

About Carol



Carol Macrae is a former Registered Nurse, owned and operated Fitness centres with her husband Kim, for more that 20 years. She has faced many personal, professional and medical challenges throughout her life, which lead Carol towards her healing journey, becoming a Reiki and Seichim Master and Teacher in 1999, a Clinical and 5-Path Hypnotherapist in 2005, and ultimately having a life-long quest to understand more about the connection between the mind and the body, and our mental, physical and emotional well-being. She is qualified in several other healing modalities such as Touch For Health Kinesiology, Theta Healing, Kinetic Shift, NLP and other energy medicine techniques, and as a Clinical Member of the Australian Hypnotherapist's Association, and the Chair of Reiki Australia, she continues to maintain her professional requirements by ongoing study in the latest techniques to help her clients gain safe, rapid and effective transformations and move on to happy, healthy lives.

Carol has survived breast cancer twice and healed bone cancer in her rib, regardless of the oncologist telling her it couldn't been done, using many of the mind-body-energy medicine techniques and the knowledge she shares with her thousands of students and clients to empower them to live better lives and help others.

This knowledge is what she hopes to share with you during this series of free Mini-Blitz Workshops, designed to help as many people to benefit as possible, and they are available on her website at carolmacrae.com.

In this Mini-Blitz Workshop we will be covering:

- The Secret Language of Feelings
- What is Depression?
- Lifestyle factors and thinking styles
- Steps for making change
- Self-help tips to deal with depression
- EFT, The Spin Technique, EMDR
- Hypnosis: Rewind Technique, Perfectionism, Meeting our Human Needs to Reduce Depression. Self-Esteem Building, Caring less what others think.
- Questions and Answers

Setting our Intention for this Workshop

- Please share what you hope to achieve from the workshop.
- Remember that this is a safe place and I ask that you keep everything that happens here confidentiality and show mutual respect for others who are on this journey with us.
- This manual is quite extensive, so we will be skipping over the surface, so we have time for a practical discussion at the end, however I have provided you with a resource booklet that you can use later on as a reference for different ways to understand and deal with Stress, anxiety, panic attacks and PTSD.

Let's Begin!

The Secret Language of Feelings

All our feelings are good. They are always trying to help us in some way. However, it's when they get in the way of us having a happy healthy life, that they cause us some concern.

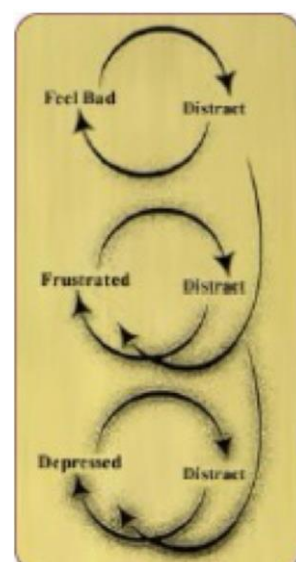
Firstly, I'd like to explain how our mind works, then we can look at the different emotions that our workshop is all about and begin to make some changes in how we process them.

The Cycle of Distraction

Life not going exactly as planned? Feeling anxious, frustrated or depressed? Smoking, but you want to quit? Drinking, but you want to stop or drink less? Eating more than you should? Using drugs and it's wrecking your life? Any of the above? Read on....

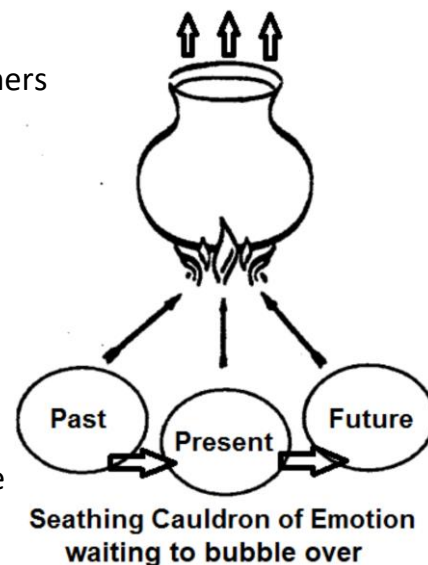
All of these different problems have something in common: they all result in not responding to feelings in a way that takes care of the problem causing the feeling. Smoking, drinking, overeating, gambling, shopping, surfing the net and excess snacking are only ways of temporarily coping with the feeling, by distracting yourself from the cause. Since the cause has not been taken care of, it comes back again. This can lead to frustration and even depression.

All of our feelings are good. They are there to help and guide us. Learn to name the feeling and associate it with what it indicates. Then you will be well on your way to finding a satisfying response for a happier life.



Here are a few lists of information that can serve as a guide to help you to respond to your feelings in a more satisfying way than any compulsive behaviour ever could:

Emotional Pain	Need/Want/Desire
1. Bored	To grow through Challenge
2. Anger	To experience fairness for self and others
3. Guilt	To be fair to others
4. Sadness	To keep valued things and people
5. Loneliness	To have meaningful relationships
6. Inadequacy	To feel good enough/adequate
7. Stress	To have success in managing one's life
8. Fear	To feel safe
9. Frustration	To meet needs through own effort
10. Depression	To be effective and hopeful



Creating strategies for life is as easy as 1, 2, 3 for self help.

Step 1: Name the feeling.

Step 2: What does it indicate?

Step 3: Plan a satisfying response.

Below is a link to my Feelings Indicator that I use every day with my clients, because it is so useful for us to understand why we do the things we do and start making changes.

HOW IT WORKS?

We get a bad feeling and we distract. The behaviour doesn't fix the emotion, so we keep on distracting, which leads to frustration. If we still can't effectively deal with the core emotions, it can lead to depression. 5-PATH Hypnosis is the fastest way to clear old triggers, habits and patterns and leave anxiety and depression behind. We don't have the capacity to do this deep work in the scope of our workshop, but should you wish to make an appointment, we can work together one on one to clear any of these deeper issues and emotions.

Check out our Feelings Indicator below to learn more.

[Download Feelings Indicator HERE](#)

Depression

Depression is a feeling of hopelessness and helplessness, and generally comes about because we are not meeting our human needs, are not able to problem solve and find solutions, and are feeling ineffective and helpless. It seems to be the greatest epidemic of our times, fueled by anxiety and other emotions, so we need to start managing our lives differently to start to shift our focus away from what's wrong, to begin to look for the positives, then make steps towards either changing the circumstances or changing how we think and feel about them.

Check our Mini-Blitz Workshop Page with sessions and workbooks to deal with Anxiety, Pain and more:

<https://carolmacrae.com/mini-blitz-workshops/> This Mini-Blitz will also be added to our page.

In March 2024 a study in Australia revealed that:

- 42.9% of people aged 16–85 years had experienced a mental disorder at some time in their life
- 21.5% of people had a 12-month mental disorder, with Anxiety being the most common group (17.2% of people aged 16–85 years)
- 38.8% of people aged 16–24 years had a 12-month mental disorder

This by no means gives a real meaning to the mental and emotional cost of depression and the effect it has on individuals, families, businesses and our communities. So lets do what we can to help you start making some positive change today!

More people than ever before are consuming antidepressant drug products. Yet rates of depression continue to soar, especially in young people.

Medicating what may be more of an *existential* disease than a biological one may be backfiring; making people feel *more* hopeless. This is especially true given that long-term consumption of these products can cause weight gain, type 2 diabetes, anxiety, sexual dysfunction and sleep disorders, along with a host of other side effects, some of them akin to depression itself.

In short, current research suggests that:

- Antidepressants do not significantly outperform placebos.
- Depression is not 'genetic'. People are not biologically predestined for depression. There is little evidence that depression is *caused* by neurobiology (although it has neurobiological effects). Our lives can sometimes lack meaning, but it is not because we inherit Prozac deficiencies.
- Depressive attitudes (such as pessimism, perfectionism, black-and-white thinking, learned helplessness) are so often, indeed, *learned* rather than 'passed on through genes'.

None of this is to say that *no* depression has biological roots – simply that the idea that *most* depression is the fault of biology gone haywire isn't a credible one. Some antidepressants

do seem to help people, and who can blame overworked doctors, overwhelmed by a caseload of human misery, for prescribing them?

But depression is rising in the young and 1000% more prevalent than fifty years ago, and if this is biological, then what is causing our collective biology to shift so quickly and dramatically? Social factors, living conditions and depressive attitudes should never be ignored in favour of the bad-brain-chemical idea, however there is NO real evidence of this old theory.

But here's the thing.

Most depression *can* be treated psychologically, incorporating a detailed look at someone's diet and exercise styles. People don't have to feel they are destined to carry a lifelong medical label for what is, essentially, an emotional condition.

We need never be fatalistic about what depression is or dismiss the idea that it *can* lift – and stay lifted – without our resorting to drugs. So here are some ideas that can help!

Seeing clearly

To treat depression effectively we need to understand that:

- Depression is a state of physical and mental *exhaustion*. It comes about when too much negative, non-solution-focused rumination leads to an excess of REM sleep, which exhausts the person and leads to further rumination, continuing the spiral.

When depressed, people become stuck and need help to think, feel and act differently.

Depressed people need to get out of that rut and get the rest they need so as to be able to meet their **fundamental needs**, which is what nature says you need to lead a satisfying, productive, and happy life.

