



THREE SIMPLE WAYS TO TREAT COVID-19 ANXIETY, FEAR AND TRAUMA - AND ANY OTHER ANXIETIES, FEARS, STRESSES AND TRAUMAS TOO

Advanced Integrative Therapy
Quantum Way Presentation

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Three ways to treat covid-19 anxiety, fear and trauma – By Asha Clinton, LCSW, PhD. 2020

A. INTRODUCTION—HOW WE ARE NOW

Most of us have been traumatized from the time we were kids. If one of your parents hit you, you've been traumatized; if you had a serious illness; if a parent abandoned you by getting divorced; if you were caught cheating in school If you went hungry or one of your parents was an addict—There are so many kinds of trauma!

Once we've been traumatized, the negative energy that the trauma generates in us tends to settle in our body's energy centers and stay there in us until it is removed. Here's what I mean by trauma:

"It is any occurrence which when we think about it, or when it is triggered by some present event, makes us feel difficult emotions and physical sensations, negative beliefs and patterns of behavior such as being a bully or a victim. Trauma can block our succeeding in life, as well as the development of positive qualities and relationships. It can prevent spiritual development. And it can fracture human wholeness. Traumas can be upsetting both while they are happening and afterwards. They harm us physically, psychologically and spiritually and often require therapy in order to be healed".

Most of us—if not all of us—have already been traumatized by the COVID-19 pandemic. Some of us are afraid we'll die, or that someone else we love will die, or that our country's government will be destroyed, or that we'll become homeless and poor. So many, many fears!! So much anxiety and stress!! And we feel helpless to protect ourselves, our families, our countries. More traumas!!!

I'm here to teach you three ways—one physical, one psychological, and one spiritual, that you can use to treat any feelings and traumas that might be upsetting you. These are simple methods that we use in Advanced Integrative Therapy, the energy psychotherapy that I have developed over the past 20 years. Please do the methods along with me as I explain them. That's the easiest way to learn them. Quantum Way will email you the methods.



B. 3 SIMPLE WAYS TO TREAT COVID-19 ANXIETY, FEAR, AND STRESS THAT WORK ON ANY KIND OF ANXIETY, FEAR, AND STRESS

1. **COOK'S HOOKUP:** 8 s for Removing Stress, Anxiety and Fear, which are natural emotions we often feel when we're traumatized. It works directly on the body's energy system.
 - a. Sit
 - b. Notice the emotions you want to remove and how intense they are
 - c. Cross your left ankle over your right ankle
 - d. Put your left hand on your right thigh
 - e. Put your right hand on your left thigh
 - f. Put your tongue on the roof of your mouth, behind your front teeth
 - g. Sit and relax until the emotion is gone or much less intense

2. **QUICK AIT** to remove trauma, fear, anxiety, stress and their causes—works directly on the psyche by treating the traumas that produced the emotions
 - a. Do Cook's Hookup for 2 minutes
 - b. Drink water
 - c. Rub sore spots for 2 minutes
 - d. Create a phrase that describes what you are feeling. Some examples:
 - i. All my fear, anxiety and stress because I might catch COVID—19
 - ii. All my fear, anxiety and stress about going to work because I might catch COVID—19 there
 - iii. All my fear, anxiety and stress that I'll die from COVID—19
 - iv. All my fear, anxiety and stress about reporting for my hospital shift because I might catch COVID—19 from my patients there
 - v. All my fear, anxiety and stress that my business (is / will go) bankrupt and I won't be able to make a living from it—
 - vi. All my fear, anxiety and stress that we'll go hungry because I've been laid off—

