

**DELTA LIFE SKILLS<sup>sm</sup>**  
**EMOTIONAL FREEDOM IS IN YOUR HANDS WITH EFP<sup>sm</sup>**  
**Integral Energy Psychology**

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**SOME BASIC FORMULAS/ALGORITHMS FOR YOU TO TRY BASED  
ON CLINICAL EXPERIENCE<sup>©</sup>**

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(adapted, modified and expanded from the Gurdermeyer's charts. Willingness Works, 1155 Camino Del Mar, PMB 516, Del Mar, CA 92014-2605. Ph. 800-915-3606, x21. Email:

<drgrudermeyer@willingness.com>, Website <<http://www.willingness.com>>) with Quantum Techniques algorithms added (Website <<http://www.quantumtechniques.com>>)

See end of article for verbal and pictorial description of location of points

You might try these formula/algorithms to start. If they don't do the job then use the comprehensive (all points) OmniMeridian Formula-OMF {sequence: f→eb→se→be→un→ll→cb→ch→ub→ua→**c**→**w** (→**a**) (c/w/a indicates a decision point in the sequence, either the finger points or 9 gs) [t→if→mf→rf→lf-i&lf-o→sh]}

**Note:** Remember these simple formulas frequently work for the associated emotion or problem/issue. They may or may not fit your unique system or problem/issue. Complex problems usually require a diagnosis to determine the appropriate sequence of correction. Much more information and instruction is provided in the original sources from which these formulas are extracted. A simple option is to use the REB (Radiant Energies Balance) posture and protocol.

You can use these formulas/algorithms as a guide to start your program of "psychogarbage transformation." However, since everyone is different, you can also do the self-discovery program and use all the points (OmniMeridian Formula-OMF) noticing which ones work for your particular situation or circumstances. FIND YOUR SPOTS.

The underlying assumption in these formulas and in the various versions of a formula (the *or* part) is that sequence of points is significant. Other practitioners (e.g. Craig) do not think sequence necessary and the OMF (Omni-Meridian Formula) method does not require this. OMF provides a general method for you to find YOUR specific points for YOUR specific issue THIS time.

You can add stimulating the "un" for anticipatory fear (future) and/or "ll" for guilt/shame/deservingness (past) at the beginning of any algorithm to potentiate the algorithm. If you decide to use both potentiators, do "un" first, "ll" second and the algorithm third. (Nicosia & Gallo)

NOTE: Many of these algorithms are traditionally followed by the Nine Gamut (9g) treatment and repeating the algorithm...When completed, solidify your gain end with the floor to ceiling eye roll (er)

### A REALLY REALLY FAST ALGORITHM THAT COVERS ALL THE MERIDIANS

(c) crown → (w) center of wrist palm side → (a) inside and back of leg 4 fingers up from ankle bone. You can stimulate the c point with the w point at the same time or stimulate the wrists together.

### THE ABSOLUTELY FASTEST AND MOST ELEGANT ALGORITHM OF ALL TIMES! Assume the Radiant Energies Balance Posture (Triple Warmer/Spleen/Central/Governing Meridians)

- ∞ Rub your hands together until they are warm to get the energy flowing, and then shake out the kinks in your mind and body by wiggling around to loosen up the stiff and sore spots and relieve some stress.
- ∞ Sit down or recline in a comfortable place. Loosen any tight clothing that might be binding you and kick off your shoes. Allow enough time to complete the work without interruption.
- ∞ Dedicate the session to your highest good and ask to be guided by your highest inner wisdom. Depending on your spiritual beliefs, call in spiritual helpers that might protect and guide you.

1. Tune into your issue and notice in your body what and where this issue affects you RIGHT NOW (your felt sense of the issue). Notice any negative or unproductive thoughts or feelings that you might be having about the issue.
2. Rate it's distress from 0 to 10. Take time to develop an initial Desired Outcome.
3. Assume the posture and breathe through your nose as you do a multi sensory survey of all the aspects of your issue as it **effects you now**. Pay particular attention to any physical sensations. Keep your tongue in the roof of your mouth just behind your upper teeth.

