

FIVE POINT TOUCH THERAPY: ACUPRESSURE FOR THE EMOTIONAL BODY BY PIERRE-NOËL DELATTE M.D.

Pierre-Noël Delatte, M.D.

Five Point Touch Therapy

Acupressure for the Emotional Body



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Review

“Pierre-Noël Delatte, M.D., is offering a therapy that can make swimming against an emotional current more like floating atop a pool of water, embracing the body’s energy, unlocking restrictions, and providing a balanced conduit for healing. Five Point Touch Therapy is well organized, easy to follow, easy to use, and offers an instrument in your toolbox for releasing energy blocks that threaten feelings of well-being.” (Celeste Cooper, R.N., coauthor of Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome,)

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“As someone who has not only done hands-on energy healing but who has also taught it for almost forty years, I found this to be an amazing, easy-to-learn system which produces both immediate and long-term results. Let your customers know that it’s better than a weekend at the spa!” (Anna Jedrziewski, Retailing Insight, June 2013)

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Chapter 3

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Tips for Stimulating the Circuits

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For readers who are familiar with acupuncture or shiatsu, each point will be given its identification number as indicated in the standard referencing system used by professionals.

Before you begin, remove your watch and any magnetic jewelry and empty your pockets of mobile phones, remotes, and the like, as these objects can interfere with the action of PBA.

Circuit Number 2

Against Negativity and Doubt

Negativity is easy to recognize: it is a state of mind where everything is perceived and experienced as negative and gloomy. Being affected by negativity does not mean being truly depressed, though negativity may well be a sign of depression if it lasts for too long.

Basically, being negative means invariably and exclusively seeing the negative side of events and people; it means feeling antagonized and criticized all the time as well as exasperated by everything around you; it means seeing the empty half of the glass in all things; and it means feeling separated from the rest of the world, which is experienced as hostile.

Systematic doubt is part of negativity: you start your day feeling that nothing is going to work, you have stopped believing in anything, and you have the impression that you are just wasting your time. You are unable to visualize a horizon that could be free from the feeling of separation and loss. You begin to distrust your usual ethical values and the system you used to believe in. If we let doubt invade all aspects of our life,

we are obviously in a negative state of mind and possibly on our way to depression.

This circuit is extremely important, as it will be found in practically every protocol we'll be studying a bit later (these protocols help us manage all the destructive emotions that weaken and destabilize us).

First Point: SP6 L (Left)

On the inside of the left ankle, locate the protuberance (the medial malleolus); proceed along the side of the tibia for about 5 centimeters, then press firmly on the posterior border of the bone; this point is often sensitive.

If you are working on yourself, place the little finger of your right hand exactly on the internal malleolus of your left ankle: the point will be situated just under your index finger. Make sure you press on the posterior border of the tibia and not upon its anterior border.

If you are working on someone else, place yourself on the left side of the patient and put the little finger of your left hand on his malleolus; the point will be right under your index finger.

Second Point: LI4 R (Right)

The second point is located between the first and second metacarpals, on the radial aspect of the middle of the second metacarpal bone, at the highest spot of the muscle when the thumb and index fingers are brought close together. Separate your thumb from your index finger and exert pressure right in the middle.

Third Point

(Special Point on the Right Foot)

This point is located between the extensor tendons of the third and fourth toes, about 2 centimeters from their base.

Fourth Point: LU7 L (Left)

This point is located 3 centimeters from the most distal skin crease of the wrist, proximal to the styloid of the radius in a depression between the tendons of brachioradialis and abductor pollicis longus. It is located a little above the left wrist crease in the spot where you feel your pulse.

Fifth Point: GV23

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FIVE POINT TOUCH THERAPY: ACUPRESSURE FOR THE EMOTIONAL BODY BY PIERRE-NOËL DELATTE M.D. PDF

Simple and fast-acting self-treatment of emotional issues with acupressure points

- Illustrates how to quickly treat emotional difficulties arising from acute crises or loss and long-term issues such as depression and anxiety
- Explains how to remove the emotional blocks and scars at the root of many common physical ailments, such as eczema, ulcers, and weight gain
- Provides guidance on treating others, including babies and children, and daily treatment routines to combat stress and create emotional and energetic balance

Does emotion rule you or do you rule your emotions? With five point touch therapy, you can quickly counter negative emotional states as they arise, leaving you better able to cope with a crisis, as well as treat long-term issues such as depression and anxiety. More than just a self-help method, this technique, also called psycho-bio-acupressure (PBA), is also effective for children and babies, particularly for sleep problems and colic.

Based on Dr. Delatte's 20 years of research and decades of hands-on practice, PBA works by sequential activation of 5 acupressure points to produce an energetic circuit in the body. This circuit can provide immediate relief from acute negative emotions and, when applied regularly, prevent future emotional overreactions and treat deep-seated destructive emotional states. The book includes 22 five-point sequences for specific emotional issues, such as panic attacks or suppressed anger, and for removing the emotional blocks and scars at the root of many common physical ailments, such as eczema, asthma, and weight gain. Dr. Delatte explains how to combine the 22 sequences to treat more than 70 additional emotional and physical ailments as well as how to use this technique with homeopathy and Bach Flower Therapy for more stubborn conditions. Providing a daily routine of self-treatment to combat stress and balance your energetic centers, this book allows you to take control of your emotions as well as protect and enhance your health.

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9 of 9 people found the following review helpful.

Great energy restoration

By E. Faber

Dr. Delatte has found a way to restore disturbed energy in just a few minutes each day. That energy work, combined with his golden rules is enough to keep stress and physical pain to a minimum. The book was interesting to read with all of the case studies and practical information. Also the explanation of doing the 5 point therapy is easy to follow. I've been doing circuits everyday and it really does make a difference in how my day goes! He spent 20 years learning and perfecting the method and it seems he has found a great way for people to help themselves and to ultimately to lessen their physical pain. I would definitely recommend this book!

3 of 3 people found the following review helpful.

only thing that kinda bugs me is having to flip ...

By Jennifer H. Morsch

only thing that kinda bugs me is having to flip back and forth between the charts to fit your needs

2 of 2 people found the following review helpful.

I got results

By Mark Potter

This is basically a book of sequences, to do acupressure, for specific purposes. They worked for me. That's really all I care about, that I got results.

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