

# Depression

Some time back I received a question from Melissa, one of our members at Patching Protocol and the question was related to Depression:

***“What is the best method for patching for depression? I assume energy, aeon and glutathione if they're willing to buy 3 types of patches. Is the Calming Triangle the way? If the person wants "simple as possible" patch with those three patches according to LW booklet? Or use certain options in the booklets rather than any of the options?”***

I think this is a great question, Thank You Melissa!, because the idea here is to attempt to achieve a result with **“What We Have In Hand”**, which I find it very focused, rather than an open **“What We Can Do”** in general...

So, that led me to dig into my TCM Notes because I remember a series of sessions with my Shifu talking about Emotional Issues pretty much in depth...

So, in regards to Emotional Issues, my Shifu introduced to me the concept of **“Connecting Back”**, and from there on, that’s what I personally like to apply as much as possible...

He told me about a quick way to test in cases of Depression and overall Emotional Issues so, here it is:

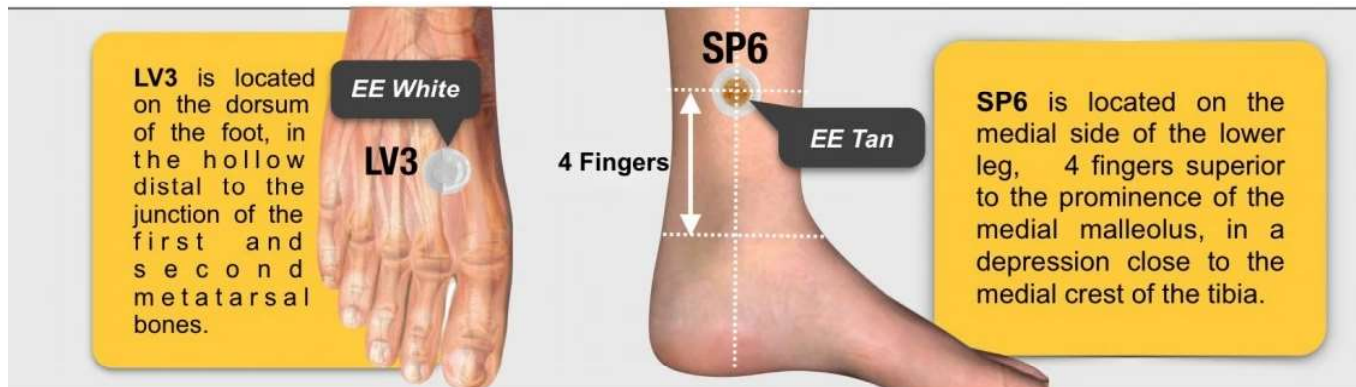
## STEP #1

First, place an **ENERGY ENHANCER White** on **LV3 - Right Side**

Then, place the **ENERGY ENHANCER Tan** on **SP6 - Left Side**

Next, place an **ENERGY ENHANCER White** on **GV14**

and lastly, place the **ENERGY ENHANCER Tan** on **Yintang (Extra Acupoint)**





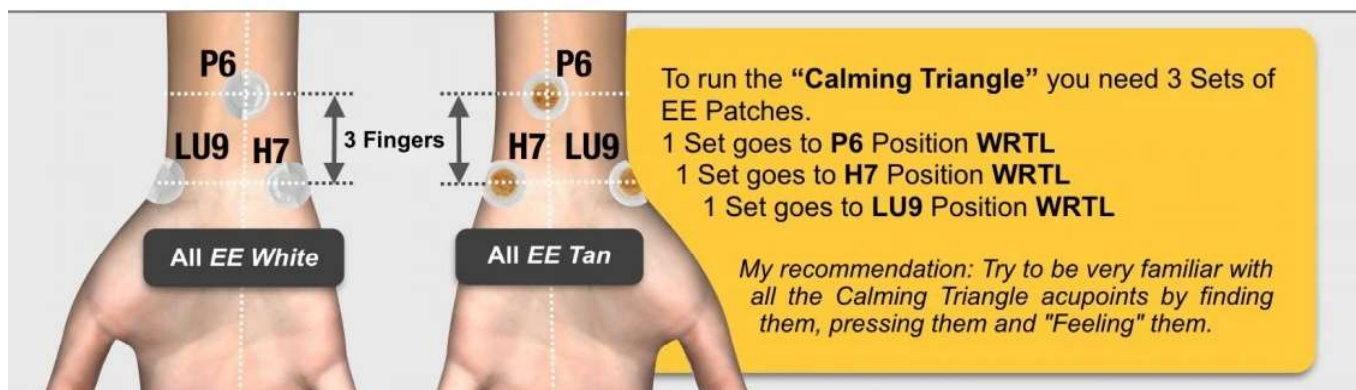
The idea here is to “**Connect**” specific points and give support to our “Emotional” aspect if you will...

So, that initial 2 sets of Energy patches might create a sort of “Base” to what’s next...

