

# The Science and the Mastery of Long-Distance Healing

Energy Medicine techniques for working remotely

Sara Allen, PhD, EEM-AP



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“The ocean separates lands, not souls.”

— Munia Khan

“I don't cry because we've been separated by distance, and for a matter of years. Why? Because for as long as we share the same sky and breathe the same air, we're still together.”

— Donna Lynn Hope

“A thing is mighty big when time and distance cannot shrink it.”

— Zora Neale Hurston

*“Not only is the Universe stranger than we think, it is stranger than we can think.”*

— Werner Heisenberg, *Across the Frontiers*

“The Universe is not only queerer than we suppose, but queerer than we can suppose.”

— J.B.S. Haldane, Possible Worlds

“Energy is liberated matter. matter is energy waiting to happen.”

— Bill Bryson, A Short

History of Nearly Everything

“There is a philosophy that says that if something is unobservable -- unobservable in principle -- it is not part of science. If there is no way to falsify or confirm a hypothesis, it belongs to the realm of metaphysical speculation, together with astrology and spiritualism. By that standard, most of the universe has no scientific reality -- it's just a figment of our imaginations.”

— Leonard Susskind,

The Black Hole War: My Battle with Stephen Hawking to Make the World Safe for Quantum Mechanics

“There is so much to groak; So little to groak from.”

— Leonard Susskind

Groak: Verb. To stare silently at someone while they are eating, in hopes that they will give you some of their food.

--- Urbandictionary.com

“Nothing happens until something moves.”

— Albert Einstein

# Spooky Action at a Distance



This discussion of long-distance quantum communication is the basis of what Einstein famously coined **Spooky Action at a Distance**. SAAAD defined as: Where if you observe particles in one place, another particle—even one light year away - will instantly change its properties, as if the two are connected by a mysterious communication channel (Popkin, *Sciencemag.org*, 2018).

Einstein hated this theory – the spooky action at a distance thang. Despite the fact that he is credited with initiating this long-distance quantum communication theory, he thought it was not possible. He preferred **Local Realism**: the principle of locality states that an object is directly influenced only by its immediate surroundings. A theory which includes the principle of locality is said to be a "local theory".

Einstein actually tried to disprove his own **Spooky Action at a Distance Theory** – later renamed and now known as **Entanglement Theory**. His famous 1930 *Photon in a Box* experiment, where he attempted to disprove the spooky action theory, has long served as the actual and initial building block for showing the profundity of the Entanglement Theory.

In 1930, Niels Bohr matched Einstein's disdain for the Spooky Action and check mated him with his own research. It was Bohr that put Entanglement Theory on the theoretical map.

This physicist smackdown of 1930, between Bohr and Einstein, was loosely considered Bohr's greatest accomplishment. Bohr overrode Einstein's Local Realism using Einstein's own Spooky Action at a Distance research.

So, let's just get that really straight. We can credit Einstein with a lot (duh) – but not with this. It is Bohr that fathered Entanglement Theory. Bohr saw the creditability in Spooky Action at a Distance Theory and took it to the next level – not Einstein.

Entanglement Theory is where we start with this process of understanding and creating distance healing.

Physicist Claude Poncelet, author of the *Shaman Within*, said that the shamans of the future will be the physicists.

Those physicists - they are a pretty wacky bunch for sure – and it is with good reason that Poncelet sees the shaman in the physicist...or perhaps not shaman – perhaps it is yogis?

# Did Quantum Physics come from the Vedas?

Uplift Magazine – July 2016

<https://upliftconnect.com/quantum-physics-vedas/>

“What one man calls God; another calls the laws of physics.”

-- Nikolas Tesla



“I go into the Upanishads to ask questions.” -- Neils Bohr

“Quantum theory will not look ridiculous to people who have read Vedanta.”

-- Werner Heisenberg

“After the conversations about Indian philosophy, some of the ideas of Quantum Physics that had seemed so crazy, suddenly made much more sense.”

-- Werner Heisenberg

“The unity and continuity of the Vedanta are reflected in the unity and continuity of wave mechanics. This is entirely consistent with the Vedanta concept of ALL in One.”

-- Erwin Schrodinger

“When I read the Bhagavad-gita and reflect about how God created this universe everything else seems so superfluous... I maintain that the cosmic religious feeling is the strongest and noblest motive for scientific research.” -- Albert Einstein

Robert Oppenheimer learned Sanskrit to study the original Bhagavad Gita.

Nikolas Tesla understood the great power of Zero Point Field or Akasha – the power of space between the electrons and the nucleus. Tesla became a student of the Vedas – becoming celibate, vegetarian, and using only Sanskrit words.

Einstein was a regular reader of the Bhagavad-gita.

Schrodinger...Oppenheimer...Einstein...Tesla...Bohr...oh my...

**just sayin...**



"The Universe is under no obligation to make sense to you."  
-- Neil de Grasse Tyson

In the quantum phenomenon known as entanglement, the properties of two particles are intertwined even if they are separated by great distances from each other.

Quantum entanglement says that two entangled photons react if one of the photons is affected, and no matter where the other photon is in the Universe, the other reacts without delay.



# Frequency-Hopping

Hedy Lamarr &  
Horizontal Waves

"The Universe does not speak English, it speaks Frequency."

—Sara Allen



Did I mention that physicists are a wacky-wild-intuitive-acid-dropping-spiritual-seeking-movie-star bunch?

Did I mention that amongst this auspicious collection of geniuses lined up in this paper is also Hedy Lamarr? Yep, that movie starlet - Hedy Lamarr. That's the one - the movie star from the 1940's.

She was a physicist.

Seriously, it's true.

Hedy Lamarr was a physicist.

But it gets weirder...

Here's Texas Instrument's July 2017 blog post weighing in on Hedy's genius:

*"Are you a fan of those 1940's black-and-white movies where a damsel in distress gets rescued by a rough-and-ready private eye? If so, then you've probably seen actress Hedy Lamarr. In real life, Hedy was no damsel in distress. She was one of the inventors of frequency hopping technology now seen in Wi-Fi, Bluetooth, and code-division multiple access (CDMA)."*

*Used in global industrial application for over 60 years, 900MHz (remember this mega-hertz) FHSS (frequency-hopping spread-spectrum – Lamarr's discovery) radios equipped with Texas Instrument's chipsets (shameless TI plug) now have the ability to host process-automation apps for the intelligent command and control of remote sensors and devices.... Without having to leverage expensive Wi-Fi bandwidth, lay fiber, or employ cost-prohibitive cellular, companies can now take advantage of low-power FHSS technology to automate processes at the network edge."*

Your current run of the mill baby monitor – how we keep an eye on those beautiful newborns from a distance – yep that baby monitor uses the frequency of Lamarr's original FHSS invention.

