



## Using Shock points to release old shock



**Test:** place one finger on the client's Shock point in their heel whilst energy testing. (The location can vary a little, so check with them where it is.) If the test goes weak...

**Preliminaries:** Begin with a Spinal Flush, then a Belt Flow.

### Procedure:

1. Rest the client's feet in the palms of your hands. Press in to the Shock points and hold firmly for 30-60 seconds or more.
2. Pulse the Shock point rhythmically whilst the recipient breathes deeply three times.
3. Use the thumbs to massage the outer edges of the client's heels, then squeeze the sides of the feet firmly and release.
4. Smooth around the inside and outside of the ankle bones. Press in on both sides of the Achilles tendon and pull downwards. Repeat several times then do the other foot.
5. Sedate Kidney meridian. **Re-test. If still weak:**
  - a) Strengthen Spleen and re-test.
  - b) Strengthen Heart and re-test.
  - c) Perform the Belt Flow and re-test. **Now stabilize:**

### *Double diagonal energy pulling down the body and off legs.*

Press fingers into the back of the shoulder and firmly pull energy from the shoulders and down the front of the body, diagonally across to the opposite leg. Repeat on other side. Next, turn client over and repeat this procedure on the back. *If performing in the field, anchor first with pressure at shoulders.*

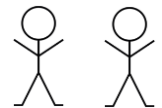
## Using Shock points when someone is going into shock\*

1. Perform Hook-up on shockee
2. Press hard on Shock points for ±15 seconds
3. Press on K-1 for ≥30 seconds
4. Push in on Shock point for about 15 seconds
5. Trace TW forward slowly with pressure on both sides simultaneously.
6. Hold Power Point for 30-60 seconds
7. Hold TW strengthening points as person comes round.



## Using Shock points when someone is going into shock\*

*if there are two of you helping*



1. **Person A: pushes in hard on Shock point for 15 seconds, followed by pushing on K-1 for the same.**  
**Person B: uses pressure to trace Triple Warmer forward slowly on both sides simultaneously.**
2. **Person A: pushes in on Power Point and then Main Electric points for 30-60 seconds.**  
**Person B: performs Belt Flow followed by Hook-up.**
3. **Both hold TW strengthening points on both sides of the body.**

\* When someone is going into Anaphylactic shock hold Triple Warmer strengthening points and call for help immediately.  
1<sup>st</sup> set = GB41 and TW3, 2<sup>nd</sup> set = TW2 and BL66.