The Human Givens:

1. The need to give and receive attention
 2. The need to heed the mind/body connection
 3. The need for purpose, goals, and meaning
 4. The need for community and making a contribution
 5. The need for challenge and creativity
 6. The need for intimacy
- Rumination is a huge risk factor for depression and also happens to maintain it. Hope, on the other hand, is vital for depression recovery because depression is all about negative expectations. This explains why *expecting* an antidepressant drug to work seems to be the main factor that determines whether it *will* work.

Once we grasp these points about how depression works, we can take three essential steps towards treating it.

3 Steps to Start Making Change

Step 1. Describe what is happening

You need to begin to see the depression 'from the outside' as a *pattern of experience* rather than part and parcel of who you fundamentally are. We need to begin to remove it from our core identity, so it becomes easier to detach from.

By discussing the cycle of depression and relating it to *each person's* experience, we learn to understand how depressions are formed and maintained in the brain and body.

A depressing cycle

A build-up of unresolved emotional worry overburdens the brain's REM response, causing excessive dreaming at night, leading in turn to physical and mental exhaustion during the day. The more exhausted we become, the more likely we are to ruminate further. And so the vicious cycle continues – until an effective hypnotherapist comes along.

Here are some questions that will help you determine if you have depression:

- Do you always feel exhausted when you wake in the morning – and the more you sleep, the more tired you get?
- Does everything tend to seem very black and white, all or nothing, to you, with no shades of grey in between?
- Do you tend to dwell on the past or current or future events, spending a lot of time 'in your head?'
- Do you feel physically exhausted one minute and agitated the next?

These questions highlight how depression is an easily understood *pattern* of experience.

One of the first signals of recovery people experience as they start to come out of depression will be an increase in energy and a feeling of clarity and perspective. Remember that rumination drives exhaustion and depression. But it's been found that once the sunny glint of hope enters the mind, rumination becomes much less of a depressive force.

A good hypnotherapist will help you maintain hope till you can generate this for yourself. But before this can work we may have to do something even more fundamental.

Step 2. Learn to relax

This is *essential*. A depressed brain is a stressed brain. Master as many relaxation techniques as you can in order to be able to learn how relax effectively.

The most wonderful techniques in the world will have little effect on a brain worn out by stress, anxiety, and exhaustion. In such a state, flooded with stress hormones, the brain struggles to take on new perspectives. It's like trying to see your reflection in a lake when a storm is raging. For clarity and perspective you need calm, but all you have is distortion.

When people begin to leave depression behind they will not just feel better and think more flexibly, they will also *behave* differently. It's a two-way street: while depressive rumination leaves a sense of the 'unfinished business' of unsolved problems, getting stuck into actions that *do* have resolutions is a powerful antidepressant. So, if possible...

Step 3. Do 'tasks' that are satisfying

Satisfying therapeutic tasks have a beginning, middle, and end. Even just writing an email, cleaning out one drawer or going for a walk around the block can remobilize the dopamine reward pathways in the brain and reactivate the left prefrontal lobe, the part that becomes much less active during depression.

Anything that requires a few steps and a resolution, however modest in the grand scheme of things can help.

You may be thinking in all-or-nothing terms. Depression *relies* upon simplistic generalizations and extremist thinking. You may not want to carry out the task, feeling that it won't lift the depression. This may be right – but it can begin to work the muscles of the mind that resist depression and be a step towards freedom.

Exercise has been shown to be as effective at lifting depression as antidepressants and also better at preventing relapse – and with only good side effects. Results are especially good if the movement happens outside in the sunshine, as sunshine helps with endorphins, and forest environments seem to have a particularly strong antidepressant effect as well.

You may need help to get to the point where you can accept intrinsically satisfying tasks, and it may take a while for these activities to *become* intrinsically satisfying. But ultimately we want people, one way or another, engaging in activities that help them meet their primal human needs.

You need to get back into the habit of actually taking steps to change unwanted situations rather than passively worrying about the problems without resolving them. Tasks can significantly help to get you used to acting positively again.

In cases where practical changes are not feasible, we can still help you to *feel differently* about what cannot be changed. Clinical hypnosis can be used both to rehearse tasks and to make it more likely that they will actually be carried out. Research shows that you're more likely to actually do something when you have imagined yourself doing it from the point of view of an observer.

Of course, effective psychotherapeutic depression treatment may need to include many more interventions, but these three actions, *reassuring by normalizing, relaxing, and setting rewarding tasks*, are essential steps to get you clients well on the road to recovery.

Why Are You Depressed?

10 careful questions to identify root causes

It's a sad fact that people can feel guilty about feeling depressed. The ruminating about being a 'terrible person' for suffering from depression can add fuel to the bitter, cold fire of depression itself.

Our aim with 5-PATH Hypnosis is to find the cause, but not to just understand it, moreover start to deal with the root cause effectively to bring more empowerment and understand that there was a time before the depression occurred, so it will be possible to reclaim that good feeling again.

What is therapy for?

The purpose of therapy isn't *just* to discover why a person suffers emotionally. Some talk therapists have been rather hung up on causation with the assumption that once a client knows *why* they have the problem, then the problem will miraculously vanish!

This assumption has filtered down into our culture. People might seek therapy to 'discover' why they are as they are. One early client of mine came to see me in the hope of finding out why he'd never liked sports as a child! As though we might discover one neat and definitive cause.

So many clients have told me about former therapy in which they discovered (or, along with the therapist, concocted a semi-plausible theory on) *why* they developed panic attacks or became depressed... but were disappointed to find they still had the condition! Basically, this is simply using the conscious mind, but does not deal with the subconscious part of the mind where the emotions live.

The fact is that understanding the origins of a problem is just a *starting* point in the treatment of depression. But it can certainly be a necessary starting point.

That's because once we know what the client is or has been missing in their life, we can help them fill the gap of that missing need.

So what might we do to discover more about the origins of our depression? Here are some questions that may bring clarity. We can also uncover the causes using age regression hypnosis, but more about this later.

1. Under what circumstances did your depression begin?

People will often become depressed when circumstances change in such a way that their basic emotional needs stop being adequately met.

If they then go on to excessively ruminate about those missing needs, they may begin to fuel the *cycle of depression*.

E.g. Margaret's depression had begun when she and her husband 'downsized' to a new location in another part of the country. She became depressed soon after the move.

Suddenly the friendship group she'd valued, her community, had been ripped from her. Part of our therapy, then, was to help her connect with her local community. Finding this clue as to why she might have suddenly become depressed gave us direction in the therapy.

So what was going on for you? What, if anything, changed in your life around the time you became depressed? This connects to the next line of inquiry.

2. Are you going through a tough transition?

This second question is really a variation on the first. Again we are seeking to understand what changed in your life in order for the depression to arise.

There are classic times in our life cycle at which we are at greater risk for the onset of depression – which doesn't, of course, mean that all or even most people going through these transitions will become depressed. But different life stages and the transition into them may leave us more vulnerable.

Are you going through a tough transition? E.g. For Margaret it was moving away from friends and a sense of security and connection, to a place she felt lost in. She'd also recently retired and was finding it hard having lost the sense of meaning and purpose her former work had afforded her.

Common life-cycle transition times to look out for include:

- Going away to University or leaving home
- Moving house
- Illness – of you or someone close to you
- Loss of someone close, including the death of a pet
- A new baby
- Divorce and even marriage
- A new job
- Loss of a job
- Retirement

Difficult transitions may cause someone to overly ruminate in hopeless ways on those transitions and deprive them of the completion of an important need.

As we know, negative rumination fuels depression. It's not the challenges life throws at us that cause depression so much as what we do in our own heads. Depression isn't solely or even primarily an events-driven phenomenon.

It's not just about *what* happens or has happened to us, but what we inwardly *do* with what happens to us – how we respond and whether we are prone to negative rumination.

Which leads us to what else we need to discover.

3. What's going on in your head?

Depressed people tend to misuse their imaginations and also spend a lot of time 'in their own heads', which can lead to the extremist, completely this/completely that, all-or-nothing thinking of

depression. When you listen to the language of your inner self-talk, it may well be filled with extremist language: *total* disaster, *complete* loser, *utter* failure.

So what do you worry/ruminate about the most? Do you ruminate on disappointments, fears, unmet needs, or the welfare of loved ones? We need to know in order to help address painful and exhausting inner dialogues.

Another important question is: “What do you imagine about the future?” Depressed people may not see a future, or imagine scary and hopeless scenarios.

So we need to not only help to ruminate less, but introduce hope into your ruminations. But how do we do this?

By helping to understand depressive thinking patterns, we can help you ruminate differently, with more flexibility and even self-compassion. And by helping you solve problems and focus on solutions, we can reduce the opportunities for negative rumination as you begin to spend more time living ‘out there’ rather than in their own heads.

So, what has been and is going on in your head?

It might have something to do with the following...

4. Are you having an existential crisis?

Sometimes we have reached a kind of crisis point.

Maybe you’ve started ruminating about the ‘bigger questions’. What’s it all about? What happens when we die? What’s the point in anything?

Of course, such questions need not depress us at all, and indeed have inspired some of the greatest thinkers in history. But for some they can take on a dark, scary, hopeless tinge.

Such ruminations may begin or intensify after some loss or bereavement. You may worry you’re having some kind of a breakdown.

Sometimes a ‘breakdown’ might really be a breakthrough, that coming to terms with such existential questions may help us live more fully, and it’s important to understand that most people think about such things sometimes.

One client who told me miserably he’d started having all kinds of thoughts about life and the “point of it all” felt relieved to be able to openly discuss these issues with me.

But perhaps the depression is sustained through more basic means.

5. Is your diet, sleep pattern, or activity level depressing you?

e.g. Margaret had stopped going for her daily walk and had gotten into the habit of staying up late watching the news and “other depressing stuff”.

