

Energy Medicine For the Dying Client: How to Balance and Align the Energies of the Terminally Ill

Taught by

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For my Beloved Candace
She taught me everything I ever needed to know about anything.
1951 to 2001

How do geese know when to fly to the sun? Who tells them the seasons? How do we humans know when it is time to move on? As with the migrant birds, so surely with us, there is a voice within, if only we would listen to it, that tells us so certainly when to go forth into the unknown.

---Elizabeth Kubler Ross

The message is to choose life in this moment, not to try and live forever. Someday, when you're tired and sore and want to leave your body, your death will be a healing – not a failure. You will have been an example of how to deal with adversity and leave a legacy of love.

---Bernie Siegel, MD

Death is a beautiful liberation into a freer life. The limiting clay garment, the body is put aside. The self-centered nature goes with you to learn and grow on the disembodied side of life, and then returns here into a suitable clay garment and suitable circumstances to learn the lessons we need to learn. Could we but see a bit deeper into life, we would grieve at birth and rejoice at death. If we but knew how short the earth life in comparison with the whole is, we would be less troubled with the difficulties of the earth life than we are troubled now with the difficulties of one of our days.

---Peace Pilgrim

You do not get disconnected and then you die. The Death Experience is the FULL connection. The Death Experience is the ultimate calling back into alignment, releasing into a pure positive energy.

--- Ester Hicks

You cannot judge the value of a life by its quantity. It is by the joy that you are feeling. The more joyful you are, the longer you live. Let yourself relax and breathe and be free and be joyous, and romp. The optimum physical life experience is to have plenty of things that stimulate you to desire, and an awareness of the way you feel, so you're reaching for thoughts that feel good—so you're wide open, so you're tuned in, tapped in, and turned on. We promise you; the timing of your death is always chosen by you.

---Abraham

Why this class?

This class was first written and presented as a post class to the Eden Energy Medicine Program in Phoenix, AZ in 2008.

I had been working with terminally clients for years. As a founding faculty member of the Eden Energy Medicine School and a Certified Clinical Advanced Practitioner of EM, I knew that the EEM grads were going to be faced with the dying client. I understood these new grads would soon realize that the energy practitioner would have the dying show up at her doorstep -- often as a last act of desperation. I also knew, firsthand, what an intimidating client the terminally ill was to someone with no skills in working with this magnificent last life chapter.

This particular client has commonly been everywhere and done everything that the society of ALL types of medicine has to offer. These calls often come as their last remaining search for help. They show up chemo'd, radiated, surgery'd, drugged, starved, crippled, atrophied, broken hearted, and frightened. They show up encircled by despondent and despairing family and friends. They show up worn out and tired and overwhelmed physically, emotionally, and spiritually.

They show up dying.

I had to learn how to do this. I had to learn fast. I had to learn how to hold this client emotionally. I had to learn to stand tall and strong in these tsunamis of pain and sorrow and (did I say sorrow?) and be helpful. I also knew that the EEM student needed help and guidance to meet these challenging and inevitable cases.

Here is what I know for sure:

Dying is not a disease.

There is powerful chi moving in the terminally ill client.

The dying client's energy system is dynamic and spirited and vigorous. They are as full of energy and movement as the vital client.

Energy work is as necessary to the dying as it is to the those seeking vitality.

There are patterns and progressions in the death process that can be recognized and followed and understood.

Dying is not a mystery.

Some believe, including me, that death holds mystery.

But dying is not death -- very important distinction - Dying is a segment of living. Because it is LIFE, there are still very powerful energy patterns and sequences and evolutions ruling the body's subtle energies. Just as in every other rung of life, there are teachable techniques to respond to those ruling energy patterns and sequences and evolutions.

This paper is a very humble compilation of some of those patterns and sequences and evolutions and responsive techniques that I have gathered over the span of my career. It is a cross section of many, many, many late-night peer discussions that became impressionable weavings of utter genius. I owe a huge debt to Barb Scholz, EEMAP in the conception and interaction of this class. Barb was a tremendous help to the section on Pain. So much comes from Donna Eden. So much comes from Master Stephen Co. However, the best and brightest and most generous of all geniuses contributing to this class is that of the collective brilliance of those clients who offered me the honor of accompanying them during those last days spent in their physical bodies.

This class is my attempt to impart some of this collective wisdom to others.

Another important distinction:

These techniques are for the dying... not the client that will be living... this class,

these techniques are for the dying client.

K? K.

Facilitating Acceptance: The gift the Five Element Wheel

"I don't want to achieve immortality through my work... I want to achieve it through not dying."

