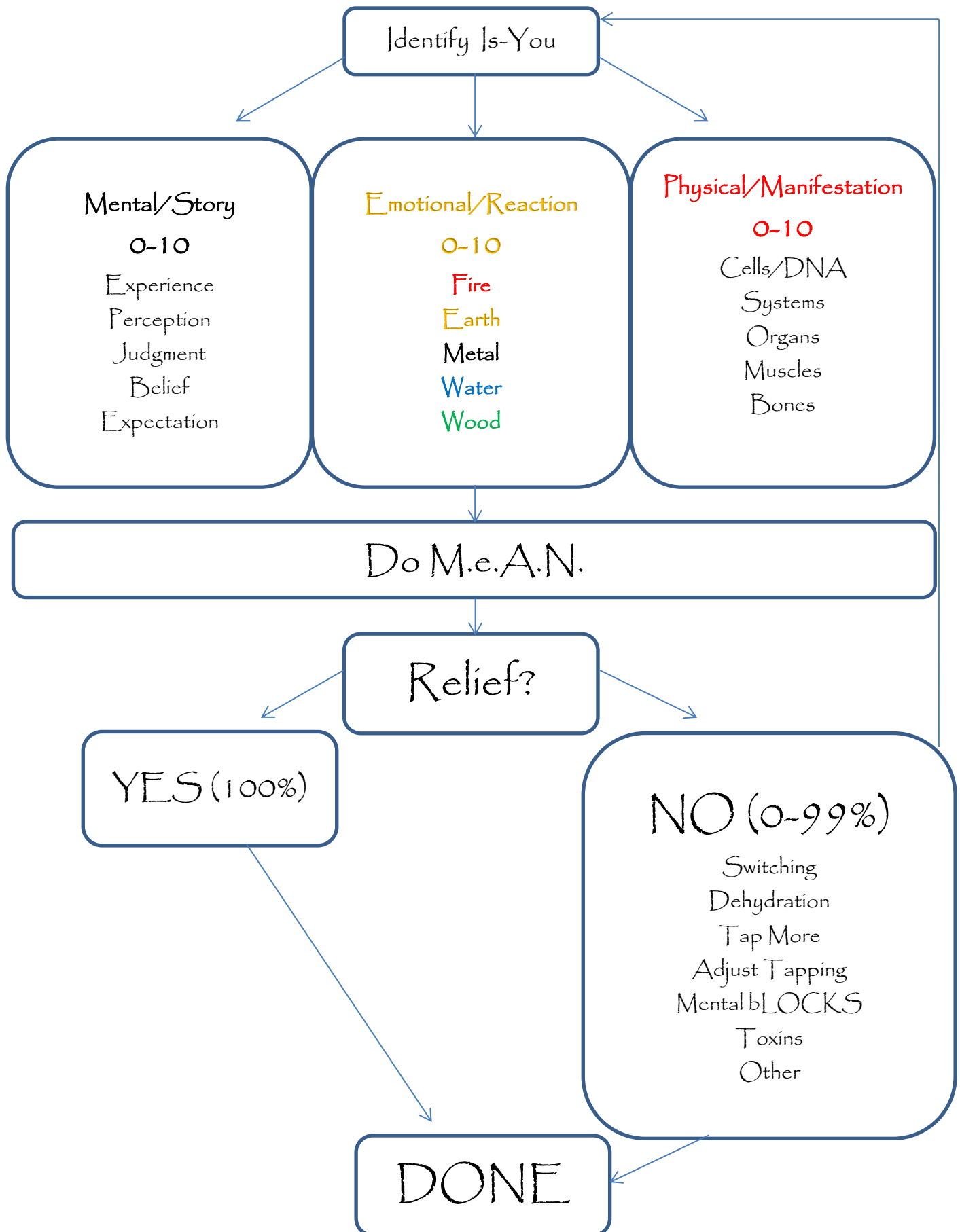
