

3P7P, or “3 Pathways 7 Points” Protocol with COSMODIC Devices

If there is one single technique in SCENAR therapy that provides the biggest impact on the human system as a whole, it's the classical SCENAR technique **3P6P**, or “**3 Pathways 6 Points**”. It is probably the most popular technique amongst SCENAR practitioners that is used to affect General Adaptive Reactions – and arguably the most effective.

3P6P directly addresses the Central Nervous System (CNS), as well as both parts of the Autonomic Nervous System, all in one shot, “shaking the tree” of the body’s very core of self-regulation. That ‘shake’ allows the body to change the habitual unhealthy order of things and establish new priorities and relations leading to healing.

We say that, in a way, 3P6P helps the body better understand itself. This new-found awareness mobilizes general adaptive reactions and healing mechanisms on resolving the most important for the body problem ‘here and now’, whatever this problem is (and often this is not what we *think* it is).

The classical 3P6P is performed with the first-generation professional SCENARs and follows a very strict Protocol. That protocol is the secret to success with the technique.

Since COSMODIC devices have different assessment and Dosing principles, they cannot be used to perform the classical 3 Pathways 6 Points Technique. We have modified the protocol to adapt it to the particularities of COSMODIC devices and offer it to you as **3P7P** technique (“**3 Pathways 7 Points**”).

INDICATIONS for 3P7P: We recommend using 3P7P every time when you need to give Adaptive Reactions a good boost and ‘shake the tree’ on all levels – physical, mental, emotional, and even spiritual. It is also very useful when you cannot isolate the Main Complaint or it is of a general nature.

CONTRAINDICATIONS: None.

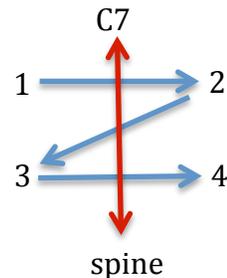
That’s what you do (for COSMODIC devices with digital display, such as the 715 and the EX735).

STEP 1. 3 Pathways on the Back.

- Turn your COSMODIC on and set the **Assessment** mode (if it is separate in your device).
- Mark the bottom of the **C7** (C7 is the 7th cervical vertebra – the first very prominent vertebra if you slide your finger along the spine from the hairline down the middle of the neck). C7 is considered a separate AGR in SCENAR therapy (see Small AGRs above) and should be avoided in this particular protocol.
- Your **first route** (or ‘pathway’) begins from the bottom of the C7 and continues along the spine in a straight line all the way down to the tailbone – and then from the hairline down the neck to the top of the C7 (not covering it). In a way, you are almost completing a loop.
- Start **taking readings** going down the spine step-by-step with your device under 90-degree angle (perpendicular) to the spine. It is best to use the top, curved, part of the ‘skies’-electrodes and not the full surface. This way you are only taking readings from the central line of the spine without crossing paravertebral lines (not recommended because it will mess up your next steps).



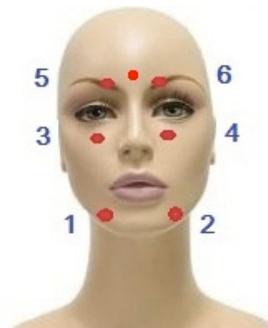
- There are two ways of taking readings with COSMODIC devices: graphically (the height of the columns) and digitally (the figures). You can work with either, as long as you separate readings substantially **higher** or **lower** than others.
- Choose if you will be working on **Highs** (high readings signify areas of high activity = high interest of the body) or **Lows** (low readings signify degeneration; low body's priority). Whether you choose Highs or Lows, complete the entire protocol in the same manner.
- **Mark** the skin points with significantly higher (or lower) readings with a pen. Complete the full Route 1.
- Retake the readings on the marked points, select the highest (or the lowest) reading – and **Dose** that point.
- Repeat the entire procedure on the **Route 2**: left and right paravertebral lines (about an inch from the middle of the spine to the left and to the right, respectively) starting below the C7 line and finishing above it. Dose the point with the highest (lowest) reading.
- You can work on the two paravertebral lines in two different ways:
 - 1 - go along the entire left paravertebral line, Dose the selected spot – and proceed to do exactly the same on the right paravertebral line;
 - 2 – go in a zigzag manner covering both paravertebral lines at the same time (see a drawing on the right). This way your first point would be just below C7 line on the left, and your last point – above the C7 line on the right. Your readings, however, are counted separately on the right and on the left, and you do two separate Doses for each paravertebral line.
- Overall, you should have three Doses on the back – one on each of the 3 pathways.