And when it came to diet, she told me she ate mostly ready meals, or sometimes just potato chips and loads of sweet stuff.

We all, of course, have physical needs as well as emotional ones (and of course the two influence each other). Too little sleep or exercise will increase stress in your body and therefore your mind, leading to exhaustion and a greater likelihood of depressive thinking. Too many carbohydrates and refined sugars will send your moods on a roller coaster of dips, brief highs, and shattering lows.

So when treating depression we need to know to what extent our physical lifestyle may be depressing us, and take steps to make healthier choices to lower your stress levels, improve your energy, and clarify your mind from the pernicious effects of brain fog.

Talking of which...

6. Are your meds depressing you?

If you have felt more depressed since being on medication, you can talk to your healthcare provider about any side effects of the drugs. Sometimes symptoms of depression can lift dramatically with a revised dosage or a move to another medication. So it's important to be fully informed about potential side effects of medications.

Drugs that may cause or contribute to depression include:

- statins
- beta-blockers
- anticonvulsants
- Parkinson's disease medications
- corticosteroids, and
- hormonal medications.

Unless you're trained in pharmacology, you're not expected to be an expert or give medical advice, but it's worth checking what kinds of drugs, and if anything can be done to lessen any effects they might have.

As James Le Fanu writes in his book *Too Many Pills*, "There is no drug intended to do good that does not cause harm in some."

Mind you, your depression may have less to do with physiology or pharmacology and more to do with ruminating on past events.

7. Is your past depressing you?

Some people seem to be meeting all their needs in their current life, but are depressed because of constant ruminating on past events.

Depressed people often exhibit 'learned helplessness'. This means they have found themselves helpless or relatively powerless in a particular situation in the past, and are now making a faulty link to a new situation (or even spreading this sense of helplessness to *all* situations) and continuing to act as if they are helpless even though things have changed and they no longer actually are.

A good analogy is that of a bird locked in a cage for years whose cage door is left open one day, but because of its past conditioning doesn't fly free, even though it could.

e.g. I discovered that Margaret still ruminated about her marriage that had ended 9 years before. She felt guilty and had struggled to 'move on'. So one goal of therapy was to help her leave the past alone more.

Learned helplessness produces what we might call emotional overgeneralizing.

Perhaps past traumatic experiences taught you that "all men are sadistic" or "all women are manipulative" or "everything always goes wrong in the end!" These overgeneralizations are damaging, so we can help start to challenge and reframe them.

If you've been traumatized by past events and you suspect the intense effects from these events is sustaining depression, we could help by using the Rewind technique (which we will be doing in our demonstration), which will help lift the traumatic feelings from memories.

But maybe it's what's going on *now* that is depressing your client.

8. Is a current situation depressing you?

The word *worry* comes from an Old English word meaning 'strangle' – and certainly worrying can feel pretty suffocating. We often worry about situations that seem impossible to solve. We worry about other people when only they can help themselves. We worry about unjust situations, about being bullied or misrepresented, about money and relationships.

To decrease worry, we want to help you to either deal with the situation or stop worrying about it so much. If we can't change a situation. We need to find ways to think about it differently.

Or is it your overall approach to life that's holding you back?

9. Is your perfectionism depressing you?

All-or-nothing thinking can manifest as maladaptive perfectionism. Do you demand unrealistically high standards for yourself and other people, and therefore often feel inadequate or let down and disappointed?

Perfectionism is, it seems, a risk factor for suicidal thoughts. Research shows that people with strong perfectionistic traits are not only more likely to consider suicide, but also less likely to discuss those feelings, as 'showing weakness' is something a perfectionist doesn't like to do.

For some clients, treating depression is primarily a case of treating perfectionism, so that they can approach life more flexibly and not beat themselves up so much. We will work on this in our workshop too.

Mind you, the people in our lives can sometimes depress us as well.

10. Is somebody depressing you?

Moods, attitudes, and emotions spread from person to person. Low morale can spread like wildfire. There may be significant people in your life who transmit negativity, pessimism, defeatism, and other classic depressive thinking styles.

e.g. Margaret told me she had one friend who insisted they meet up three times a week and “depressed the hell” out of her. She always felt worse after seeing this person. I suggested she limit her exposure to once a week, and I helped her not be so affected by this negativity spreader.

Sometimes it’s a husband, parent, sibling, co-worker, or child who is spreading depressive biases in your direction. We may not be able to influence how much time you spend around this person or people, but we can help you ‘recover’ faster after being with them and not be so affected. Or you may need to learn how to manage your relationships more adaptively, worry less about them, and set better boundaries.

One person may have all or none or other of the above contributing factors to their depression, but I think pursuing the ‘lines of inquiry’ is a pretty good way to go.

e.g. Margaret found that starting to see *why* she had become depressed and understanding clearly what was still depressing her was a profound move towards discovering *how* she could become happier.

Self-Help Tips to Assist With Depression

1. Establish a Routine

- **Daily Schedule:** Create a daily schedule to provide structure and predictability.
- **Small Goals:** Set small, achievable goals to give a sense of accomplishment.

2. Exercise Regularly

- **Physical Activity:** Engage in regular physical activity, such as walking, jogging, or yoga, which can boost endorphins and improve mood.
- **Consistency:** Aim for at least 30 minutes of exercise most days of the week.

3. Healthy Eating

- **Balanced Diet:** Eat a balanced diet with plenty of fruits, vegetables, lean proteins, and whole grains.
- **Regular Meals:** Don’t skip meals and avoid excessive consumption of sugar and caffeine.

4. Sleep Hygiene

- **Regular Sleep Schedule:** Go to bed and wake up at the same time every day.
- **Sleep Environment:** Create a restful environment for sleep, free from distractions.

5. Mindfulness and Meditation

- **Mindfulness Practices:** Engage in mindfulness practices to stay present and reduce stress.
- **Meditation:** Regular meditation can help calm the mind and improve emotional regulation.

6. Connect with Others

- **Social Support:** Reach out to friends and family for support and connection.
- **Support Groups:** Consider joining a support group for individuals experiencing depression.

7. Limit Alcohol and Avoid Drugs

- **Substance Avoidance:** Avoid alcohol and recreational drugs, which can worsen depression.
- **Healthy Alternatives:** Seek healthy alternatives to cope with stress, such as exercise or hobbies.

8. Engage in Enjoyable Activities

- **Hobbies and Interests:** Pursue hobbies and activities that you enjoy and find fulfilling.
- **Creativity:** Engage in creative activities like drawing, painting, writing, or music.

9. Practice Gratitude

- **Gratitude Journal:** Keep a gratitude journal and write down things you're thankful for each day.
- **Positive Focus:** Focus on positive aspects of your life, no matter how small.
- **The 3 Good Things- 2 minutes a day:** A study showed that writing down 3 good things in your day, and your part in it. Do this for 14 days. Research showed that after 4-5 days, people tended to feel happier and trained their brain to shift from focussing on the negative to the positive. Research showed that after 14 days people tended to have less burnout and depression, a better work/life balance, less conflict at school, work and home, and a higher level of happiness. The cool thing is that the results can last for 6 month or more!

10. Cognitive Behavioural Techniques

- **Challenge Negative Thoughts:** Identify and challenge negative thought patterns.
- **Positive Affirmations:** Use positive affirmations to replace negative self-talk.

11. Seek Professional Help

- **Therapy:** Consider talking to a therapist or counsellor for professional support.
- **Hypnotherapy:** Working with a hypnotherapist who understands depression and has the tools to help you delve into the subconscious mind to begin to work directly with the emotions.
- **Medication:** Discuss with a healthcare provider if medication might be beneficial. They are definitely not right for everyone, but for some people they may be necessary to level out chemicals so you can start doing the real work to make deep and lasting changes.

12. Self-Compassion

- **Be Kind to Yourself:** Practice self-compassion and avoid harsh self-criticism. This is one of the most important things to be mindful of. If you are not on your own side, how can you expect others to be.
- **Work on Self-esteem and confidence:** remember that every time we overcome a small or large challenge, it increases our comfort zone, reaffirming that we CAN do it! Most of the

negative programs come from others who don't even know you, so don't buy into it! You are good enough, just as you are, and deserve to be treated with love, kindness and respect.

- **Forgiveness:** Forgive yourself for perceived shortcomings and treat yourself with kindness.

13. Mindful Breathing

- **Deep Breathing:** Practice deep breathing exercises to reduce stress and anxiety.
- **Breath Awareness:** Focus on your breath to bring your attention to the present moment.

14. Stay Informed

- **Education:** Educate yourself about depression to understand your symptoms better and find effective coping strategies.
- **Resources:** Utilize books, online resources, and support groups for additional information and support.

15. Limit Stress

- **Stress Management:** Identify sources of stress and find ways to minimize them.
- **Relaxation Techniques:** Practice relaxation techniques such as progressive muscle relaxation or guided imagery.
- **Hypnotherapy** is often used in conjunction with other treatments such as cognitive-behavioural therapy (CBT), EMDR, medication, and lifestyle changes for a holistic approach to mental health.

Hypnotherapy is a powerful therapeutic tool that can help alleviate stress, anxiety, panic attacks, and PTSD by inducing deep relaxation, accessing and reframing negative thought patterns, enhancing coping mechanisms, improving sleep, and building self-esteem and confidence. Its effectiveness in addressing these conditions makes it a valuable addition to a comprehensive mental health treatment plan.

