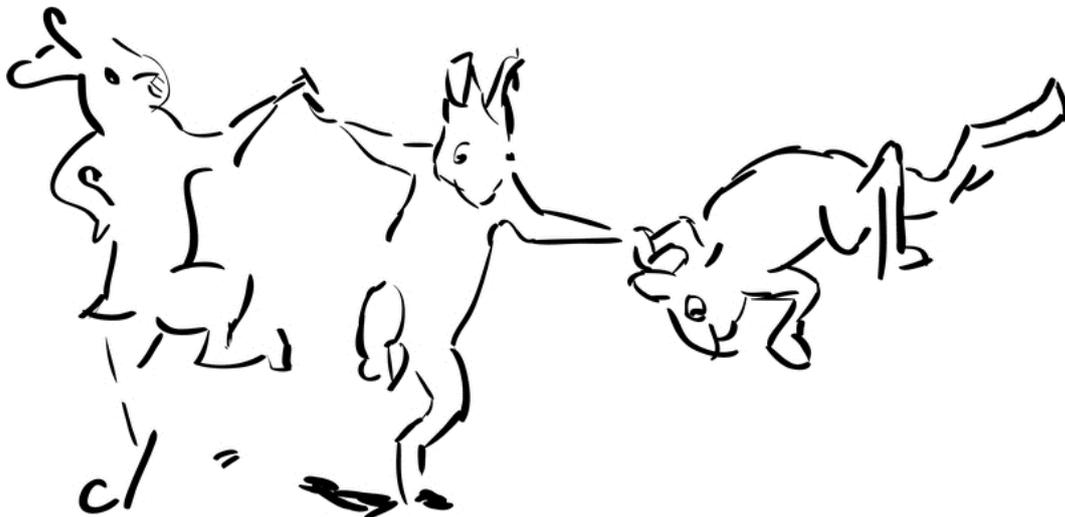


AN ENERGETIC 'CURE ALL'

IS THERE SUCH A THING?

Madison  King
Writer & Teacher of Energy Medicine

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**This little trio of techniques
comes pretty close!**

**It's a great 'go-to' when you're not sure
what to do or simply to support something
you are already doing.**

**Here's a 10 minute video of yours truly talking
about it**

<https://youtu.be/I25yi5pqOjQ>

People often ask me what I do when I don't know what to do.

That has often happened in my career; sometimes I haven't even been able to pronounce what is wrong with the person, let alone have an in-depth intellectual understanding of it. Or the person was presenting with so many different symptoms, it was almost impossible to get any feeling of priority to spotlight.

Or, it's simply 'me' – I know something is 'off' but can't work it out – I don't KNOW what to do, in which case I do this, and it always helps me feel better and very often find a direction to then work in.

If you consider the theory that 99.9% of what goes wrong with us is stress related in some way, it therefore follows that anything that is capable of reducing that stress, will, in some way, help alleviate 99.9% of problems.

Put simply, this trio helps:

- a) **reduces the limiting effects of stress on the body,**
- b) **increases the ability of the body to cope with that stress and**
- c) **helps you regulate and adjust to the stress and any change it involves.**

This protocol does need a bit of effort but is well worth the investment of time to learn and do it. The good news is that once you do know it, it's very easy.

AN ENERGETIC 'CURE-ALL'!

There are 4 steps:

1. **Trace Regulator Flow** – Yin and Yang – helps your body regulate and adjust to the change you are inviting.
2. **Sedate the Triple Warmer Meridian** by holding points. Reduces stress response.
3. **Strengthen the Spleen Meridian** by holding points. Increases ability to cope.
4. **Trace Regulator Flow** – Yin and Yang – helps the body accept this rebalancing.

For those of you who like to 'watch' – here are the links to all three – individually. They are different from the 10 minute intro video on the first page.:

<https://youtu.be/mtlZtNGbJGw>

CLICK THIS LINK FOR REGULATOR FLOW Yin and Yang tracing

<https://www.youtube.com/watch?v=4IR-5dSBR5s&t=248s>

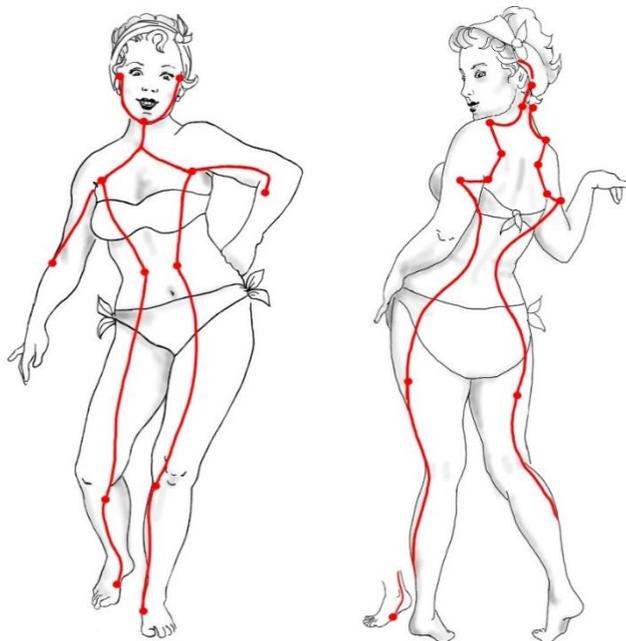
CLICK THIS LINK FOR TRIPLE WARMER SEDATING