That 900MHz is how we keep an eye on the baby – but it is also how the Wi-Fi, gaming, internet loving, DirecTV watching, zoom meeting, just about everyone on the planet that hangs with anyone from a distance – 900MHz frequency is your code. 900MHz is how we currently love and keep each other safe and communicate with each other safe from a distance.

900MHz – thank you Hedy.



Just because it is fun and has nothing to do with this paper... I love this quote...

"All my six husbands married me for different reasons." -- Hedy Lamarr

And now to all the Arachnophobes in the room,  
I apologize for this next bit...



“Every day, around 40,000 thunderstorms crackle around the world, collectively turning Earth’s atmosphere into a giant electrical circuit. The upper reaches of the atmosphere have a positive charge, and the planet’s surface has a negative one. Even on sunny days with cloudless skies, the air carries a voltage of around 100 volts for every meter above the ground. In foggy or stormy conditions, that gradient might increase to tens of thousands of volts per meter.

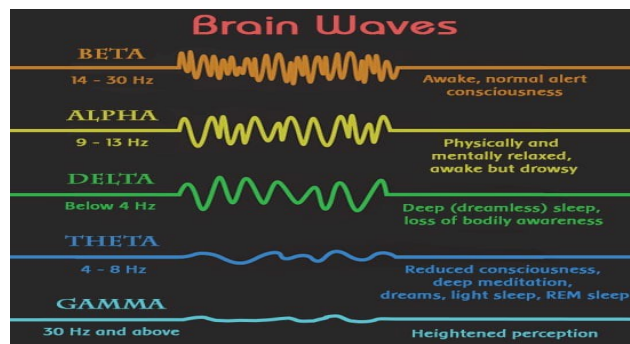
Ballooning spiders operate within this planetary electric field. When their silk leaves their bodies, it typically picks up a negative charge. This repels the similar negative charges on the surfaces on which the spiders sit, creating enough force to lift them into the air. And spiders can increase those forces by climbing onto twigs, leaves, or blades of grass. Plants, being earthed, have the same negative charge as the ground that they grow upon, but they protrude into the positively charged air. This creates substantial electric fields between the air around them and the tips of their leaves and branches—and the spiders ballooning from those tips” (Yong, 2018).

So yeah, folks spiders fly. <http://fortune.com/2018/07/06/spiders-ballooning-flying/>

Here is why this is meaningful to this class. We humans use frequency just like the spiders to pick up frequency info. We connect on similar/same frequencies as the spiders, and we can also “travel” to others on those frequencies.



What do our Brain-Mind-Bodies have in common with Flying Spiders?  
**Everything.**



It's all about the GAMMA Waves... this spooky action at a distance.  
"GAMMA waves are the most energetic waves in the electromagnetic spectrum. On Earth, nuclear explosions, and lightning produce gamma rays" Mindvalley Blog, 1/17/19).

The gamma waves originate in the thalamus. The thalamus is the first stop for sensory information. Without the thalamus, the brain cannot discern the sensory information transmitted to it. The thalamus is the source of which all emotions, feelings - ALL behavior originates.

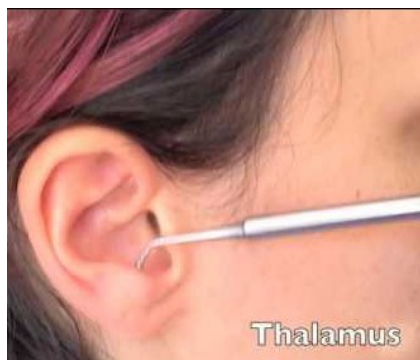
The gamma wave links information to all parts of the brain. It is the only wave that every smidgen of how we process consciously or unconsciously is carried. This is critical in our understanding how we connect - well how we connect to anything.

**The gamma wave is the energy that  
sensations and emotions are carried on. The  
feeling is the surfboard.  
The gamma is the wave** (no pun intended).

**How you process is you on the surfboard.**

# How to stimulate your Gamma

There is a thalamus acupoint on your ear that stimulates the production of more gamma and raises the frequency of gamma. It's like making stronger WIFI.



Everyone has gamma wave activity. Some more than others. Low amount of gamma waves is associated with depressed states, violent behavior, poor memory, impaired thinking, lack of impulse control. High gamma waves are that thing we call peak performance. Endorphin rich experiences. Really good meditation training produces lots of gamma activity. Brains rich in gamma are exceptionally intelligent, compassionate, happy, have excellent memories, great self-discipline and show high self-management of errant emotions.

High gamma waves are the source of what is called telekinesis. Telekinesis is formally defined as "the psychic ability of allowing a person to influence a physical system without physical interaction"

Another at 11-minute mark shows EEG Gamma Wave spike up to 400

[https://www.youtube.com/watch?time\\_continue=784&v=LNctiOZPdO8](https://www.youtube.com/watch?time_continue=784&v=LNctiOZPdO8)

# The Tribal Weaver

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."  
– Chief Seattle

I have had some really meaningful conversations with a fellow lover of the 5 Element Theory. She has shared some thought-provoking perspectives on what we, in Eden EM, call Triple Warmer. In my friend's 5 Element school they call the Triple Warmer meridian Triple Heater. We all know that when we hear Triple Heater or Triple Burner that that is the same meridian, we in EEM call Triple Warmer. Got it, right? No confusion, right? This other school that teaches 5 Element Theory - they see the abbreviation of TW - to mean **Tribal Weaver** not Triple Warmer. Tribal Weaver is very different from Triple Warmer. It is taught that San Jiao – is the meridian and Tribal Weaver is the system. That is one of the approaches used to discern the many qualities of San Jiao. For the purpose of this discussion - here in just this little section – I am going to call Triple Warmer by its Chinese name **San Jiao**, and hopefully sidestep confusion. You will get what I am talking about in another minute J.

