

Mental field therapy is based on the recognition that many states of emotional or physical distress, such as depression or chronic pain, are often conditioned responses, just like a Pavlovian reflex. The factual memory of a traumatic event or thought pattern is linked to a specific nervous system and biochemical stress state. Whenever the memory or thought pattern is recalled, the identical stress state is induced. The memory is "coupled with" the stress state. The mental field technique is a simple method of breaking this connection. As a result, the facts of the event or thought pattern can be recalled without an activation of the conditioned stress state. It is like stepping out of a circular, well-trodden pathway that you can do without! If your condition has its origin in the electromagnetic energy of the body, this method works very well. Mental field therapy should be the first line of treatment for any physical, emotional and psychological condition. Most medical problems can respond partially or completely to this approach.

Use for:

Stuck health problems
Emotional stress states
Sudden bad news
Mind obsessing about something
Feeling stuck
Sexual problems
Insomnia
Relationship problems
Finding oneself projecting on others
Stuck work situations

When tapping:

- Use all 10 fingers (including thumbs!). Each finger has a relationship to the meridian system and this amplifies the effect.
- Tap around once per second.
- Tap 10-12 times on each meridian. It doesn't have to be perfect!
- Hum. This activates the only branch of your parasympathetic nervous system (the rest and digest system) that is under conscious control. You may also speak a three part sentence "Even though (insert the issue), I am complete and whole in myself, and (insert desired outcome here)." You may also use sentences that I have specifically given you.

Exercises to Utilize Mental Field Therapy**1. Top 10 Crappy Moments**

The standard use of Mental Field Technique is to use it to process through your "Top 10 Crappy Moments". These are the memories that you look back on and wince! Once you have this list, work through them one at a time. Spend a few minutes finding the emotions that are associated with the event. You may have to look back at old photos, or journals, or speak to someone who may help you remember, or write about it for a while so that you can feel what you felt at that time. Hold those feelings in your body, and then tap through each of the meridians.



Once you have tapped all the way through (about 2 minutes or so in total), try once again to feel what is in the body and mind around that event. Typically you may find a new emotion or have another recollection about the event. Once you feel that, go back and tap again. Repeat the sequence of tapping and trying to bring up the event's emotions for about 15-20 minutes total. Doing this exercise once per day for 3 days in a row will usually take the "legs" out from under the trigger. This means you will still remember what happened but it will be less charged.

