

Dimension	Strangeflow	Function
Back/Front	Governing Vessel	Backbone, ability to become upright, courage to be, to move forward and take risks Holds our spiritual potential. Sense of divine support in life
	Conception Vessel	Ability to create and manifest our potential Sense of confidence and having one's needs met (vs. neediness and clinginess) Ability to love oneself, Ability to bond and be intimate with others Ability to feel sated
Above/Below	Penetrating Vessel	Relates to ancestry, intergenerational and genetic patterns, cellular memory, and our predetermined destiny <sup>i</sup> Issues of enmeshment vs. emancipation from family of origin, unforgiveness, non-acceptance of our origins, etc.
	Girdle Vessel	The repository for repressed emotions and psychological complexes that require transformation Related to early childhood programming and wounding
Inner/Outer	Yin Linking Vessel	How a person relates to past and future Self-validation and the meaning we derive from life Taking in the outer world and maintaining integrity and meaningful boundaries within
	Yang Linking Vessel	Regulates our old habits and modes of behavior that make up the 'mask' or personae we present Last stage of defence
Left/Right	Yin Stepping Vessel	Sense of Ego
	Yang Stepping Vessel	Self-evaluation, self-judgment and morality, denial of self Holding back from interacting with the world Confusion over who we are, lack of self-trust

Table 2: Strangeflows and related themes of the mental body

<b><i>HDB</i></b>	<b><i>Characteristics</i></b>	<b><i>Correspondence to Physical</i></b>	<b><i>Broad Effects</i></b>
<b><i>Cosmic Red</i></b>	Has form Channels: veins	Rectum (Root chakra)	<ul style="list-style-type: none"> <li>⌚ Any physical healing</li> <li>⌚ Rejuvenation</li> <li>⌚ Detoxification</li> </ul>
<b><i>Cosmic Orange</i></b>	Has form Emotional/Astral/Energy body Channels: Meridians Flows of the personality	Womb in women Prostate in men (Sacral chakra)	<ul style="list-style-type: none"> <li>⌚ Energy, vibrancy</li> <li>⌚ Emotional positivity, equanimity</li> <li>⌚ Confidence</li> <li>⌚ Self-nurturance</li> <li>⌚ Healing/forgiving/letting go of the past</li> <li>⌚ Relationship issues</li> </ul>

<b><i>Cosmic Yellow</i></b>	Has form Mental/Causal body Channels: Strangeflows Flows of Self Dimension of karma, destiny Monad or soul level	Stomach (Solar Plexus chakra)	<ul style="list-style-type: none"> <li>⌚ Personal power,</li> <li>⌚ Self-awareness, self-acceptance</li> <li>⌚ Sense of destiny and purpose</li> <li>⌚ Truthful, supportive beliefs</li> <li>⌚ Mental clarity</li> <li>⌚ Ability to move forward in life</li> <li>⌚ Transparency, understanding of inner self reflected in outer life</li> </ul>
<b><i>Cosmic Green</i></b>	Oscillates between form and infinite potential for form No formal channels Beginning of Unity Consciousness	Lungs (Heart chakra)	<ul style="list-style-type: none"> <li>⌚ Unity consciousness and developing heart intelligence</li> <li>⌚ Compassion, innocent perception</li> <li>⌚ Seeing others as oneself</li> <li>⌚ Self love and unconditional love</li> <li>⌚ Release of grief and heartache</li> </ul>
<b><i>Cosmic Light Blue</i></b>	Holds both finitude and infinity No formal channels Continual change Balance point and bridge between above and below	Thyroid (Throat chakra) Cloud layer	<ul style="list-style-type: none"> <li>⌚ Balance above and below. Ability to harmonize spiritual and material realities.</li> <li>⌚ Ability to move through things without feeling attacked or threatened, not taking things personally</li> <li>⌚ Spiritual protection and sense of safety</li> <li>⌚ Strong immunity</li> <li>⌚ Ability to assimilate greater levels of light into lower dimensions</li> </ul>
<b><i>Cosmic Sapphire Blue</i></b>	First order of true infinity		Ability to feel deeply Joy
<b><i>Cosmic Violet</i></b>			Developing true morality DNA clearing and evolution Inner vision, intuition Strong inner guidance Strong sense of identity and self
<b><i>Cosmic Gold</i></b>	Racing edge of creation No formal channels		

## The Tapping Routines

We have provided four tapping routines, each targeting different energy systems. The first is to activate the astral or energy body and the meridian system; the second is to activate the causal body and the strangeflows; the third implements combined activations of meridians and strangeflows; and the fourth activates the full spectrum of higher dimensional bodies.

Many points in the tapping routines have been coded specifically to heighten particular awareness and energies, so tapping these goes well beyond any acupressure benefits that might also be derived. In addition, each tapping point accentuates clearing of a particular meridian, strangeflow, or dimensional body and brings to greater clarity the underlying issues that may be causing the disruption of energy. These will perform body codings according to your specific energy patterns, moving the energy to balance and harmony within the whole system.

In addition, throughout the tapping and for a duration of time afterwards that depends upon your body's ability to respond to the activations, the higher dimensional bodies under focus are being worked on further by the MBBT.

At the end of the strangeflows and combined routines, we have added a pose that may be held for several moments following tapping. This pose is referred to as the **Accelerated Breakthrough Pose**, which has been specifically coded to confer a blessing of God's infinite grace, activate the pineal/DNA system to support clarity, generate a sense of infinity, and allow new transcendent understandings of current life situations. Whether you are doing the tapping routines to clear on issues or simply to activate your higher dimensional bodies, you will find yourself feeling lighter and more peaceful as you hold this pose. The activations will be accentuated for the duration of the pose, so you can use it to meditate for a few moments on the infinite nature of your being in God.