The property of San Jiao – as we study it in Eden EM – is the system of external protection. San Jiao is the guard on the watch tower that is ensnared in an endless surveillance for things that can harm us. We recognize that San Jiao is exhausted from hypervigilance and overprotection. San Jiao, in Eden EM school, is seen as an excessively shielding sentinel. To support this constant state of alert, we understand that San Jiao procures its massive demand for energy by draining strength from other necessary organ functions. Consequently, San Jiao's mandates make us sick. We get that. It's kinda why we hang out in the Eden EM school – we are learning the many ways to dial back San Jiao in expectation that this excessively shielding sentinel stops draining all our energy. This is certainly the center piece of Eden Energy Medicine.

Here is the wonder of San Jiao that is not often discussed. San Jiao is the only meridian that has the capacity to scan the horizon, unregulated and with virtually no constraints, in order to avoid disaster. Yep, we get that to ad nauseam. There is another essential way to understand San Jiao. San Jiao also has the capacity to scan the same horizon and connect with things that support us. The San Jiao is the only meridian that has the faculty to be an alliance maker with the external world. It is the energy that connects us to all the good in the world. It is also the meridian that connects us to an endless supply of energy – not sacrificial energies from our own bodies – but energy from ancestral bodies. In its expansive state – San Jiao is still endlessly surveilling the horizon – but it is endlessly surveying the horizon for *connections that support us* – not connections that drain us. Withing the context of distinguishing the two meanings of TW: The Tribal Weaver commandeers “celestial” energy for its scanning in contrast to Triple Warmer’s appropriating our physical selves in trade for its watchfulness.

*Alliance: an alliance is a relationship among people, groups, or states that have joined together for mutual benefit or to achieve some common purpose...an example of an alliance is two teenage girls who are best friends, and nothing comes between them...an alliance is when two people who are new to a job bond together and hang out* (yourdictionary.com).

**After so many fascinating conversations about Tribal Weaver, this is the definition I have come to feel best describes this powerful meridian:**

**Tribal Weaver is the energy that seeks out other energies with the intent to align and create peaceful and productive collaboration for the purpose of expanding our well-being.**

# The Alliance Points

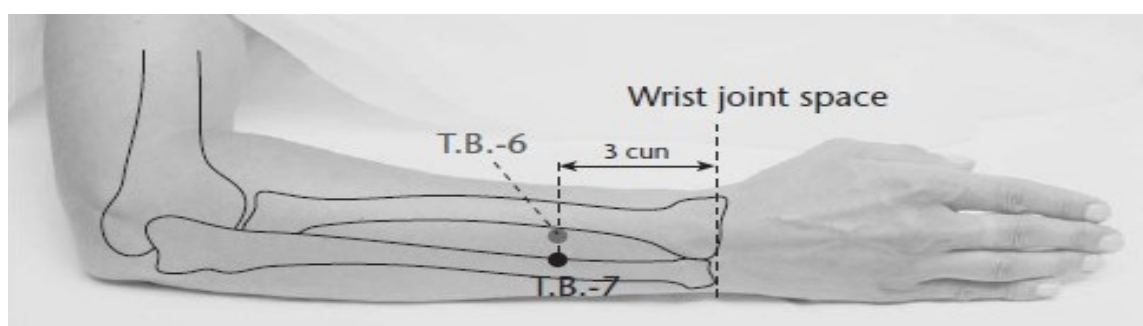
## Triple Warmer 7 + Small Intestine 11 = Tribal Weaver

Combine to create connection with all things that support and expand us.

### Triple Warmer 7

Assembly of Ancestors, the Convergence and Gathering, the Ancestral Lineage

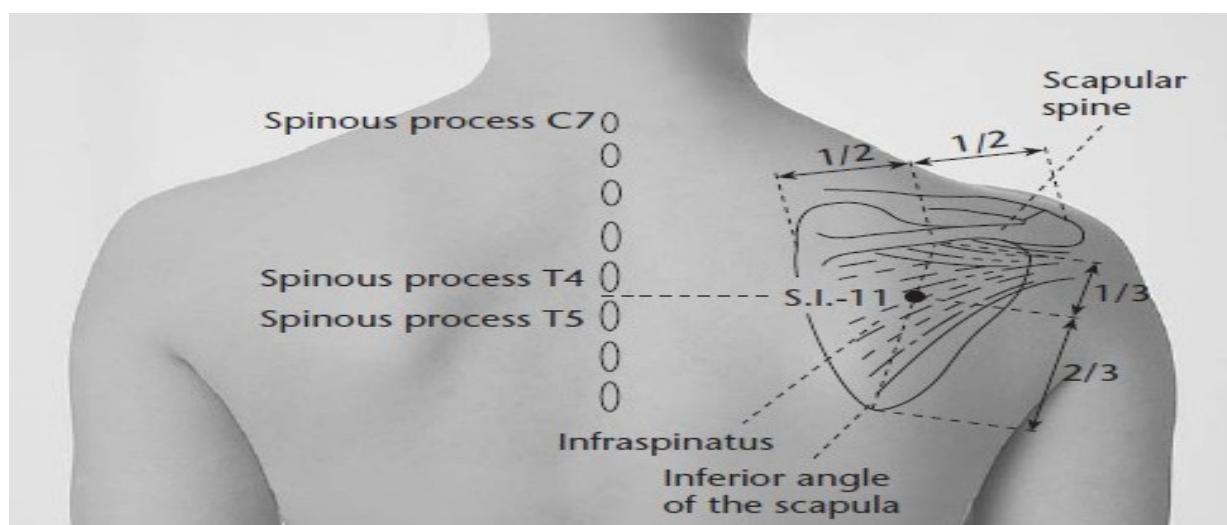
*“Ancestral Treatment. Predates acupuncture. With this point we get the assembled energy of the spirits of the ancestors... The ancestral clan aspect of the point name denotes all the support, belonging and obligation to be derived from an extended family connection in society as a whole... You can go here to draw on the supreme wisdom which will clarify the chaos...” (From Lonny Jarrett – unpublished class notes).*



### Small Intestine 11

Heavenly Ancestor, Celestial Gathering, Heaven's Worship

*“The strongest point on Small Intestine meridian...draws from a deeper source of energy...puts one in touch with their ‘elders and betters’ who have dealt with problems in the past and know all about them...brings in a great source of wisdom... helps someone to sort out problems...for the patient who is troubled in the process of sorting, this point may empower the emergence of the heart’s wisdom” (from Lonny Jarrett - unpublished class notes).*



# The Bond Keeper

*"Though we may know the conventional meaning of the word "faith," I wonder how much we consider what the feeling of faith really is at all. In Pali — the language of the original Buddhist texts — the word for "faith" is saddha. At its most literal level, saddha is translated as "to place the heart upon." Sharon Salzberg*

In one of the many remarkable conversations with my fellow 5 Element buddy... she said perhaps the most curious thing I have ever heard about the energy of Wood. Her school teaches that the strongest Wood energy in the body is Circulation Sex.