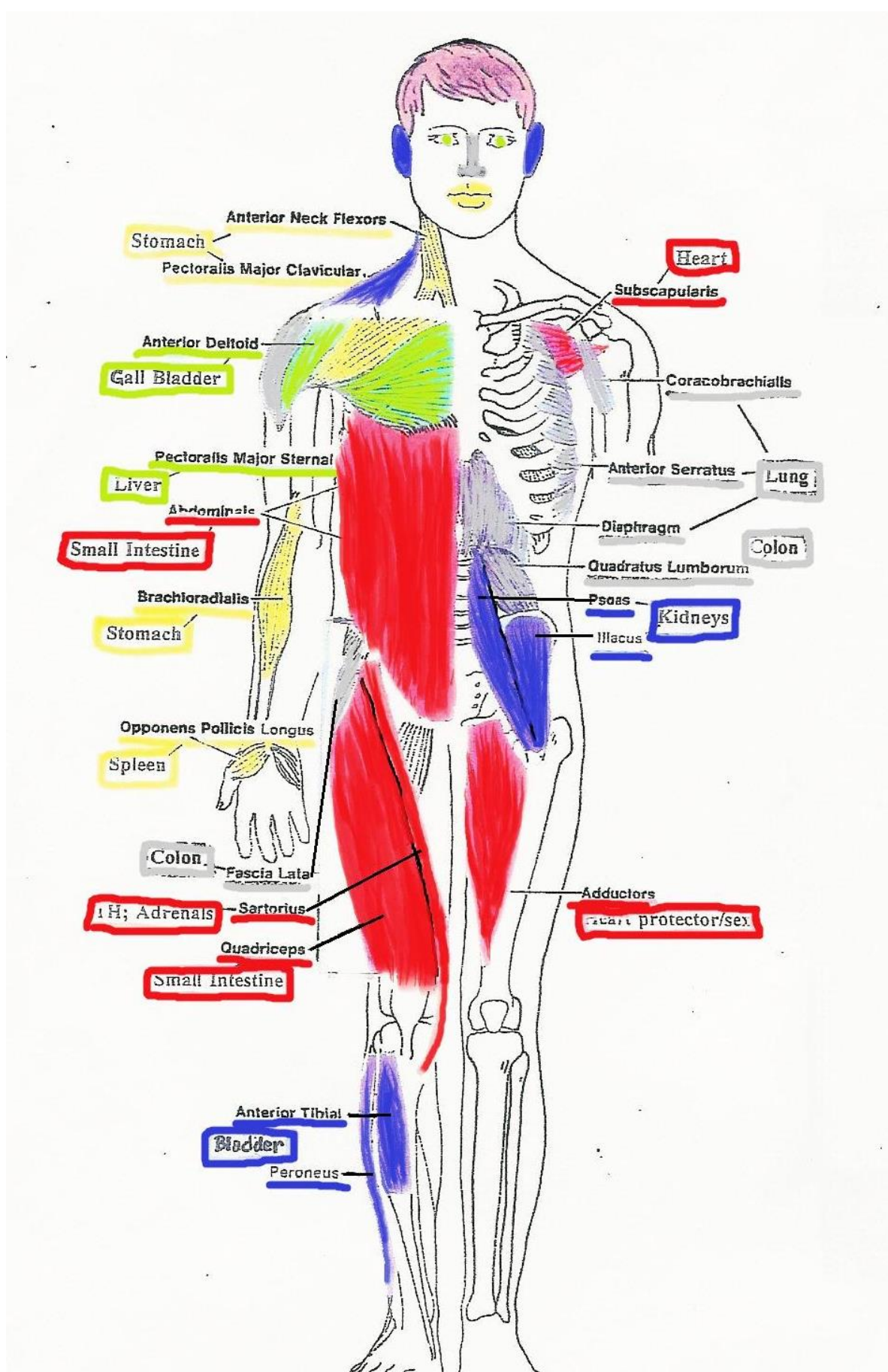