Combining Techniques

Managing emotions effectively often requires a combination of approaches. Don't just reach for a pill. Integrating these simple, non-invasive techniques into daily routines can significantly reduce pain and improve overall well-being. As always, it is essential to consult with healthcare professionals to develop a comprehensive pain management plan tailored to individual needs and medical conditions, but keep an open mind to trying some of these safer options first.

The way I look at pain and disease may be different to your view, but please keep an open mind. When we have emotional issues in our life and are unable to deal with them, it can cause a block in the flow of our energy field or aura. If we are unable to deal with them, these blockages can move into the body and present as blocks in our chakras or meridians so we then get out of balance and harmony. This can cause more mental/emotional issues, and move on to cause physical symptoms such as pain, illness or disease.

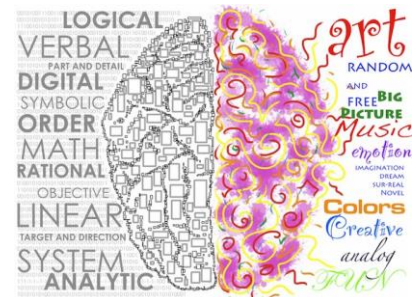
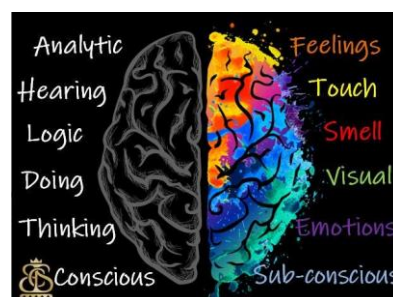
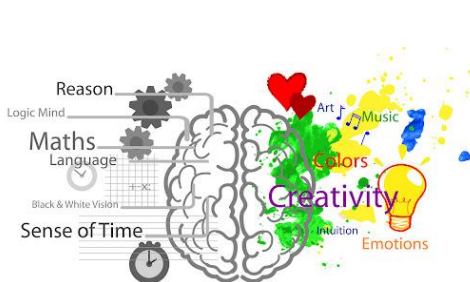
So we can approach this issue from several different angles!

1. We can work with 'mind techniques' such as Hypnotherapy, NLP, meditation, CBT, counselling etc., that can work in the conscious and subconscious parts mind to clear emotional trauma and effect change in thoughts and behaviours. This can then clear energy blockages, which can then clear physical blockages, resulting in a speeding up of the healing process.
2. Work with 'Energy medicine techniques' such as EFT, Kinetic Shift, Reiki, TFH Kinesiology, etc., to clear the energetic blockages first, which can then clear the mental, emotional and physical blocks, reduce stress, promote feeling of wellbeing, reduce swelling and inflammation, boost the immune system, reduce adrenaline and cortisol, speed up the healing process, shift perceptions and reduce pain.
3. Work with the 'physical body' using things like deep breathing, exercise, stretching, yoga, tai chi, chi kung, acupuncture, massage, Bowen, and other techniques which will then stimulate the energy flow on the body, improve flexibility, increase endorphins and help to alleviate mental and emotional issues as well.

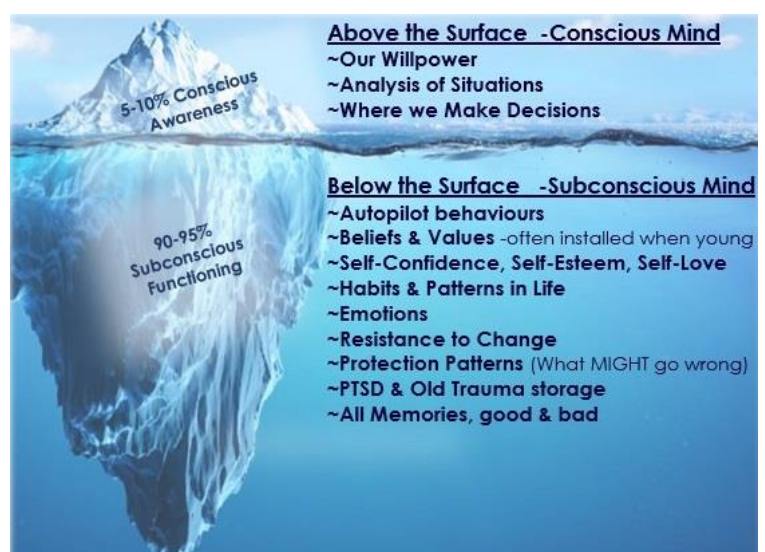
Please note that many of these techniques cross over and incorporate the other systems of healing as well, to have a holistic effect on the body-mind system.

I have included a lot of information as a reference for you to go back and read through at your own time, so we will only skim over the surface in our Mini-Blitz Workshop, however you will now have this Workbook to assist you further in the future.

Hypnotherapy



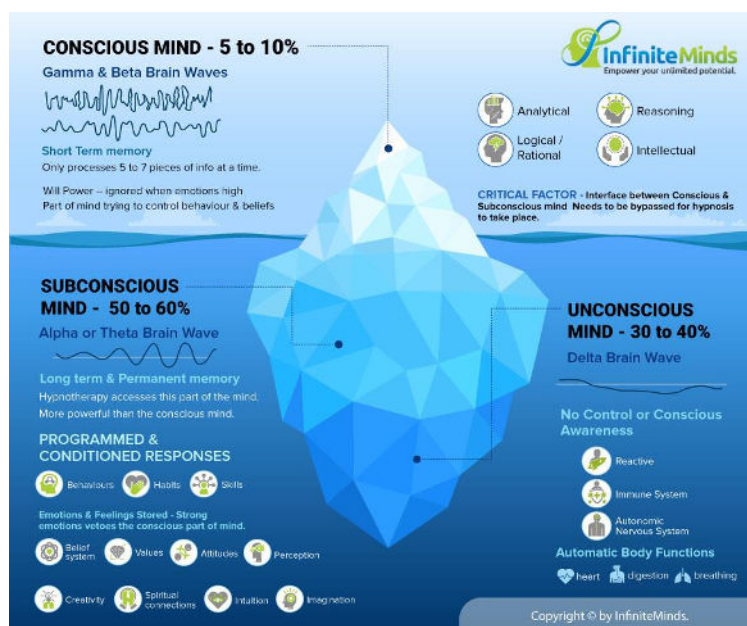
Hypnotherapy, Psychotherapy and Cognitive Behaviour Therapies (CBT) and some other forms of therapy can help address anxiety and stress, alleviate other problems with an emotional root, and in most cases help with depression. Although I personally think that Hypnotherapy and Energy Medicine are actually the fastest and most effective treatments, I have put this section at the end so we can do some practical work together in our workshop.



The conscious mind is the logical, rational and analytical part of the mind, but it's only 5-10% of the mind. The subconscious, which deals in emotions, habits, patterns and belief, and is 90-95% of the mind. So the conscious mind is never going to win over the subconscious. Have you ever seen anyone talk themselves out of a panic attack or depression? A lot of this is to do with the critical faculty which determines what goes into the subconscious, and this is determined by our early programming in the first 7 or so years of our lives, when we were basically operating in the alpha/theta brainwave patten, similar to the state of hypnosis, so it makes sense that if we can drop you back into the same state, we can start to undo the old beliefs and programs that don't work, and upgrade them to a new and better belief that serves, not sabotages. It's like reprogramming a computer with new software that is more in alignment with what we want to achieve!

What is Hypnotherapy?

Definition: Hypnotherapy is a form of guided therapy that uses relaxation, intense concentration, and focused attention to achieve a heightened state of awareness, often referred to as a trance. During this state, the individual can focus deeply on specific thoughts, feelings, or goals with the guidance of a trained hypnotherapist.



Process:

- **Induction:** The hypnotherapist guides the individual into a state of deep relaxation and focused attention.
- **Deepening:** Techniques are used to deepen the trance state.
- **Therapeutic Suggestions:** The hypnotherapist offers positive suggestions, guided imagery, or explores underlying issues.
- **Awakening:** The individual is gradually brought back to a state of normal awareness.

How Hypnotherapy Helps Alleviate Emotional Issues

1. Deep Relaxation:

- **Reduced Physiological Arousal:** Hypnotherapy induces a state of deep relaxation, which helps to lower heart rate, blood pressure, and levels of stress hormones.
- **Calm Nervous System:** By engaging the parasympathetic nervous system, it promotes a state of calm and reduces the body's fight-or-flight response.

2. Accessing the Subconscious Mind:

- **Reframe Negative Thoughts:** Hypnotherapy can help individuals access and reframe negative thought patterns that contribute to stress and anxiety.

- **Process Traumatic Memories:** For those with PTSD, hypnotherapy can facilitate the safe processing of traumatic memories, reducing their emotional impact.

3. Enhanced Coping Mechanisms:

- **Positive Suggestions:** During hypnotherapy, positive affirmations and coping strategies are reinforced, helping individuals build resilience against stress and anxiety.
- **Behavioural Changes:** Hypnotherapy can help break negative habits and establish healthier behaviours that contribute to overall well-being.

4. Improving Sleep:

- **Addressing Insomnia:** Hypnotherapy can be effective in treating sleep disturbances, which are common in individuals with stress, anxiety, and PTSD.
- **Promoting Restorative Sleep:** Better sleep quality enhances the body's ability to cope with stress.

5. Reducing Panic Attacks:

- **Calming Techniques:** Hypnotherapy can teach techniques to manage and reduce the frequency and intensity of panic attacks.
- **Trigger Management:** It helps identify and address the triggers of panic attacks, providing tools to manage them effectively.