## It blew my mind.

She says that the strongest boundary in the human experience is the boundary that Circulation Sex holds for heart. It is considered the most intense boundary in the body.

**I SAVORED THIS INSIGHT FOR DAYS AND FINALLY SAID "I THINK I SEE IT DIFFERENTLY."**

I do not see Circulation Sex as a boundary maker - just by virtue of what hormones and biochemicals it governs. It governs connecting and relaxation hormones. It does not govern boundaries. Circulation Sex governs the bonding hormone of oxytocin. It governs how I find a way to make us meaningful. Oxytocin is the master hormone of the system of CX – CX governs connections. If we have a bond that cannot be broken – we can thank CX.

Oxytocin is the chemical that is released when a mother is nursing her child. Considered the strongest bond in human nature is mother-child bond. **The mother-child bond is the essential and primary force in infant development, and thus forms the basis of coping, negotiation of relationships, and personality development.** The Oxytocin Bundle is the lead hormone that synergistically keeps Triple Warmer's lead hormone – adrenaline - in equilibrium.

I don't think Circulation Sex holds *boundaries* I think it holds *bonds*. It is not merely a matter of semantics... It is a matter of function and chemistry and relationship symmetry with Triple Warmer.



When Triple Warmer converts into Tribal Weaver –  
Circulation Sex converts into Bond Keeper.

You have to have alliances to  
make bonds, and bonds are  
essential to hold alliances together.

After so many fascinating conversations about Circulation Sex Meridian in this context, this  
is the definition I have come to feel best describes this powerful meridian:

Bond Keeper is the energy that holds us  
together in relationship to all other  
energies – it travels on the electromagnetic  
field frequencies of Heart to form  
affiliations that are true to  
purpose and destiny.



# The Bonding Points

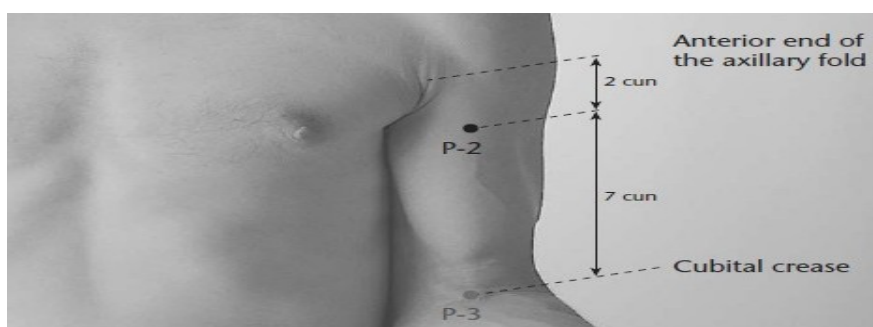
## Circulation Sex 2 + Heart 7 = Bond Maker

Combine to create the wherewithal between all things that support and expand us.

### Circulation Sex 2

Heavenly Spring, Celestial Spring

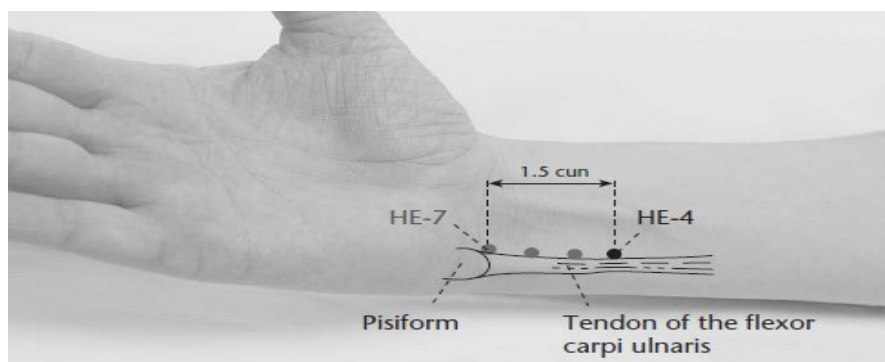
*“Cleansing and healing water, infusion of spirit, the spirit of fire, and infinite accumulation of warmth and spirit. Good for cleansing at the spirit level, a source of purity. Pure brightness of water, this point invigorates, distributes, and increase vital energy. And infinite accumulation of warmth and spirit. For nursing mothers who don’t have enough milk”* Dr. J.R. Worsley, non-published class notes.



### Heart 7

Spirit Gate, Spirit’s Door, God’s Gateway, Door of the Evolved Being

*“A door must open and close; you must be able to enjoy day and night, sunshine and darkness...As a source point this connects one with the original archetypes, aligns one with the ‘design’...helps the heart remember it’s duties and renews the heart’s contract with the heaven, with our higher possibilities. The door between oneself and the universe”* Lonny Jarrett, non-published class notes.



# Triangulation

“Three is the number of heaven, human, earth, representing the primordial Dao.”

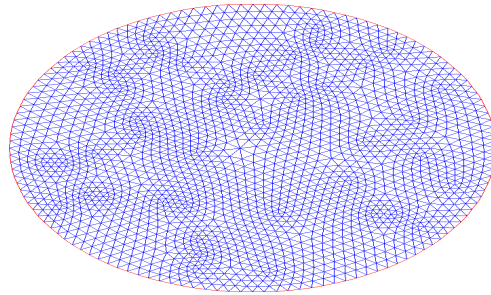
-Lonny Jarrett

Triangulation: In trigonometry and geometry, triangulation is the process of determining the location of a point by forming triangle to it from known points. Specifically in surveying, triangulation per se involves only angle measurements, rather than measuring distances to the point directly. Triangulation is used for many purposes, including surveying, navigation, metrology, astrometry, binocular vision, model rocketry, and gun direction of weapons.