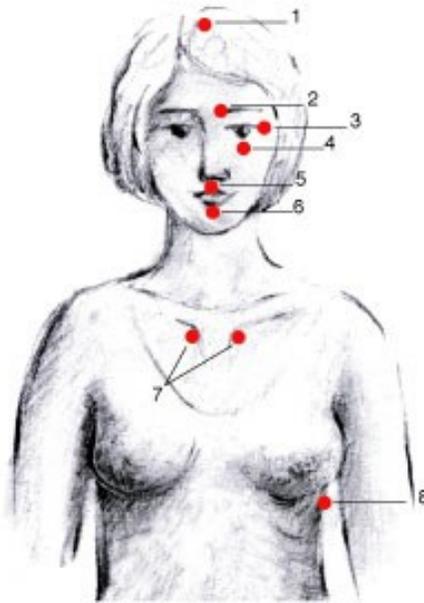
You may do the AB pose at any time that you are seeking a change of mind and heart in life, and the activations will be initiated for you automatically. If you are doing several tapping routines in a row, then you may want to do the AB pose at the end of all tapping.

The last tapping routine is encoded to activate the MBBT codes for all dimensional bodies. It is a one-point per dimensional body protocol. The points correspond to the organ centers, which have correspondences to the higher dimensional bodies.

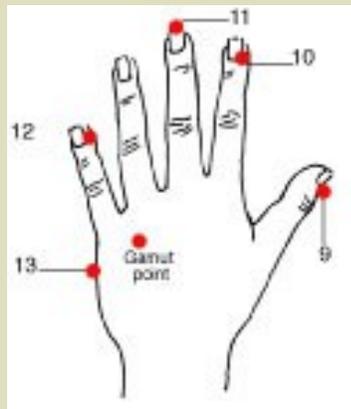
## Tapping Routine for the Meridians

The tapping routine for the meridians that activates the MBBT is the popular EFT routine that has been widely used for emotional release. This routine contains one point per meridian, with two additional ones for the extraordinary meridians of *Governing* and *Conception Vessel*, which are really extraordinary meridians. They are widely used along with the ordinary meridians in acupuncture, because the Governing vessel influences all the Yang channels of the body, while the Conception vessel influences all the Yin channels. The points in the routine are well chosen for maximum effect. The underarm point is a major point for overall pain the body, and the finger points are the *jingwells*, used in emergencies to quickly shift energy in a meridian. Please note that while these are important acupuncture points, tapping this routine *with* MBBT activation confers much greater emotional clearing power than tapping it *without* the MBBT activations. So while you may have been using EFT for emotional release, the tapping routine will be noticeably more effective for you now.

It is highly recommended that you blink your eyes and move them in various directions throughout the tapping process. This is especially useful if you are using the tapping routine to clear an unwanted emotional state. Eye blinking and movement will induce a state of REM and slower alpha brainwave state. In the REM state, our mind's files are open and we can release far more deeply and broadly than in normal consciousness of the beta brainwave state. This is the basis for Rapid Eye therapy, a very powerful modality for emotional release. You can achieve some of the benefits of Rapid Eye therapy by adding blinking while you tap. Expect your eyes to become heavy, gritty, sore, itchy, dry, have a burning or stinging sensation, or move out of sync with one another—these are all normal sensations as emotional energies are releasing. While each sensation corresponds to specific emotional energies, you do not need to understand what you are releasing in order to benefit from the process. It is suggested that you repeat the tapping sequence as needed, until your eyes feel clear. End with shutting your eyes tightly and opening them a few times in a row, before moving to the other tapping routines.



- 1- Du vessel (Du 20)
- 2- Urinary Bladder (fear) (UB 2)
- 3- Gall Bladder (anger) (GB 1)
- 4- Stomach (worry) (St-2)
- 5- Du (du-26)
- 6- Ren (Ren-24)
- 7- Kidney (K-27)
- 8- Spleen (sp-21)



- 9- thumb = Lung (grief) (lu-11)
- 10-index= Large Intestine (LI-1)
- 11- middle finger – Pericardium (Per-9)
- 12- little finger – Heart (ht-9)
- 13 – karate chop – Small Intestine (SI-3)
- 14- Gamut on hand –Triple Warmer (TW 2 and 3)



Meridian	Office/Function/Strength	Emotional-level Deficiencies/Excesses/Blocks
<b>Gall Bladder</b>	<p><b>Official of Decision Making and Wise Judgment</b></p> <p>Holds vision for our life.  Wise judgment, ability to see what is right and just.  See future with flexibility and hope.  Ability to generate good ideas for new growth in life.  Sense of renewal in life.  Decisiveness</p>	<p>Judgmental, resentful, rage against others  Blame, seeing obstacles  Holding grudges  Aggressive behavior  Frustration—feeling blocked in manifesting  Overly driven  Rigid, fixed ideas and attitudes  Control freak—fear of loss of control  Indecisiveness</p>
<b>Liver</b>	<p><b>Controller of Planning</b></p> <p>Assessment of circumstances (from Gall Bladder) and conception of plans.  Ability to take action and see plans through  Ability to discover the ‘Right Way’, leading to balanced and well coordinated life style (together with GB).</p>	<p>Rage and anger directed at self  Guilt  Procrastination, inability to get things done  Lack of initiative</p>
<b>Heart</b>	<p><b>Emperor or Supreme Controller</b></p> <p>Love and true compassion for self and others  Healthy connection to others and to life  Unity consciousness  Ability to appreciate love, beauty, joy  Surrender, peace, smiling heart</p>	<p>Heartache,  Excitability—too much in outer world (loss of self);  scatter-brain  Shut down to the world  Panic, manic  Overcommitted to those we love  Frenzied life</p>
<b>Small Intestine</b>	<p><b>Official in control of separating pure from impure, and transporting waste to large intestine</b></p> <p>Decisiveness, Discernment, Happiness, confidence in one’s choices  Alignment to the truth and higher will. Trust that pure essence may be extracted from all experiences.</p>	<p>Feeling pulled in many directions  Overwhelmed by life/confused by choices, muddled  Loss of discernment, lost.  Lack of trust in our instincts.</p>
<b>Pericardium</b>	<p><b>Heart Protector</b></p> <p>Able to not take things personally.  Able to protect oneself from hurt.  Clear and competent in looking after the heart’s needs  Able to hear the desires of the heart and support their fulfilment  Allows the song of the Heart through self-nurturance</p>	<p>Anxiety (fear of being hurt)  Easily hurt  Bewildered by demands and choices  Unclear about true desires  Neglecting true needs of the heart</p>
<b>Triple Warmer</b>	<p><b>Official of Balance and Harmony</b>  Controls endocrine/hormonal system</p> <p>Ability to give off warmth  In harmony with life  Fight or flight response</p>	<p>Anxiety; feeling unsafe  Tendency to scan the outside situations for safety  Cold  Easily put off balance  Easily stressed</p>