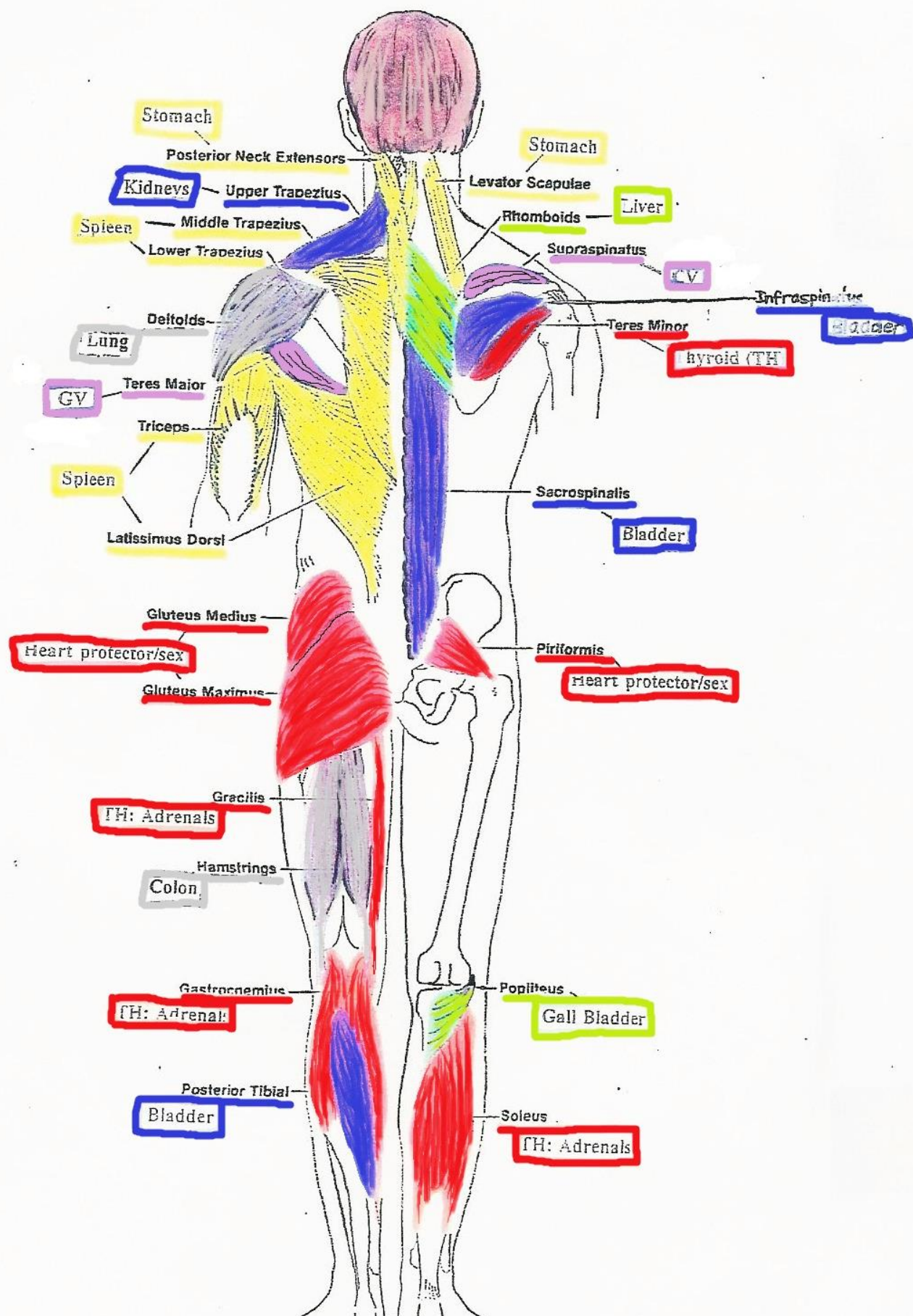


