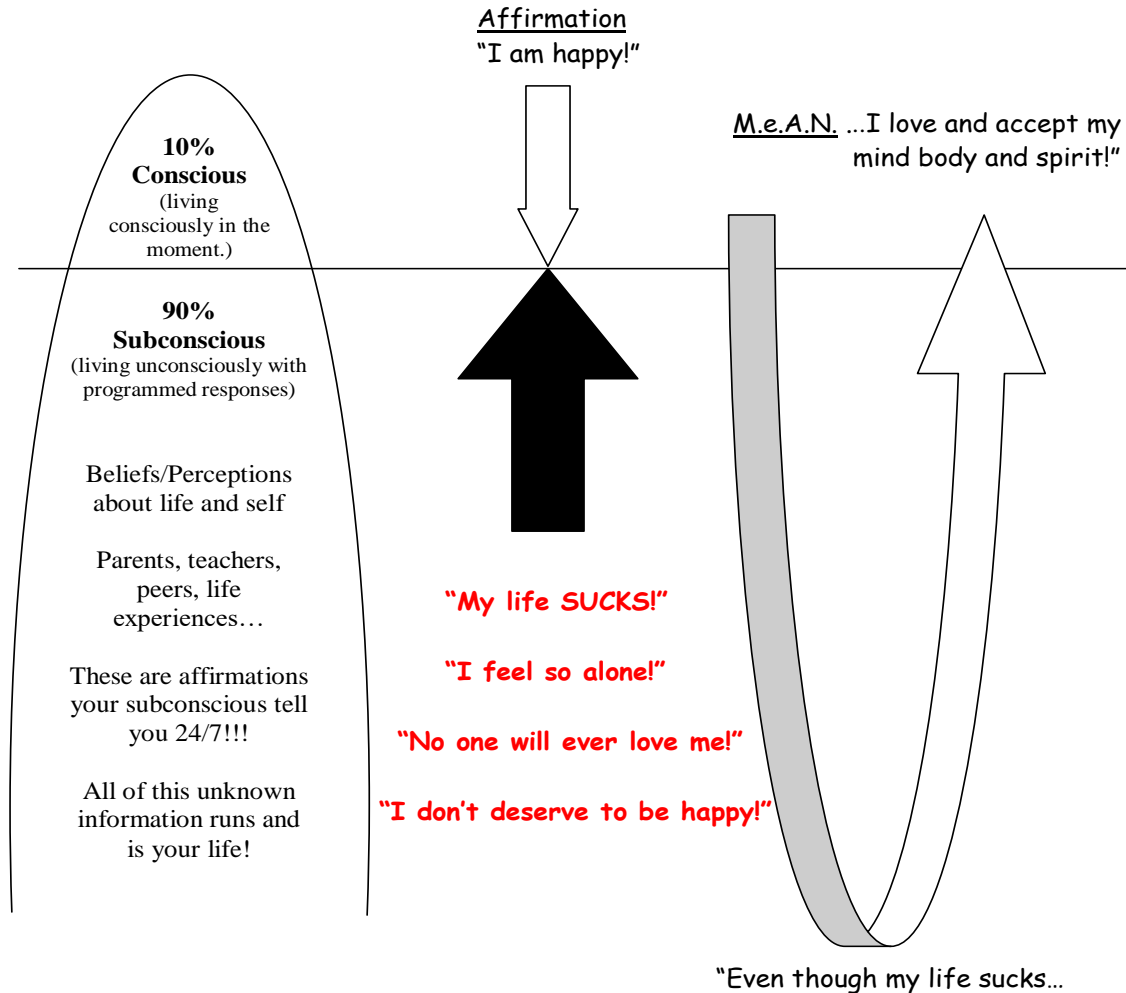
# Stored E-motions

REAL

UNREAL

WOOD	STIMULATED			ANGER			RAGE
WATER	ALERTED			FEAR			PARALYZED
METAL / AIR	GRASPING			GRIEF			CLINGING CONTROLLING
EARTH	PROCESSING			WORRY			ANXIETY
FIRE	HO-HUM			SADNESS			DEPRESSION
JOY							

# Affirmations VS M.e.A.N.

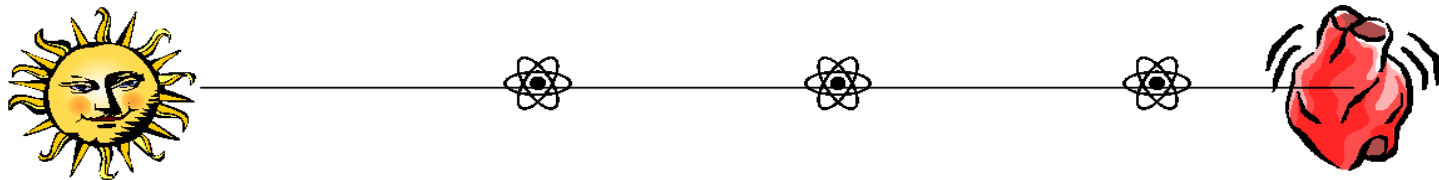


# Acupuncture/Meridian Points

Acupuncture points are much like transformers along a power line. The electricity that runs your household appliances, TV, heater and air conditioner comes from a POWERPLANT. Between the POWER PLANT and your house, there are many power lines and transformers.



These transformers serve to keep the electricity flowing through the lines, maintaining the correct voltage and regulating the energy. If one of these transformers is not working properly, a power outage, a short circuit or other types of disturbances can result.



The acupuncture/meridian points along your body act in the same way. If one of these points is not operating properly, the energy that runs through the corresponding organ is impeded and the organ does not operate at its optimum capacity.

# M.e.A.N. Basic Protocol

