

# Reflection Therapy with 'Homeopathic Doses of Reflection'

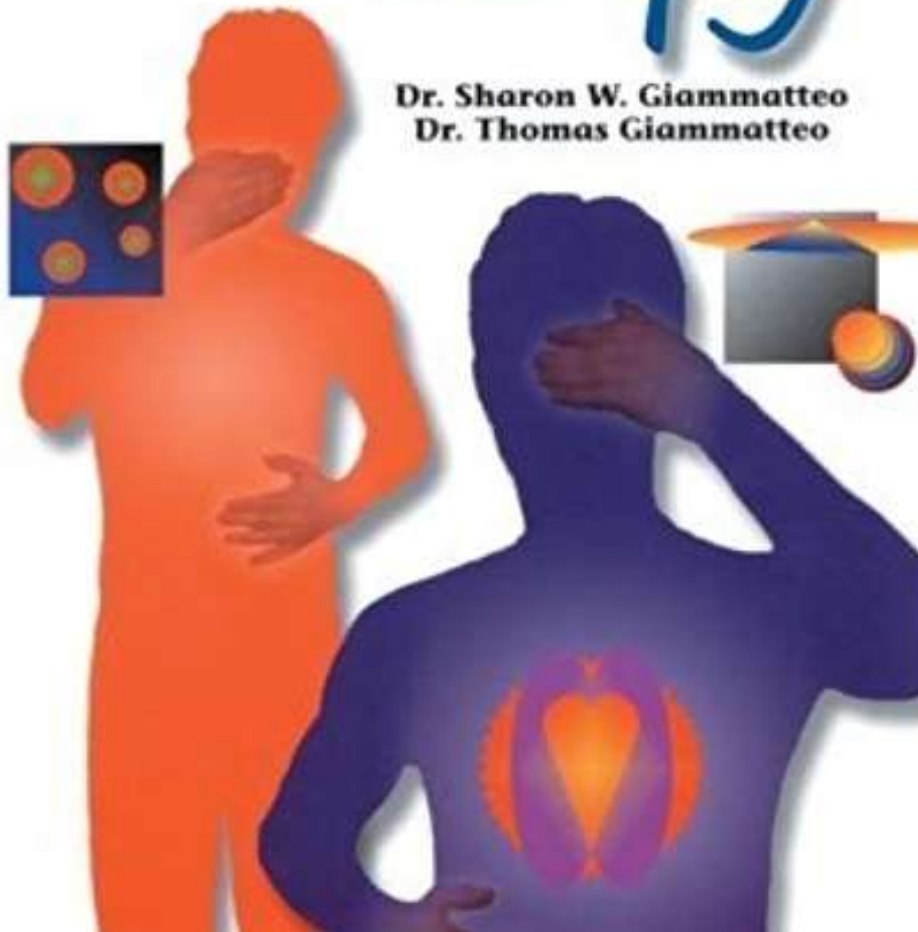
By

Dr. Sharon W. Giammatteo  
Dr. Thomas Giammatteo

A BODY WISDOM BOOK

# Reflection Therapy

Dr. Sharon W. Giammatteo  
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A BODY WISDOM BOOK