<b>Suggested Affirmations for each point</b>		
<b>Stomach</b>	<p>Trust in the larger picture  Supportive of others; feels supported and accepted  Strength and equilibrium through transition and change  Sense of comfort and home  Connected to others (family, community, etc.) without loss of self  Self-sovereignty and freedom. Empowerment  Foundation to unconditionality of heart's love</p>	<p>Abundance or absence of emotions  obsessive worry; brooding  no sense of personal power  lack of self-trust or trust of life  Inability to make life work  Self-suppression</p>
<b>Spleen</b>	<p><b>Controller of Transport</b> (of transformed inputs) to all body systems  Immune System – able to keep organism/being safe</p> <p>Balance, able to honor personal needs and those of others  Sympathetic to others and to self  Able to take in life and determine how it concerns self  Capacity for sound thinking, studying, concentrating, and memorizing.</p>	<p>Inability to assimilate input from life,  Overly sympathetic toward others (at own expense),  Overly concerned about others  Poor boundaries (poor immune system)  Co-dependency in relationship  People pleasing  Unnurtured  Inability to focus or think clearly</p>
<b>Lung</b>	<p><b>Controller of Receiving Pure Ch'i from the Heavens;</b>  Controller of choice to live  Lymphatic System</p> <p>Faith that flows in life will follow life's ebbs.  Ability to see our essence, and the essence in others and life experiences.  Ability to accept the comings and goings of life and feel fulfilled  Ability to connect to the eternal, enduring qualities of self and not be attached to other identifications.</p>	<p>Grief, sadness, regret, guilt  Inability to process and be done with life lessons.  Inability to derive learning from painful situations.  Stuck in the past, fear of future (unable to surrender and engage reality)</p>
<b>Large Intestine</b>	<p><b>Controller of Drainage and Dregs</b></p> <p>Ability to make way for new by clearing the old. Ability to let go, to embrace the new, to overcome and be done with things.  Brings completion to a cycle of creation or phase of life.  Ability to embrace change.</p>	<p>Tendency to hang on to what is no longer needed.  Unable to let go.  Stagnation, sense of being weighed down.  Difficulty embracing change; no room for change;  resisting natural cycle (endings)  Things that should be let go but aren't become toxic and a burden.  Repetitive life and thinking.</p>
<b>Urinary Bladder</b>	<p><b>Controller of the Storage of Water</b>  Storehouse of vital and ancestral energies and inner capacities</p> <p>Cultivation of hope and trust  Courage to face fears  Persistence, steadfastness toward reaching ideals</p>	<p>Fear, suspicion and mistrust  Sense of futility, hopelessness, giving up  Lack of vital energy</p>
<b>Kidney</b>	<p><b>Controller of Water</b>  Center of will and determination</p> <p>Reflectiveness, regeneration, envisioning, depth  Will for life</p>	<p>Tendency to withdraw and isolate if feeling unsafe or vulnerable  Unnurtured  Fearfulness, survival issues  No will for life  Shame</p>

Table 4

Below are some affirmations that you may want to use along with the tapping. All affirmations are trigger statements that will activate the **Affirmation Enhancer Tool**, and therefore will cause clearing and activations to take place within your energy fields. Each time you use them, further clearing and activation will occur.

Remember that each tapping point accentuates clearing of a particular meridian, and brings to greater clarity the underlying issues that may be causing disruption of energy. In particular, tapping on that point focuses on clearing the negative traits and activating the positive traits, emotions and capacities associated with the corresponding meridian, as listed in Table 4. For the positive capacities associated with the Governing and Conception Vessels, refer to Table 2. This is a tremendous feature, so take advantage by using the tapping routines often!

If you are tapping to achieve emotional release, then you may want to do a few rounds of tapping while releasing negative emotions first. Then you can use the positive affirmations to reframe the issue and generate a new state of being. Choose one or two that best resonates with your current situation. Alternatively, you can say several as they apply to you, while holding each point and *feeling* things as you do this. Feeling will help you to anchor the shifts more deeply in your body.

You don't have to use the tapping routine for release first. You can go straight into creating positive energies by holding the points and using the trigger affirmations (including the bolded ones). The choice is yours and will depend on your purpose in using the routine either as a general constitutional treatment, or for clearing unwanted emotional states. In the *IMT Enhanced EFT*, exercises that can accelerate reframing of difficult situations and conditions will be given. The focus of this module is really on activating higher dimensional frequencies and balancing, harmonizing, and evolving the multidimensional system as a whole, rather than emotional clearing and reprogramming. However, broad support is given for emotional clearing nonetheless, as this will accelerate your ability to integrate the higher dimensional frequencies into the lower dimensional bodies.

## **1. Top of head**

This point is added to all the routine, and accentuates Crown restoration/activation codes, so that you can bring in the higher dimensional frequencies with increasing ease.

