



The Triple AAA Method across major religions and traditions

The **Triple AAA Method — Awareness, Acknowledge, Activate/Alchemize** — when combined with tapping on the chest (especially on or near the **sternum/thymus**), draws its effectiveness from a powerful intersection of **neuroscience, somatic psychology, and energy medicine**. Here's a breakdown of the **science behind why it works**:



1. Awareness: Activating the Prefrontal Cortex

Why it works: When you bring your attention to what you're thinking or feeling — "I notice I feel anxious," for example — you're engaging the **prefrontal cortex**, the brain's executive function center. This conscious observation disrupts the default stress response from the **amygdala** (the brain's fear center) and gives you back choice.

Scientific support:

- Studies in mindfulness and neuroplasticity show that **naming emotions** and being aware of them (sometimes called "affect labeling") calms down the amygdala and helps regulate emotion.
- Awareness alone reduces emotional intensity by up to **50%** (Lieberman et al., UCLA).

2. Acknowledge: Regulating the Nervous System

Why it works: Acknowledgment is about letting the emotion **be seen**, without judgment — "Even though I feel fear, I love and accept myself." This activates the **ventral vagal state** of the parasympathetic nervous system (safe & social), calming the body.

When you **tap on the chest** while doing this, you stimulate the **thymus gland** and areas rich in **parasympathetic nerve fibers**, further signaling safety to the body.

Scientific support:

- This mirrors **Emotional Freedom Technique (EFT)** principles, where tapping acupoints sends calming signals to the brain, specifically lowering cortisol (Church et al., 2012).
- Tapping on the **sternum** stimulates the **thymus** (part of the immune and endocrine system) and may increase vitality and resilience, according to energy medicine theory.
- **Polyvagal Theory** (Stephen Porges): By acknowledging rather than suppressing, we shift from a defensive state (fight/flight/freeze) into safety and connection.



🔥 3. Activate / Alchemize: Rewiring Emotional Memory

Why it works: Alchemizing doesn't mean denying what you feel. It means **transforming** it — choosing a new response, a new story, or a higher truth:

"I remember I am love. I am enough." This part activates **neuroplasticity**: the brain begins to **rewire** emotional patterns by firing new neural circuits tied to self-worth, peace, or joy — instead of fear or shame.

Scientific support:

- The **Hebbian principle**: "Neurons that fire together wire together." Repetition of new thoughts + emotion creates a new baseline.
- Emotionally-charged affirmations, when paired with **somatic input** (like tapping), create **embodied learning**, making the new belief system stick.
- Functional MRI studies on EFT and similar interventions show decreased activity in the amygdala and hippocampus (emotional memory centers), with increased activity in the **medial prefrontal cortex**, responsible for meaning-making and reflection.

✨ Why Tapping on the Chest Amplifies the Process

The **sternum/thymus point** (also called the "Emotional Reset Button" in energy medicine) is a central hub:

- **Energetically:** Associated with the **heart chakra** — love, compassion, worthiness.
- **Biologically:** Overlies the **thymus gland**, which plays a role in immunity and can be stimulated to enhance vitality and regulate stress.
- **Neurologically:** Rich in **parasympathetic fibers** — tapping here sends soothing signals up to the brainstem, enhancing feelings of safety.



Summary: Triple AAA is a Neuroscience-Backed Reset

Awareness

Body + Brain Effect: Activates the prefrontal cortex

Why It Works: Breaks unconscious loops

Acknowledge

Body + Brain Effect: Calms the amygdala, shifts the nervous system

Why It Works: Releases suppression; allows healing

Alchemize/Activate

Body + Brain Effect: Wires new emotional responses

Why It Works: Creates new neural circuits tied to empowerment

Transition

Christianity

Awareness

"Be still, and know that I am God" (Psalm 46:10) — pausing to notice what you feel in the presence of God.

Acknowledge

Confession — honestly naming the feeling before God without guilt or shame.