M.e.A.N.







M.e.A.N. Basic Protocol

"All problems have their roots in the Mind. The meridian system is the keyboard of the mind and body. By tapping, rubbing or holding meridian points the mind and body can be changed."

1. **Rate the Problem**...From 1- 10 (10 being worst)

2. **THE STARTUP**... repeat the problem/issue 3 times while rubbing one of the **L1 Points**:

"Although I _____ I love and accept my mind and body."

Example: "Although I have this backache, I love and accept my mind and body."

3. **THE TAPPING**...lightly tap, approximately 9 times, on each of the points below while repeating the CORE of issue. Tapping can be done on either side of the body. **Left side = Feminine - Right side = Masculine**

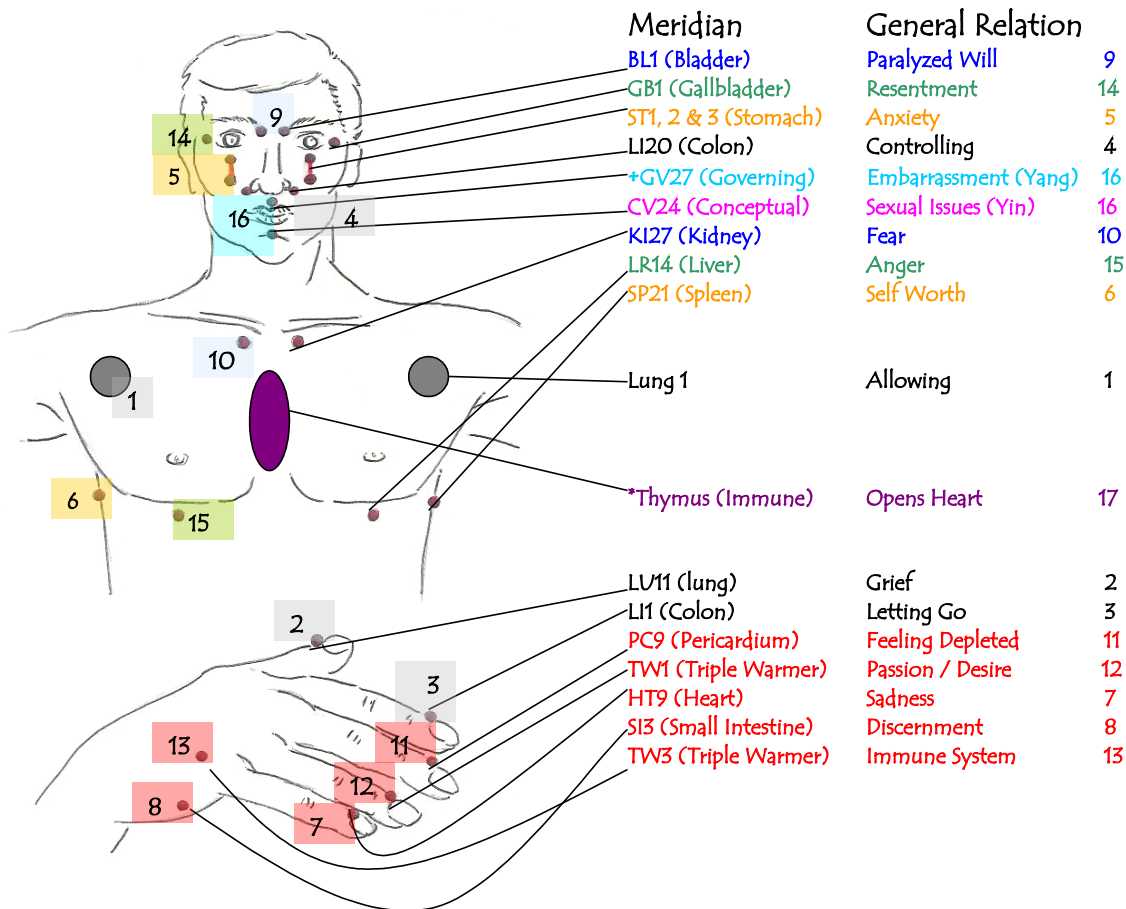
Example: "Backache"

The 2nd to the last points to tap are GV 27 & CV 24. This is the meeting place of our male and female energy. Place the tip of your tongue on the roof of your mouth to close/complete this circuit and tap both points lightly 9 times.

Last point: The Thymus point is in the middle of your chest. As you continually tap this point do the following eye movements:

- Make a square in one direction: Repeat 3 times
- Make a large square going the opposite direction: Repeat 3 times
- Look to the left as far as you can then to the right: Repeat 3 times
- Look up then down. Breathing in as you look up and breathing out as you look down: Repeat 3 times