## STEP #2

Run the quick base described on **STEP #1** above for let’s say an hour, then add the **Calming Triangle** (check Page 62 of this book), by placing it at the same time, and leave it for the rest of the day or keep it for 24 hours (Check which option works best for you).

If you follow the “Sequence” I’m introducing here:



First, we attempt to “Reconnect”.

Secondly, we introduce a well performing protocol specifically for Emotional Issues, the **Calming Triangle** and we run it together with the **Reconnecting Protocol**.

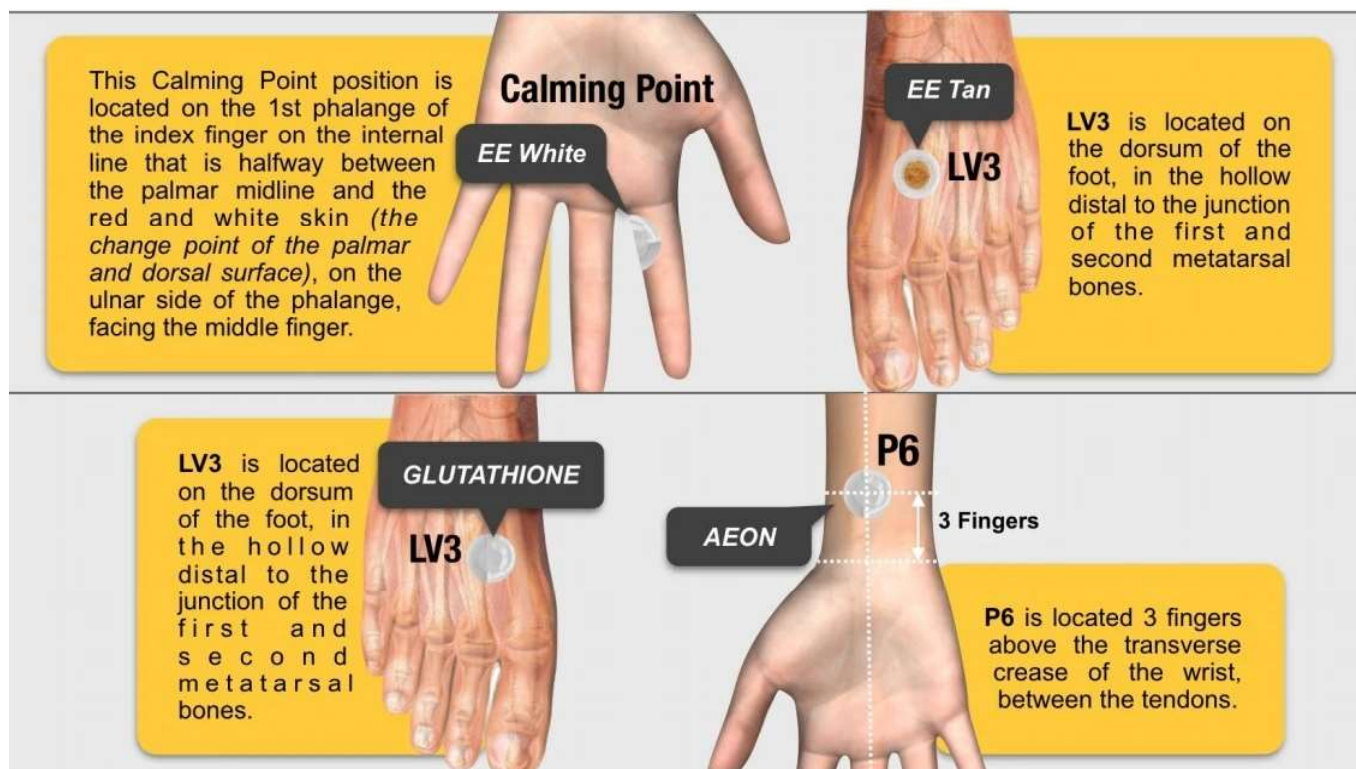
**Now, let me introduce you to another Step which I think it will help greatly!.**

**STEP #3**

Run Step #1 & #2 suggested earlier and you could test one of the best formulations I came up with a few years back:

**ENERGY ENHANCER White on a Calming Special Point - Left Side**

*Note: this position should be placed on the Left Side of the body.*

**ENERGY ENHANCER Tan on LV3 - Left Side****GLUTATHIONE on LV3 - Right Side****AEON on P6 - Right Side**

1 set of **Energy**, 1 **AEON** and 1 **Glutathione**... A Super simple protocol that I personally tested many times, which I find extremely calming and sort of "Centering"...

Anyone can test this protocol anytime, because you might find that your mind gets more focused and starts to produce clearer thoughts naturally... pretty strange and wonderful stuff...

Now, if you ask me, run Step 1 & 2 first for 2 to 3 days to open up the channels and then run this last approach (Step 3) on day 3 or 4 and I think it will work well...

**This is actually the Anger & Frustration protocol, however, it works very well for other Emotional related issues...**