

The Meridian Psychotherapist

**A Self-Study Course in Emotional Freedom Techniques
& Energy Healing**

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Please seek professional help for any area where you are unsure as to how to proceed for yourself.

Please note this course was originally written as a Diploma course for Stonebridge Associated Colleges. It was commissioned by the college as a distance learning course for healthcare professionals wishing to add Emotional Freedom Techniques (EFT) to their existing skills. Accordingly instructions are given for working with “clients” - we stress here that this course is for your information only and would ask that you ignore any reference to clients and use this material for self-help purposes only.

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MERIDIAN THERAPIES DIPLOMA COURSE

ASSIGNMENT ONE

INTRODUCTION

Recent breakthroughs and developments in the field of Meridian therapies have provided practitioners the world over with a new collection of groundbreaking techniques for providing quick and permanent relief from negative emotional states. Due to their staggering success rate psychotherapists and hypnotherapists in large numbers are keen to investigate these methods and incorporate them into their practice.

Energy or Meridian Psychotherapies, as they are known, are causing a revolution in complimentary medicine as we know it.

Although these techniques are being adopted by conventional practitioners, it should be understood that they stem far from the world of western psychology. They are based upon ancient healing sciences dating back over five thousand years presenting an understanding of the energy, or meridian system of the body. A system that naturally incorporates the healing of the body and mind together; treating them as interdependent units of a greater picture thus providing a truly holistic and balanced healthcare system.

In this course you will learn how to quickly and effectively dissolve fears, phobias, sadness, anxiety and the negative core beliefs/limitations imposed upon us and assimilated by us throughout our lives.

The course begins by presenting historic and background information in brief before taking a look at the meridian system of the body and its psychological counterparts. We will then look over the system of the five elements along with its emotional references before introducing you to the techniques themselves.

Each technique is explained in full with detailed step-by-step instructions for application and usage. Different approaches for using these techniques for dissolving negative emotions are presented along with specific protocols for dealing with chronic pain, habits and addictions.

"In the past 20 years or so, the limitations of traditional therapies have led to awareness of a renewed need for and an earnest search for more effective methods to accomplish clinical treatment goals and objectives.

Thus, a revolutionary new approach to conceptualisation, theory, methodology and treatment of psychological problems has grown out of the recognition that the rapid increase in human stress and suffering requires more effective interventions. Enter the new psychotherapies, now been generally referred to as "Energy Therapies" to fill a serious void in the therapeutic armamentarium."

Larry Nimms Ph.D. Be Set Free Fast Training Manual – 1998 (Introduction)

A BRIEF HISTORY

The techniques we have come to know today as “energy” or “meridian” healing originated in Ayurveda, the oldest and most comprehensive medical science. The major and minor chakras and their interconnecting networks, pressure points and breathing techniques are all thoroughly documented in ancient Indian texts dating back over 5,000 years.

Ayurveda provides detailed information on vital sensitive points located on the skin surface. Specific massage techniques are used to stimulate and balance these *marmas* as they are called in the original texts. These potent points are mapped out precisely with detailed information on function and location.

Chinese acupuncture and its understanding of the Meridians is believed to be a direct descendant of this system. The Asian martial arts traditions and the principles of Ayurveda show remarkable similarities, including use of specific vital points.

This medical knowledge travelled to China with Buddhist missionaries in the early centuries. It is from this source that Traditional Chinese Medicine draws its wealth of knowledge on the integration of psychology, physiology, environment and constitution for therapeutic attention.

More recently, direct links have been drawn between the works of the surgeon Sushruta who lived some 2,000 years ago and the highly developed systems of pressure points and meridians still in use to this day.

A timeline of the development of the techniques presented here begins on the following page.

☺ **TUTOR TALK:** Meridian Therapies are also referred to as “energy” therapies due to the meridian system being the transportation and distribution system for energy in the form of chi.

Timeline of the Development of Meridian Therapies

5000 BC - the Neolithic peoples of central Europe tattoo patients to mark relevant acupuncture treatment points. (Discovered in the late Twentieth Century on a body preserved in a glacier.)

2500 BC Buddhist monks travel from India to China with knowledge of pressure points for balancing and healing the body.

100 BC Compilation of Nei Jing—The Inner Classic of the Yellow Emperor. The earliest known book on Chinese medical theory.

282 AD Systematic Classic of Acupuncture. Discusses the meridians, diagnosis and points.

1026 The Illustrated Classic of Acupuncture Points—as Found on the Bronze Model. A description of the points listed in anatomical order on the meridians.

