

Freedom from Emotional Eating; *Changing your relationship with food*



Triple Warmer Stroke

An energy technique that I saw Donna Eden (creator of “Energy Medicine”) do on YouTube. I found it so soothing so quickly that I had to share it. You will find a video of me demonstrating it on my website under Free Resources.

General Information

According to Traditional Chinese Medicine, the human body has 12 main meridians which are energy pathways that connect and provide vital energy to the body areas and organs. The Triple Warmer (TW) is such a meridian. It governs fight/flight/freeze response and will fight anything and everything that it doesn't recognise in order to keep us safe and alive. It will take energy from every other meridian (except heart) in order to keep going and so we can become depleted energetically. This will release stress chemicals into the blood stream. Auto-immune disorders will be affected by this meridian, either positively or negatively. TW doesn't take into account how much stress it took to keep you alive or safe, just that it did its job by ensuring that you did! The body trusts this meridian implicitly. By soothing/sedating this meridian stress responses diminish, we can also start to break habits (by releasing the stress/conflict linked to the habit). The TW likes rhythm, so tapping soothes it and so does the technique below; it'll only take a minute and you'll feel chilled afterwards!

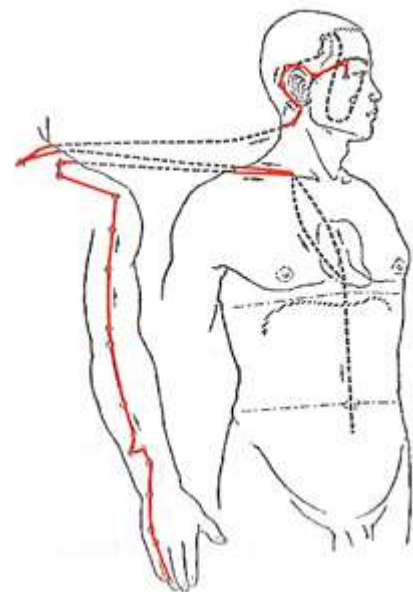
Method

Taking the flat of one hand and placing it at the corner of the opposite eye (e.g. left hand to right eye and vice versa) trace a wide sweeping line from the corner of the eye, across to the top of the ear, down behind the ear, down the side/back of the neck, down along the shoulder (towards the back), and then sweeping down along the back of the arm, across the elbow and off the ring finger. (see the diagram).

Repeat three times.

Then swap sides and repeat three times. Then as often as you wish.

If your stress levels are very high repeat until you feel sufficiently soothed to engage in a relaxed manner.



Spleen/TW hug

General Information

This is another very simple technique that you can hold for just a few breaths or as long as you want to. The Spleen meridian works with the TW (all meridians work in pairs), and is, in part, responsible for our self esteem and that, in turn, links to courage. By sedating/soothing the TW

and at the same time boosting the Spleen, we start to create harmony and balance within the body. You may notice that we do this naturally when we need to keep our energy to ourselves; when we feel tired or stressed. Kids do it frequently.

Method

Place the palm of the left hand about a hands width away from the right armpit (see picture).

Then place the palm of the right hand just above the elbow of the left arm (a bit lower than the picture shows).

Breathe for 3 slow gentle breaths.

Swap over; palm of right hand under the left armpit, palm of left hand just above right elbow.

Breathe for 3 slow gentle breaths.

Repeat as often as you wish.