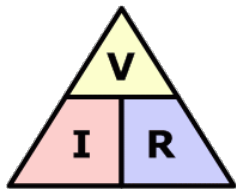
Image via luzuorlando

# Where To? And how to get to the Where To



This pic is from the paper *The Finite Element Method Applied to Quantum Mechanics* by physicists William Paul Czaia. It is a computer-generated illustration of how energy travels. The method of illustration is called DistMesh. DistMesh distills intelligent tessellation from very complex geometric formulas into 2D and 3D. This image is the geometric formula for a current of energy. Energy travels in triangles. From the macro to the micro.

It is called the Power Triangle.



**Ohms Law:** The relationship between Voltage, Current

and Resistance in any DC electrical circuit was firstly discovered by the German physicist Georg Ohm.

## Ley Lines...the earth's Celtic Weave...



## The Magic Carpet Highway

"I like to dream, yes, yes  
Right between the sound machine  
On a cloud of sound I drift in the night  
Any place it goes is right  
Goes far, flies near  
To the stars away from here  
Well, you don't know what  
We can find  
Why don't you come with me little girl  
On a magic carpet ride."  
--Steppenwolf

Ley Lines is the term first coined by British archaeologist Alfred Watkins in 1921. Watkins noticed that ancient sites, at different points around the world, all fell into a sort of alignment. Be the sites manmade or natural, they all fell into a pattern- usually a straight line. He coined these lines – “leys” and later “ley lines”.

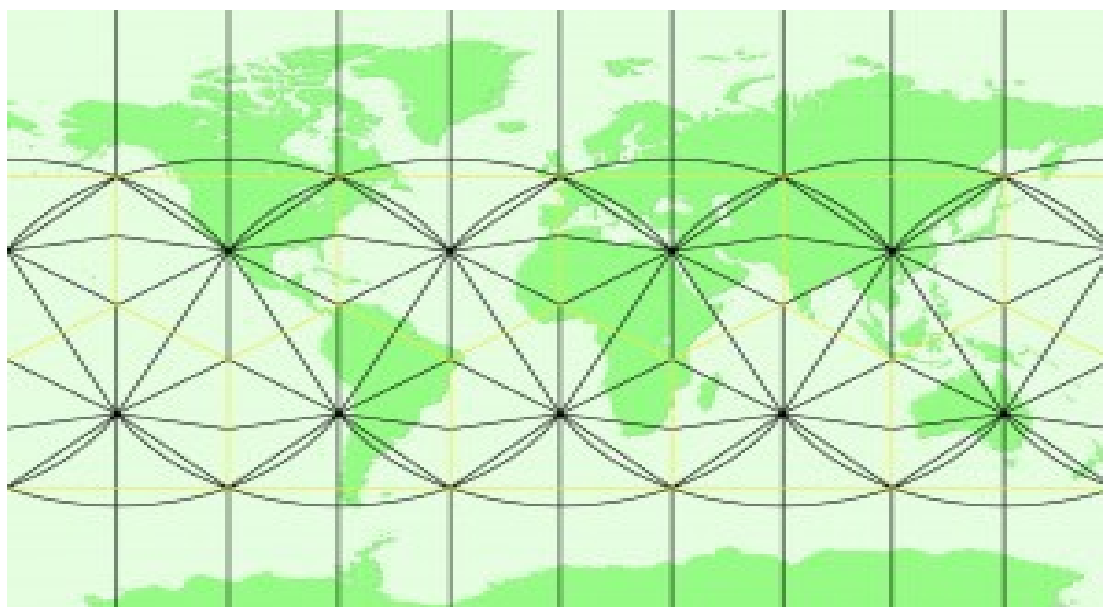
This excerpt, and three ley lines illustrations, are from the crazy enormous three volume series of books on earth's energies by Rico Paganini:

"The ley lines are five elementary energy waves that flow directly beneath the surface of the earth. They each correspond to a sine wave that has one downward and one upward curve in one pass around the earth. The ley lines, or, more appropriately, energy channels, rotate around their own axes and are about 100 km wide (in comparison, the earth's diameter is around 400,000 km). Life force flows through the five ley lines and energizes the plant, animal, and human worlds. It is influenced by the magnetic field. The lines are also connected to and resonate with the five foundations of creation, the five elements and the five kingdoms. On the few maps of the world that show the ley lines, only one or two lines that encompass the earth are represented; they are thus only partially accurate and do not adequately show the connections. As we will see, it requires five ley lines to correspond to the foundations of creation and to give rise to the geometric earth grid."





**“Connecting the remaining intersections forms a dodecahedron, a further Platonic body with twelve five-sided surfaces, ten around the earth and one over each of the two poles. Although it cannot be seen on a two-dimensional map, these two are the pivot points. With all five corners, they connect a ley line with the pivot point, which corresponds to the poles of the earth and of the magnetic field. This makes twelve surfaces and twelve centers that allow the divine energies to flow into all twelve dimensions of creation simultaneously. That is why, from a spiritual point of view, the dodecahedron corresponds to the so-called Christ grid, of the same shape but almost infinitely large, encompassing the entire material creation”** (p.28 Gaia Legacy, Vol III).



Beginning to resemble Finite Element Method.



# Eigenfrequency

Eigenfrequency is the natural frequency of anything. When that vibrating anything is vibrating – without the presence of a damping factor– that anything would vibrate indefinitely.

For example – if a Note C tuning fork is hit and begins to vibrate at the eigenfrequency of a Note C– if there was nothing to dampen or slow that vibration – the fork would vibrate for infinity.

If I hit a note C tuning fork in a room with a 100 tuning C forks– that C vibration would then make all the other C tuning forks vibrate without an initiation. The other tuning forks are picking up the eigenfrequency.

<https://www.youtube.com/watch?v=aCocQa2Bcuc>

Damping factor is the gravitational pull on any frequency that slows or stops or alters that frequency. When a child is pumping the swing, the swing will continue to oscillate. When the child stops pumping the swing – the movement is damped and consequently halts. Gravity is the damping factor to the child's swing.