1341 Elaboration of the Fourteen Meridians. Includes a discussion of meridians, extra meridians and special points.

1601 Great Compendium of Acupuncture and Moxibustion

1742 Golden Mirror of Medicine. A complete compilation of all aspects of Chinese Medicine, including the major classics.

1964 – Detroit Chiropractor Dr George Goodheart begins to pursue links between apparent muscle strength, organs, glands, and meridians, develops diagnostic therapy localisation by muscle-testing. Over a period of several years he draws on, expands, and integrates the work of Kendall and Kendall on muscle testing, Chapman's and Owens' work on neuro-lymphatic reflexes, Alberts' work on cranial sutures and Bennett's on neuro-vascular reflexes, and Mann's research on acupuncture meridians, and later names the approach Applied Kinesiology

1974 – John Thie, a colleague of Goodheart's organises the International College of Applied Kinesiology and publishes Touch for Health, the manual that introduces these techniques to the general public for self-care and daily energy system maintenance.

Mid-1970's - Psychiatrist John Diamond studies Applied Kinesiology and begins to use muscle testing diagnostically in psychotherapy. He develops the field of Behavioural Kinesiology, the first attempt to integrate Applied Kinesiology and psychotherapy, particularly key elements of psychoanalysis.

Callahan draws on Rupert Sheldrake's work on morphogenetic, physicist David Bohm's work and that of other advanced thinkers to develop a theory to explain the remarkable results of TFT.

1980 – John Diamond publishes *Your Body Doesn't Lie*

1985 – Callahan publishes *The Five Minute Phobia Cure*

1995 – Carbonell and Figley present preliminary research results from the Active Ingredient Project demonstrating the effectiveness of TFT for treatment of psychotrauma at the annual conference of the American Psychological Association.

1995 - James Durlacher, who trained with Callahan, publishes *Freedom from Fear Forever*.

1995 - Gary Craig, who had trained with Callahan, develops EFT - Emotional Freedom Techniques

1997 – Craig brings EFT to the world, with workshops, and an introductory video training series

Concurrently, many others have been developing their own innovations in the field, some based on their original training with Callahan and others from experience in acupuncture, kinesiology and related fields. These include Fred Gallo, NAEM – Negative Affect Erasing Method and EdxTM – Energy Diagnostic and Treatment Methods; Tapas Fleming, TAT – Tapas Acupressure Treatment; Larry Nims, BSFF – Be Set Free Fast; Nahoma Asha Clinton, Matrix Work; Don Elium – iSt, Integrated States Therapy and many others.

1998 – Craig brings together numerous innovators in the field for the “Steps to Becoming the Ultimate Therapist” Workshops in San Francisco, the basis for his videotape series by that name.

1998 - The Association for Meridian Therapies (AMT UK) formed in the United Kingdom.

1999 - Fred Gallo, PhD publishes *Energy Psychology: Explorations at the Interface of Energy, Cognition, Behaviour and Health*.

1999 – First Energy Psychotherapy Conference in Las Vegas and second, in Toronto. Formation of ACEP, the Association for Comprehensive Energy Psychology, by David and Rebecca Grudermeyer and Dorothea Hover-Kramer.

1999 - Silvia Hartmann-Kent publishes *Adventures in EFT*

2000 – Fred Gallo publishes *Energy Diagnostic & Treatment Methods and Energy Tapping*.

AN OVERVIEW OF THE MERIDIAN SYSTEM

The Meridians are also referred to as channels, vessels, or pathways. These channels form a continuous network throughout the body; running up and down the trunk, head and limbs and throughout the internal organs, transporting the vital energy known as *Chi* in oriental medicine, or *prana* in Ayurvedic medicine.

There are 14 main meridians in the human body. Of these 12 are associated with one of the principle internal organs and is named according to that association. There are twelve paired or bi-lateral Meridians found symmetrically in the body namely: the lung, large intestine, stomach, spleen/pancreas, heart, small intestine, bladder, kidney, pericardium, triple burner, gall bladder and liver. The additional 2 Meridians are also referred to as vessels and are called the Conception and Governing Vessels.

Energy flows from one end to the other through these channels, which lie just below the surface of the skin. The end of each meridian has a deep channel where it connects to the beginning of the next one thus forming a continuous cycle.

The energy flowing through this system also radiates beyond the surface of the skin in a similar way to a magnetic field.

The Meridians of the body can be stimulated and assisted in promoting unhindered flow by various natural methods such as: massage, finger pressure, or percussion (or tapping) key meridian points.

The basis of acupuncture theory is that by working with points on the surface of the body the internal functioning of the body can be affected and balanced by manipulating the Chi energy. These surface points are key points situated along the different meridians, which respond to stimulation or sedation as required.

