

Five Element Tapping

by Marcia M Hildreth & Arnetta E. Hildreth

Five element tapping is another quick, effective do-it yourself balance that works well for "sending" and also for plants and animals.

As with so many other AHA's that have surfaced in our midst, this balance grew around partially digested information from others. Marge Murray's Candida Balance and Norma Harnack's work with the 5 elements both preceded this form.



Arnetta was working with a student who had symptoms of candida overgrowth and extreme sensitivities to swimming pools. to demonstrate the candida balance. She asked the body and received directions to tap around the navel (the position of the 5 elements) and how many revolutions. When that was cleared, she asked about clearing for the other sensitivity. Body replied to clear with more 5 element tapping followed by ESR. WOW! So the process developed itself. With a series of tappings, the woman was able to sit comfortably at the edge of a swimming pool for the first time in years.

5 element tapping couldn't be easier, Have a clear indicator muscle (or use self testing). If you use PHP skills, the finger modes is EL 3C, if not, ask if 5 element work is a priority for the problem. Proceed (if yes) to ask how many times around to tap, (usually clockwise) and what to follow up with. ESR or Cook's hook-ups are usual.) That's it!

To share the effectiveness of this simple technique, we were with a client at our chiropractor's office where they used homeopathic remedies. They used a Vega machine to locate the body's current problem areas to work with. The woman in question had a very high mercury level. We asked if we could correct that level, and they said, "Sure." At that point, we were asking the woman's body how many revolutions and what to follow with. Then we asked if we

could do it to the surrogate (me), and the body replied affirmatively. So the 5 element tapping was done by Marcia. Half an hour later we rechecked the woman's indicated mercury levels and found that they were no longer a problem.

Since that experience we began doing a lot of surrogate work, "sending" to people distant from us. With Marcia holding the image of the person to work with, Arnetta muscle tested Marcia as a surrogate, and we proceeded as before. We have no firm idea if the work did make a difference for the people, but we feel that we did. Closer to home, we have worked with each other to keep discomforts or beginning symptoms (flu, colds, etc.) from becoming full blown. And we've worked with animals and plants when they appeared in need. There have been good, visible results. It works well to keep spider mites at bay, and we've used it to heal "war wounds", abscesses, etc. for the cats.

A neighbor uses 5 element tapping to deal with her hogs. She used it to successfully settle a problem hog who needed an injection. After tapping (on herself as surrogate) she was able to enter the pen and complete the injection. Prior to tapping, the hog was behaving aggressively and out of control. She's used 5 element Tapping for her show horse to keep her less agitated at shows, and she uses the tapping generally for herself and her family.