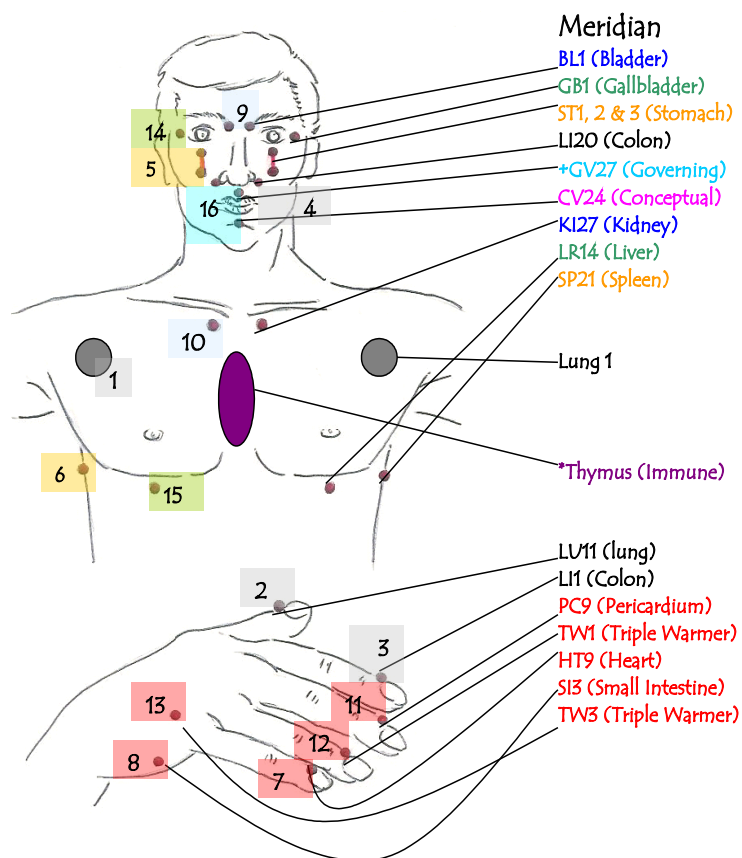
4. **REPEAT STEPS 2 and 3**...lightly tap approximately 9 times on each of the points below while repeating the CORE of the issue.



M.e.A.N. Tapping Points

1. Sore spot	Lung	Allowing
2. Thumb	Lung	Grief
3. Index Finger	Colon	Letting Go
4. Side Nose	Colon	Controlling
5. Under Eye	Stomach	Anxiety
6. Under Arm	Spleen	Self Worth
7. 5th Finger	Heart	Sadness
8. Side of Hand	Small Intestine	Discernment
9. Eyebrow	Bladder	Paralyzed Will
10. Collar Bone	Kidney	Fear
11. Middle Finger	Pericardium	Feeling Depleted
12. 4th Finger	Triple Warmer	Passion/Desire
13. Top of Hand	Triple Warmer	Immune System
14. Side of Eye	Gallbladder	Resentment
15. Bottom of Rib	Liver	Anger
16. GV27 Top Lip CV24 Bottom Lip	MicroCosmo MicroCosmo	Embarrassment Sexual Issues
17. Chest	Thymus	Opens Heart

Meridian energy Activation & Neutralization



General Relation

Empire

Allowing

1 Rhythms – Environmental exchange, Accepting

Opens Heart

17

Grief

2 Rhythms – Environmental exchange, Accepting

Letting Go

3 Waste Management – Get rid of the old, Lets go

Feeling Depleted

11 Emperor's Guard – Keeps the heart safe, Caring

Passion / Desire

12 Utilities – Governs energy balance, Loves life

Sadness

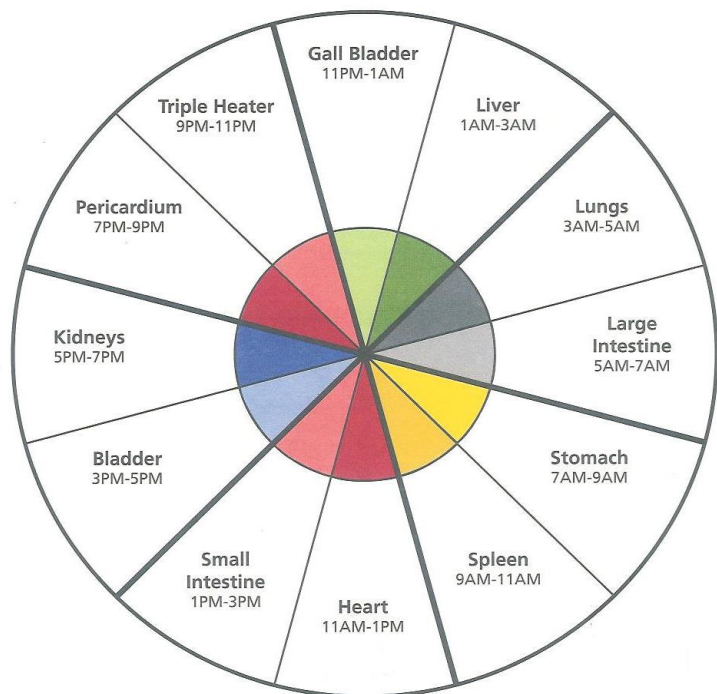
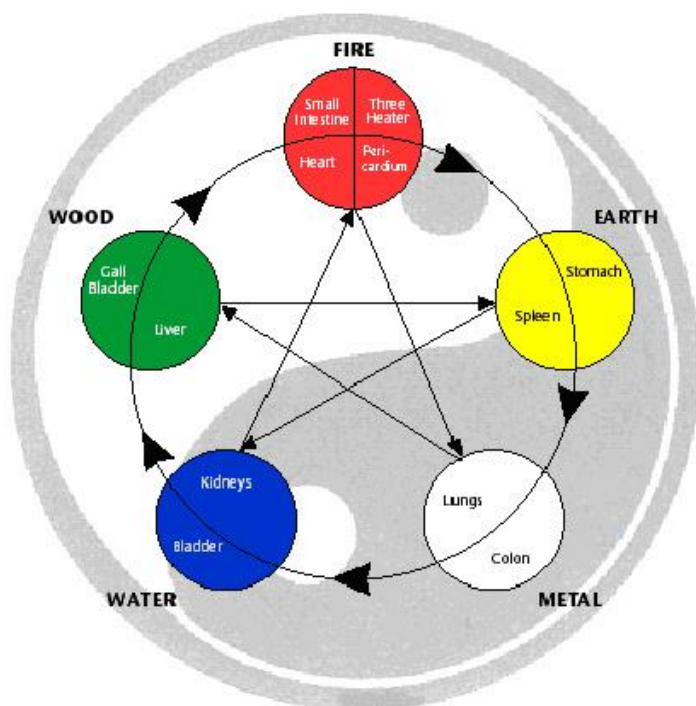
7 The Emperor – Holds your Spirit, Wants to share Joy