The Penetrating Flow and the Belt Flow are the masters of the horizontal frequencies.  
Belt Flow is likened to the earth's equator.  
Penetrating Flow is likened to earth's core.  
One flows the external and one flows the internal.

We know the P Flow and the B Flow as two of the Radiant Circuits in EEM.  
The unique quality of all the Radiant Circuits is that they do not have polarity.  
All the other meridians have magnetic polarizing energies we call acupoints.  
The Circuits have anchors.  
The Circuits are not subject to earth's polarity.  
Therefore, the Circuits are not subject to damping factors.  
All the other meridians are subject to damping factors.

Being polarized means that that energy is subject to gravity,  
damping, the slowing of the swing, and death.  
Circuits are not subject to gravity, no damping, no slowing, and no death.

The Circuits hold our ability to travel on frequencies that are not subject to damping.  
Activating the Circuits is likened to hitting a tuning fork that connects to all the worlds tuning forks and hopping on that frequency to be in anyplace we desire with no damping... until we chose to damp.

**The P Flow and the B Flow** are carefully constructed to catch the horizontal frequencies of the planet. The highways are the ley lines which split into infinite combinations of triangulating fractals—more connections than mathematics has the capacity to count.

The un-dampable, non-polarized parts of us are carried on the un-dampable, non-polarized ley line highways to anyone's un-dampable, non-polarized self.

**THE ONLY REQUISITE IS TO HIT THE METAPHORICAL TUNING FORK.  
IF THERE IS NOT A MATCH OF FREQUENCY – THERE IS NO RESONANCE**

So how do we hit that metaphorical tuning fork?

When we combine certain acupoints from the Ministers of the Fire Energy (HT & SI) with the Minister's Administrators (CX & TW) with the master anchors of the horizontal Radiant Circuits (P Flow & B Flow) we catch those waves of frequencies and balloon like the spiders.

This triangulation of the Ministerial points (SI11 & HT7),  
plus, Administerial points (TW7 & CX2) plus  
the anchor points of the Horizontal Flows (Navel & Mein Mein)  
is the ticket we flash for access on the ley line superhighway.

# The Distance Diamond Patterns

Alliance Points TW 7 + SI 11 + Mein Mein = The Eigenfrequency State

Bonding Points CX 2 + HT 7 + Navel = The Eigenfrequency State

To infuse the Distance Alliance Diamond Pattern...

Face down on table...

1. Do Mini Energy Balancer.
2. Place both hands on Mein Mein and hold together for about 1 to 5 minutes.
3. With one hand on Mein Mein reach other hand for SI 11 and hold together for about 1 to 5 minutes.
4. With one hand still on Mein Mein reach for the other SI 11 and hold together for about 1 to 5 minutes.
5. With one hand still on Mein Mein reach for the TW 7 and hold together for about 1 to 5 minutes.
6. With one hand still on Mein Mein reach for the other TW 7 and hold together for about 1 to 5 minutes.
7. Trace lightly the Diamond from MM to both SI 7's then to both TW 7's to Crown.
8. Repeat the light tracing 2 more times – total of 3 light tracings.

To infuse the Distance Bonding Diamond Pattern

Face up on table...

1. Do Mini Energy Balancer
2. Place both hands on Navel and hold together for about 1 to 5 minutes.
3. With one hand on Navel reach other hand for HT 7 and hold together for about 1 to 5 minutes.
4. With one hand on Navel reach for the other HT 7 and hold together for about 1 to 5 minutes.
5. With one hand still on Navel reach for CX 2 and hold together for about 1 to 5 minutes.
6. With one hand still on Navel reach for other CX 2 and hold together for about 1 to 5 minutes.
7. Trace lightly the Diamond from Navel to both HT 7's then to both CX 2's to Crown.
8. Repeat the light tracing 2 more time – total of 3 light tracings.

