

# TRILOGY METHOD - 3 MINUTES

Energetically Resetting the body using all the major energy methods. Acupuncture, meridians, chakra's, governing and conception vessels, eye movement trauma issues, chi, brain, nervous system memories, thoughts, feelings, beliefs, emotions, prayer, meditation, actions/behaviors/habits, addictions, trauma, etc, etc.

## MINUTE 1

### ACCUPUNCTURE POINTS AND MERIDIANS

#### Tap with fingers - 5 times each

1. Eyebrows
2. Temples
3. Below the eyes
4. Above upper lip
5. Chin
6. Collarbones
7. Sore Spot below collar bone
8. Middle of chest
9. Under the armpits
10. Below nipples

#### Karate Chop - 5 times each on ends of fingers

1. Thumb
2. Index Finger
3. Middle Finger
4. Pinkie Finger
5. Edge of Palm/Side of Hand

#### Tap top of palm where Ring Finger meets the hand, continuously while doing eye movements. This is called the 9 G.

1. Eyes open
2. Eyes closed
3. Look down and left
4. Look down and right
5. Roll eyes in a circle
6. Switch directions, roll eyes in a circle
7. Hum
8. Count 1 to 5 out loud
9. Hum

## MINUTE 2

### THE HEALING CODE

Addresses memories -  
Generational, Unconscious,  
Subconscious, Conscious

#### Point all fingers of both hands for 5 seconds each

1. Inch above where eyebrows meet
2. Adam's Apple
3. Back of jawbone
4. Temple

#### One Palm covering brain stem (hole on lower back of skull)

#### Other Palm covering prefrontal cortex (forehead above eyebrows)

1. Hold 20 seconds
2. Switch hand position and repeat.

## MINUTE 3

### CHAKRAS AND GOVERNING/CONCEPTION MERIDIAN

Harmonizes 7 energy centers (chakras) and the main meridians that run up and over the torso.

#### Stack hands on top of each other

1. Place stacked hands over lower trunk/genital area/base of torso
2. Slowly glide hands up, while touching body, up and over the chest, face, head, until you reach the back of the neck
3. Pause for several seconds
4. Repeat movement for 1 minute

## MINUTE #1 PRAYER & TRUTH FOCUS STATEMENTS

- Prayer: Pray that all blockages and reversals in energy circulatory system be totally, completely, and permanently healed, and light/love energy will flow to every cell/organ/system.
- Truth Focus: Must believe it as the truth - my energy is love/light energy flowing freely and bountifully, filling everything with light and love.

## MINUTE #2 PRAYER & TRUTH FOCUS STATEMENTS

- Prayer: Pray that all memories (generational, unconscious, subconscious, conscious) that are fear based will be transformed to neutral or love based, and the fear signal will only be sent the hypothalamus if I am in immediate mortal danger, for the rest of my life.
- Truth Focus: My \_\_\_\_\_ memory is being transformed from fear/darkness, falsehood, to light love/truth. Or, I ask that...

## MINUTE #3 PRAYER & TRUTH FOCUS STATEMENTS

- Prayer: Pray that your river of energy will be a bountiful river of love energy that feeds all meridians and points with love so there is no room for fear, and that my vortexes of energy will be open and free, and full of light/love.
- Truth Focus: My river of energy is 100% love energy and is feeding love to everything in my body and mind, and my vortexes of energy are flowing free and powerfully, with light and love.



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