When the energy flow, or circulation of chi, is unrestricted in it's journey through the Meridian system both body and mind exhibit harmony and balance. However, lifestyle, abuses, stress etc. upset that balance. If such abuses and stresses go unchecked and are allowed to accumulate then disturbance and health problems will soon manifest.

There is a direct relationship between the quality of a person's emotions and their physical health. Each meridian/internal organ is directly connected with a specific range of emotions. Organs exert influence on the expression of particular emotions and the organ function is, in turn, affected by those emotions. Thus forming a two-way cycle of influence.

Therefore, little distinction is made between the body and the mind in diagnosis. With this in mind, we can clearly see how the emotions play their role in the cause of disease.

The classical texts of Chinese acupuncture present a total of 59 Meridians, as listed below:

The 12 main Meridians and their branches

The eight extra Meridians

The 12 divergent Meridians

The 12 muscle Meridians

The 15 connecting Meridians

In general practice, only 14 of the above the Meridians are used. They are the 12 main Meridians and two of the eight extra Meridians, namely, the conception and governing vessels. The 12 main meridians are each associated with one of the principle internal organs and are, therefore, named according to that association. These twelve Meridians are paired, or bilateral, and are situated symmetrically on either side of the body.

They are: *the lung, large intestine, stomach, spleen, heart, small intestine, bladder, kidney, pericardium (or circulation/sex), triple warmer, gall bladder and liver.* The two extra meridians are the conception and governing vessels.

The vital life force, or Chi, flows constantly throughout the 12 meridians of the body starting with the lungs, following then through the large intestine, stomach, spleen, heart, small intestine, bladder, kidney, pericardium, triple warmer, gall bladder, and ending in the liver. Without this energy constantly circulating there would be immediate death.

This cycle flows in the following order throughout the body:

from the torso to the fingertip (along the inside of the arm)

from the fingertip to the face (along the outside, or back, of the arm)

from the face to the feet (down the outside of the leg)

from the feet to the torso (up the inside of the leg)

This pattern is repeated three times to form a cycle throughout the twelve major meridians.

Although the energy flow through the meridians is a continuous cycle, each channel contains its own unique type of energy according to its associated organ.

Whilst fundamentally the same type of energy, the chi energy related to each of the individual organs differs in nature in order to exert different influences upon those organs. For example: the energy flowing through the heart meridian controls the functions of the heart both physiologically and psychologically, the energy flowing through the large intestine meridian does the same for its associated organ which, obviously, has a very different set of functions from the heart.

Meridians are also classified as *yin* or *yang* according to the direction in which they flow on the surface of the body. When standing with the arms above the head, all Yin meridians flow upwards, while Yang meridians flow downwards.

Each meridian is paired with a yin or yang counterpart as indicated in the table below:

YIN	YANG
Lung	Large Intestine
Heart	Small Intestine
Pericardium	Triple Warmer
Spleen	Stomach
Liver	Gall Bladder
Kidney	Bladder

Each meridian possesses a particular characteristic or quality, which exerts its influence on the body and mind. The nature of these influences depends upon the condition of the particular meridian i.e. whether it is balanced, under, or overactive. In general, balanced flow ensures balanced health and emotional responses.

☺ **TUTOR TALK:** As you become familiar with this information you will develop an understanding of the meridians as an inter-dependent unit. This will become clearer still when we look at the meridians in conjunction with the Law of the Five Elements.

Chi – the Vital Energy

Chi is the fundamental energy of life. It is acquired from three main sources:

Original or Prenatal Chi

This is received from the parents at the time of conception. This Chi is stored in the kidneys and is largely responsible for our inherited constitution.

Grain Chi

Derived from the digestion of food.

Natural Air Chi

Extracted by the lungs from the air we breathe.

The Chi and Meridian system can become imbalanced in a variety of ways. When there is excessive or too little Chi, the entire body is affected. An individual will in the first case tend to be hyperactive, and in the second be lethargic. It is also possible for Chi to be excessive in one area of the body and deficient in another. The Chi energy may also be imbalanced at various stages along any given meridian.

According to Oriental Medicine, the causes of disease are categorised according to three main sources:

- i. Internal (emotional)
- ii. External (climatic)
- iii. Miscellaneous

The Miscellaneous category includes poor constitution, poor dietary habits, over-exertion, excessive sexual activity, trauma and parasites and poisons as additional causes of disease.

Traditional Meridian Therapies such as Acupressure and Oriental Therapeutic Massage regulate and balance the flow of Chi throughout the Meridian system. More recent developments and techniques in the effective balancing of the body's energy system will be the subject of much of this course.

☺ **TUTOR TALK:** In the next assignment we will look at the Meridian system in more detail. In particular, the physiological and psychological attributes of each meridian which illustrates the relationship between the body and the mind as presented by Traditional Chinese Medicine.