Discernment

8 Information – Sorts through thoughts, Discerning

Immune System

13 Utilities – Governs energy balance, Loves life

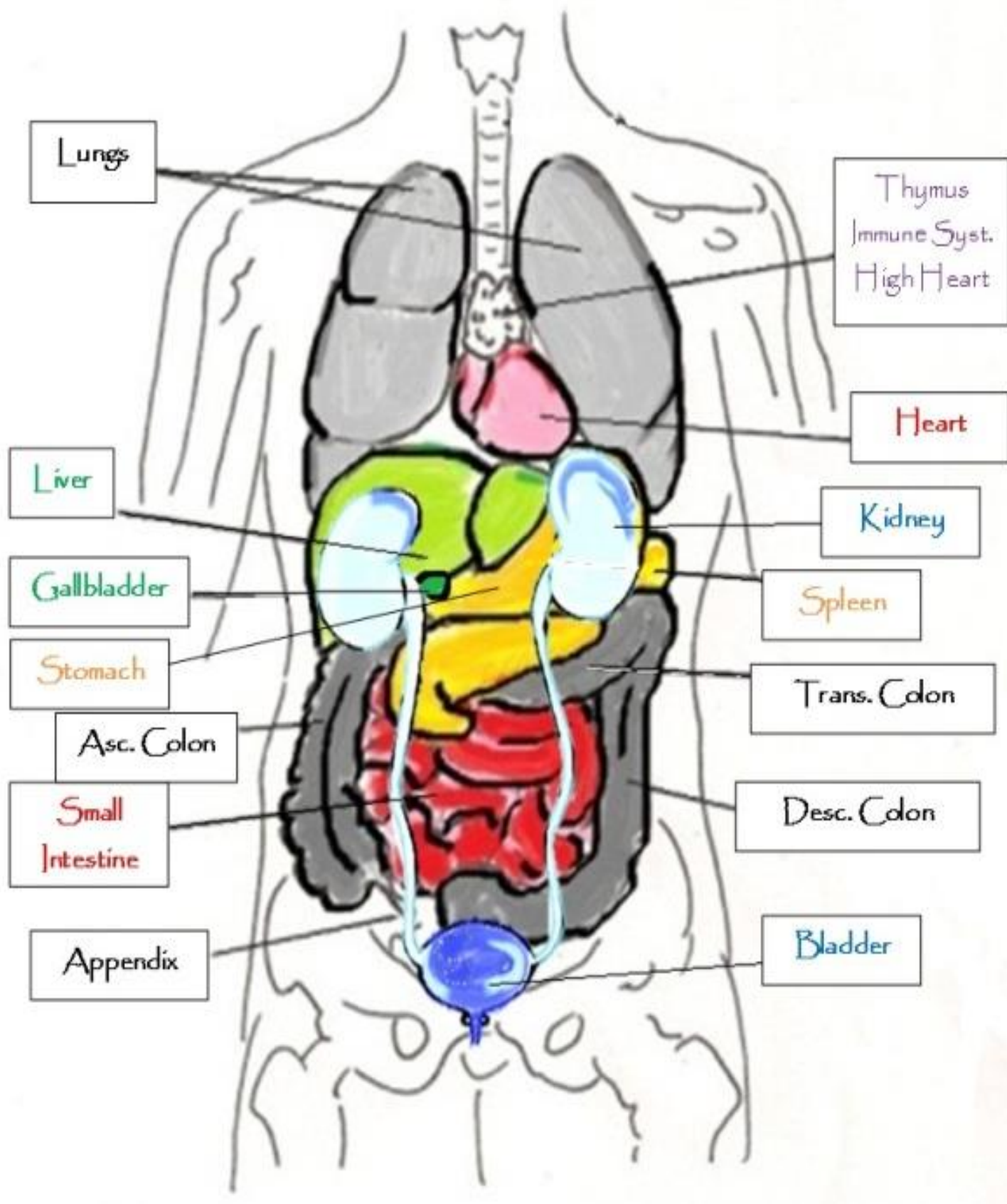


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5 Elements & E-Motions

	FIRE			
	PHYSICAL HEART	SMALL INTESTINE	PERICARDIUM	TRIPLE WARMER
1	shock	vulnerability	depletion	confusion
2	guilt	abandoned	suppression	paranoia
3	unlived joy	insecure	unresponsive / numb	muddled thinking
4	self protection	deserted	loss of spark	emotional instability
5	feeling used	absent minded	acute grief	emotional rollercoaster
6	trapped	lost	broken trust	humiliated
7	hard hearted	neglected	betrayal	indecisive
8	boredom	deprived of love	hurt	feeling left out
9	uncreative	deprived of safety	deep yearning	inhibited
10	rigid	deprived of closeness	remorse	choked
11	greed	deprived of intimacy	not lovable	giving up
12	coldness	deprived of nourishment	withholding from others	denial
13	hysteria	deprived of warmth	disappointment	having no right to self expression
14	erratic behavior	dark secret	compassion	not being heard
15	melancholy	unable to receive		not being seen
16	dullness	forgetfulness		repressed
17	yearning for joy	difficulty expressing emotions		
18	jealousy			
	EARTH		METAL	
	SPLEEN / PANCREAS	STOMACH	LUNG	LARGE INTESTINE
1	hopeless	despair	yearning	defensive
2	living through others	nervous	anguish	dogmatic
3	feeling inadequate	obsession	chronic grief	stuck
4	not good enough	anxiety	grief	over critical
5	self punishment	worry	sadness	controlling