6. Building Self-Esteem and Confidence:

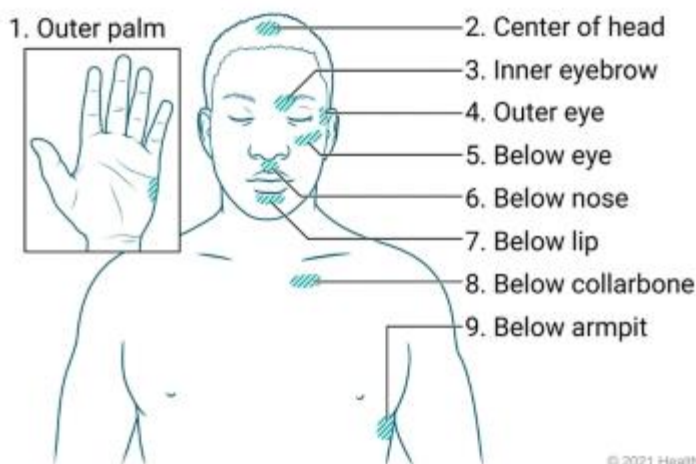
- **Positive Self-Image:** Hypnotherapy can boost self-esteem and self-confidence, which are often undermined by chronic stress and anxiety.
- **Empowerment:** Feeling more in control and empowered can reduce overall anxiety levels.

Hypnosis can work where everything else has failed. If you are willing to do the work, you can turn your life around and start to process your thoughts and emotions differently, to change your future!

EFT- Emotional Freedom Technique:

Come up with a phrase that accepts where you are but allows you to continue to love and accept yourself.

Emotional freedom technique (EFT) is a method some people use to help manage emotions and troubling thoughts. They may also use it to lower their stress and anxiety. For example, EFT may help calm you if you're feeling angry. Or it may help ease your thoughts if you're worried about something.



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EFT is also called tapping. This is because to do EFT, you tap your fingertips on certain points on your hand, head, and torso. The points you tap on for EFT are like those used in acupuncture.

Experts don't agree on how well EFT works. And it shouldn't replace going to see a health professional for serious issues like depression and trauma.

How to do EFT

You can do EFT, or tapping, whenever you feel upset. You may find that it helps you feel better.

To do EFT, follow these steps.

1. Think of an issue that's bothering you.

This could be any issue. For example, it could be something you're feeling anxious or sad about.

2. Measure how your issue makes you feel.

Rate how bad you feel on a scale from 0 to 10. A score of 0 means you don't feel bad at all. But a score of 10 means you feel as bad as possible. Write down this number.

3. Create a statement that describes your issue, followed by a statement of self-acceptance.

For example, you could say, "Even though I feel anxious about work tomorrow, I deeply and completely accept myself." Or you could say, "Even though my partner broke up with me, I deeply and completely accept myself." "Or even though my life is out of control and I feel depressed and hopeless, I love and Accept myself".

4. Tap repeatedly on the different acupressure points.

While you tap, say your statement out loud 3 times.

5. Tap on the rest of the points on your body, one at a time.

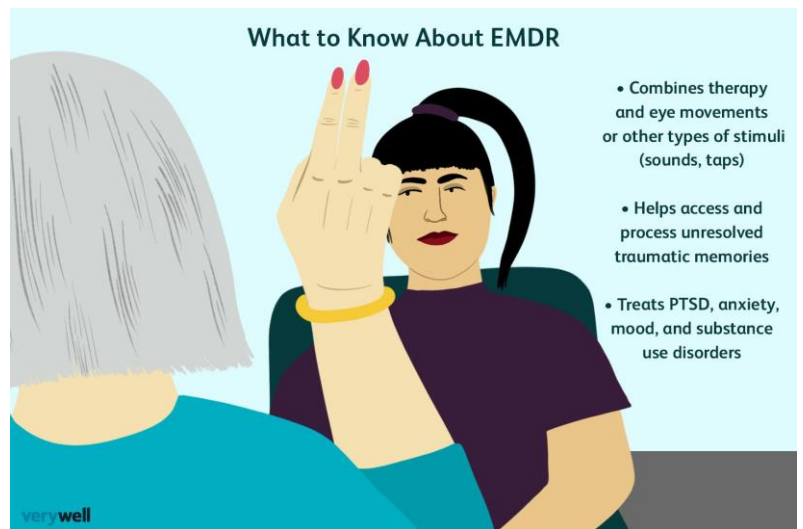
While you tap, state your issue over and over. For example, you might repeat "anxious about test" or "we broke up." Tap on each point in this order.

1. Tap on the edge of your palm, below your little finger.
 2. Tap on the top, centre of your head.
 3. Tap on the inside edge of one eyebrow.
 4. Tap next to the outside edge of one eye.
 5. Tap on the bone underneath one eye.
 6. Tap between your nose and your upper lip.
 7. Tap between your lower lip and your chin.
 8. Tap beneath one collarbone (find the notch beneath the inside edge of the collarbone).
 9. Tap under one armpit (about 10 centimetres (4 inches) below the armpit).
6. Stop and remeasure how you feel about your issue.
 7. Repeat the steps if needed.

Tap until you can give your issue a lower number, or until you feel better.

EMDR

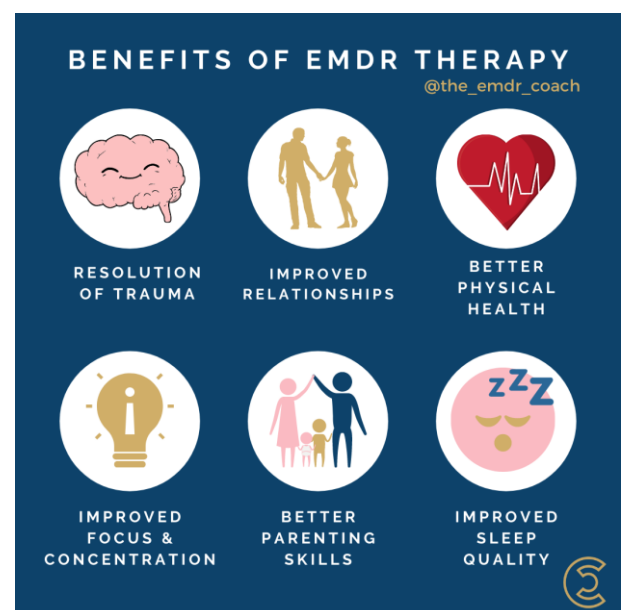
EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. This uses lateral eye movements for about 10 to 30 seconds while picturing an event past or present, and it quiets and calms the amygdala and increases dopamine in the brain. When we move/walk forward, the eyes naturally do this movement. This desensitizes our responses and makes us less reactive.



EMDR Treatment Description

Phase 1

The first phase is a history-taking session(s). The therapist assesses the client's readiness and develops a treatment plan. Client and therapist identify possible targets for EMDR processing. These include distressing memories and current situations that cause emotional distress. Other targets may include related incidents in the past. Emphasis is placed on the development of specific skills and behaviours that will be needed by the client in future situations.



Phase 2

During the second phase of treatment, the therapist ensures that the client has several different ways of handling emotional distress. The therapist may teach the client a variety of imagery and stress reduction techniques the client can use during and between sessions.

A goal of EMDR therapy is to produce rapid and effective change while the client maintains equilibrium during and between sessions.

Phases 3-6

In phases three to six, a target is identified and processed using EMDR therapy procedures. These involve the client identifying three things:

1. The vivid visual image related to the memory
2. A negative belief about self
3. Related emotions and body sensations

In addition, the client identifies a positive belief. The therapist helps the client rate the positive belief as well as the intensity of the negative emotions. After this, the client is instructed to focus on the

image, negative thought, and body sensations while simultaneously engaging in EMDR processing using sets of bilateral stimulation. These sets may include eye movements, taps, or tones. The type and length of these sets is different for each client. At this point, the EMDR client is instructed to just notice whatever spontaneously happens.

After each set of stimulation, the clinician instructs the client to let his/her mind go blank and to notice whatever thought, feeling, image, memory, or sensation comes to mind. Depending upon the client's report, the clinician will choose the next focus of attention. These repeated sets with directed focused attention occur numerous times throughout the session. If the client becomes distressed or has difficulty in progressing, the therapist follows established procedures to help the client get back on track.

When the client reports no distress related to the targeted memory, (s)he is asked to think of the preferred positive belief that was identified at the beginning of the session. At this time, the client may adjust the positive belief if necessary, and then focus on it during the next set of distressing events.

Phase 7

In phase seven, closure, the therapist asks the client to keep a log during the week. The log should document any related material that may arise. It serves to remind the client of the self-calming activities that were mastered in phase two.

Phase 8

The next session begins with phase eight. Phase eight consists of examining the progress made thus far. The EMDR treatment processes all related historical events, current incidents that elicit distress, and future events that will require different responses.

NLP Spin Technique

The Spin Technique was created based on the works of Dr. Richard Bandler, John Overdurf, Dr. David Snyder.

Dr. David Snyder says, *"If you can point to where you feel something, you can change it"* and that's where the power of the Spin technique comes in.

All emotions can be felt in the physical body. Think about it - how else do you know you feel scared, excited, or even joyful? You probably recognize the emotion because you can physically feel it!

When you are able to feel an emotion in your body, you can use your imagination to move it, and change it in any number of ways using NLP sub-modalities.

