

## Shapes of Stress

by Hugo Vermeesch

### **Finger Mode: EM finger to pad of palm**

This new finger mode was discovered quite by accident; actually by a combination of curiosity and sloppy practice. As a practitioner in my clinic I kept running into the PKP mode for Shapes of Emotions (or so I thought). The description in the PKP III manual explained only that this was a Three in One Concepts technique, that it used some sort of cards, and it is "Very powerful and a reason to take the 'Structural Neurology' workshop." The fact that I had never taken this workshop and yet this mode kept reoccurring during the course of my balances was a source of frustration and prompted me to experiment with some 3x5 cards on which I drew various common shapes such as the list below. Each time the mode occurred I was able to get a weak IM when the client looked at a specific shape. It wasn't until almost a year later that I discovered I had been placing the EM finger on the pad of the palm instead of the base of the thumb. I later discovered this was an emotional release point on the lung meridian.

Now that we have the mode, let's take a look at what we can do with it. You will notice that the shapes in the list below are common everyday shapes that we see around us constantly. Can you imagine the effect on the body if one of these common shapes is creating an energy disruption every time you inadvertently look at it. That is exactly what is happening in the world around us. How does a shape become a stressor? By doing some creative detective work during F/O holding, I've discovered that in most cases the particular shape was present at a stressful or

traumatic incident. From that point on the body associates that shape with the previous incident and basically relieves it every time the shape comes in view. The following is the procedure I have developed over the past few years to correct the problem.

### **Testing:**

1. To find which shape is the stressor test for a weak IM while the subject views the list of shapes one at a time.
2. Find the emotion.(use whatever list or method you are comfortable with.)

### **Correction:**

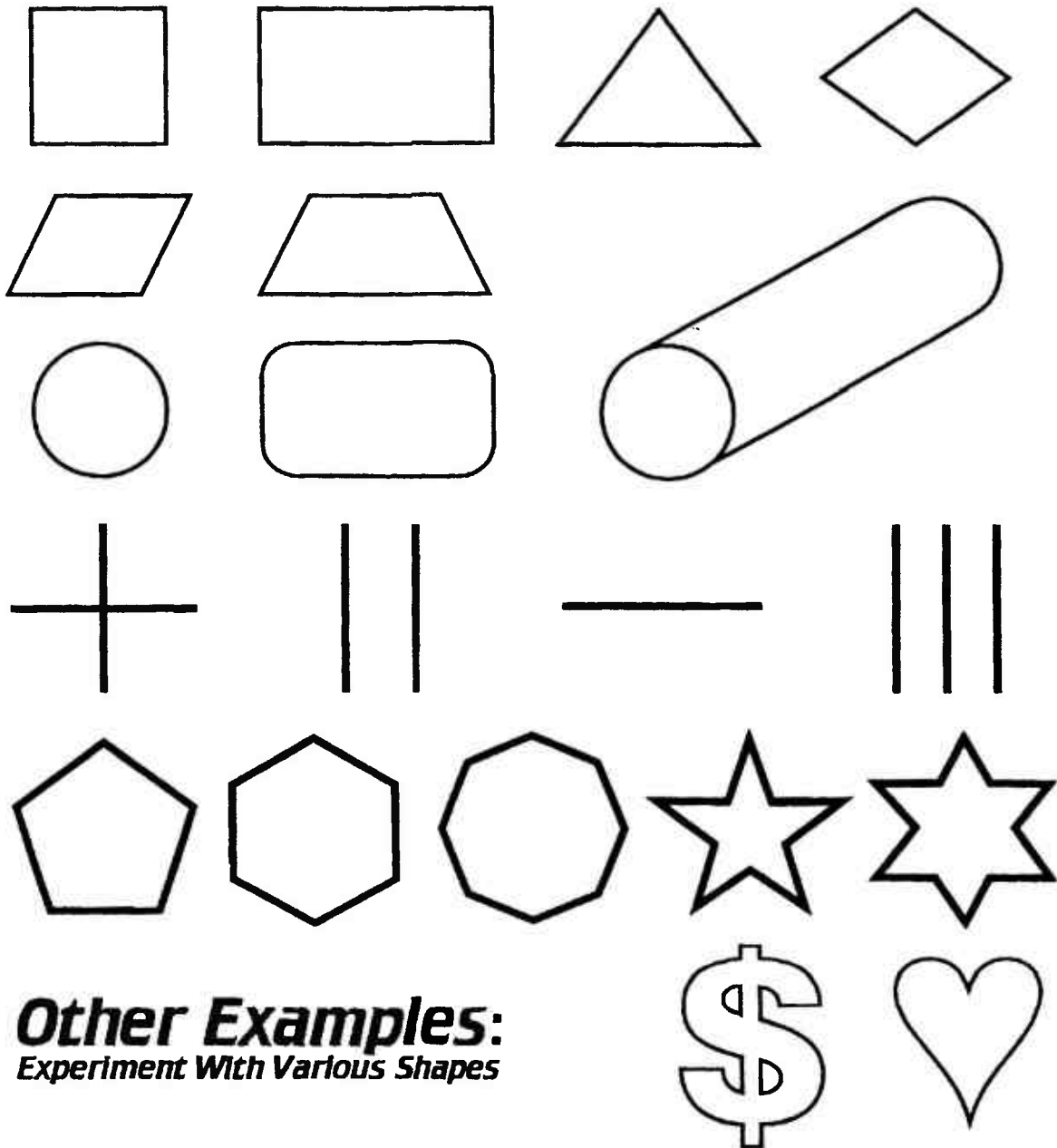
1. Ask the subject to visualize the shape while you hold the ESR points or do F/ O holding.
2. Discuss the relationship of the shape and emotion while F/O holding.
3. It may be necessary to recreate the incident by visualization or role playing while F/O holding OR:
4. Muscle test to find a shape that will neutralize the effects of the stressor and have the subject visualize while F/O holding.

This is an extremely powerful technique. Be prepared for a strong emotional release.

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***Other Examples:***  
***Experiment With Various Shapes***