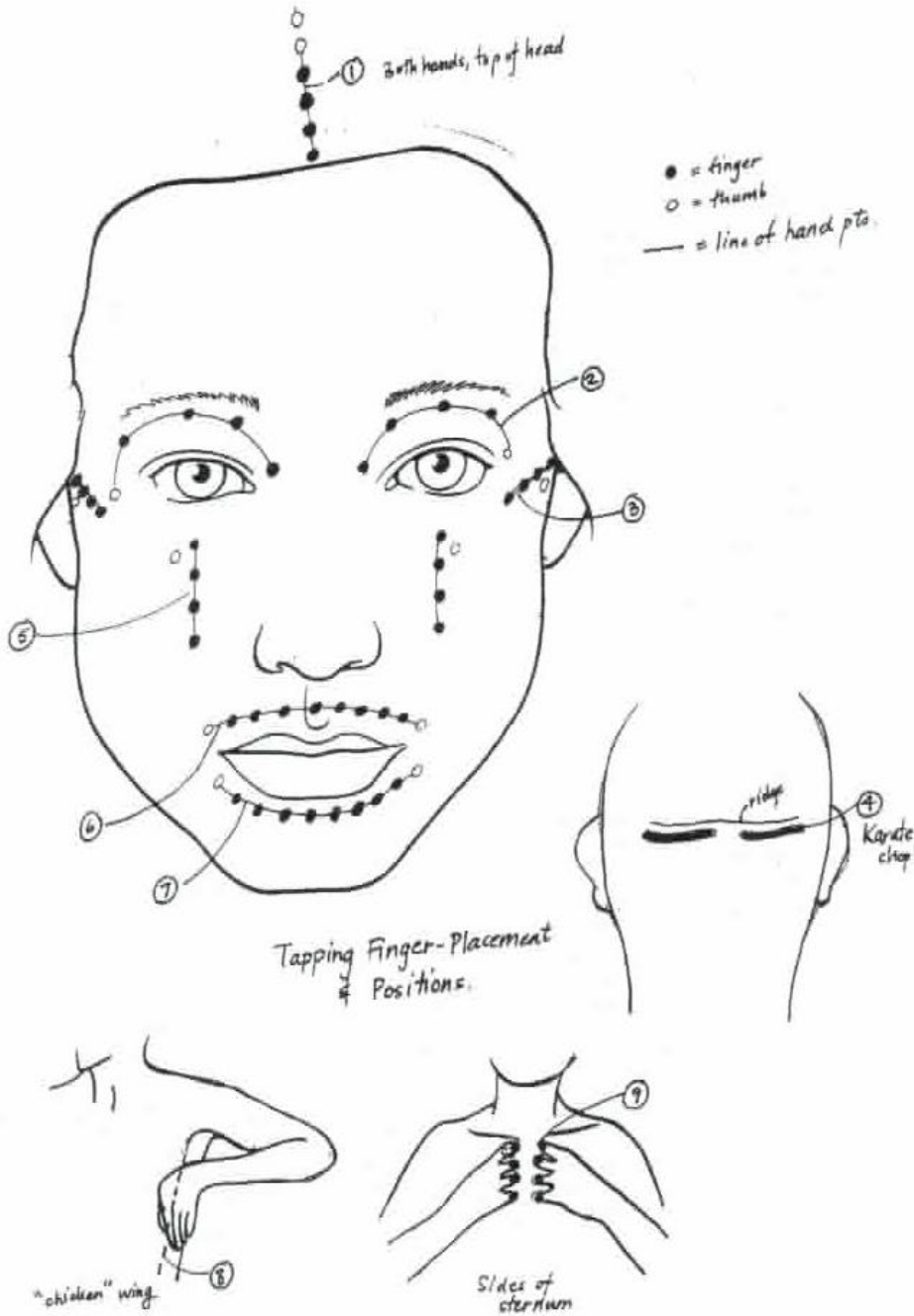
2. The Writing Exercise

You can do the 20 minute writing exercise, where you do stream of consciousness writing without setting down the pen until emotion/stress overwhelms you. Then you stop, do the tapping exercises all the way through. Usually at the end of this exercise, you'll feel much calmer. You may then pick up where you left off. If at the end of the tapping, you have a different picture, feeling or situation in your mind, then you can tap through this situation or continue writing along the new theme.

3. Use the Re-Programming Sentences

You can do all of the tapping areas while doing the sentences that we have found for you.

4. Tap indicated meridians for a specific requirement. Tap the meridians that I have indicated you need to work on! You can tap all of the meridians while holding a certain event, or a pain or dysfunction in your mind. For example, we might have you tap the stomach meridian before eating.



The lines in tapping order (see the diagram):

1. The crown - a line from front to back in the mid line on top of the head.
2. Eyebrow - the curve under the eyebrow (against the top of the orbit) from the inner corner of the eye to the outer corner.
3. Temple - the upper part of the cheekbone at the temple, starting just next to the eye where the pinky should touch.
4. Back of the occiput - back of the head, just under the ridge at the level of the ears, using a karate chop
5. Under the pupil - in a line directly down over the cheek in line with the pupil of each eye.
6. Upper jaw line - with the little finger in the middle under the nose, with all fingers lined up tapping through the lip where the teeth meet the gums.
7. Lower jaw line - a similar position on the lower lip.
8. Sides - using the inside edge of the hand with the arms and tapping on a line extending from the armpit down the side of the chest.
9. Breastbone - tapping on either side of the breastbone from just underneath the collarbone

Mental Field Technique