

Balancing by Alarm Points

by Donald Plant

Abstract. A quick and easy balancing is done by using the Alarm Points to both find the Over Energy, and then to reduce it.

Basic TOUCH FOR HEALTH techniques find the weak muscles, then apply appropriate corrections to strengthen the associated meridian, thus bringing about the desired balance in both muscle and meridian.

In STRESS RELEASE MAKE EASY, one technique has us find the dominant brain hemisphere, and associated Over Energy meridians. Temporal tapping and positive affirmations produces a balanced state.

Balancing by Alarm Points

- 1st. Test an Alarm Point to check for an Over Energy Meridian.
- 2nd Tap the Alarm Point to reduce and balance that energy.

The Specifics

(Some steps may be optional at times.)

1. Preliminary: Switch On, Pretest, Balance Central/Governing.
2. Have your client state the balancing goal or desired situation, and immediately place his feet and legs apart to "Lock It In".
3. Tap the thymus.
4. Test an Indicator Muscle to determine the Dominant Hemisphere.
 - a) Count by two's and test.
(Weak = Dominant L brain)
 - b) Hum a tune and test.
(Weak = Dominant R brain)
5. When L brain is dominant, test each Bilateral Alarm Point.
When R brain is dominant, test each Midline Alarm Point.
When an Alarm Point shows Over Energy, (tests weak), tap it.
Retest. The tapping should have balanced that meridian.

6. Repeat steps 3, 4, and 5 as may be needed.

The TOUCH FOR HEALTH book, on page 122, shows the location of each Bilateral, and each Midline Alarm Point, with the exception of the

Governing, (found above the center of the top lip), and the

Central, (found below the center of the lower lip).

Advantages in Balancing by Alarm Points

1. Alarm Point locations are not hard to remember.
2. Testing Alarm Points with one Indicator Muscle is simple, especially if circumstances make customary testing difficult.
3. Tapping that same Alarm Point for balancing is quick and easy, and the gentle tapping is well tolerated by most people.
4. By testing the brain hemispheres first, we cut in half the number of meridians that must be tested and corrected.

Occasionally one meridian may prove stubborn, or you may desire to bring in your own favorite techniques to round out the balancing. Finger modes, (and other specialties), can be incorporated also.

This method has proven effective with pain, problems with posture, emotional stress, and for desensitizing. (In this latter case, the sensitive substance is used rather than a balancing goal.)

Why not give it a try?

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