Now you know the magical starting point of the NLP Spin technique. You're taking an emotion and imagining it as something physical within your body. This gives you greater access to techniques, such as the spin, to reprogram how the emotion affects you. The best part is, it's really easy to do, so let's jump right into it!

Performing The NLP Spin Technique

Let's say you're feeling an emotion and you want to change it. This could be a feeling of stress, upset, sadness or nervousness.

Once you recognize that you feel the emotion, locate the feeling in your body. Some people might feel a tension in their chest. Others may discover a pressure in their shoulders.

Now point to the place where you physically feel the emotion in your body. Ask yourself, *"What direction is it spinning or rotating?"*

Concentrate on it and pretend the emotion is that physical thing you feel in your body. Imagine it's really spinning. Go with your gut instinct because there are no wrong answers!

You might notice it's moving in a counterclockwise motion or maybe it's spinning front to back. Whichever way you notice it, that's perfect for you.

Now here's the *really* cool part.

Reach your physical hands to where you feel the emotion. Just use your imagination. Grab that emotion and pull it out in front of you where you can see it.

Notice it's now just spinning out in the open space in front of your body. You can even watch it, intently, if you are doing this with your eyes open. And if your eyes are closed you can imagine you're watching it.

Now imagine you change the direction of the motion, or spin. You can even involve your hands to imagine that you're reversing the direction of the spin of this physical thing that represents that unwanted emotion.

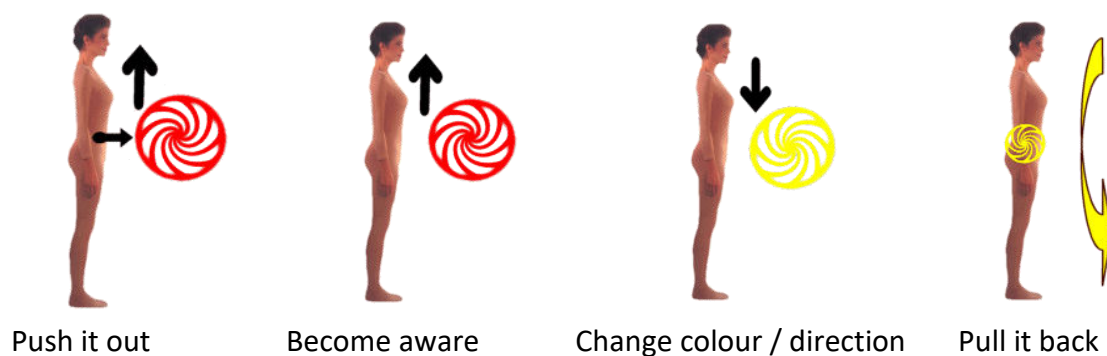
You can even increase the speed of the spin in this new direction. Really accelerate that sucker so it's spinning super fast!

Now reach out with your physical hands, grab it, and slam it back into the same spot in your body where it started.

Now check in with yourself and notice that it's changed.

If you like the new changes, keep it! If you don't like it, repeat the process. Notice which way it's spinning now, grab it, pull it out, change the direction, speed it up, and put it back with the changes.

This technique can also be used to remove simple feelings of hunger, cravings and reducing the feelings associated with some forms of fear, anxiety, stress and even depression.



Step 1

Direct your focus of attention to your body. Notice your internal bodily sensations for a moment.

Step 2

Think about what you are fearing / desiring and notice the movement of that feeling (it will probably start in your tummy and move upwards towards your head or mouth).

Step 3

Using your power of imagination take this feeling out of your body and in your mind's eye see it spinning in front of you like a wheel.



Step 4

Then imagine what colour it is and change the colour to something more pleasing.

Step 5

Then reverse the direction of the spin perhaps by turning the wheel upside down so that the wheel is spinning in the opposite direction directly in front of you.



Step 6

Then pull the spinning wheel back into you.

Step 7

Continue spinning the feeling in the opposite direction. The feeling should now be moving down through your throat into your chest and tummy ie down instead of up.

Step 8

Spin the feeling faster and faster until it reduces and / or eventually disappears.

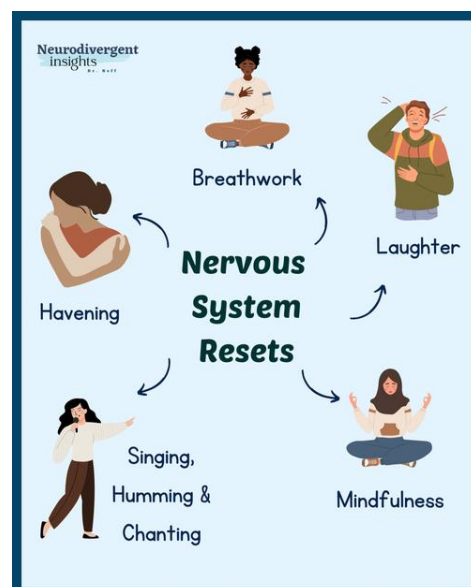
If symptoms do not reduce then seek external assistance from your Certified Hypnotherapist or try another approach.

The Havening Therapy Technique

The HAVENING protocol is a psycho-sensory technique which involves the touch of different parts of the body, to create a delta brain wave for therapeutic purposes.

The HAVENING Protocol was developed by Dr Ronald Rudin and his brother Stephen, for frontline workers such as doctors, nurses and technicians, during the COVID Pandemic to help them avoid or deal with PTSD. At the end of each shift, they were instructed to find a safe place to carry out the technique.

If you are feeling stressed or triggered, find a place you won't be disturbed for about 5 minutes, and do this technique called Havening, as in safe-haven.



Havening Therapy

Think of something that makes you feel stressed, unhappy, or overwhelmed. Rate your unhappiness on a scale of 1-10, with 1 being the lowest and 10 the highest.

- Clear your mind, or just think about something nice, eg, walking along a beautiful beach someplace safe.
- Cross your arms, place your hands on the tops of your shoulders, and close your eyes.
- Stroke your hands down the sides of your arms from your shoulders to your elbows, down and up, again and again.
- As you carry on stroking the sides of your arms, imagine you are walking on a beach, with each footstep in the sand counting out loud from 1 to 20.
- Keep stroking the sides of your arms and open your eyes. Move your eyes laterally to the right and to the left. Repeat x 6
- Now still stroking the sides of your arms, imagine you are walking in a beautiful garden, with each footstep counting out loud from 1 to 20 with each step that you take.

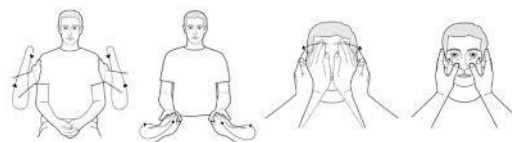
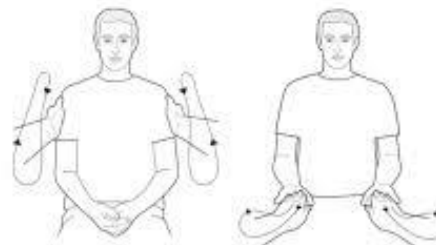
Move eyes laterally to the right, then laterally to the left.
Repeat x 3

- Keep stroking the sides of your arms and open your eyes. Move your eyes laterally to the right and to the left. Repeat x 6
- Now close your eyes again and stroke the sides of your arms while you imagine walking down a flight of stairs. Count out loud from 1 to 20 with each footstep.
- Keep stroking the sides of your arms and open your eyes. Move your eyes laterally to the right and to the left. Repeat x 6

Now rub hands together and stop.

Now open your eyes and check, on a scale from 1 to 10, what number is the unhappy feeling at now? If it has not reduced enough yet, just repeat the sequence until it does.

Self Havening © touches



BYRON KATIE'S FOUR QUESTIONS

"I discovered that when I believed my thoughts I suffered, but when I didn't believe them I didn't suffer, and that this is true for every human being. Freedom is as simple as that."

- Byron Katie, Author

Byron Katie is an American speaker and author who teaches a method of self-inquiry known as "The Work". She is the founder of Byron Katie International, an organization that includes The School for the Work and Turnaround House in Ojai, California. TIME describes her as "a spiritual



innovator for the 21st century.” I was blown away after hearing about “the work” and felt the need to share a simplified version with all of you, see below:

All the suffering that goes on inside our minds is not reality, says Byron Katie. It’s just a story we torture ourselves with. She has a simple, completely replicable system for freeing ourselves of the thoughts that make us suffer. “All war begins on paper,” she explains. You write down your stressful thoughts, and then ask yourself the following four questions:

Question 1: Is it true?

This question can change your life. Be still and ask yourself if the thought you wrote down is true.

Question 2: Can you absolutely know it’s true?

This is another opportunity to open your mind and to go deeper into the unknown, to find the answers that live beneath what we think we know.

Question 3: How do you react—what happens—when you believe that thought?

With this question, you begin to notice internal cause and effect. You can see that when you believe the thought, there is a disturbance that can range from mild discomfort to fear or panic. What do you feel? How do you treat the person (or the situation) you’ve written about, how do you treat yourself, when you believe that thought? Make a list, and be specific.

Question 4: Who would you be without the thought?

Imagine yourself in the presence of that person (or in that situation), without believing the thought. How would your life be different if you didn’t have the ability to even think the stressful thought? How would you feel? Which do you prefer—life with or without the thought? Which feels kinder, more peaceful?

Turn the thought around:

The “turnaround” gives you an opportunity to experience the opposite of what you believe. Once you have found one or more turnarounds to your original statement, you are invited to find at least three specific, genuine examples of how each turnaround is true in your life.

