



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Gamut Spot technique

FROM DONNA EDEN ENERGY MEDICINE



WHEN TO USE IT

- Stressed or overwhelmed
- Dealing with cravings (food or otherwise)
- Need to be discrete while destressing.

COMMON RESULTS

- More relaxed
- Feel calmer
- Able to think more clearly

STEPS

- Locate the groove (or 'valley') between the tendons of the 4th and 5th fingers on the back of either hand
- Rub, hold or tap --- 10 – 50x ---- with other hand
- Breathe deeply until calm – usually within 1-3 minutes

Notes:

This technique stimulates the Triple Warmer Meridian, which is associated with down-regulating the Fight/Flight response.

