

Basic PEP (non)Protocol

Protocols are best avoided since they restrict innovation and intuition. However, a provisional protocol can function as a stimulus for further exploration and the following schematic outline is offered in this spirit.

- **Systemic Checks.** Before beginning the energy work, check for systemic energy problems – such as polarity reversal, disorganisation (palm over head tests), homolateral energy flow (large X vs parallel lines test) and general/massive reversal ('I want to be well'), and dehydration (tug strand of hair or pinch cheeks). Correct any problems.
- **Finding target thought fields.** Listen to the client's discourse. Find a target problem/trauma/pattern of behaviour. It is most useful to locate an underlying formative experience or anxiety, rather than more superficial derivatives or symptoms. However, the target can basically be any troubling thought field – and can be a state of physical as well as emotional distress. Any thought field of distress will have an energetic coding.
- The target thought fields can range from very specific – e.g. 'the crunching sound when my car hit the wall', or 'the sight of the blood on my shirt' – to very general, e.g. 'all the thought and energy fields of this problem'.
- The target issue can be found by various means, including: listening to the themes and clues in the client's discourse; muscle testing to determine which of several options is the priority to address; muscle testing the phrase 'the priority issue' – the muscle will go weak, then find the sequence of meridians which makes the muscle strong.
- **Check for reversals.** For example, the following statements may be muscle tested:
 - I want to be well
 - I want to be over this problem
 - It is safe to be over this problem
 - I deserve to be over it
 - I will still be me if I am over it

- All parts of me are over it
- Reversals are usually present. It is these that hold the problem in place. They are the psychodynamics – the mind in conflict.
- ***When a reversal is found, you have a choice.*** You can either:
 - Have the person tap the side of the hand (or tap the lung meridian alarm points in the hollows of the shoulder), voicing the reversal and adding “I completely accept myself”, or
 - Take the origins of the reversal as the new target – as in the phrase “the roots and origins of feeling it is not safe/not deserve etc to be over this problem”. When this phrase is muscle tested, the arm will go weak, so then you find the sequence of meridians that make the arm strong.
- The original target can then be addressed.
- ***To find the sequence of meridians,*** first have the person activate the relevant thought field (or the therapist may think of it, making use of the transpersonal aspects of the situation) – the muscle will go weak (whether directly muscle testing the client or proxy self-testing). Then scan the meridians, finding the one that, when you think of it, the muscle tests strong. Have the person tap on this meridian, whilst holding the thought field. Then find the next meridian that makes the muscle strong (the previous one no longer will do so). Continue until the muscle remains strong when the person holds the thought field – this will correlate with the client’s subjective sense of relief from distress.
- As meridian points are tapped, the client can be invited to ‘speak of whatever comes to mind’ – thus ***allowing the meridians to speak.*** This can be particularly useful if using a form of words for the target that do not contain a consciously known content – such as ‘the priority issue to address now’ or ‘the most important experience giving rise to this problem’ or ‘all the thought and energy fields of this issue/problem’. By continuing in this way, reading the client’s energy field and inviting him or her to ‘speak of whatever comes to mind’, the process corresponds quite closely to the

familiar psychoanalytic free-associative speech, but with the crucial modification that the mind and its energy field (thought field) are being addressed concurrently and in synergy.

- Quite often, **a ‘mini-reversal’** will block full relief from the distress – which may correspond to a feeling it is not safe to be fully free of distress. This can usually be resolved by tapping the side of the hand and voicing the reversal in terms of “Even though I still have some distress – and I don’t want to let it go completely – and feel I still need to be on my guard against it happening again – I completely accept myself” (or other words that seem appropriate to the client’s thoughts and feelings).
- **After working through the surface level of distress, it is then useful to search for more hidden areas.** This is done by muscle testing, prefacing the target thought field with words specifying the hidden area. Examples are:
 - ‘My chakras – this problem’ (using words specific to the problem)
 - ‘My unconscious mind – this problem’
 - ‘All parts of me – this problem’
 - ‘My heart – this problem’
 - ‘My gut – this problem’
 - ‘My brain – this problem’
 - There is no inherent limit to the potential areas of hidden distress that can be investigated.
- After working through meridian sequences, it is usually necessary (for a reasonably thorough clearing) to **shift to the chakra system**. As with the meridians, the chakras are coded in an informational sequence in relation to the particular thought field.
- After clearing at the chakra level, it seems always necessary to return to the meridians for some brief further clearing at that more surface level.
- If the process of clearing the distress seems partially successful but appears stuck, and is not due to any obvious psychological reversal, it can be useful to test the statement

‘All parts of me are in my body’. ***Energetically dissociated parts will not participate in the healing process until returned to the body***, which is usually easy.

- If reversals continually reappear, shortly after being neutralised, consider the possibility of an ***energy toxin*** – ingested substance or a grooming product, or something environmental. Use the Callahan ‘7 second’ toxin treatment.
- If the work appears particularly confusing and blocked, consider (and muscle test for) ***energy parasites*** – which may need to be removed.
- ***Allow all the work to be guided by yours and the client’s ‘highest selves’***. Simply asking for this guidance (silently) will enable it. When feeling stuck, confused, or uncertain how to proceed, this guidance can often be invaluable.
- ***There is no inherent limit*** on the range of target thought fields. ‘Inherited trauma’ is often useful to target.
- ***Lung meridian breathing*** is a very powerful technique for clearing large areas of distress from many dynamically related thought fields.
- ***Language*** can be used, with careful precision and apt metaphor, to tune or amplify the thought fields.
- Part of ***what distinguishes PEP from other energy psychology approaches*** is the emphasis upon the two principles that [a] all thought fields of distress have an energetic coding, and [b] the thought fields are dynamic and continually shifting, and are thematically linked, such that current or recent traumas and emotional challenges will resonate with childhood events. The therapist ‘listens’ with free-floating energetic attention.