*I align with my Higher Self.*

*I am God being me.*

*God is choosing to express in me.*

## **2. Corner of eyebrow (Urinary Bladder)**

*I cultivate hope and trust about [this situation].  
I move forward with courage [with this situation].  
I have great inner resources to move ahead [with this situation].  
I am persistent and steadfast toward reaching my ideals [or to overcome this situation].*

*I am hope-filled at all times.  
I move forward with courage in life.  
I courageously walk through my fears, drawing upon great internal capacities.  
I can always draw on inner resources to keep moving toward my goals.  
I trust the process of life.*

### **3- Outer corner of the eyes (Gall Bladder)**

*I can easily discern what needs to be done [in this situation]  
I release all judgment and fixed perceptions, and open to new ways of seeing [this situation or person]  
I release all grudges and aggression toward [...]; I forgive and am at peace.  
I release all frustration over [this situation], and choose peace.  
I release the need to control, and accept what is.  
I am gentle and kindly toward [...]  
I see [...] with innocent perception that blesses.*

*I am visionary in my life.  
I am wise judgment, able to see what is right and just.  
I see the future with flexibility and hope.  
The future extends this present moment of empowerment and hope.  
I generate great ideas that bring the new growth and expand my life in wonderful ways.  
I am continually renewed in life.*

### **4- Under the Eyes (Stomach)**

*I release my worry over [this situation] and choose to know that all is well.  
I release obsessive thoughts about [...] and create wonderful outcomes for it.  
I release obsessive worry, and surrender my life to [my higher power, or God].  
I release my worry, and trust the process of life.*

*I am balanced in my emotions.  
I trust in the larger picture.  
I am centered and balanced through transition and change.  
I take comfort and cultivate a sense of home and community.  
I am positively connected to all the players in my life.  
I am supportive to others, without neglecting self-care.*

### **5- Above Upper Lip (Governing Vessel)**

*I am supported [with this situation, to move through this challenge].*

*I have the courage and strength [to deal with this, to face this challenge, etc.]  
I have the resources to move beyond [this situation or challenge]*

*I stand upright and am willing to be seen.  
I am courageous in life.  
I move purposefully and resolutely forward.  
I take risks and move out of my comfort zone.  
I welcome increasing spiritual potential and complete inner freedom.  
I boldly embrace my life goals.  
I allow my life and sense of self to continually expand.  
I am supported in all that I do.*

### **6- Below Lower Lip (Chin) (Conception Vessel)**

*I am centered and secure in myself.  
I am confident [that things are turning out well, or that I can meet this challenge].*

*I am free of neediness of external sources.  
I have a strong sense of self-worth.  
My needs are met fully and always.*

*I allow others their feelings and am at peace no matter what.  
I am open to intimacy and strong in my vulnerability.  
I connect in freedom with others.*

*I am deeply content and fulfilled.  
I am satisfied in life.*

*I eagerly manifest my increasing potential.  
I am responsible toward my life.  
I nurture my creations from beginning to manifestation.*

### **7- Under Collarbone (Kidney)**

*I release all shame [over ...] and choose to know that I am good as I am.  
I release fearfulness, and draw forth courage [for this situation]*

*I am safe to connect to others and reach out in life.  
I am attracting people who encourage me.  
I step out gently in life; life is nurturing to me.*

*I have a strong will to live.  
My survival is assured; the means for me to thrive are within my being.  
I am determined to live in fulfillment.  
I envision from what stirs deeply in me—I feel purpose and am determined to see it through.*

## **8- Underarm (Spleen)**

*I release my concern over [what they think]  
I release feeling scattered and wrong [over this situation]  
I release my need to have others be okay with me, and I find my center within.  
I release my need to look after others in order to be okay.  
I now release all unhealthy connections [to person, or to people in my life].  
I unhook from all co-dependencies with others.  
I release my need to be and do for others.  
I release my need to concern myself with others while ignoring myself.  
I defend my needs and practice self-care.  
I am compassionate toward myself.  
I am balanced and in harmony with myself no matter what happens in my life.  
I easily assimilate input from life, taking in only what is good for me.  
I am sympathetic to others and to myself.  
I have clear healthy boundaries of self-respect.  
I choose deliberately what I will allow into my personal life.  
I release all distracting thoughts, and can now concentrate and focus easily.  
I now attract people who are respectful toward me.*

## **9- Thumb Tip-Outside (Lung)**

*I release my grief over [this situation]; I now choose life.  
I am learning from [this situation] and letting it go now.  
I am now deriving meaning from [this situation]; it has served me well and I release it with love.  
I release my disconnection from life, and choose to connect and be engaged now.*

*I have faith that [this issue will be resolved].  
I embrace continual change in life; I no longer identify with anything external to me.  
I no longer need [this thing, person, situation] to remain, as I draw forth the essence of the experience.  
I identify only with the eternal in me and in life.  
I breathe in pure light from the heavens, and surrender to change on each outbreath.*

## **10-Index Tip-Side nearest thumb (Large Intestine)**

*I release all non-serving situations from my life now.  
I release all resistance to change or need to control change, or I release all resistance to [this changing situation].  
I release all hooks and identification [to this situation],  
I am able to let go of things easily.  
I surrender to the cycles of life.  
I bring great movement into all pockets of stagnation in my life.  
I am now free to bring closure to things that are done, making room for new to enter my life.  
I love all my completions.  
I embrace change.*

### **11- Middle Finger Tip (Pericardium)**

*I am protective of my heart by not taking things personally.  
I release anxiety over being hurt, as I see with innocence, compassion, and truth.  
I am clear on the needs of my heart.  
I hear all true desires of the heart, and support their fulfilment.  
My choices are clear—I pursue only true desires of the heart.*

### **12- Little Finger Tip–Inside (Heart)**

*I release past heartache and grief [over situation, or with person].  
I no longer over commit myself [with person, or in this situation].  
I can now [do this, or see this person or situation] with love.*

*I release fear of relating to the world; I choose to cultivate new habits of openness.  
I am genuinely interested in people now.*

*I have compassion for others, without losing myself.  
I have compassion for myself, and breathe love into all that I am.  
I am enjoying an increasing sense of wholeness and harmony in myself.  
I have healthy connections to others and to life that reflects my wholeness.*

*I am able to appreciate myself, my life, and all my relationships.  
I take time to appreciate the beauty in life.  
I am joyful and appreciative of life.*

### **13 – Karate chop (Crease point when you make a fist) (Small Intestine)**

*I release all my habitual patterns of self-doubt and indecision; I am now decisive about [this situation].  
I am competent to meet my life with inner trust and peace.  
My mind is clear; I know what is for my highest good [in this situation]  
I am decisive and confident in my choices.  
There is no wrong choice; there is learning to be had from all paths taken.  
I now align to a higher will and know that I am guided in all my choices.  
I can discern the important learning and the essence of [this situation].*

