

MASER TAPPING SEQUENCE TREATMENT for the 'GO-GO Combat Stress Reaction'

[Stimulus Triggered –Muscle Based- Hyper-Sympathetic-PTSD Flashback]

RULE #ONE: NO WEAPONS! NO KNIVES! RULE # TWO: 'DRILL creates SKILL!'

SUPPLIES: 1] PRE-PROGRAMED MICROCURRENT UNITS (3): Muscle Scar^{Go-Go}, Betrayal^{Go-Go}, Concussion^{Go-Go} protocols. All 3 units applied wrist to wrist with microamperage set at 400 uAMPS but running at a 'sub-buzz' level, at which level he does not feel the current. Chart the sub-buzz microamperage level. The units may be running at a full 400 uAmps.

2] Maser Certified Meridian Tapper*. Center yourself, focus your attention while tapping on your own 'panic point', 'KC' while doing a round of box breathing.

3] Tapping figure^{F4} and Tapping Sequence^{F5} posted so you can't forget what you are doing.

4] Anti-oxidants mixed [*'Greens to Go'©*, *'AIRBORNE'©*, or *'Emer'gen-C'©*] in 1-2 liters of clean water to be drinking during MASER therapy by the warrior.

5] Obtain blood pressure, pulse and PO2 if reasonable.

6] Picture of cellular microtubules^{F1} and crystalloid matrix connections^{F2} for patient education.

MASER Meridian Tapping Technique [including US Navy Seal BOX BREATHING technique]:

PART ONE: Initial Set

1] Ground yourself. Set your intention as "The Highest Good for the patient!"

Tap on your fists to lower any anxiety you may have first.

2] Ask: "May I hold your hand?" "May I tap on it here?" ['karote chop' or 'panic point'= (parasympathetic) Small Intestine 3-4-5 is the outside of the fist.]

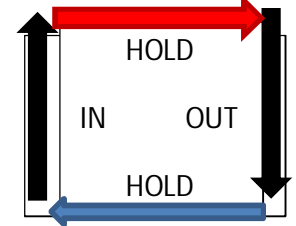
"This is Chinese medicine. It will help calm you down and slow your heart rate."

3] Tap with 3 fingers bilateral on all hand points (10). Always start on the panic points [KC or SI 3-4-5]. Chanting; 'You are SAFE! STRONG! and SMART!' using a field command voice.

4] "May I tap on your chest?" Tap on the spleen, liver [except on females] and kidney points while chanting, "You are SAFE, SMART and STRONG!" 4-6 points.

5] "May I tap on your face now?" Tap on the 8-10 face points: upper and lower lip, side of eyes, over both parietal bones, under eyes, at the eyebrows, outsides of mouth; while chanting "You are SAFE, SMART and STRONG!"

6] Tap down to the panic points on both hands and do the Navy Seal 'Box Breathing': Inhale deeply over the count of 8-12; hold the breath for 8-12; then exhale profoundly for 8-12; then hold that exhale for 8-12 count. Repeat three times [This breathing re-regulates the autonomic nervous system to slow the tachycardia.



This is the basic Tap-Chant sequence.

This is the basic 'BOX BREATHING':

PART TWO: Orientation to Place, Date, Year

1] Tap and chant the date, month year and location into all points starting with the panic point in the hands.

2] Tap up and down. Repeat the 'BOX BREATHING' times 3.

PART THREE: Clear the "Thousand Yard Stare" from the Frozen Eye Muscles

1] While tapping with 3 fingers over the upper sternum [kidney27-heart chakra] as him to follow your fingers with his eyes. Chant 'You are SAFE, SMART and STRONG!'; while you trace a lazy eight around his eyes. Make sure that he is tracking your fingers- slow down if necessary. Stop over the nose and move your fingers very far away over your shoulder and back 2 times. Reverse the direction of the figure of eight and repeat the near-far-near focus. Then switch to a full circle and at 1200 hours rapidly drop your fingers down to 0600 hrs. Reverse the circle direction and after several rotations drop down from noon. Make sure that you

“stretch out” his eye muscles in all directions. Watch for any fluttering of the eye. If you find any eye wiggling, tap on the outer rim of the bony eye socket the ‘SAFE’ chant. Retrace/ re-tap to remove any abnormal ‘eye wiggles’.

2] Repeat ‘BOX BREATHING’ with him while you try to tap on his upper thumb nails [the lung meridian points-see Tapping figure]

PART FOUR: Tell the Trauma Story. During this tapping sequence ask him to close his eyes. Repeat the tapping sequence using the “YOU are SAFE, SMART and STRONG!!” End with the BOX BREATHING. [You may ask him if he knows what his ‘Trigger’ is. He also may be able to describe his traumatic event for the very first time with his eyes closed. He may not be able to do this. Just keep tapping up and down as he talks. Watch him closely. Do the box breathing with each cycle. Chant the safe-smart-strong quietly, with highest intent, as he talks.]

Pay attention to his energy level to see if you can ‘sense ‘that he is relaxing. Feel his muscle tension. If he is ‘calmer’ switch to part five; if not repeat part one as needed.

PART FIVE: Recovery Chant: Repeat the tapping sequence while chanting: “YOU are LOVED, NURTURED, PROTECED, EMPOWERED, FORGIVEN and HEALED!” This is a ‘protective recovery chant’ and your voice should be very supportive. Repeat BOX BREATHING three times.

PART SIX: Final Smiling Chant: Then “if the patient is calmer” tap and chant: [WHILE YOU ARE SMILING] “YOU are SAFE, STRONG, SMART and SMILING!” Keep smiling as you work up the tapping points to the face where you really need to smile!! Patient may just smile back at you!! He should have lowered his B/P and heart rate and anxiety by then.

PART SEVEN: After care: He should start hydrating with clean water [~1 gallon/day] mixed with anti-oxidants, and appropriate detoxification supplements. He should be placed on light duty for 2 days during his fatigue /detox phase and then be seen

for follow up with more FSM protocols for pain injury and wounds and any other trauma focus.

Summary: There are 5 known outcomes of the GO-GO Combat Stress reaction: "The muscles" 1) GO out and kill someone, 2) GO out and commit suicide, 3) GO down to the bar get drunk, fight and tear the bar apart and go to jail, 4) Go out into the woods to hide for 2 days or 25 years, or 5) Go to the hospital where they are given a huge dose of Thorazine and placed in lock down for 48 hours or for as long as it takes to have the sympathetic chemical reaction wear off. I am reporting the sixth outcome: 6) A total switch into the parasympathetic calm and control "Feed me, Feed me, I'm starving to death" using MASERS and Microcurrent in 56 minutes cleared the traumatic muscle memory with out drugs.

Conclusion : MASER therapy is easily learned by any medic, combat corpsman, Special Forces medic, USN Seals, para-rescue jumper or military nurse who could step in and easily treat the stimulus triggered 'GO-GO Stress Reaction' [hyper-sympathetic, muscle based PTSD] before any collateral damage occurs. These same providers can be rapidly trained to use the FSM 'tens' units. The combination of both MASERs and FSM will potentiate a rapid successful defusing of what could otherwise be a lethal situation!

[Effectiveness of bimanual MASER therapy: Using Maser Technique only [in a clinic where I did not have the microcurrent units] I was able to tap an Army bazooka thrower [3 tours of combat OIF] with a blood pressure 195/135 [on his meds from the VA] out of a GO-GO reaction from someone who 'got into his back', down to blood pressure of 135/87 in less than 15 minutes. And then he smiled!]