

EMOTIONAL TAPPING THE DEPRESSION CORRECTION

by Marge Murray

My thanks for this paper have to go to Dr. Roger Callahan and Norma Harnack who were those who inspired me to see the correction I will write about. The other emotional corrections that work with tapping all lie on the Law of Five Elements in the control cycle.

Dr. Callahan wrote about the Phobia Tapping. The correction came from looking at what controlled fear which lies in the water element. The control is sympathy. It turned out that yang (stomach) worked more often than yin (spleen).

The same principle works with the other emotions. Let's move to anger which lies in the wood element. The "stuck" form of anger is temper. Metal controls wood and the yang of metal is large intestine. Therefore, tapping on the ends of large intestine the same way that you would on stomach for phobias will control temper. Occasionally, you may have to use lung. You can determine this by touching the large intestine and lung alarm points and muscle checking. The strong alarm points will give you the correcting meridian.

Now move to joy in the fire element. The "stuck" emotion here is embarrassment. It is noteworthy that we turn red when we are embarrassed. The control for fire is water and the yang of water is bladder. It is also noteworthy how many people have the urge to wet when they are embarrassed, so this could also help wetting problems. Occasionally, you may have to use the kidney meridian.

Sympathy is in the earth element. This one is "stuck" when you can't help but to feel sorry for every unfortunate animal and person. These are people who cry uncontrollably at every funeral. The control for earth is wood and the yang of wood is gall bladder. Sometimes you may have to use the liver.

I left the best for last. This is the correction that has come up the most after the phobia tap as a tapping correction in my practice. As a matter of fact, last November and December almost one third of the corrections I did were this one, with great results. There were a lot more happy people at Christmas.

This correction lies in the metal element which is grief, guilt and loneliness and ends up in depression. The control for metal is fire and the yang of fire is small intestine and triple warmer. I have found that, by far, the correction for depression lies in triple warmer. Not only have people felt lighter and happier after tapping on the ends of the triple warmer meridian, but some have actually reported a lowering of their thyroid medication. Occasionally, I have had to use small intestine as a secondary tapping.

The procedure for the emotional tapping corrections on the Law of Five Elements is the same as the phobia tapping taught in the Facilitator Workshop. Simply adjust the meridian to the control of the emotion that you want to clear and follow the same steps.