



Anxiety and the Adrenals – Part 5

Unraveling Fear and Worry

"If you treat every situation as a life and death matter, you will die a lot of times."

-Dean Smith

In last issue's segment on Anxiety and the Adrenals, we spent time discussing the ways we can counter the physiological damage that anxiety creates in the body by using the Spirit Points. In this column, we are going to discuss the meridian of Triple Warmer, examination of how the Triple Warmer meridian organizes energy in the body and how this meridian interacts with our adrenals; these insights will assist us in getting in front of anxiety before the adrenals have reacted and unloaded the sequence of stress hormones.

Triple Warmer meridian governs our Fight-Flight-Freeze response to a danger. When we encounter a danger — say we spot a saber-toothed tiger lounging in the backyard flower bed — our body will have a stress response. Our response to that danger is what we have come to call the Fight-Flight-Freeze response. We fight the tiger. We run from the tiger. Or we freeze like a statue until the tiger gets bored with the flower bed and wanders back into the jungle. The F, F, Fs are designed to keep us safe in dangerous situations. Our ability to get strong and Fight, get fast and Flee or get very still and Freeze, are all

governed by the adrenals. The meridian that governs the adrenals is Triple Warmer.

Triple Warmer is the meridian that determines what is scary to us and sets off the stress response so we get out of the way of the scary thing. This is a good thing. Triple Warmer is best described as our Sentinel. Triple Warmer's main focus is to keep us safe. As a result, Triple Warmer is the energy that is perpetually scanning the horizon for threats. It is a really a good thing to have this energy making sure we do not step out in front of a bus.

Here is the rub.

It is no secret that there are exceedingly massive amounts of information coming at us. Arguably, more information than any other human generation has had to digest. Triple Warmer has the crushing job of sorting through all those bits of incoming data and it must pick out the dangerous stuff. We smell smoke and because Triple Warmer is in such overwhelm, Triple Warmer reacts to the smell of a burning candle with the same amount of adrenaline as the smell of a burning house. Triple Warmer just does not have the capacity, without intervention, to pause and be discerning. Triple Warmer smells smoke — candle smoke or burning house smoke — and says run whenever you smell smoke. "Better safe than sorry," Triple Warmer shouts. It makes more sense to Triple Warmer to react to everything with an adrenalized response and survive, than not react at all and not survive.

It is simply not sustainable to react to everything with stress hormones. But Triple Warmer will keep us perpetually primed to run, to fight or to freeze unless we do some intervention.

Donna Eden, author of *Energy Medicine*, has developed several exercises that will help Triple Warmer be a better discerner of true danger, and in turn, provide our adrenals a much-deserved rest..

Triple Warmer Smoothie

1. Place your fingers at your temple. Hold for one deep breath, breathing in through your nose and out through your mouth.
2. On another deep breath in, slowly slide your fingers up and around your ears, smoothing the skin while maintaining some pressure.
3. On the out breath slide your finger down and behind your neck and hang them on your shoulders.



4. Push your fingers into your shoulders, and when you are ready drag them over the top of your shoulder and smooth them to the middle of your chest over your heart and take another deep breath.

Tap Triple Warmer Hand Point to Calm Triple Warmer Meridian

This exercise can also calm anxiety and worry — even when Triple Warmer is triggered.

1. On the back side of your hand, find the groove between the ring and pinky fingers.
2. Simply tap into the groove while thinking of that stress.
3. Tap 10 times in about 10 seconds. Pause for 10 seconds. Tap again for 10 seconds.
4. Repeat until the anxiety begins to abate.

Trace Triple Warmer Meridian Backwards to Calm

1. Take a deep breath in.
2. Using the opposite hand, begin at the temple, trace down over your ear, around to the shoulder, to the elbow and down to the 4th finger — the ring finger.
3. Pull energy off the 4th finger.
4. Trace this backwards slowly 3 times.
5. Repeat on the opposite side.

Calming Triple Warmer Hug

1. Place right hand on your left rib cage — over the organ of Spleen.
2. Place left hand on your right elbow — there is a critical acupoint on your elbow that belongs to Triple Warmer.
3. Take several gentle inhales and exhales.
4. Repeat on other side.

All of these exercises can be done while in acute stress to help calm ourselves. However, these exercises have the most productive impact when they are done on a daily basis. Regular intervention re-routes the neural pathways of Triple Warmer overreaction and encourages Triple Warmer's capacity to differentiate between the burning candle or the burning house. . . because if we react to every situation as a life and death matter — we will die a lot of times. €

Reference:

Eden, Donna. Energy Medicine, 1998, 2008.



Dr. Sara has studied all things energy for over 36 years. She has a private Energy Medicine practice in Asheville, NC. Dr. Sara has taught energy techniques and modalities to thousands of students all over the world. She has authored over 30 papers and is the author of the class *Anxiety and the Adrenals: Energy Medicine Solutions for Unraveling Fear and Worry*. Dr. Sara is founding faculty for Eden Energy Medicine School. She teaches Eden Energy Medicine in Asheville, NC, Chicago and London. contact@drsaraallen.com or www.GoodForYouEnterprises.com