--- Woody Allen

The most well-known discussion on the subject of death and dying is the book "On Death and Dying" by Elizabeth Kubler Ross. Really cannot do a class on dying without referring to Kubler Ross' research.

Most famous piece of her study is the emotional stages a dying patient faces when informed of their terminal prognosis.

She identifies these five stages as:

- ☯ Denial...this is not happening to me
- ☯ Anger.... why is this happening to me
- ☯ Bargaining...I promise to ??? if this doesn't happen to me
- ☯ Depression...I don't care anymore what happens to me
- ☯ Acceptance...I'm ready for whatever happens to me

She also identifies these stages as chronological steps. In other words, Denial is first, Anger second, bargaining the third, etc. While I do see the five emotions of grief at work, I also see the terminally ill client going in and out of all the stages and not necessarily in any order and not necessarily finishing one stage and moving onto another never to return to the previous, AND

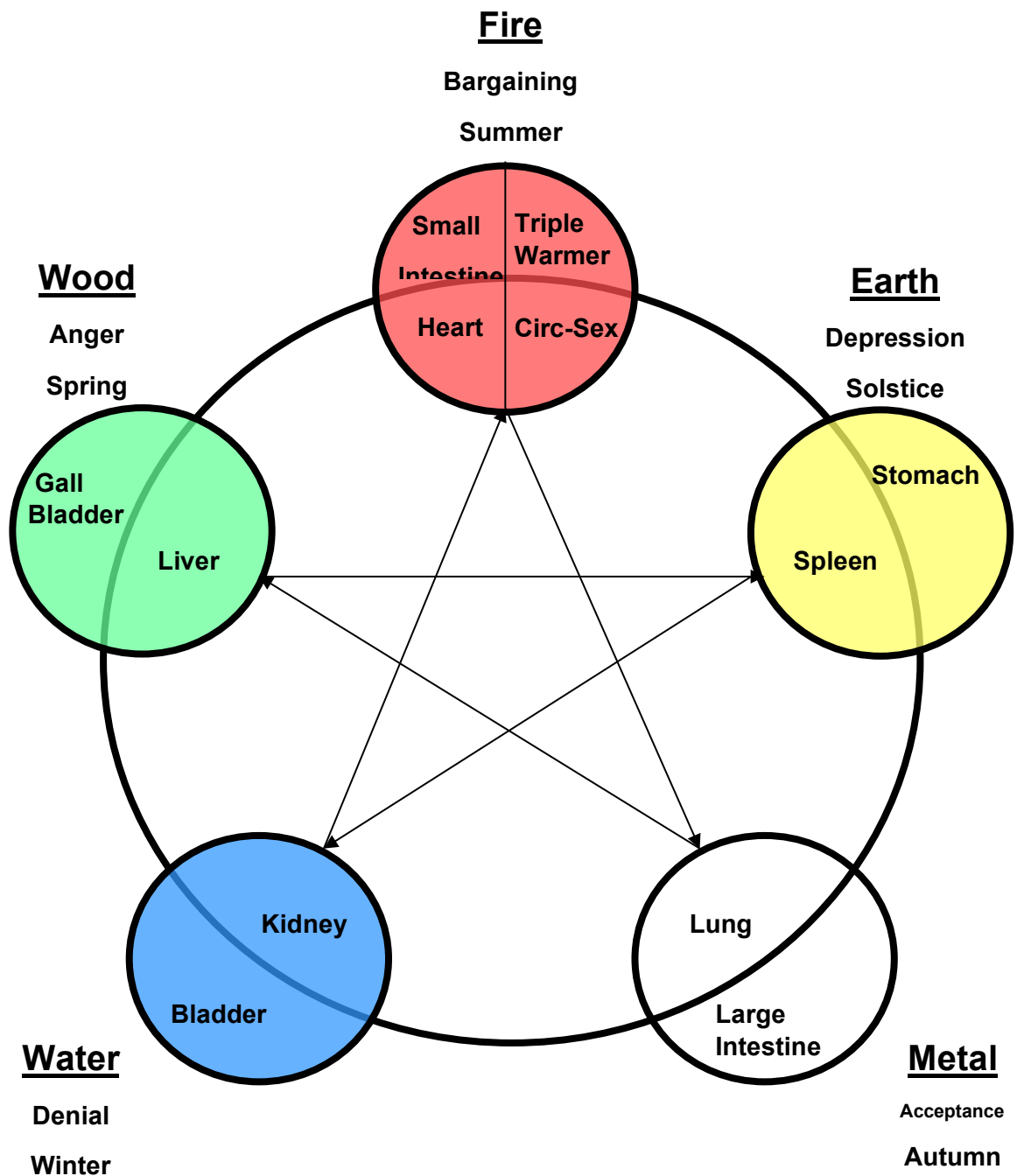
not necessarily ever dwelling long enough in one of the five emotions to actually be able to identify it as a phase. So, there is the theory of the Five Stages of Grief and then there is the body.