Quotes from Byron Katie:

“Life is simple. Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon nor too late. You don’t have to like it... it’s just easier if you do.”

“As long as you think that the cause of your problem is “out there”—as long as you think that anyone or anything is responsible for your suffering—the situation is hopeless. It means that you are forever in the role of victim, that you’re suffering in paradise.”

“A thought is harmless unless we believe it. It’s not our thoughts, but our attachment to our thoughts, that causes suffering. Attaching to a thought means believing that it’s true, without inquiring. A belief is a thought that we’ve been attaching to, often for years.”

“I am a lover of what is, not because I’m a spiritual person, but because it hurts when I argue with reality.”

“How do you react when you think you need people’s love? Do you become a slave for their approval? Do you live an inauthentic life because you can’t bear the thought that they might disapprove of you? Do you try to figure out how they would like you to be, and then try to become that, like a chameleon? In fact, you never really get their love. You turn into someone you aren’t, and then when they say “I love you,” you can’t believe it, because they’re loving a facade. They’re loving someone who doesn’t even exist, the person you’re pretending to be. It’s difficult to seek other people’s love. It’s deadly. In seeking it, you lose what is genuine. This is the prison we create for ourselves as we seek what we already have.”

[Click here for more from Byron Katie](#)

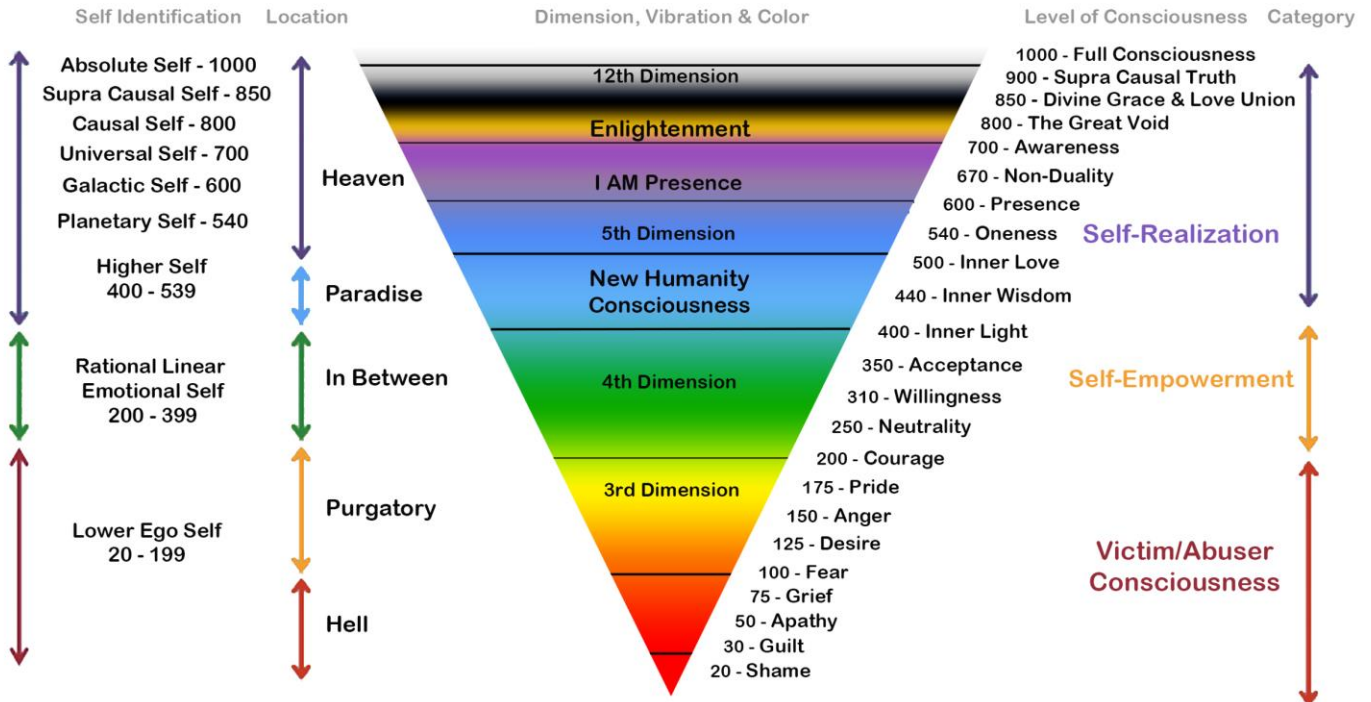
The Scale of Consciousness

The scale of Consciousness was developed by David Hawkins, a scientist who wanted to measure the emotional frequency of different emotions. He used Kinesiology muscle testing to test thousands of people, and came up with this scale.

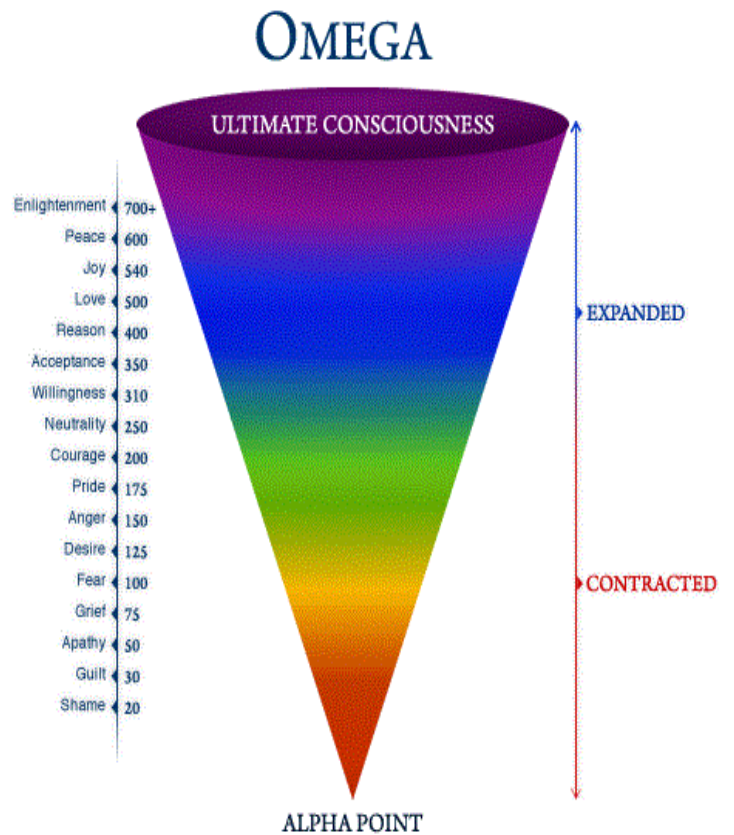
When we look at the Scale of Consciousness, we can understand how shifting from grief and shame up the scale, even through anger, can eventually be a pathway to feeling better and moving on from depression.

Levels of Consciousness[®]

A Map to Full Consciousness by Master Mindo www.NewHumanitySchool.com



	Level	Scale (Log of)	Emotion	Process	Life-View
P O W E R	Enlightenment	700-1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
F O R C E	Courage	200	Affirmation	Empowerment	Feasible
	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
Shame	20	Humiliation	Elimination	Miserable	



The Scale of Consciousness- Dr David Hawkins from his book Power VS Force

Demonstrations: EFT, The Spin Method, Hypnosis, EMDR

THANK YOU!



Thank you so much for attending today's mini-workshop, which was designed to open your mind to new possibilities and reduce the way you experience emotions and in particular, depression. My purpose in life is to help as many people as I can to have a better quality of life.

As we've seen today, hypnotherapy and these other amazing techniques can be a powerful tool for creating positive change in our lives. Whether you're looking to overcome a specific challenge or simply want to enhance your overall well-being, hypnotherapy offers a personalized approach that can be tailored to your unique needs.

Imagine what it could be like to feel more positive, more relaxed, more focused, and more in control of your life. For those of you who are ready to take the next step, I have a couple of special offers available exclusively for workshop participants.

You can book an individual hypnotherapy or integrative wellness session, designed to address your specific goals and help you achieve lasting results. Or, for those looking to delve deeper and experience even greater benefits, we have a special 3-session or 6-session packs that offers a comprehensive approach to your well-being.

For the next 48 hours, we're offering a 10% discount on these sessions as a thank you for attending and engaging with us.

Feel free to come up and chat with me afterwards if you have any questions or if you'd like to schedule your first session. Thank you all for being here today, and I look forward to supporting you on your path to greater health and happiness.

Our mini-blitz was just a small sample of what we can do together. If you're ready to clear away the triggers and make some serious change, book in for your free 30 minute health assessment or make an appointment to begin your journey as we clear away mental, physical, emotional and energetic blockages and move you towards a life of comfort and less pain. Start your journey today at carolmacrae.com.

Let's do great things together!