# BODY WISDOM

• LIGHT TOUCH FOR OPTIMAL HEALTH •

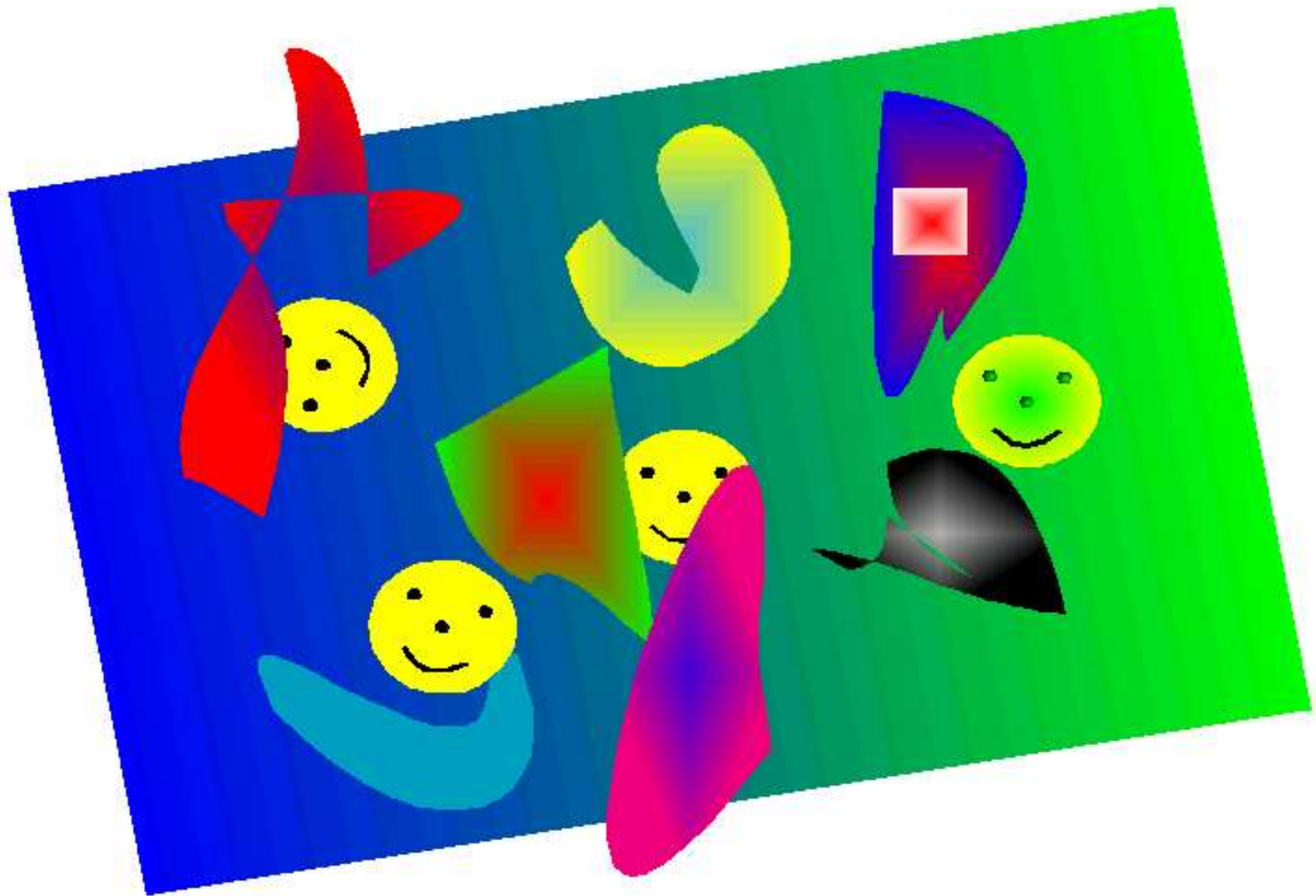
USE YOUR HANDS  
TO RELIEVE:

- Migraine Headache
  - Joint Pain
  - Emotional Hurt

Sharon Giammatteo, Ph.D.