I find it helpful to see the KR's stages overlaid on the Five Element wheel. The dynamic and incredibly complicated energy system of the dying is much too active to limit it to a linear step-by-step process. The dying body is moving and dancing in its own rhythm and embracing the 5 Elements reveals the pattern and movement of that client. The Law of Chi – the Five Element Cycle is still at practice even in the dying body.

We know, as EEM practitioners, that the emotional energy of acceptance, what Kubler-Ross believes to be the final psychological stage of dying, belongs to Metal Element- particularly Large Intestine. However, just working with Metal Element is not going to instantly facilitate acceptance. The dying body is much too dynamic and is not at all linear.

Kubler Ross teaches us that there is much emotional work to do before the system accepts a terminal diagnosis. When we overlay her research on the Five Element Wheel, we give ourselves a powerful guide, and a very influential skill set to aid the dying client.

The Kubler-Ross' Five Stages of Grief imposed on the Five Element Creation Cycle



Employing the various EM skills to generate movement and flexibility within the **Creation & Control Cycle** will aid the client as they travel through the stages of grief is a helpful guideline. Advance Practitioners will have more tools in their EM toolbox than a first-year student... but any level there are skills to keep energy moving and to create space.

Here is a very short list of the many EM systems that can be used to assess where the energy cycle may be overwhelmed:

Neurovasculars
Alarm points
Pulse points
Neurolymphatic Reflex points
Starfish Diagnostic
Starfish Connection
Source Points
Energy Muscle testing
Sedating and strengthening points

Depending on your skill level, EEM advancement, or particular modality... anything that gets the energy to simply move and make space is usually a good.

Your Energy Testing will give you feedback about if a technique leaves the client better or worse. It will also give you a very good overview of where the energy is stuck and also what correction to use. Do not be surprised if what you do to make a vital client more vital actually makes the dying client weak. Not unusual. All your skills are needed – just be sure to modify according to client's needs.

Getting the energy to just simply move can deeply sooth and assist a client that is progressing through the terrible and harsh emotional terrain of being in the dying cycle of their life.

The Role of the Spleen Meridian in the dying process

“If the dinosaurs had strong spleens, they would still be here.”

--Sara Allen

Spleen is the energy that creates adaptation. It is the energy that helps us acclimate to the inevitable ebb and flow of life's movements. The dying client's energy system is changing very quickly. Organ systems are shutting down. Digestion and elimination cycles are altering radically and rapidly. When Spleen is in balance we can amend and revise and adapt to situations on a dime. When spleen is balanced, the body is able to change course quickly depending on the demand. Like the Cheetah that is able to change direction, in midair, while running at speeds up to 70 miles an hour, having such nimbleness in spleen becomes essential to the dying client.

But here is the obvious rub and the inevitable question...

We understand that Spleen shares an energy pool with Triple Warmer. We also understand that Triple Warmer is responsible for keeping us safe in our physical bodies. It is responsible for keeping us alive. We also understand that if someone is dying of a disease, the immune system balance between TW/SP has probably been compromised. The terminally ill client will obviously have an overwhelmed Triple Warmer –and subsequently, an atrophied Spleen energy.

But the terrain has changed.

While it is our habit to sedate Triple Warmer in order to parlay that energy into Spleen energy, the dying body has a different and unique need of Spleen.

It is not about a strong immune system anymore.

It is about a strong transition system.

It becomes about the ability of Spleen to run a body that is beginning to have systems shut down. Spleen's job was tough enuf when the body was vital -- try assimilating and adapting to the chi in a dying body. Spleen needs more help than ever -- but how we support Spleen changes. It is about Spleen being able to move freely and responsively as the Three Burners of Triple Warmer are not "burning" anymore. Spleen needs to concentrate on running the yin organs. Spleen needs to "think" differently in a dying body.

It is not about outward anymore.

It becomes all about inward.

It is not about holding everything together anymore.

It is more about moving apart.

Spleen's responsibility, in the dying process, converts from distributing energy to all the organ systems to ***equitably*** withdrawing her energies from all the organs. Her job becomes to create a smooth transition. Her job is still to adapt to the ever-evolving thing we call life -- but life is different for the dying.