The Posture: Engage and Sedate the Triple Warmer by placing your left hand on the back of the right arm with your left hand's palm just above the elbow. This engages and sedates the meridian. Then, to activate and Strengthen the Spleen and heart areas, place the right hand on your left side just **below the left** breast (between ribs 7-8).

4. As you go through this multi sensory survey gently alternately squeeze your hands (you can also rock side to side if you wish). Breathe deeply through your nose from the stomach and symbolically breathe **in the good (your Desired Outcome) and out the bad**.
5. Anytime you notice a shift in your felt sense, be curious about it (don't get caught up in it) and send the feeling of gratitude and thanks to your system for helping you.
6. Finish your session by the giving your system, specially your heart, core heart feelings. Some suggested core heart feelings are: **happiness, joy, elation, humor, safety, trust, faith, security, comfort, freedom, purity, vigor, enthusiasm, energy, confidence, clarity, competence, centered-ness, capable, nobility, connected-ness, unity, integration, thankfulness, gratitude, blessed-ness, patience, commitment, serenity, peace, appreciation, kindness, compassion, care, and love: any positive emotion you think of and can feel**. Giving these emotions to the heart *reduces* the activity of the sympathetic branch and *increases*

the activity of the parasympathetic "Social Engagement System" branch. It's your life so BE CREATIVE

## **.FEARS AND PHOBIAS**

### **GENERAL SPECIFIC PHOBIAS, EXCEPT THOSE BELOW:**

be→ua→cb (Callahan) *or* eb→un→be→ua→cb (Lambour & Pratt) *or* be→ua→cb (Gallo & Vincenzi)

*or* sh→mf→eb→if→be→se→ua→cb→9gs (Quantum Techniques)

### **FEELING TRAPPED:**

be→cb→ua (Callahan)

### **SPIDERS, CLAUSTROPHOBIA, FLIGHT TURBULENCE PHOBIAS:**

ua→be→cb (Callahan) *or* eb→un→ua→be→cb (Lambour & Pratt)

### **ANTICIPATORY ANXIETY:**

be→ua→cb (Callahan) *or* eb→un→ll→be→cb→ua→cb→be (Lambour & Pratt)

### **GENERALIZED OR FREE FLOATING ANXIETY , IRRITABILITY, STRESS, WORRY:**

be→un→ll→ua→cb (Lambour & Pratt)

### **LACK OF CONFIDENCE, ASSERTIVENESS:**

be→ua→be (Callahan)

### **FEAR OF INTIMIDATING SITUATIONS:**

eb→be→un→cb→lf-i (Gallo & Vincenzi)

### **COMPLEX ANXIETY/PANIC ATTACKS/AGORAPHOBIA**

Notes: (i). First-time panic attacks often create PTSD -- therefore, also treat for trauma related to the original panic attack; (ii). Treat agoraphobia as a series of specific phobias and panic, one at a time; (iii). Work on different trigger contexts, one at a time (e.g., leaving the house, going far from home, being in a crowded grocery store, etc.) Clonapin and 5-HTP substances have also helped with panic attacks/agoraphobia.

*(do first):* eb→be→un→cb→lf-i; *(alternative 1)* be→ua→eb→cb→lf-i; *(alternative 2)* ua→be→eb→cb→lf-i; *(alternative 3)* eb→ua→be; *(alternative 4)* be→eb→ua→lf-i; *(alternative 5)* cb→be→ua (Callahan) *or* be→ua→eb→cb→lf-i (Gallo & Vincenzi)

## PROCRASTINATION:

eb→un→ll→be→cb→ua→cb→be→t→mf→gs 40-50 times (Lambour & Pratt)

## LACK OF MOTIVATION:

be→cb→eb (Gallo & Vincenzi)

## GENERALIZED ANXIETY DISORDER; ADDICTIVE URGES

Check for SUDs after tapping "ua" -- if SUDs increases, leave "ua" out of the algorithm (if it's not a reversal); if alternatives 1 or 2 don't work, try the variations.