Carol Macrae

Carol Macrae

Clinical & 5-PATH Hypnotherapist

Reiki Master & Teacher / Chair Reiki Australia

Energy Medicine Specialist

ADDITIONAL LINKS

1. Mini-Blitz Workshop Page: <https://carolmacrae.com/mini-blitz-workshops>
2. Heal Your Body Booklet: <https://carolmacrae.com/wp-content/uploads/2022/08/louise-hay-heal-your-body.pdf>
3. Feelings Indicator:
4. My Healing Support Web Page with more information Videos and MP3s: <https://carolmacrae.com/healing-support/>



Figure 22-20: Patient's Aura After Healing

Healthy Aura with Chakras

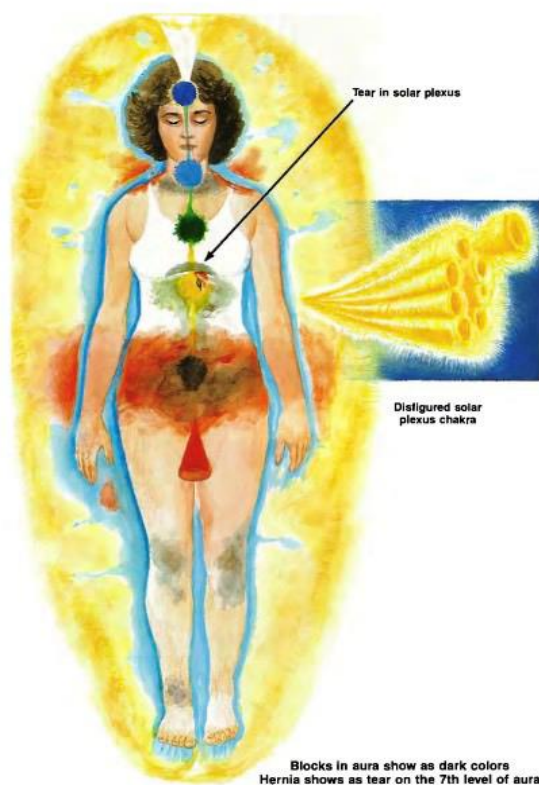
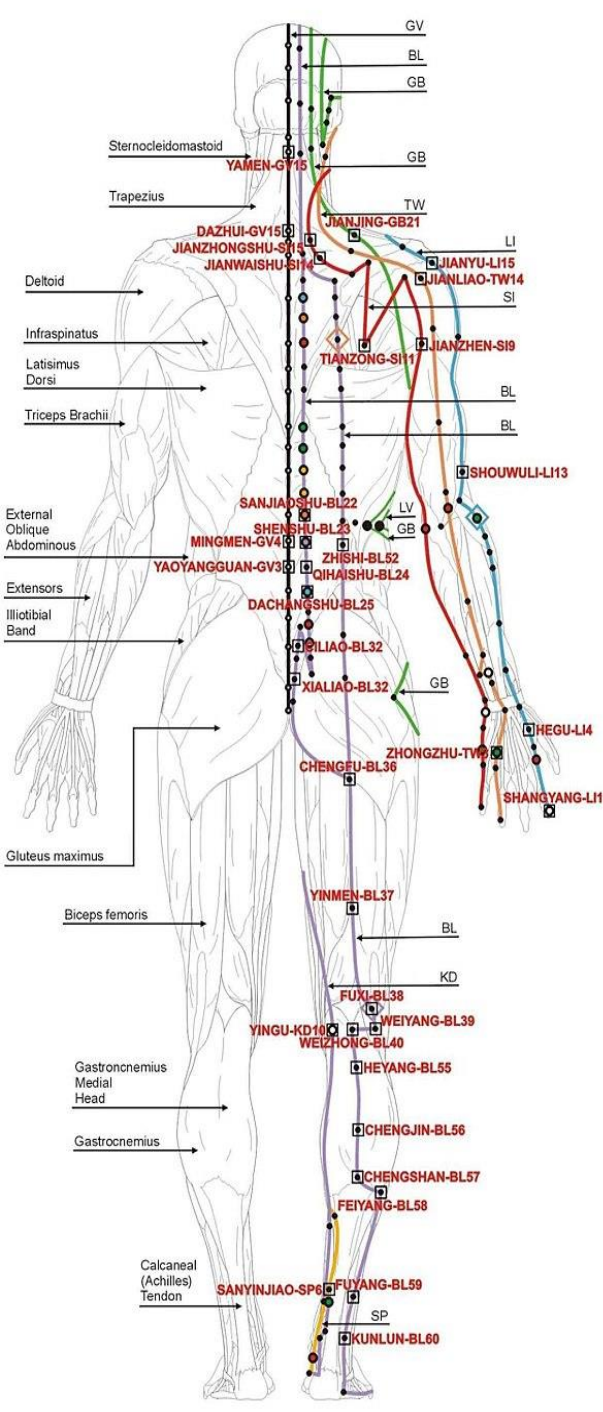
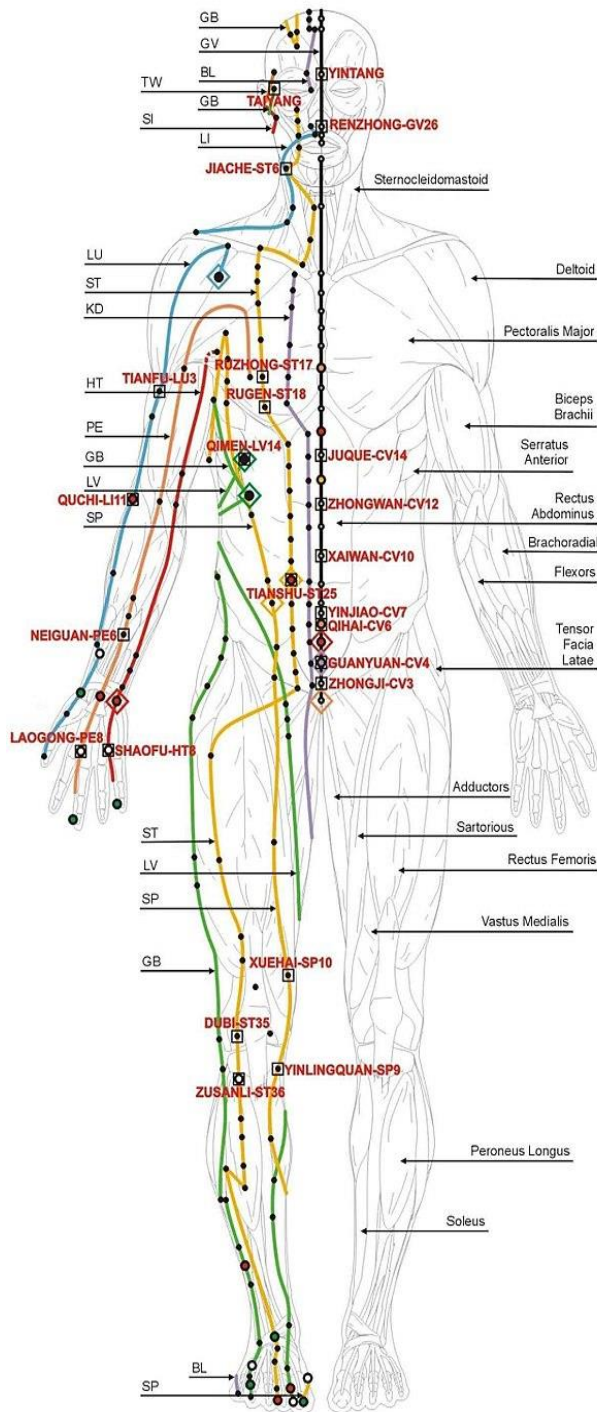


Figure 22-4: Patient's Aura Before Healing With Insert of Disfigured Solar Plexus Chakra

Aura of a Person with Disease

Human body meridians



ANTERIOR VIEW

LEFT - YIN SUPERFICIAL MERIDIANS
RIGHT - SUPERFICIAL MUSCULATURE

ARM YIN MERIDIANS & SHICHEN
 LU - LUNG MERIDIAN 3-5 AM
 HT - HEART MERIDIAN 11 AM - 1 PM
 LV - LIVER MERIDIAN 1-3 AM
LEG YIN MERIDIANS & SHICHEN
 SP - SPLEEN MERIDIAN 9-11 AM
 KD - KIDNEY MERIDIAN 5-7 PM
 PE - PERICARDIUM MERIDIAN 7-9 PM
 CV - CONCEPTION VESSEL (CENTERLINE)

POSTERIOR VIEW

LEFT - SUPERFICIAL MUSCULATURE
RIGHT - YANG SUPERFICIAL MERIDIANS

ARM YANG MERIDIANS & SHICHEN
 LI - LARGE INTESTINE MERIDIAN 5-7 AM
 SI - SMALL INTESTINE 1-3 PM
 TW - TRIPLE WARMER 9-11 PM
LEG YANG MERIDIANS & SHICHEN
 ST - STOMACH MERIDIAN 7-9 AM
 BL - BLADDER MERIDIAN 3-5 PM
 GB - GALL BLADDER MERIDIAN 11 PM - 1 AM
 GV - GOVERNING VESSEL (CENTERLINE)



LEGEND

- WOOD PHASE MERIDIAN
- 1ST FIRE PHASE MERIDIAN
- 2ND FIRE PHASE MERIDIAN
- EARTH PHASE MERIDIAN
- METAL PHASE MERIDIAN
- WATER PHASE MERIDIAN
- PRIME VESSEL

- STIMULATION ACUPRESSURE POINT
- SEDATION ACUPRESSURE POINT
- ELEMENTAL ACUPRESSURE POINT*
- ALARM ACUPRESSURE POINT
- YU (ASSOCIATED) ACUPRESSURE POINT
- SUPERFICIAL ACUPRESSURE POINT
- *SHICHEN MERIDIAN STRIKING POINT
- ◇ SHICHEN ZANFU 12 HOUR VITAL STRIKING POINT

WRIST PULSE

- LEFT DEEP / SUPERFICIAL
- HT / LI
- LV / GB
- KD / BL
- RIGHT DEEP / SUPERFICIAL
- LU / LI
- SP / ST
- KD / PE - TW

□ GENERAL USE STRIKING POINTS

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