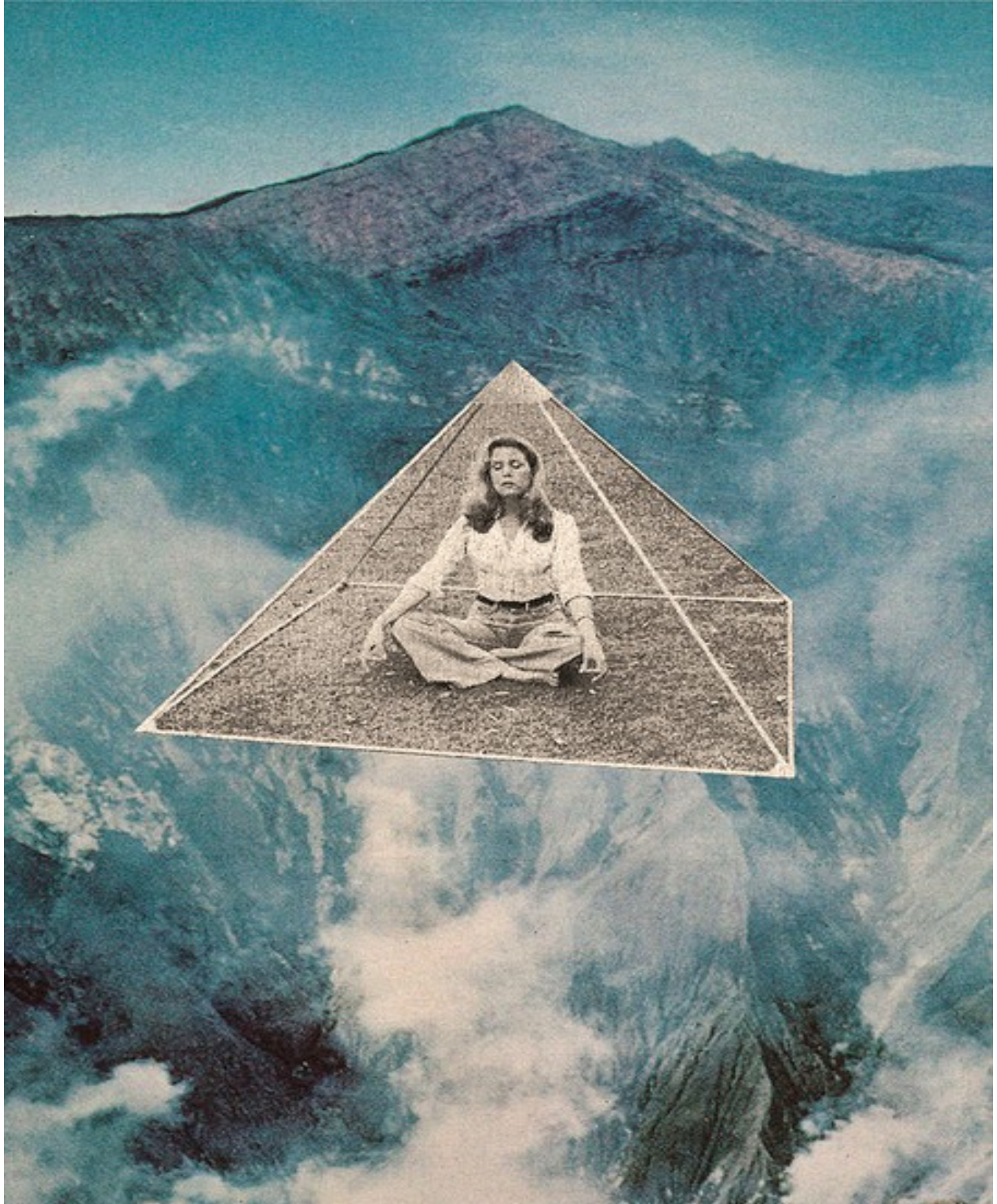


Image by Marino Peccinetti



# The Process:

I have an OM tuning fork that vibrates at over 1000 hz. Its brand name is Sonic Ohm Kit.



1. start my distance session by hitting the Sonic Ohm fork.
2. usually stimulate my Gamma Wave point in my ear with the Sonic Ohm fork.
3. Belt Flow... where's my belt...
4. Penetrating Flow... Marilyn Monroe...
5. Triangulate the Alliance Points: TW7 + SI11 + MM
6. Triangulate the Bonding Points: CX2 + HT7 + Navel
7. Three Deep Breaths
8. use a skill set list I have that embodies my toolbox.

I think an excellent way to begin for Eden Students is to use a tracker for whatever level of student you are.

- I have my skill sheet list in front of me.
- Using the priority finger mode in kinesiology I scan for the place to begin. I test strong with and work that issue first.
- I don't scan for everything ... just too much... I stop when I test strong for an issue and work it till the priority finger mode tests weak for that issue.
- If I have time in the session I will scan again and if I test strong on another issue I will stop and work there.



At end of time or when the priority finger mode is not finding anything else to work on, I scan the tracker or the session notes to the client.

To end, for me, I trace TW backwards 3 times followed by tracing CX backwards 3 times.

I often have a 10-minute Zoom meeting before I work and a 10-minute Zoom meeting at the conclusion of the session.

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“The Shamans say that the Universe makes you right – so that whatever you  
choose to believe, your working hypothesis, you will continue  
to find evidence to support it. So, why not make your working  
hypothesis extraordinary?”

~ Alberto Villoldo

# Dictionary:

**"EPR"** - paper published in 1935 by physicist Einstein, Boris Prodolsky, and Nathan Rosen. Einstein is often credited with fathering Entanglement Theory with this paper known as the **EPR Paradox**. Still debated - but the EPR paper was historical landmark in the building of Entanglement Theory. However, it is the Bohr-Einstein Photon in a Box smack down in 1930 that now gives credit to Bohr as the physicist on record that nurtured Entanglement Theory into being.

**Groak:** To stare silently at someone while they are eating, in hopes that they will give you some of their food.

**FHSS:** Frequency-hopping spread-spectrum is a wireless technology that spreads over rapidly changing frequencies. Each available frequency band is divided into sub-frequencies. Signals rapidly change or "hop" among these sub-frequency bands. Frequency hopping technology was discovered by Hedy Lamarr.

**Quantum entanglement:** 2 entangled photons react. If one of the photons is affected, no matter where the other photon is in The Universe, the other reacts without any delay.

**Bonderizer:** dentin bonding agents known as bonderizer are resin materials used to make dental composite filling material that adhere to dentin and enamel.

**Bonderizer:** 2015 instrumental jazz release by artist Kirk Knuffke.

**Eigenmode:** an eigenmode is a natural vibration of a system such that various parts all move together at the same frequency.

**Eigenfrequency:** is the frequency at which a system tends to oscillate in the absence of any driving or damping force. Also, sometimes referred to as Natural Frequency.

**Damping Force:** restraining of vibratory motion, such as mechanical oscillations, noise, and alternating electric currents, by dissipation of energy is known as damping force. Unless a child keeps pumping a swing, its motion dies down because of damping.

**Ohm's Law:** Georg Ohm, German, in 1827, found that, at a constant temperature, the electrical current flowing through a fixed linear resistance is directly proportional to the voltage applied across it, and also inversely proportional to the resistance. This relationship between the Voltage, Current and Resistance forms the basis of **Ohms Law**.

**Tessellation:** an arrangement of shapes closely fitted together, in a repeated pattern without gaps or overlapping.

**PI - The number  $\pi$**  is a mathematical constant commonly approximated as 3.14159. The Greek letter " $\pi$ " has represented it since the mid-18th century. For our discussion PI relates to Alpha Brain waves and energy centers of the chakras. The Musical frequency of PI based tones reveals the most average value of A=424 and covers a range of 421-427hz These Pi tunings relate to Alpha brain waves and map the resonance of the chakra energy centers. I also have an OM tuning fork with 3.14 hz... pi... The frequency of OM is 3.14 eternal number...