6	dependent	broken power	longing for _____	narrow minded
7	victim	dislike	feeling trapped	perfectionist
8	lack of boundaries	disgust	isolated	compulsive
9	hanging on	smoldering hate	unhealed separation	pedantic / anal
10	over sensitive	too much to handle	despair	cynical
11	over sympathetic	stressed out	disappointment	miserly
12	over worried	devstated	hopeless	uptight
13	low self-worth	too high demands	lost zest for life	emotional incontinence
14	low self-love	not able to digest something	sorrow	orderliness
15	smothered	skepticism	inflexible mind or body	stubbornness
16	concern about opinions of others	poor confidence	pessimism	holding on
17		mistrust	nostalgia	
	WATER		WOOD	
	KIDNEY	BLADDER	LIVER	GALL BLADDER
1	escapism	irritated	frustration	stubbornness
2	fear	suspicious	anger	depression
3	guilt	pissed off	rage	repressing emotions
4	powerless	timid	aggression	indecision
5	broken will	shame	irrationality	resentment
6	deep disappointment	very upset	incapable to take action	victim hood
7	demoralized	feeling paralyzed	withholding all feelings	martyr
8	bad news	not standing on own feet	complaining	blaming
9	fright	shyness	unyielding	self pity
10	deep exhaustion	hurt	self sabotage	feeling second best
11	survival	helpless	discontented	unforgiving
12	brutal	unfulfilled yearning	unacknowledged	bitter
13	terror	embarrassed	toxic	manipulative
14	lack confidence	self pity	incapable of standing up for self	false pride
15	want to run	resignation / given up on _____		galled (rubbed the wrong way)

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