*(do first)* be→ua→cb; *(alternative 1)* cb→be→cb; *(alternative 2)* ua→be→cb (Callahan); **or** *(anger treatment added)* un→ll→be→ua→cb→lf-i→cb (Callahan) **or** un→ll→be→cb→be (Callahan) **or** un→ll→be→cb→ua (Callahan) **or** un→ll→be→cb→ua→cb→be (Callahan) **or** un→ll→be→ua→cb→ua→be→cb (Greg Nicosia's favorite) **or** un→ll→cb→be→ua→cb (Callahan) **or** be→cb→ua→lf-i→ua→cb→be (Callahan) **or** eb→be→un→ll→ua→cb (Lambour & Pratt) **or** sh→eb→mf→gs 50 times→eb→mf→sh→if→se→ua→cb→9gs→sh→un (Quantum Techniques) **or** sh→be→se→if→eb→cb→9gs→sh→un→if→se→mf→eb→if→ua→cb→9gs→c&un @ same time→tailbone & un @ same time→throat chakra & un @ same timee (Quantum Techniques)

## COMPLEX URGE REDUCTION:

be→cb→ua→lf-i (Gallo & Vincenzi)

## HIGHLY COMPLEX URGE REDUCTION:

eb→se→be→un→ll→cb→ua→ub→lf-i→mf→if→t (Gallo & Vincenzi)

## FOOD CRAVINGS:

be→cb→ua→lf-i (Gallo & Vincenzi)

## OBSESSION (Obsessive Compulsive Disorder - OCD)

OCD generally requires "switching" corrections. May need to begin with 3-D quick fix, Cooks hookups, Bodymind Control Centers Balance or Collar Bone Breathing Activity. Check for Reversals

## OBSESSIVENESS:

*(do first)* cb→be→cb; *(alternative 1)* ua→be→cb; *(alternative 2)* be→ua→cb→(Callahan)

## COMPULSION:

t→ua→cb (Callahan) *or* be→ua→cb (Callahan) *or* be→ua→cb→lf-i→cb (Callahan) *or* be→cb (Gallo & Vincenzi)

## COMBINATION (Obsessive Compulsive):

be→cb→be→cb→t→ua→cb (Callahan) *or* be→cb→be→cb→ua→t→ua→cb (Lambour & Pratt)  
Since traumas are frequently present when OCD first develops, trauma treatment will often also be required

## TRAUMA/PAIN OF LOVE LOSS/POST TRAUMATIC STRESS DISORDER (PTSD)/GRIEF

Note: "Mega-algorithm" order: (1). Trauma un→ll→eb→cb; (2). Anger/Rage lf-i →cb; 3) Guilt if → cb; (4). Sexuality mf→un→ua.

Note: Frustration, Impatience, Restlessness = pr + trauma (eb→cb)

Note: grief is treated as trauma

## PURE TRAUMA:

eb→cb (traumatic memory - simple trauma) (Callahan) *or* be→lf-i→eb→mf→eb→be→se→ua→cb→9gs (Quantum Techniques)

## TRAUMA + PHOBIA/PANIC:

eb→be→ua→cb (most frequent trauma algorithm - complex trauma) (Callahan)

## TRAUMA + PHOBIA + ANGER:

eb→be→ua→cb→lf-i→cb (complex trauma with anger) (Callahan) *or* eb→be→ua→cb→lf-i→gs 40-50 times (Lambour & Pratt)

## TRAUMA + PHOBIA + ANGER + GUILT:

eb→be→ua→cb→lf-i→cb→if→cb (complex trauma with anger and guilt, Callahan-- Greg Nicosia's favorite)

## SEXUAL DISTURBANCE TRAUMA:

mf→un→ua

## RAPE/FEAR TRAUMA:

mf→un→be→cb→ua

## **TRAUMA + SEXUAL ISSUES:**

be→be→ua→cb→mf→un→(be→cb)→ua

## **EMOTIONAL TRAUMA/PAIN:**

eb→se→be→ua→cb→t→ua→cb (Lambour & Pratt) *or* sh→mf→gs50 times→eb→sh→if→be→se→ua→cb→9gs→left palm over throat chakra 1 min (Quantum Techniques)

## **DEPRESSION, LONELINESS, GRIEF AND RELATED EMOTIONS**

If treatment occurs while taking antidepressants, it may need to be re-administered after medication is discontinued. These algorithms may also help in the transition off antidepressant medications, optionally along with St. Johns Wort and/or amino acids