## Videos:

Flying Spider video:

<http://fortune.com/2018/07/06/spiders-ballooning-flying/>

Tuning Fork video:

<https://www.youtube.com/watch?v=aCocQa2Bcuc>

Telekinesis -11 minute mark shows spike in

Gamma:

[https://www.youtube.com/watch?time\\_continue=784&v=LNctiOZPdO8](https://www.youtube.com/watch?time_continue=784&v=LNctiOZPdO8)

## Quick Tutorial on how to use Priority Finger Mode from The Academy of Systematic Kinesiology Blog



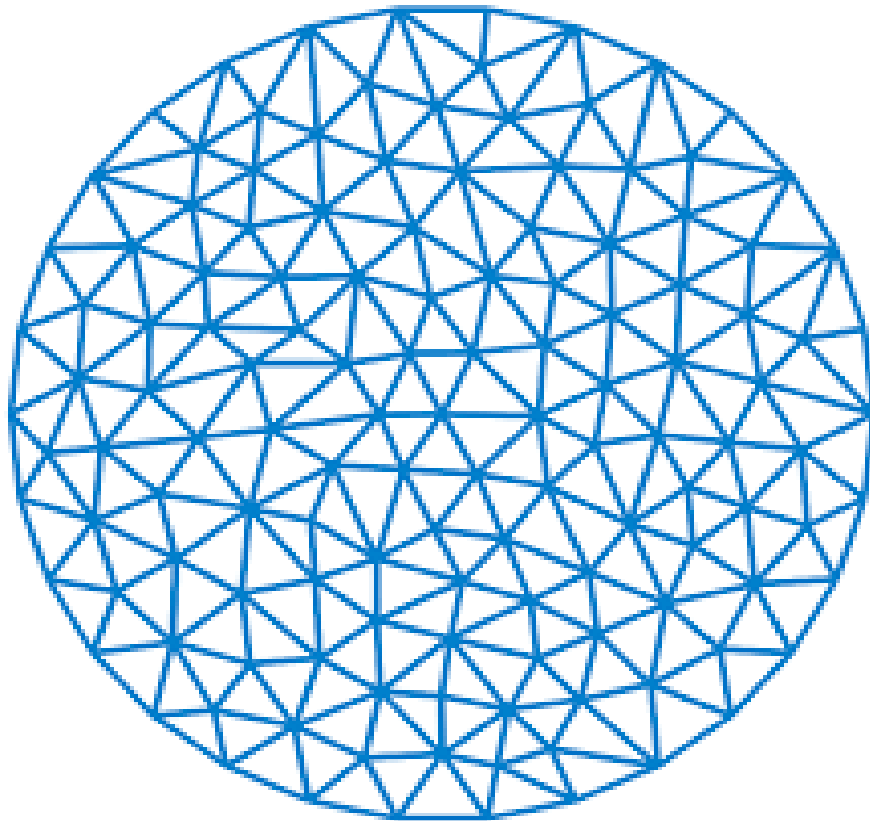
“In Kinesiology we can use what we call a ‘finger mode’ to determine whether something is a priority for the body to be correct now – and whether the body is able to maintain the correction if it is fixed first.

For example, if we have a weak Latissimus Dorsi muscle and we want to know if that muscle is a priority to correct, we can put our fingers in a certain position which changes the electrical readings, this is called priority mode, we can then retest the muscle. If it remains weak, it is not a priority, therefore, we would move on and find another muscle that is. If the weak Latissimus Dorsi now showed strong with priority mode in place, then we would know that this muscle is ready to be fixed and will probably switch on other muscles to optimum performance” (July 4, 2018).

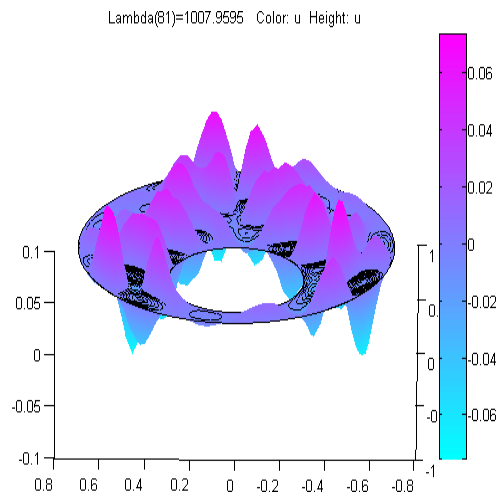
What is important to remember is that a weak test means it is not a priority.

Continue to test till we have a strong indicator. That is indicative that that issue needs balancing.

Weak = not priority – move on. Strong indicator = that’s the priority – stay and balance that.



Dosya: Finite element triangulation by Paul Czaia



Another illustration by Czaia showing the 3D pic of a frequency. What is especially interesting for this discussion is reflection of what we would call the Penetrating Flow reflecting the Belt Flow.

# About Sara Allen, PhD, EEM-AP



Dr. Sara is a doctorate level holistic health practitioner. She has studied extensively food as medicine as well as supplemental & herbal medicine. Her specialty is a particular self-brand of energy medicine – best described as a combination of ancient Chinese and East Indian modalities that are systematized via energy kinesiology. She is deeply skilled in Eden Energy Medicine, Pranic Healing, Touch for Health, EFT, Advanced Psych-K, Animal Energy Medicine, and she just cannot stop talking about the fascinating world of German New Medicine.

Dr. Sara is a certified trainer in Leadership Effectiveness Training, better known by its acronym L.E.T., with Gordon Training International. LET is a Rogerian based system of communicating and understanding the complex world of feelings and needs. It is a beautiful and versatile tool that enables practitioners to gently tease out and discern the root emotions causing conflicts within the psyche and in relationships. Dr. Allen also teaches LET skills in the corporate world to ease conflict and enhance productivity in the workplace. She also teaches P.E.T. – Parent Effectiveness Training to anyone raising humans. PET teaches skills to parents and children to create peace, cooperation and individuation between parents and the children who are raising them.

Dr. Sara has a private energy medicine practice in Asheville, NC. She is senior/founding faculty at the Eden Energy Medicine School. Dr. Sara also sits on faculty at the European Energy Medicine School in London. She is the Educational Director for the Central Region Eden Energy Medicine School in Chicago and runs the Eden Energy Medicine Fundamentals Program in Asheville, NC.

Dr. Sara's training, and over 20,000 hours of clinical experience, have resulted in a masterful blend of skill and intuitive understanding of the client's needs. She also understands the practitioner's needs. As a result, she is in high demand as a mentor to the advanced energy medicine student. Her experience and success create outstanding classroom experiences for both the novice and advanced student/practitioner.

[www.goodforyouenterprises.com](http://www.goodforyouenterprises.com) [drsara@goodforyouenterprises.com](mailto:drsara@goodforyouenterprises.com)



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Note: Energy Medicine stimulates innate health-promoting mechanisms that restore the body's natural state of well-being. It does not attempt to diagnose, treat, or cure illness.

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