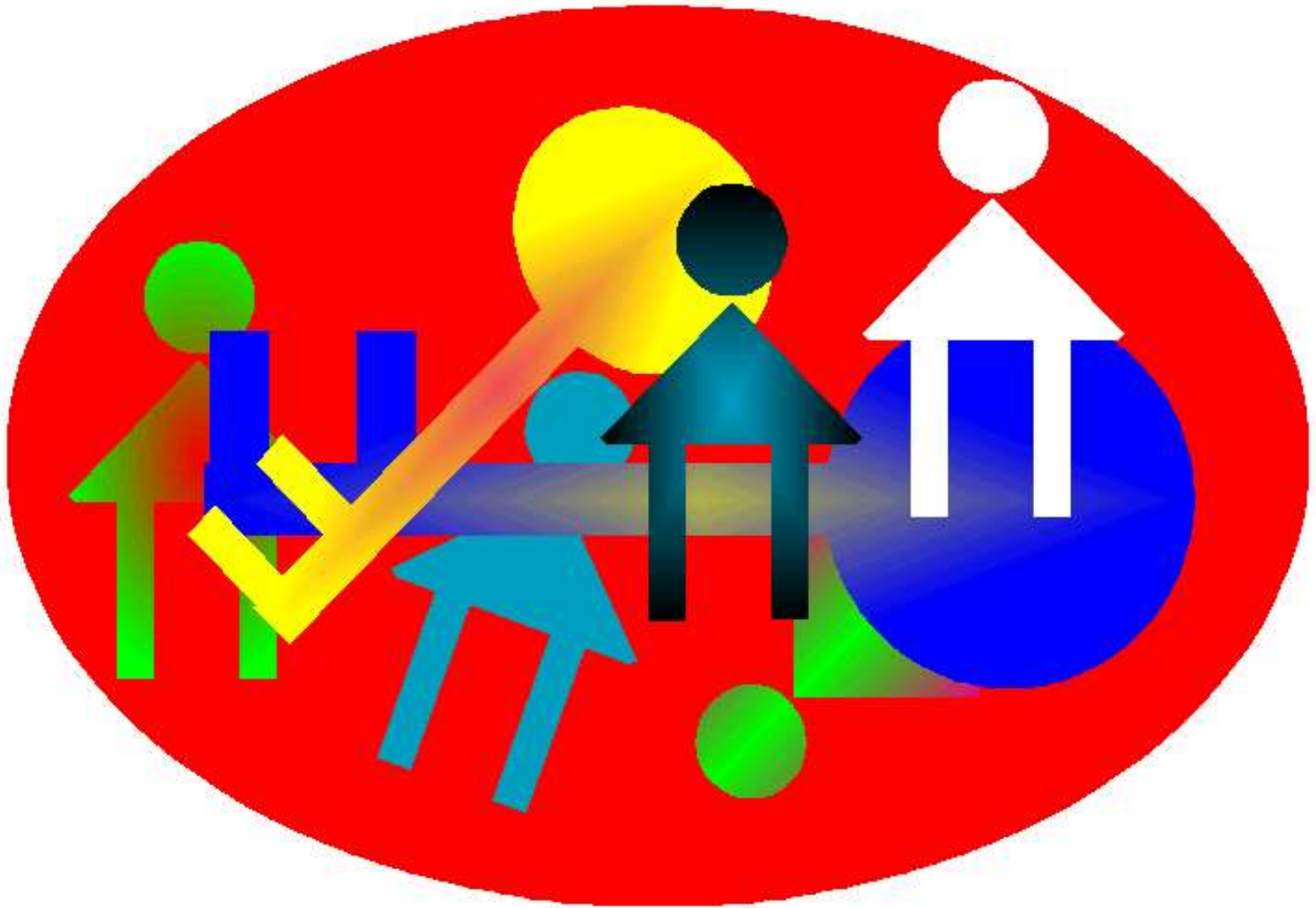
## 12. Elevation of Mood

1. Close your eyes.
2. Put both hands gently on the sides of your face.
3. Rub your hands gently on the sides of your face.
4. Put a thought in your mind: “My touch is soft.”
5. Repeat the thought ten repetitions.
6. Keep rubbing your face gently for 30 seconds.



