



M.e.A.N.™ SYMPTOM WORKSHEET

Name: _____

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DATE	COLORS WEARING	LCR	S B	MUSCLE	ORGAN OR GLAND	EMOTION	START-UP STATEMENT	ISSUE PHRASE	S E	S A	LIFE SIGNS
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									—		
									—		
									—		
									—		

L C R = Indicate which side (Left or Right) or center of the body is presenting symptom(s). Ex: L = Left (Feminine/Yin-Receiving); R=Right (Male/Yang-Giving). **S** = Score intensity of physical pain or symptom(s) with 10 for worse & 0= no symptom(s) **Before (SB) and After (SA)** M.e.A.N. Session. **SE Column** is to "Score" the "Emotion" Before (above horizontal line) and After (below horizontal line) that occurs when repeating the Issue Phrase. **MUSCLE Column** = Record Muscle presenting symptom(s) and its corresponding ORGAN OR GLAND. **EMOTION Column** = From the "5 Elements & E-Motions" Chart, list the Organ or Gland-Related Emotion(s) that apply to you. Create, Record, & Repeat **START-UP STATEMENT** three (3) times while rubbing one L1 Point. Next perform tapping sequence (Points 1-16), tapping nine (9) times on each point while repeating the **ISSUE PHRASE**. (Emotion-related phrase). SE = Score Emotion intensity of Issue Phrase from 0-10 (Before & After vocalizing). End with six Eye Exercises, while tapping Point 17. Then record SA = After Session Score 0-10. **Life Signs**: Record indications or benefits in Real Life that this M.e.A.N. tapping process has assisted Consciousness in returning to its natural state in respect to the symptom(s), muscle(s), organ(s)/gland(s), emotional issue(s), etc.