Activate/Alchemize

Grace — surrendering the feeling into Christ's love, allowing it to transform into peace and new life.

Returning to Truth

"The truth will set you free" (John 8:32): remembering you are God's beloved, whole and renewed.

Islam

Awareness

Taqwa (God-consciousness) — noticing your inner state while remembering Allah is near.

Acknowledge

Istighfar (honest turning and seeking forgiveness) — naming what you feel and offering it to Allah's mercy.

Activate/Alchemize

Tawakkul (trust) & *Dhikr* (remembrance) — transforming the feeling by surrendering to Allah's compassion and repeating His names.

Returning to Truth

La ilaha illa Allah — there is no reality apart from Allah; resting again in divine peace.

Judaism / Kabbalah

Awareness

Da'at (awareness/knowledge) — shining light on the hidden emotion or story.

Acknowledge

Hod (humility, surrender) — naming the feeling truthfully and bowing to what is.

Activate/Alchemize

Tiferet (beauty, harmony) — bringing the feeling back into balance through love and compassion.

Returning to Truth

Emet (truth) — remembering your soul is a spark of the Infinite (Ein Sof), whole and eternal.

Buddhism

Awareness

Mindfulness (Sati) — noticing the feeling arise without clinging or aversion.

Acknowledge

Right View — naming it honestly, seeing it for what it is: impermanent (*anicca*).

Activate/Alchemize

Compassion (Metta) — holding the feeling in loving-kindness, transforming suffering into compassion for self and others.

Returning to Truth

Anatta (not-self) — remembering you are more than the passing thought or emotion.

Hinduism / Vedanta

Awareness

Jnana (knowledge) — "neti neti" (not this, not that), noticing the feeling.

Acknowledge

Satya (truthfulness) — naming what arises as it is, without distortion.

Activate/Alchemize

Bhakti (devotion) — offering the feeling back into the fire of divine love.

Returning to Truth

Tat Tvam Asi (Thou art That): realizing your essence is Brahman, pure love-consciousness.

Taoism

Awareness

Wu Wei (non-resistance) — noticing without forcing or controlling.

Acknowledge

Aligning with the *Tao* — naming and honoring what is present.

Activate/Alchemize

Flowing back into harmony, like water returning to its source.

Returning to Truth

The Tao is eternal; you return to your natural state of balance.

Indigenous / Native Traditions

Awareness

Listening to the body and the land — noticing the feeling like a shift in the wind.

Acknowledge

Speaking it aloud in circle, ceremony, or prayer — giving it back to the Earth.

Activate/Alchemize

Ritual, song, dance, or movement that transforms the energy.

Returning to Truth

Remembering you are part of the Great Spirit, the web of life, never separate.

The Universal Triple AAA Method — Returning to Love

Awareness Pause. Notice what is rising within you — a thought, a feeling, a story. Simply see it, without judgment. 🕊️ *Practice:* "This is what I feel right now."

Acknowledge

Give it a voice. Name it honestly and allow it to be here. What we name, we bring into the light. 🌱🕊️ *Practice:* "I feel anger." "I feel fear." "I feel sadness."



See It

Notice the emotion or thought arising



Name It

Give voice to what you're experiencing



Accept It

Allow it to be present without judgment

Activate / Alchemize

Now breathe into the truth that you are more than this moment. Let the feeling soften into love, safety, and wholeness. 🌿 Practice: "Even though I feel this, I love and accept myself. I am safe. I am whole. I am love."



Breathe

Deep breaths to center yourself



Transform

Shift the energy with love



Affirm

Speak your truth of wholeness



Embody

Feel the new state in your body



Returning to Truth

Every time you do this, you come back to the truth of who you really are — not the story, not the wound, but love itself.

You are not your emotions.

You are not your thoughts.

You are the **awareness** that witnesses them.

✨ In short:

Awareness

= See it.

Acknowledge

= Name it.

Activate/Alchemize

= Transform it with love.

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