May need to begin with 3-D quick fix, Cooks hookups, Bodymind Control Centers Balance or Collar Bone Breathing Activity. Check for Reversals

gs 40-50 times (while paying attention to your depression)→cb (Callahan; Gallo & Vincenzi) *or* front load with a trauma sequence: eb→be→ua→cb→lf-i→cb→if→cb→gs 40-50 times→cb (Callahan) (If SUD does not decrease by at least two within a minute, switch to one of the other algorithms below)

eb, se, be, ua, cb, lf-i, cb, if (check for SUD here), cb, gs 40-50 times, cb (Callahan) *or* eb, be, ua, cb, lf-i, se, gs 40-50 times, cb (Callahan)

## **COMPLEX DEPRESSION:**

eb→se→be→un→ll→ua→cb→lf-i→if (Gallo & Vincenzi)

## **DESPAIR, HOPELESSNESS, SADNESS, SORROW:**

eb→se→se→un→ua→cb→if→cb→gs 40-50 times (Lambour & Pratt)

## **SADNESS:**

sh→cb (Callahan)

## **LONELINESS:**

eb→ll→sh→gs 40-50 times (Lambour & Pratt) *or* gs→cb (Gallo & Vincenzi)

## **GENERAL UNHAPPINESS:**

ub→cb (Callahan)

## **NEGATIVE FEELINGS:**

(Midline Energy Treatment-MET): f→un→ll→ch (Gallo & Vincenzi)  
May also need to treat associated trauma, guilt, anger and/or rage

## **SEXUALLY RELATED PROBLEMS**

mf→un→ua (Gallo) *or* mf→un→be→cb→ua (Gallo)  
Frequently tied to trauma -- consult the trauma algorithms for sexual trauma treatment

## **REJECTION, HURT FEELINGS:**

be→t→ua→cb→if→cb→gs 40-50 times (Lambour & Pratt) *or* eb→be→ua→cb (Gallo & Vincenzi)

## **"RELATIONSHIP PLUNGE":**

(Midline Energy Treatment-MET): f→un→ll→ch (Gallo & Vincenzi)  
**HOSTILITY AND RELATED EMOTIONS**

## **JEALOUSY, ENVY:**

mf→ua→cb (Gallo & Vincenzi, Lambour & Pratt)

## **NAGGING (Accepting your Partner and Eliminating Need to Nag):**

eb→be→ua→cb→lf-i (Gallo & Vincenzi)

## **FRUSTRATION, IMPATIENCE, RESTLESSNESS, DISAPPOINTMENT**

eb→be→ua→cb→lf-i (Lambour & Pratt) *or* eb→be→ua→cb→lf-i (Gallo & Vincenzi) *or*  
eb→cb (Gallo) *or* eb→be→ua→cb→lf-i→cb (Gallo)

**ANGER, BITTERNESS, RESENTMENT** At "lf-i" point, say 3 times, where "x" = self, other or God: "I forgive x; I know I/she/he can't help it," **OR** "I forgive x; I know I am/she is/he is doing the best I/she/he can," **OR** "There is forgiveness in my heart."

lf-i→cb (Callahan, Gallo & Vincenzi) *or* eb→lf-i→cb (Lambour & Pratt)

**RAGE** At "se" point, do anger statement from above or say "I reach out with forgiveness and love"

se→cb (Callahan, Gallo & Vincenzi) *or* se→be→ua→cb→lf-i→cb (Lambour & Pratt)

## **INTOLERANCE, DISDAIN, ARROGANCE, PREJUDICE, STUBBORNNESS**

t→cb (Gallo)

## **GUILT/SHAME/EMBARRASSMENT**

**GUILT:** (At "if" point, say 3 times: "I forgive myself because I can't help it.")

if→cb (Callahan, Gallo & Vincenzi)

**SHAME:** (At "if" point, say 3 times: "I forgive myself because I/other person/God can't help it.")

ll (Callahan) ll→if→cb (Gallo) *or* ll→cb *or* ll→ua→cb (Gallo & Vincenzi) *or*  
ll→ua→cb→lf-i→cb→if→cb→gs 40-50 times (Lambour & Pratt)