STEP 2. 7 Points on the Face.

This is your **Route 3**. Take readings from all 6 points on the face – the exit points of the three branches of the trigeminal nerve, in the shown order:

- **3d branch** (the Mandibular nerve) – about an inch below the angles of the mouth, just above the edge of a jaw bone);
- **2nd branch** (the Maxillary nerve) – about an inch to the side and an inch up from the nostrils;
- **1st branch** (the Ophthalmic nerve) – below the first third of the eyebrows, in a sensitive groove on the edge of the orbit.



Dose the point with the Highest (or Lowest) reading.

Dose the 7th Point (the “**Third Eye**”).

NOTE: 6 points on the face, in a way, continue 3 pathways on the back, but **in contrast**: if on the back you work as per the classical vector (from top to bottom, from left to right), then on the face, from a client's perspective, you work from bottom to top, and from right to left. And in front instead of on the back. Just one of those strange SCENAR things ☺

COMMENTS

Central Nervous System (**CNS**) is the management of the body. When you talk to the management, you get a much better chance to have a problem solved, don't you? That's why 3P6P and 3P7P Techniques, which address both the spinal cord (through 3 Pathways) and the brain (through the 6 or 7 points on the face) are so effective.

Add to it that these Protocols also address both parts of the Autonomic Nervous System (**ANS**): the Sympathetic Nervous System (**SNS**) through the sympathetic ganglia around the spinal column – and the Parasympathetic Nervous System (**PNS**) through the Pelvic Nervous Plexus and, partially, through nervous fibers in the cervical area.

The Protocols even mimic natural physiological processes: first – the SNS stimulation in the thoracic and lumbar areas, followed by activation of the PNS in the sacrum area and, finally, by balancing of the two parts of the ANS in the cervical area.

Add to it working along the three major **channels of energy flow**: the Governing Vessel (Du Mai) in the middle of the spine and two Bladder meridians along paravertebral lines. Even though health professionals do not always regard the TCM principles, we recommend taking them into consideration. Hence, the recommendation: **DO NOT CROSS** all three energy power lines at once with your COSMODIC device, unless you consciously intent to put the energy system in a temporary state of chaos, like you would do with the Energy Cleanse Technique.

Since every disease in the human body has a representation somewhere in the CNS, the correctly performed 3P7P Protocol has a good chance of discovering this representation (the highest or the lowest readings) and influence it directly focusing the body's attention on healing the most important at the moment issue (Dosing the Small Asymmetry). Additionally, activation of both parts of the ANS gives a powerful boost to General Adaptive Reactions amplifying the body's healing response.

Do you think, in these conditions the disease has much better chances to run its natural course till it completes its full cycle and disappears for good? You bet.

3P7P with the **DOVE** scenar or the **C-DOVE**

Since the second-generation SCENARs for home use do not have a digital display, you cannot actually perform the 3P7P as described, in Objective mode. You can, however, follow the main steps of the protocol and determine the Highs and Lows subjectively, since these are your Active Sites and Small Asymmetries.

Look for Active Sites and **Small Asymmetries** on each of the three routes – and on each pathway Dose the SA that 'speaks to you'. Then spend 1-2 min. on each of the 6 points on the face (or better yet, Dose each one) – and last but not least, Dose the 7th point (the Third Eye).

You may not pinpoint THE Small Asymmetry, but rest assured that General Adaptive Reactions will eagerly respond regardless.

5P7P Protocol

One of the modifications of the 3P7P technique is the "5 Pathways 7 Points" Protocol, which you perform similar to the described above, but add two more vertical lines to the right and to the left from paravertebral lines on an inch or so distance from them. You Dose these lines separately as well.