<https://www.youtube.com/watch?v=VW-5nIYbW2w&t=145s>

CLICK THIS LINK FOR SPLEEN STRENGTHENING

If you prefer to read the written word:

REGULATOR FLOW – YIN AND YANG¹



Trace Yin Regulator ...

¹ Look out for the Maddie's Module that will go into detail about the Regulator flow and other 'Strange flows'.

- Rub your hands together, place them between the eyebrows.
- Trace a HEART around the outside of the face
- That heart sits on a STICK running down the front of the throat
- Cross your arms like a genie in front of you at chest level
- Uncross them, running your palms up to your shoulders so that your forearms are in a pharaoh position, i.e. crossed over the chest.
- Bring hands down to the side of the breasts – a la Marilyn Munroe or Katie Price
- Smile and move hands down the front of the body – ‘Oh, I’m so beautiful!’
- Move over the ribs, pelvis, thighs, knees, shins and the top of the feet, pause here
- Squeeze lateral and medial sides together [pressure on Bladder and Spleen]
- End by brushing off the feet
- Come up slowly, let your abdominal muscles do the work, vertebrae by vertebrae – you may also like to swing your torso slightly in a loose figure 8.
- ***Tracing the back flow – yang***
 - Palms on temples
 - Do the Teddy Boy Sweep – move your palms up over the top and behind the ears and off the shoulders
 - Cross your arms like a genie again, clasp the upper arm a little higher up – say an inch.

- Run your hands up the arms to the shoulders so that your forearms are again in the pharaoh position
- Move hands onto the back as high as is comfortable
- Trace down the back – in at the waist and out at the hips
- Down the back of the legs and off the little toes

TRIPLE WARMER SEDATION POINTS

These are specific points on the body that help the excess energy move out of this pathway of energy, they create movement, flow and a sense of harmony. Important in this meridian which some consider to be your 'inner warrior', your 'border guards' patrolling your energy systems to ensure your very survival. The problem is that your 'inner warrior' can go into overwhelm with so much stress to deal with and get's a bit over enthusiastic viewing a simple traffic jam on the same level of survival alert as coming around the corner and meeting a sabre-toothed tiger!

Holding sequence – hold all points until you feel a 'pulse' and then hold for 30 seconds longer It's when the magic happens. If you don't feel any pulses, and some people don't, then just hold for 1-2 minutes on each pair

1. LEFT HAND SIDE – SEDATION POINTS (hold the pair together : **TW10 and Stomach36** – the quick and easy way is to hold the back of the left elbow with the right hand to cover TW10 and the left hand covers just below the knee and towards the outside of the leg, about an inch out from the top of the shin bone.
2. LEFT HAND SIDE – CONTROL POINTS (hold the pair together : TW2 and BL66. The quick and easy way is to slide your hand down from elbow to between the knuckles of the little and ring fingers - **TW2** and at the same time the other hand slides down to the outside of the base of the little toe – **Bladder 66**

Then repeat the same on the other side

3. RIGHT HAND SIDE – SEDATION POINTS RIGHT HAND SIDE – CONTROL POINTS

Now, some therapists will hold in a slightly different sequence, but the above works for me – I find balancing the left-hand side of the body (the Yin supportive side) will very often impact on the right-hand side before I even start holding those points, resulting in the second side balancing out more quickly.

SPLEEN STRENGTHENING POINTS

I do this one in a slightly different sequence, because the control points are so easy ...

LEFT-HAND SIDE - The first set of holding points are **Spleen 2** – on the toe side of the bunion joint AND **Heart 8** – clench your fist and where the little finger lands on the palm of your hand, that's the point.

Repeat on the **RIGHT-HAND SIDE**

The second set of points (known as the control points) are **Spleen 1** on the medial side of the big toe nail and **Liver 1** on the lateral side of the big toe nail so very easy, just hold both sides of your big toe nails – on both toes.



I suggest you watch the videos, then read the instructions and do it two or three times. After a few attempts you won't need to refer to the notes and it will become almost second nature.

Do this at the **end** of a stressful day to aid sleep.
Do it at the **beginning** of a stressful day to help you cope.