### **14- Gamut Point (Triple Warmer)**

*I release my anxiety over [this situation], and now choose to know that I am safe no matter what.  
I am calm and balanced [over this situation]; nothing can threaten me.*

*I release my need to scan the outside, and now find safety within, knowing I am in God's guardianship.*

*I am centered and connected to an inner strength at all times.*

*I am in perfect harmony with all of life.*

*A feel genuine warmth toward others, and see our similarities and commonalities.*

*I am a rock of inner peace and equanimity.*

## **Tapping Routine for Meridians and Strangeflows**

The tapping routine that combines MBBT activation of both meridians and strangeflows is a protocol that stimulates all the vessels and meridians based on acupuncture theory. Several are confluent points for many channels. This 10-point protocol was designed for quicker activation. It moves from the face to the body and back up to the face. The importance of head points should be emphasized—both healthy feeling and thinking occur in the activated brain, which is the Higher Self of the body.

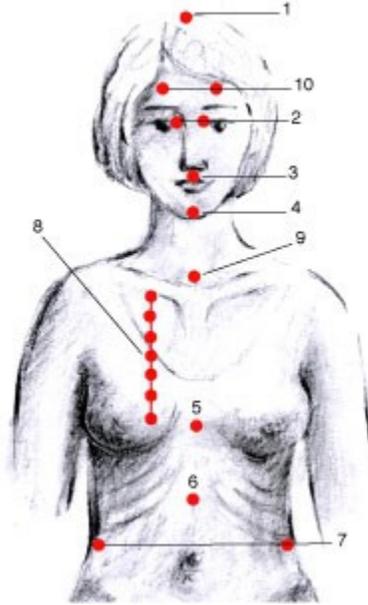
A set of points, the Kidney chest points, has been added to support those who feel depleted in the spirit. This likely applies to most of humanity, and a so additional coding to support the meaning of these points has been added. If you are an acupuncturist or use acupressure for emotional release, you will likely have used these wonderful Kidney spirit points in your practice. But with this MBBT/IMT activated routine, the healing and awakening effects will be far greater than before. I use these tapping points often when I do Rapid Eye Therapy for clients who feel lost, hopeless or depressed. I am always amazed at how the energy in the eyes will often instantly clear upon tapping of these points. They are very handy to have encoded and can be used on their own at any time when you need hope, reconnection to spirit, spirit nourishment, or general positivity. They are particularly beneficial to shift out of a depressed state.

Please note that all points have been coded specifically to heighten particular awareness and energies, so the tapping routine goes well beyond any acupressure benefits that might be present. While you can teach the routine to friends, understand that they will not get the same effect from doing the routine as you are getting from it with the MBBT activations.

It is recommended that you do this routine morning, noon, and evening, as a constitutional treatment. If you are doing it on its own, then it is recommended that you do it twice in a row, and end with the AB pose after the 2<sup>nd</sup> round of tapping. Breathe deeply for a few breath cycles while holding the AB pose, and welcome deep peace into every cell of your body.

The routine is a great energizer and wakes up the whole system of energy flows, and will bring you to an increasing acceptance and understanding of where you are in life. You can repeat it whenever you are in an unwanted emotional or mental state, or are in need

of greater clarity. The routine triggers many activations that will clear deeply, and restore energy balance in your meridians and strange flows, making it increasingly difficult to hold negative thoughts or emotions.



1. Top of Head (Du 20) – **Governing or Du Vessel** - “*Hundred Meetings*” is the point of maximum potential of energy and the convergence of all the Yang channels. It is called ‘hundred meetings’ because it is said to be the doorway to our ancestors.  
UB, GB, TW, Liv
2. Corner of both eyes (UB 1) **Stepping Vessels** “*Containing Tears*”, where Stepping Vessels link up. The crossover point gives us the Ego Principle. Connects with UB, SI, St
3. Upper lip crease (Du 26) – **Du Vessel** (backbone of our being)
4. Lower lip (chin) (Ren 24) – **Conception or Ren Vessel** -- used in mental disturbances, and relates to our manifestation abilities. Connects with Du, LI, St.
5. Thymus (in line with nipples) (Ren 17) As an acupuncture point, Ren-17 is important to tonify and strengthen gathering qi. It calms and opens the mind. This point impacts the following directly: Per, Du, Sp, K, SI, TW, Lu
6. Upper stomach, 1 inch out from midline of the body, about 3 ½ inches down from the xiphoid process (K 21) **Penetrating Vessel** - “*Door of Darkness*”, where the Penetrating Vessel leaves the superficial pathway and disperses and penetrates deeply into the chest and stomach areas.

7. Bottom of ribs (near waist) (Liv 13) **Belt Vessel** - “*Completion Gate*” Gathering point and harmonizer for the Yin channels. Harmonizes Liv, Sp and GB channels, and regulates qi of St channel in the legs.
8. About 2 in from midline of body, going up the chest to under the collarbone (K 20-27) **Spirit points\*** (see below)
9. Hollow at base of the neck (Ren 22) **Yin Linking Vessel** - “*Heaven Projection*”
10. Forehead points – 1 inch above the eyebrows, mid eyebrow (GB 14) **Yang Linking Vessel** (Connects with GB, TW, LI, St channels).
11. AB Pose – little fingers on 3<sup>rd</sup> eye, thumbs above ears, and other fingers spread out at the hairline. Breathe deeply and slowly for a few breath cycles, while focusing on your being in God.

\* These are optional **Spirit points** on the chest that serve the functions listed below. They may be tapped quickly upward from K20 to K27. Special activations have been coded into these tapping points, beyond activation of meridians and strange flows. Tapping these points will help to reconnect you to your Higher Self and give you a boost of spiritual nourishment and new hope.

