

Neuro-Emotional Points

Do we have NEs as well as NLs and NVs ?

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We are all aware of the power of the neurolymphatic (NL) and neurovascular (NV) points in reversing muscle weakness. We learned about these circuit breakers in the TFH Introductory workshop. Michael Lebwitz, a chiropractor, reasoned that there probably were also equivalent points which worked as emotional circuit breakers.

He was looking for more emotional stress release (ESR) points. He reasoned they should be present on all meridians that begin or end in the head. In fact what he found were not more holding points, like the ESR points on the forehead, but rubbing points. The points were not on the head but on the neck, limbs and body.

Because there are twelve paired meridians and only the six yang pairs appear on the head the neuro-emotional points are shared on a 5 element basis.

He found the following points effective:

GB 31(.5) LI 16 B 10
SI 10(.5 or 11) TW 15(.5) ST 30

His procedure is easily adapted to the TFH format. Results include higher stress toler-

ance, calmer disposition, and improvement in chronic conditions.

Testing:

1. When a muscle tests weak CL the NE point. (as an alternative to NL or NV).
2. Make person aware of the 5 Element emotion for that meridian.

Correction:

1. Hard sustained pressure for 40 sec. on the involved point.
2. Person thinks about the 5 Element emotion throughout process.

Challenge:

1. The muscle now tests strong.
2. The muscle tests strong when the NE point is touched (CL'd).

Note:

ST 11 and GB 31 often result in crying.

The diagram below shows the 5 element emotion and the shared NE points:

Diagram of the NE points on the body.