### **EMBARRASSMENT:**

un→er (Callahan) *or* un→cb (Gallo) *or* un→ua→cb (Gallo) *or* un→cb→ua→cb→ub (Lambour & Pratt)

### **SHAME + EMBARRASSMENT:**

un→cb→ll→cb (Gallo)

### **GUILT, REMORSE:**

ll→if→cb→gs 40-50 times (Lambour & Pratt)

### **REGRET**

mf→cb (Gallo) *or* be→ua→cb→lf-i→cb→if→cb→mf→gs 40-50 times (Lambour & Pratt)

### **DISGUST, REVULSION:**

se→be→ua→cb→t (Lambour & Pratt)

### **GENERAL NEGATIVISM; DEEP LEVEL REVERSAL**

Fix relevant reversals: sh *and/or* rs *and/or* un *and/or* ll with appropriate affirmations (see instructions)

### **SELF-HATE**

eb→be→ua→cb→lf-i→se→gs 40-50 times→cb (Grudermeyer)

### **EATING DISORDERS**

Components include trauma, sexuality, body image distortions (SUDs = How much, 0 to 10, do you *believe* you're fat), addiction and anxiety

### **INSOMNIA (OVERTIRED BUT BUZZED)**

Cooks Hook Ups, REB (Radiant Energies Balance) posture



## **SIMPLE RELAXATION PROCEDURE/STRESS REDUCTION:**

er (Callahan) *or* er→9gs→er (Callahan)

## **PHYSICAL ISSUES**

### **AWKWARDNESS, CLUMSINESS**

Fix Non-Polarization and Neurological Disorganization; general feeling that "things aren't working out." Reversal of concepts, words or actions: Psychoenergetic reversal *plus* cbb. See also "CORRECTIONS FOR NEUROLOGIC DISORGANIZATION, OVER ENERGY AND SWITCHING: A BODYMIND TUNE-UP"

### **HICCUPS:**

un→mf→if→t→sh→cb (Lambour & Pratt)

### **FATIGUE, TIREDNESS:**

eb→be→cb→gs 40-50 times (Lambour & Pratt) *or* be→cb→eb→cb (Gallo)

**JET LAG** (Administer once per hour during flight)

Going East: be→cb (Callahan) *or* be→ua→cb

Going West: ua→cb (Callahan) *or* eb→cb *or* ua→be→cb

## **PHYSICAL PAIN**

May need to begin with Collor Bone Breathing or Cooks Hook Ups or 3D Quick Fix or Bodymind Control Center Balance. Check for reversals

### **GENERAL PAIN:**

sh→be→mf→eb→gs50 times→eb→be→lf-i→if→be→gs50 times→eb→be→mf→gs50 times→eb→sh→eb→be→lf-i→be→ua→cb→9gs *or* sh→if→se→gs50 times→mf→t→se→ua→un→eb→mf→9gs (Quantum Techniques)

## **CHRONIC PAIN:**

Have someone touch the area of pain to help heighten their awareness -- can speed up treatment

eb→se→be→un→cb→ua→lf-i→cb→if→cb→gs 40-50 times (Lambour & Pratt) *or*  
gs\* 40-50 times (while focusing on the center of your pain)→cb (Callahan) *or*  
front load with a trauma sequence eb→se→be→ua→cb→lf-i→cb→if (do a SUD rating here)→cb  
→gs\*40-50 times→cb (Callahan)

\* If treating carpal tunnel syndrome, use se (side outer eyebrow) instead of gs

May also need to treat associated trauma, guilt, anger, rage, anxiety, etc.

*ALTERNATE TREATMENT:* Place one hand on forehead (Stress Release Points) and other hand on the location of the greatest pain; hold for 15 seconds or more (per Nicosia)

## **HEADACHES and TENSION HEADACHE:**

Massage, on hand, the web between the thumb and index finger at the highest spot of the muscle that protrudes when the thumb and index finger are brought close together (large intestine 4) and, while standing erect, drop your slightly cupped hands to the side of the legs and massage sore points in that area (gall bladder).

*Large intestine 4 is not to be used for pregnant women because its stimulation can cause premature contractions.*

## **TMJ PAIN**

Initially **correct for any reversals** that may be present.  
Hold one finger on the TMJ while doing the treatment.

