

# PROTOCOL FOR POST-TRAUMATIC STRESS DISORDER

Essentially, treating someone for PTSD, intense recent grief, or severe insomnia is a treatment that will share core qualities. May this be very helpful to all who encounter it.

**The first principle in each case is to calm the Spirit.** Right now, the New Moon is your best tool for gentle yet profound treatment of a Shen or Spirit disorder. This is because: The heart houses the Mind, the Heart stores the Spirit.

Be sure to let them listen to Ohm. It is so important to call them back to themselves. After grounding with Ohm at the feet:

**Sweep at the throat with the New Moon 5th.** Use the New Moon also at the 3rd eye, and you can also use it at the Crown. Keep paying attention to how your client is responding. If it feels appropriate, you may feel it is the right thing to follow with Full Moon for any of these points. You may want to use your bowl and Solar forks after opening and clearing the heart and the 3rd eye and crown.

**Next, Open the 4 Gates with Zodiac 3rd: Liver 3 and LI 4.**

You can follow with a layer of Chiron if that feels right.

(If your client has started out quite agitated or angry or upset, you may use the 4 Gates after grounding and then proceed to calming the Spirit. This may already feel like a very powerful treatment to some people.)

**Want more?**

Add Spleen 6 with New Moon and followed by Full Moon. This will stabilize the Earth element, which is enormously important to feel safe. It is also excellent for treatment of anxiety and insomnia. Add Kidney 3 Great Ravine with New Moon, then Full Moon. Feel free to add a layer of Chiron here. Remember that Chinese Medicine includes the adrenals in with the Kidney system. Anyone suffering from acute or longtime PTSD or chronic insomnia has some level of marked Kidney deficiency.

**Now for some Eight Extraordinary channels:**

If your client primarily has issues with anxiety and /or panic attacks, choose the Yin Wei channel (P6 and Spleen4) and pair it with Ren or Chong.

If PTSD is the primary concern, the Chong channel treats the muscle memory, especially traumatic memory. Use New Moon, then Chiron, then Zodiac to release those memories from the body, the mind and the Spirit. If Insomnia is the chief complaint, choose the Yin Qiao Mai (Kid 6 and Lung 7) and the Ren or Chong. Use New Moon and follow with Chiron and /or Full Moon for Yin Qiao channel.

You do not have to add two of the eight extra. If it feels like they need it, add them.

Using the bowl at the feet is very soothing, as is using it on the belly. Sometimes I give the client the mallet and they use it on the bowl on their belly for themselves.

If you have a bell, it is a very special tool for all of the three concerns. The bells are profound over the heart, as well as gently around the throat (not too close). It calls the Spirit back to the Heart, which is commonly needed in all three cases.

**Please note:**

I have not recommended Earth Day or Solar for any of these concerns. In most cases, the first treatment will not involve tonification in that direct fashion. There are many exceptions, but this is a guide.

Always end with Ohm at the feet. Kidney 1, to help them leave feeling grounded.