

Emotional Control Tools “ECT” for Releasing Emotional Stress

Stress is encouraged by American values. “Look how busy I am. I don’t have time for myself. I don’t take my vacations/sick days. Look at how many I have built up or need to take at retirement.”

ECT is an easy way to build in some relief and release instead of repress and building pressure until stress is a factor in errors, emotional outbursts, or illness.

As Los Angeles Urologist Eric Robins says, "Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, (meridian based therapies) will be one of their primary healing tools as it is for me."

Emotional Control Tools™ is a simple use of the hands to help control or eliminate strong emotional responses to traumatic events and/or memories . The event may be a pain or an ache. As an example let’s assume the emotion is anger as the response to being cut off in traffic

- Set up: Decide what emotion is dominant. Decide how strong the emotion is on a 1-10 scale with 10 being as great as you can imagine. While still in that emotion close your eyes and give your first impression and quickly state what color comes to mind. Now where is that in your body? For our example the anger is a 7, color is red, and felt in the solar plexus.
- Tap 30 times on the fleshy part of the hand “karate chop point.” Then tap 30 times under the nose. Last part of the triangle, the PR Triangle, is to tap on the other hand karate chop point 30 times. This sets you up for easy relief.
- Anger is always the first emotion to deal with. Hold one hand vertically in front of you. Gently with two or three fingers pull down the little finger until it is separated. Close your eyes and take three gentle deep breathes making an “ahhhh” sound as you breathe out. Open your eyes and reevaluate. What number, has the color changed or is it the same, and where is it? For example, Anger is now a 3, pink, and has moved to the shoulder. What other emotion



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now comes up? Often the new emotion is Sadness. Rate Sadness for number, color, and place? Sadness was rated a 5 on the 10 scale, color was blue, and the location was in the leg.

- Sadness as an emotion is controlled by holding the ring finger with the opposite fist. So go ahead and do it. Close your eyes. Breathe three times. Reevaluate. 2, pale violet and in the foot. What other emotion now comes up? Rate it for number, color, and place? Fear comes up 5, black, in the right hand.
- Fear is controlled holding the index finger. Go ahead and do it. Close your eyes. Breathe three times. Reevaluate. 0, no color, no place in the body hold this Fear. What other emotion now comes up? Rate it for number, color, and place? Often after two or three emotions nothing else comes up. For our example Anxiety comes up. 4, yellow, and in the hip.
- Anxiety is controlled holding the middle finger. Go ahead and do it. Close your eyes. Breathe three times. Reevaluate. Less than one, a light haze, and cannot find a place in the body. What other emotion now comes up? Worry comes up. Rate it for number, color, and place? 2 blue, in the left in the shin.
- Worry is controlled by holding the thumb. Go ahead and do it. Close your eyes. Breathe three times. Reevaluate. Nothing comes up.
- Hold all the fingers you used together in the opposite fist. For our example it is all of them. Take a couple of gentle deep breaths.
- Open the left palm and using the knuckles of fist of the right hand gently sweep around the palm in a counterclockwise manner.
- Keeping the palm open sweep across with you finger tips of the right hand gently sweep around the palm in a counterclockwise manner.
- Test your emotions in response to the near traffic accident. Generally the emotion is completely controlled and or gone. Sometimes we get distracted and do not stick to one origin. If that happens, then start again and stay focused on the one event or pain.