Teeth together (though not heavily clenched), be\*, mouth open, be\*

\* Stimulate the "be" spot that's on the same side of the face as side being treated for TMJ

## **ALLERGY/NASAL STUFFINESS/CONGESTION**

### **Inhalant-Type Allergy:**

mf→ua→cb (same algorithm as jealousy) (Callahan)

### **Nasal Stuffiness, Congestion:**

un 40-50 times→ua→cb (Callahan) *or* un→be→cb (Lambour & Pratt)

### **Allergy + Stuffiness:**

un 40-50 times→mf→cb→ua→cb (Callahan)

## NAUSEA, MOTION SICKNESS

Massage two points 2 and 4 finger widths above the center (middle) of the inner wrist crease between the tendons (Pericardium 5 and 6 ) and at the indentation between the earlobe and the tip of the jawbone (small intestine 17).

## MORNING SICKNESS

be→ua→cb

## PMS SYMPTOMS:

eb→ll→be→ua→cb→mf→gs 40-50 times (Lambour & Pratt)

## VIRUS SIGNATURE (Quantum Techniques)

sh→se→be→lf-i→mf→ua→cb→9gs

sh (while holding ring finger to thumb)→if→se→eb→be→lf-i→mf→cb→ua→se→if→eb→gs30 times→be→mf→ua→t→cb→9gs

f→throat→tailbone (at base of spine)→heart chakra

sh→be→se→lf-i→se→if→eb→9gs

sh→mf→gs30 times→if→t→ua→cb→9gs

un→be→ua→cb→lf-i→mf→be→se→if→eb→9gs→throat→f→solar plexus (stomach above navel)→pelvis (about 3 inches below navel)→c→tailbone (at base of spine)

## BACTERIA SIGNATURE (Quantum Techniques)

sh→be→mf→sh→be→gs 10 times→eb→sh→if→be→lf-i→sh→gs 10 times→eb→if→sh→if→se→ua→cb→9gs→f→pelvis (about 3 inches below navel)→tailbone (at base of spine)→c→f→heart chakra→sh→mf→eb→gs 10 times→sh→if→se→ua→cb→9gs

## IMMUNE SYSTEM STRENGTHENING (Quantum Techniques)

sh→gs 10 times→se→eb→be→f & un @ same time→if→gs 10 times→if→gs 10 times→se→f & un @ same time→se→gs 10 times→if→gs 10 times→se→if→gs 10 times→f & un @ same time→tailbone & un @ same time→pelvis & un @ same time→f & un @ same time→tailbone & un @ same time→pelvis & un @ same time→ua→cb→9gs→se→sh→gs 10 times→f & un @ same time→se→gs 10 times→if→gs 10 times→se→if→gs 10 times→ua→cb→9gs

## PEAK PERFORMANCE, SPORTS PERFORMANCE:

### VISUALIZATION

ua (Callahan) *or* ua→eb (Callahan)

Reversal corrections: un ("I deeply accept myself even if I never excel at...")  
un ("I deeply accept myself even if I am never even more successful at...")

Have person imagine doing something s/he would like to do (or do better) that s/he has been unable to do (can also use this to visualize getting over a problem not completely responding to treatment). Rate ability to imagine success from 0 - 10: treatment is completed when they can visualize at a 9 or 10

ua 30 secs, while imaging →eb 30 secs, while imaging →9gs 30 secs→sequence→er *or*  
ua 30 seconds, while imaging →9gs→ua while imaging (sequence & er optional) *or*  
eb→be→ua→cb (Gallo & Vincenzi)

### COMPREHENSIVE ALGORITHMS (Nicosia, Gallo, Craig, Lambour and Pratt, Warren)

Treatment-by-accident when nothing else works -- "When in doubt, punt!"