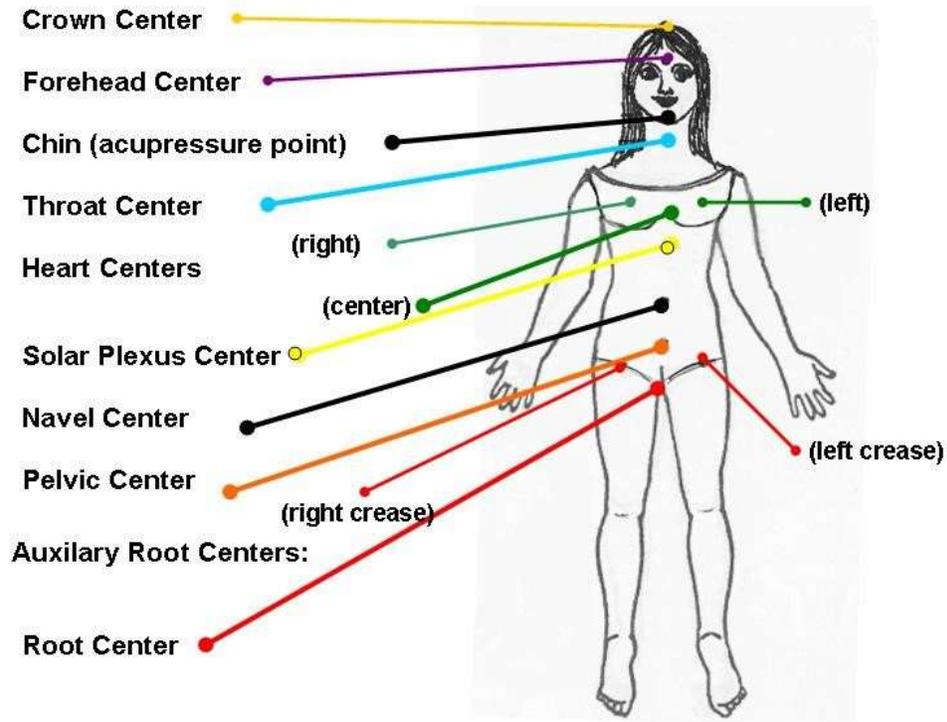


The Treatment:

- a. Choose your phrase. You will repeat it after your moving hand rests on each chakra in the sequence
- b. Get in touch with your fear, anxiety and/or stress. See, on a scale from zero to ten, where zero indicates no fear, anxiety and/or stress and 10 indicates the most fear, anxiety and/or stress that you could feel, where your fear, anxiety and/or stress are now. Accept your estimate as valid.
- c. Place your stationary hand on your heart center and leave it there for the length of the treatment
- d. Beginning at the Crown Chakra, place your moving hand on the crown chakra and repeat your phrase
- e. Do the same thing in the following order at each chakra:
 - vii. Forehead chakra
 - viii. Chin chakra
 - ix. Throat chakra
 - x. Heart chakra (yes, both hands will be on the same chakra, one on the other)
 - xi. Left heart chakra
 - xii. Right heart chakra
 - xiii. Solar Plexus
 - xiv. Navel chakra
 - xv. Pelvis chakra
 - xvi. Left crease
 - xvii. Right crease
 - xviii. Root chakra



Energy Centers Used in AIT



- f. Measure where the fear, anxiety and stress are now, 0 to 10, and accept your estimate. If it is not zero, repeat Steps c, d, and e.
- g. If, after this second round, your fear, anxiety and/or stress are not yet at a zero, rub your sore points and do more rounds until your stress, fear and anxiety are at a zero.

You can repeat this process as often as you like, for example when emotions come back again. It will not always permanently remove fear, anxiety and stress, though our AIT therapists can certainly help you do that. Also, repeating the Quick treatment often can have that effect. There are two ways that we use in AIT that permanently treat such emotions. They are called The Emotion Flush and 3-Step Transformation. If you want to



learn them, please register for the next AIT Fundamentals Seminar on of our website: ait.institute

Now I'd like to take you through the AIT Bridge Meditation. For some people, doing it daily marks the end of their fear, anxiety and stress. I recommend it highly.

3. THE BRIDGE MEDITATION: A SPIRITUAL PROTOCOL FOR MOBILIZING THE EGO-CENTER CONNECTION FOR THE PURPOSE OF HEALING THE CLIENT

The Center is the spiritual center of the human being. It is also called the higher self or the Atman. It is the part of us that can provide genuinely helpful guidance because its knowledge is far greater than that of the conscious mind. It can lead us towards spiritual development and the achievement of our highest purpose, our mission in life—if we are willing to listen.

To be done daily.

1. **PREPARING THE NEUROLOGICAL SYSTEM:** Do Cook's Hookup, drink water, and rub your sore spots.
2. **PREPARING THE BODY:** Sit with a straight back in any comfortable position, and close your eyes if you can. If you sit with open eyes, look at the floor or ground in front of you without focusing.
3. **EGO:** Focus on your ego, and experience what is going on with it now.
4. **THE BRIDGE:** Visualize a bridge in front of you that begins where your ego is. Ask them to see if they can see the whole bridge.
5. **CROSSING THE BRIDGE:** Ask your ego to cross that bridge.
6. **THE EGO-CENTER CONNECTION:** Know that your center is at the other end of the bridge. Allow your ego to connect with your center.



7. Let yourself fully experience what happens when your ego and center connect.
8. If your ego and center don't connect, that is fine no matter how that happens. Sometimes it takes more practice.
9. If your ego and center connect just a little or partially, that is fine as well.
10. See how you are feeling after this experience, especially if your ego and center are still connected or have connected differently than before. Has something healed and, if so, what?
11. HALLELUJAH!

Thank you for your attention. I welcome you to learn more about AIT by taking AIT Basics—for psychotherapists—or AIT Fundamentals—for everyone.

*You'll find a schedule of AIT Seminars on our website: www.ait.institute
For more information: institute.ait@gmail.com*