# 13. Attachment Generation

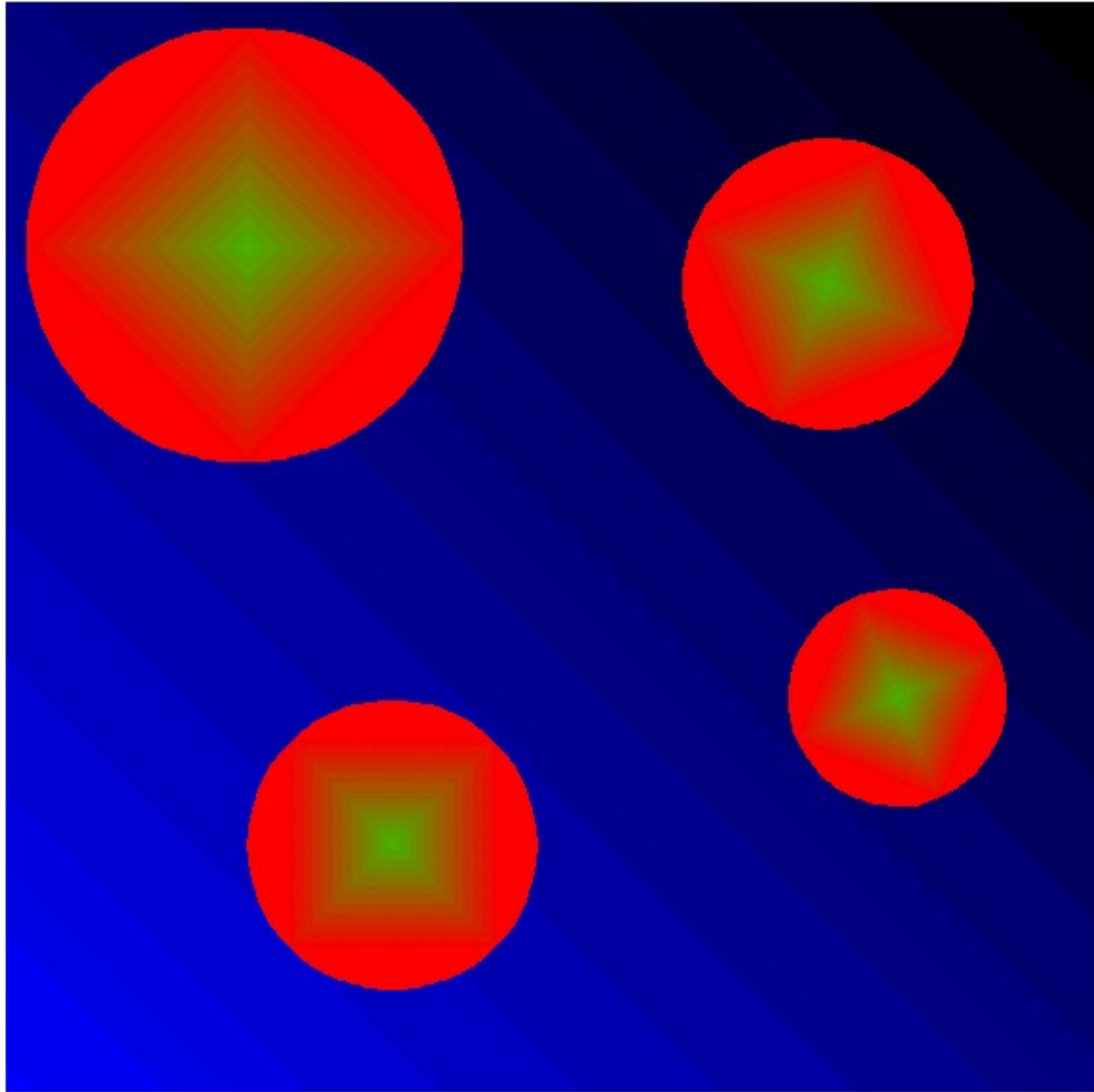
1. Close your eyes.
2. Put a thought in your mind: “I am not alone.”
3. Repeat the thought ten repetitions.
4. Hold a soft pillow between your arms. Hug the pillow. All of your strength is used to hug the pillow.
5. Put a thought in your mind: “This feels like I am not alone.”
6. Repeat the thought ten repetitions.
7. Continue to hug the pillow tight against your body for 30 seconds.



# 17. Lessen the Limbic Response to People

1. Close your eyes.
2. Put a thought in your mind: “I am not responsible for my reaction to.....”(You must use a person's name.)
3. Repeat the thought ten repetitions.
4. Open your eyes after 30 seconds.





# 18. Lessen the Limbic Response to Situations

1. Close your eyes.
2. Put a thought in your mind: “I am not responsible for my reaction to.....” (You must mention the situation, for example: “I am not responsible for my reaction to working.” “I am not responsible for my reaction to waking up in the middle of the night.” “I am not responsible for my reaction to scary movies.” “I am not responsible for my reaction to lesbian and gay persons.” “I am not responsible for my reaction to Jewish, Black, Indian people.” and more.

NOTE: This non\_responsibility to a reaction definitely does not mean a person is not responsible for his / her actions. It is necessary to remove the guilt of association and thought responses before a person can reflect upon behaviors which are discriminatory.

3. Repeat the thought ten repetitions.
4. Open your eyes after 30 seconds.