eb→se→be→un→ll→cb→ua (check SUDs here -- if decreased, go to 9G; if not continue with the following and then go to 9G), t→if→mf→lf-i→sh (Craig -- EFT)  
eb→cb→se→cb→be→cb→un→cb→ll→cb→ua→cb (check SUDs here -- if decreased, go to 9G; if not continue with the following and then go to 9G), t→cb→if→cb→mf→cb→sh→cb  
t→if→be→ua→lf-i→sh→eb→cb→mf→gs→se→ub (Nicosia: chronological biorhythm-based)  
eb→se→un→ll→be→cb→ua→cb→be→ub→lf-i→cb→if→cb→mf→t→sh→gs 40-50 times  
(Lambour & Pratt)

f→eb→se→be→un→ll→cb→ch→ub→ua→ <b>c→w(→ a)</b> (decision point in the sequence, either the finger points or 9 gs) [t→if→mf→rf→lf-i&lf-o→sh] (Warren - OMF)
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### IF THE PROBLEM BEING TREATED KEEPS RECURRING

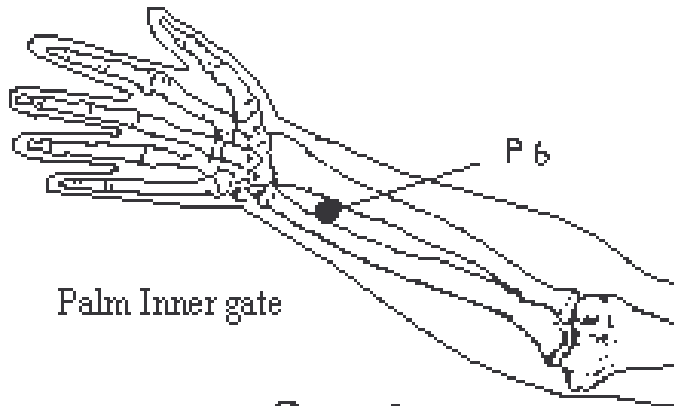
Check for chemical sensitivities (including brain allergies), energy toxins (try: if→cb), structural problems (such as cranial fault) or subtle forms of Neurological Disorganization.

Refer to a practitioner as necessary for any thing you can't diagnose and treat yourself.

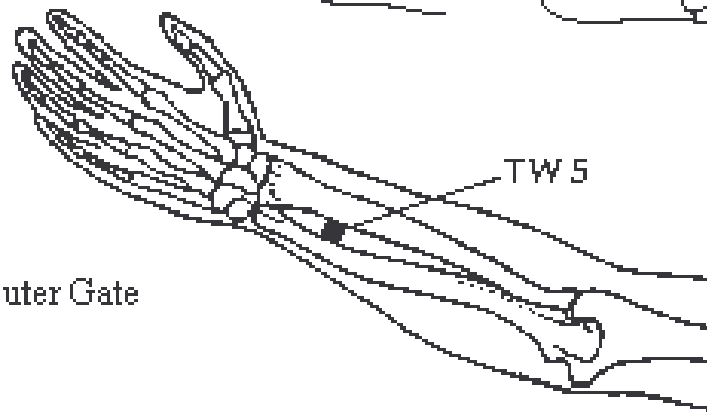
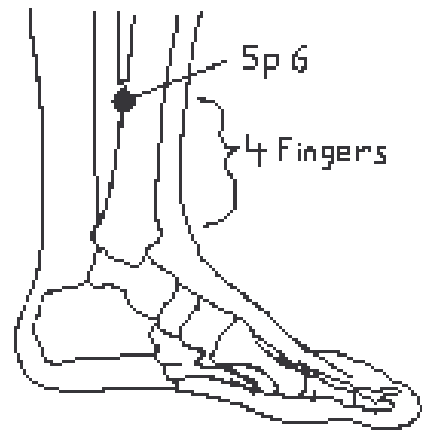
## ABBREVIATION AND LOCATION DESCRIPTION OF POINTS FOR STIMULATING SPECIFIC MERIDIANS (see pictures)

(most are at the end points of the meridians given in the "( )". One of the nice things about this set of procedures is that, unlike acupuncture, you only need to be close to the points for the procedure to be effective)