K 20: “*Through the Valley*” to move out of fear or feeling trapped into connection with spirit and a sense of hope and new possibility

K 21: “*Dark Gate*” to move from darkness and negativity into spirit light, positivity and hope

K 22: “*Walking on the Veranda*” from lack of a sense of protection toward feeling safe to walk freely in life

K 23: “*Spirit Seal*” from lack of connection with one’s identity and self toward greater sense of self and sense of being in ‘high spirit’

K 24: “*Spirit Burial Ground*” from depression, depleted spirit, loss of sense of self, to feeling uplifted, hopeful and a return of a sense of self

K 25: “*Spirit Storehouse*” for spiritual nourishment

K 26: “*Amidst Elegance*” moving toward a sense of beauty, grace, and self-respect, and self-discovery!

K 27: “*Storehouse*” moving from a depleted spirit toward a rejuvenated and invigorated spirit

### ***Suggested Affirmations for each point***

Below are some affirmations that you may want to use along with the tapping. Choose one or two that best resonates with you. You can also say several, while holding each point. Be sure to FEEL things as you do this, as feeling will help you to anchor the shifts in your body.

Again, the affirmations listed below have all been enhanced with the **Affirmation Enhancer Tool**, and therefore will cause clearing and activations to take place within your energy fields. Each time you use them, further clearing and activation will occur.

Each tapping point in the routine accentuates clearing of a particular meridian or strange-flow, and brings to greater clarity the underlying issues that may be causing disruption of energy. In particular, tapping on that point focuses on clearing the negative traits and activating the positive traits, emotions and capacities associated with the corresponding meridian or strange-flow, as listed in Tables 2 and 4. Over time, you will find limiting or destructive habits and thoughts begin to fall away, and more positive and supportive ones become accessible.

### **1. Top of head**

This point is added to all the routine, and accentuates Crown restoration/activation codes, so that you can bring in the higher dimensional frequencies with increasing ease.

*I align with my Higher Self.*

*I am God being me.*

*I am in this world but not of it.*

*God is choosing to express in me.*

*I welcome infinite potential and power to express in me.*

### **2. Corner of Eyes (Yin and Yang Stepping Vessels, UB)**

*I accept myself completely and deeply [in this situation]*

*I accept [this situation or condition in my life] completely and deeply.*

*I trust myself to do what is right [in this situation].*

*I bring honesty and truth [to this situation].*

*I embrace and am content being me.*

*I allow and acknowledge all my emotions.*

*I express outwardly what is within me.*

*I am valued and important to God and creation.*

*I understand myself deeply.*

*I trust myself to do what is right for me.*

*I am honest and true to myself.*

### **3. Above Upper lip (Governing Vessel)**

*I am supported [with this situation, to move through this challenge].*

*I have the courage and strength [to deal with this, to face this challenge, etc.]*

*I have the resources to move beyond [this situation or challenge]*

*I stand upright and am willing to be seen.  
I am courageous in life.  
I move purposefully and resolutely forward.  
I take risks and move out of my comfort zone.  
I welcome increasing spiritual potential and complete inner freedom.  
I boldly embrace my life goals.  
I allow my life and sense of self to continually expand.  
I am supported in all that I do.*

#### **4. Below Lower lip (Chin) (Conception Vessel, LI)**

*I am centered and secure in myself.  
I am confident [that things are turning out well, or that I can meet this challenge].*

*I am free of neediness of external sources.  
I have a strong sense of self-worth.  
My needs are met fully and always.*

*I allow others their feelings and am at peace no matter what.  
I am open to intimacy and strong in my vulnerability.  
I connect in freedom with others.*

*I am deeply content and fulfilled.  
I am satisfied in life.*

*I eagerly manifest my increasing potential.  
I am responsible toward my life.  
I nurture my creations from beginning to manifestation.*

#### **5. Thymus (coded to accentuate Ht, Per, SI, TW, Lu)**

*I approach [this situation] with love.  
I see my hurt self and [this person or situation] with innocent perception or I see [this situation] with innocent perception.  
I don't take [this situation] personally, as I see [person's hurt, fear, self-denial, etc.]*

*I love myself completely and deeply.  
I have compassion for all the players in my life.  
We are One Human Being.  
I am One with all of creation.  
Everyone is in me and everyone is a projection of my making.*

*All my past hurts are resolving in forgiveness and innocence.*

*I release all grief and I am newly born to this moment.  
I am lightness of being.  
God welcomes me into this moment with love and cherishment.  
I choose to be at peace with all the players in my life now.  
I no longer see wrongdoing in others, but layers of hurt and self-denial.  
I cultivate equanimity.  
I choose people who support me fully in life.*

## **6. Upper Stomach (Penetrating Vessel)**

*I release unforgiveness [toward person, or over family situation]  
I release my resistance to [this genetic pattern or condition]  
I am an independent unit with infinite capacity to create new patterns for my life.  
I am free of all less-than-love genetic patterns and memory that are not for my highest good.*

*I embrace my heritage as a stepping-stone; I am unbounded by it.  
I forgive my ancestors and family of origin for believing in the many lies they upheld.  
I embrace the strivings within my ancestral line.  
I am at peace with my past.  
I love my family of origin and am fully emancipated from enmeshment with them.  
I am choosing this time and place for Life to express itself through me.*

## **7. Lowest Rib (Belt Vessel, Liv, Sp)**

*I release all my anger and resentment [over this situation] and welcome seeing this through the eyes of God.  
I release all bitterness and blame [toward this person, or from this situation].  
I am now free to move on with my life.*

*I am unharmed by all the negative events I have experienced in my life.  
I embrace all my wounded inner children. They are innocent and good.  
With every breath, I take in God's love for my inner child.  
The creative intelligence that shaped my life is now healing my inner child.  
I am not my stories; I am eternal  
As soul being I value all my experiences in life.  
I accept all my experiences and learn to dwell deeper in my god self to heal each one.  
I love all my experiences for the journey of awakening they are providing.*

## **8. Kidney/Spirit Points**

*I release all [fear, hopelessness, despair, worry, etc.] [over this situation or condition].*

*I release all fear, hopelessness, and despair in life.  
I release all darkness and heaviness within me.  
I am hopeful and sense infinite possibility.*

*I choose to know the Light.  
With every breath, I fill myself with spirit Light.  
I am reconnected to my Spirit Self and infused with aliveness.  
I feel the incredible lightness and excitement of being.  
I allow Life to express powerfully through me.*

*I value the NOW moment in which I dwell.  
I am free to create wonderful experiences in life through this present moment.  
I am generating excitement and seeing the wonderful becoming in everything around me.*

*I am safe and free to be myself.  
I am rejuvenated, invigorated, and in high spirit.  
I am supported and fulfilled.  
I am beauty and grace*

### **1. Hollow of Neck (Yin Linking Vessel)**

*I am at peace over [situation of the past]  
I have faith that I am creating a positive future [regarding this situation]*

*I am not my past; I am eternal.  
I am here and now, and deeply grateful for this moment.  
God has given me this moment of creation; it is blessed.  
I understand my life more and more deeply every day.*

*My future is this moment extended.  
My healthy choice in this moment determines my future of blessings.  
I am a worthy being and Life expresses in me at this moment.*

*My life is meaningful to my being.  
I am myself in life, and maintain healthy boundaries.  
I express from my inner core and am unconcerned about other's opinions of me.  
It is safe and good to be myself in life.  
I have internal integrity and strength to uphold the truth of my being.*

### **10. Mid Forehead (Yang Linking Vessel, GB, St)**

*I release [this habit or behavior] that no longer serves my good, and surrender to a higher truth.  
I release [this illness] and surrender to a higher will.  
In surrender, I exercise my right to be healthy and whole.*

*I am sovereign and master over my body and my life.  
I present outwardly what is within the core of my being; I am transparent.  
I am strong healthy boundaries and I consciously choose what I will allow into my life.*

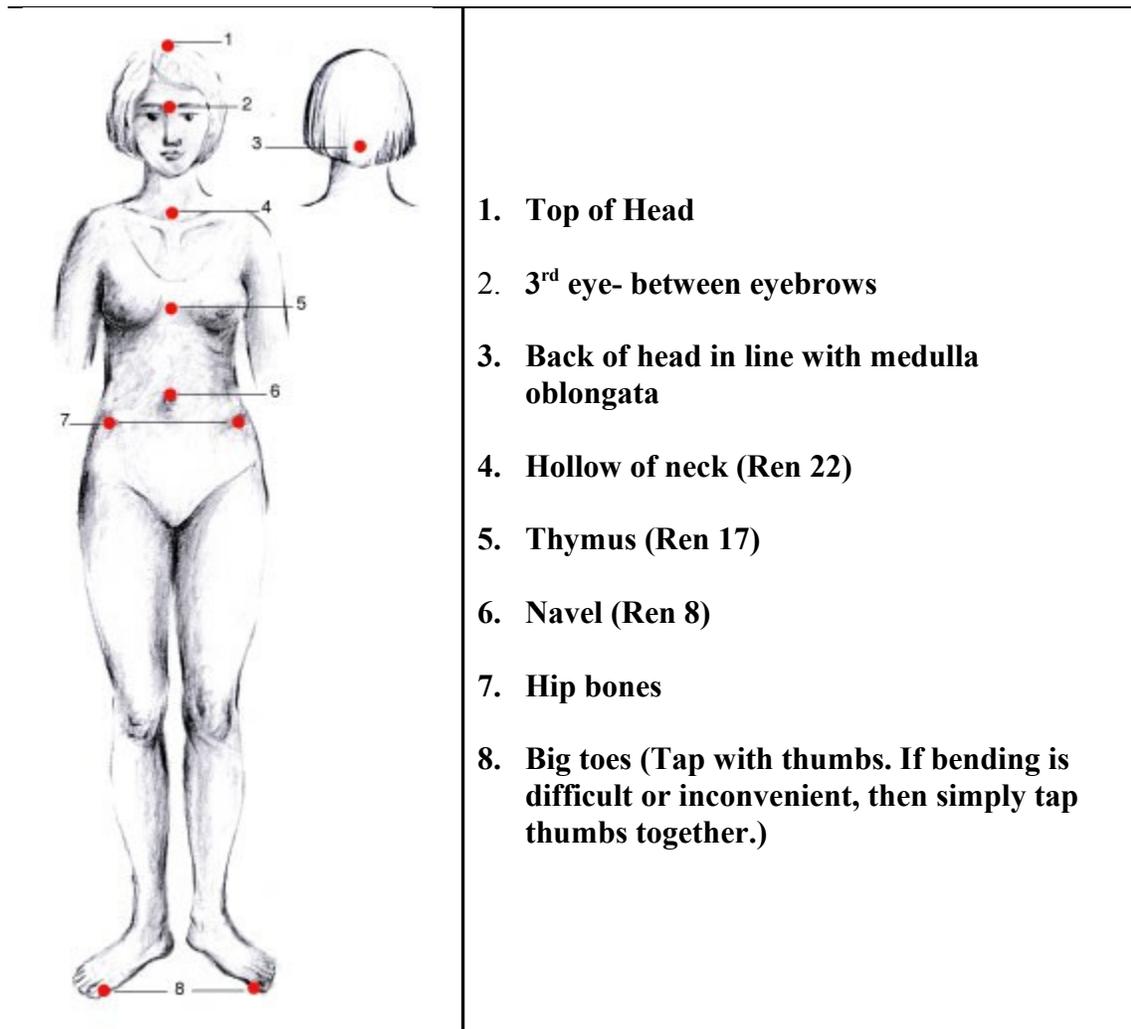
### **11. Accelerated Breakthrough Pose**

*I am lightness of being.  
I am free and deeply at peace.  
I dwell in God. My whole being is in God.  
I am infinite being with infinite power.  
My actions are inspired and lead only to greater and better in life.  
I am raising my vibration as I dwell in Reality only  
I am embracing higher truths about myself.  
I see through the innocent eyes of God.  
My perceptions are blessings to all and powerfully creative in my life.*

## Taping Routine for the All Dimensional Bodies

In this tapping routine, each point corresponds to a dimensional body from topmost down to the physical. The top of the head point activates the Crown chakra as well as all the higher dimensional bodies

This routine is very simple and best done with deliberate intention to align with your higher dimensional levels in order to bring them to expression in your body and life.