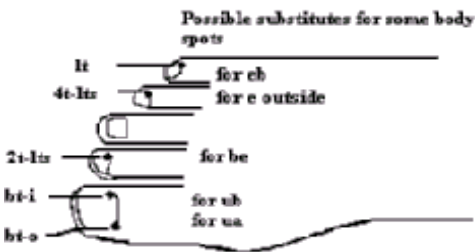
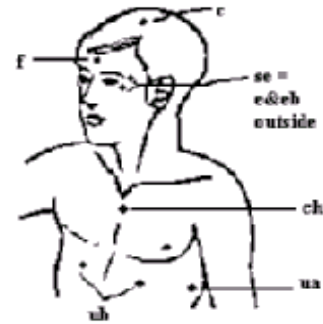
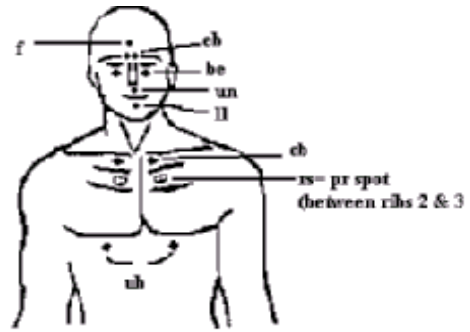
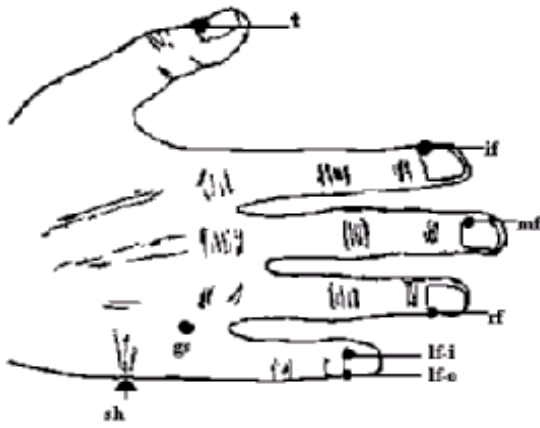
- a = Ankle points: four fingers above the ankle bone toward the back (Spleen). Treats all the lower Yin meridians at the same time (liver, kidney, spleen).
- be = Beneath Eye: on the small "notch" in the center of the lower bone of the eye socket (Stomach).
- c = Crown: top of the head. Place your palm on your forehead with your fingers on the top of your head. Just beyond where your middle finger touches is the crown point, directly above your ears. You can tap with your whole palm and you're bound to hit it! (Governing) Treats all the Yang meridians at the same time.
- ch = Chest: This point is over the thymus gland, a hand width below the bottom of the collar bone "V" notch (Central). If you thump vigorously, you are energizing your thymus = the "Thymus Thump."
- eb = Eye Brow: where the eye brow meets the bridge of the nose (Urinary Bladder).
- f = Forehead: in the center of the forehead ½ inches directly above the eye brow level (Governing).
- if = Index Finger: thumb side: in the corner where the finger nail meets the cuticle (Large Intestine).
- lf-i = Little Finger Inside: in the corner where the finger nail meets the cuticle (Heart).
- lf-o = Little Finger Outside: in the corner where the finger nail meets the cuticle (Small Intestine).
- ll = Lower Lip: under the lower lip on the midline (Central).
- mf = Middle Finger: Thumb Side: in the corner where the finger nail meets the cuticle (Pericardium).
- rf = Ring Finger: Little Finger Side: in the corner where the finger nail meets the cuticle. (Thyroid)
- se = Side of Eye: involves two points: *eb&e-o: Eye Brow Outside Edge = eb-o* (Triple warmer/Thyroid): at the corner of your eye brow toward the temple side and *Eye Outside Corner = e-o* (Gall Bladder): from the corner of your eye socket ½ inches toward your temple side; *these points can be done at the same time using three fingers.*
- t = Thumb: outside: (away from index finger) in the corner where the finger nail meets the cuticle (Lung).
- ua = Under Arm: about one spread hand width or four inches below the arm pit under your arm (Spleen).
- ub = Under Breast: Between ribs 6 & 7, next to the sternum, directly below the nipple just above the bottom rib (Liver).
- un = Under Nose: above the upper lip on the midline (Governing).
- w = Palm and/or back side of the center of the Wrist (Inner and Outer "Gates") between the bones (radius and ulna); 2½ to 3 fingers up from the wrist crease, a bit beyond where the watchband would fasten (Pericardium/Triple Warmer). Treats all the upper Yin meridians at the same time (lung, pericardium, heart).



Palm Inner gate



Back Outer Gate



**ch, rs and ub spots locations**