This tapping routine can also be done along with the affirmations corresponding to each of the body levels. In this case, you would tap about 10 times on each location, or simply

hold the point, while stating the relevant affirmations. You can pause between tapping point in order to better feel and integrate the shifts from each step of the process.

All affirmations will trigger the **Affirmation Enhancer Tool**, and therefore will cause clearing and activations to take place within your energy fields. Each time you use them, further clearing and activation will occur. The **bolded affirmations** have been further enhanced to activate the corresponding dimensional body and accelerate the encodings contained in the image for that higher dimensional body.

### 1. Top of Head (Cosmic Gold)

**"I am the Cosmic Sun, the center of all Life. My body is the Cosmic Body that includes all space and all beings."**

### 2. 3<sup>rd</sup> eye- (Cosmic Violet)

**"My body is made of rays of sunlight. Shafts of glowing golden inspiration fill me with vibrant joy"**

*I uphold truth and goodness in all that I do.*

*I welcome the wisdom and inspiration of my Higher Self in every moment of life.*

*I embrace infinity in my lofty visions for life.*

*All my actions and thoughts reflect my deepest moral convictions.*

### 3. Back of head (bottom of medulla oblongata) - (Cosmic Sapphire Blue)

**"My body is lightning, shooting in all directions as an endlessly expanding sun."**

*I embrace all experience and feel God deeply within it.*

*Beauty, goodness, and truth express everywhere in the world around me.*

*My positivity creates goodness and beauty around me.*

*I radiate ever new joy throughout all dimensions of being.*

### 4. Hollow of neck (Cosmic Light Blue)

**"My body is made of clouds. Nothing can block or contain me."**

*I am balanced and harmonize spiritual and material realities.*

*I am immune to negative energies— nothing can attack or threaten me.*

*I am a cloud—invulnerable and imperturbable.*

*My flexibility and ability to not take things personally is a great strength.*

*I am continually expanding consciousness, increasing in self-awareness and capacity for creation.*

*I have spiritual protection and safely express freely in life.  
I am able to assimilate greater levels of light into lower dimensions*

## **5. Thymus (Cosmic Green)**

**"The air we breathe connects us all so that we breathe as One. I am One with all other beings, all other beings are part of Me. I care for all beings in the same way that I care for myself, and I care for myself as I would want to care for all other beings!"**

*I dwell in Reality and cultivate what is eternal in life.  
I embrace higher Truths in my life and thereby continually raise my light quotient.  
I cultivate innocent perception that blesses what it sees.  
I have compassion for everyone, and clearly see Truth behind all illusion. Nothing is personal.  
I am love, quietly radiating my being in joy.  
The animating Life expressing in me expresses in all sentient beings.  
My sole desire is to dwell in God.  
I dwell in the Christ mind that partakes of this world but is not of it.  
I am not bounded by a finite world, but always dwell in eternity.  
I strive to deepen expression of my infinite nature.  
My capacity for compassion and love increases each day.  
Unconditional love continuously circulates throughout my cosmic Green body.*

## **6. Navel (Cosmic Yellow)**

**"Blazing yellow flame suffuses my body with the radiant warmth of the sun"**

*I have clear vision and increasing strength to bring potential to expression in life.  
My DNA system lights up with infinite codes for new creation from my Higher Self.  
All my thoughts and beliefs uphold the infinite nature of my being and my essence as love.  
My mental body is strong and sound, functions perfectly, and supports my continual evolution.  
Unconditional love continuously circulates throughout my mental body.*

*I am grounded and firmly rooted as a spiritual being.  
Interdimensional frequencies permeate my being.  
I align exclusively with my Higher Self.  
I cultivate a love of Truth.  
I am increasingly a pure expression of the divine.  
I have inner strength and courage to embrace my destiny and purpose.  
I perceive my life as a reflection of my inner world.*

*I direct outer life exclusively from my inner being.  
I am 100% accountable and responsible for my life.  
I maintain integrity of being at all times.*

## **7. Hip bones (Cosmic Orange)**

**"My shining body pulses with liquid light, glowing brighter and brighter!"**

*I am joyful and radiate positivity in all areas of my life.  
I have great excitement and exuberance for life.  
My capacity for life increases daily.  
I am confident and sure of myself.  
I am here to explore the many possibilities for experience that are open to me.*

*Great life force energy animates my body  
Light and Life renew and revitalize me with every breath that I take.  
I welcome all my emotions and enlighten them with the clarity of Truth.  
My personality is grounded in a larger sense of Self.*

*My energy body is strong, healthy, vibrantly alive, functions perfectly and supports my wellbeing on all levels.  
Unconditional love continuously circulates throughout my energy body.*

## **8. Big toes or thumbs (Cosmic Red)**

**"My free-flowing blood builds new body tissue like fresh lava flows become new earth"**

*I now access the perfect spiritual pattern for wholeness and vibrant health in my [body part or system]  
My physical body is strong, healthy, vibrantly alive, functions perfectly and supports my wellbeing on all levels.  
The energy of unconditional love continuously circulates throughout my physical body.  
(Take a few moments to feel this, and you can direct the flow by focusing on specific parts of the body if you wish.)  
My physical body radiates love and is aligned with my multi-dimensional heart.*

*I maintain awareness in my body at all times.  
I am grounding my being that it may partake of creation on earth.  
The kingdom of God is within me; let it flow forth into expression.<sup>ii</sup>  
My body evolves to greater beauty and vitality as I seek the truth of being.  
I hear the desires of my blood and have ample life force energy to fulfill them.*

*The joy of living and creating shines forth in my healthy body.*

- <sup>i</sup> Avi Magidoff. The Qi Jing Ba Mai (8 Extraordinary Vessels) as representatives of the 7/8 year life cycles.
- <sup>ii</sup> Joel Goldsmith. A Parenthesis in Eternity. Harper & Row, 1986.