The relationship Spleen has had with Triple Warmer needs to change. That relationship of keeping us physically alive amends to keeping our quintessence alive. The focus of Spleen, as the "Mother of the Bodies" shifts from the rhythm of it is 'well with my body' to 'it is well with my soul'.

The mistake we often make as energy practitioners is to continue to nudge the body in the direction of vitality rather than supporting the direction of ***constructive expiration***.

So, what to do if Spleen, the "Mother of the Body" -- the "Great Adapter", can't adapt, can't mother the body in this most noble episode of living if Triple Warmer is draining her? He is draining her because he is afraid of dying and his job is to keep us alive at all costs. How do we sustain Spleen in the presence of a freaked Triple Warmer in a dying body? Such a Catch-22, eh?

A short digression about Death with pictures 😊

“When I am on my deathbed, I want my last words to be: “I left a million dollars in cash in....”

-- Greg Giroldo

Death is defined in Chinese Medicine as the separation of the Yin from the Yang.

The dynamic polarizing tension of the Yin and Yang that has held us in our physical since conception, that connected us to the earth, no longer serves us when we are dying.

Yin and Yang come apart and the timeless piece of us is released.

This is the definition of death.

Here is what I call suffering:

**ANYTHING that
BLOCKS or COMPRESSES or OVERWHELMS
the natural progression of the bodies
drive towards what empowers the bodies.**

It does not matter if they are strengthened by chemo, or someone waving sage over their second chakra, if it strengthens them the suffering is decreased.

Definition of Overwhelm:

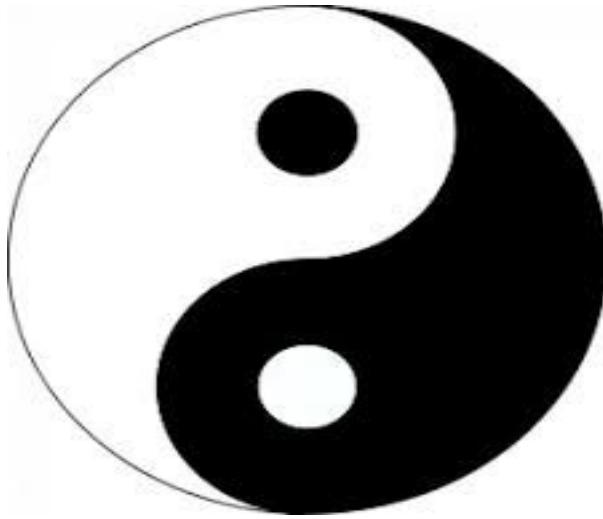
**More energy coming at ya than you can process.
Triple Warmer governs the emotion of overwhelm.**

Big surprise.

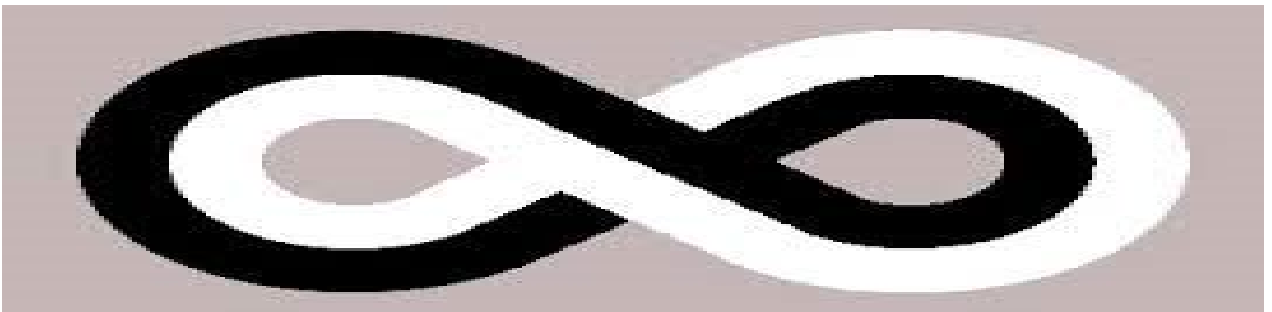
Our goal in working with the terminally ill is to decrease suffering in any and all the ways we know how. Energy testing is tantamount in knowing what strengthens (eases suffering) and what weakens (creates suffering) in the dying bodies... and what can strengthen and what can weaken is changing very fast – and maybe counter intuitive to what your EM training has taught you.

TEST. TEST. TEST.

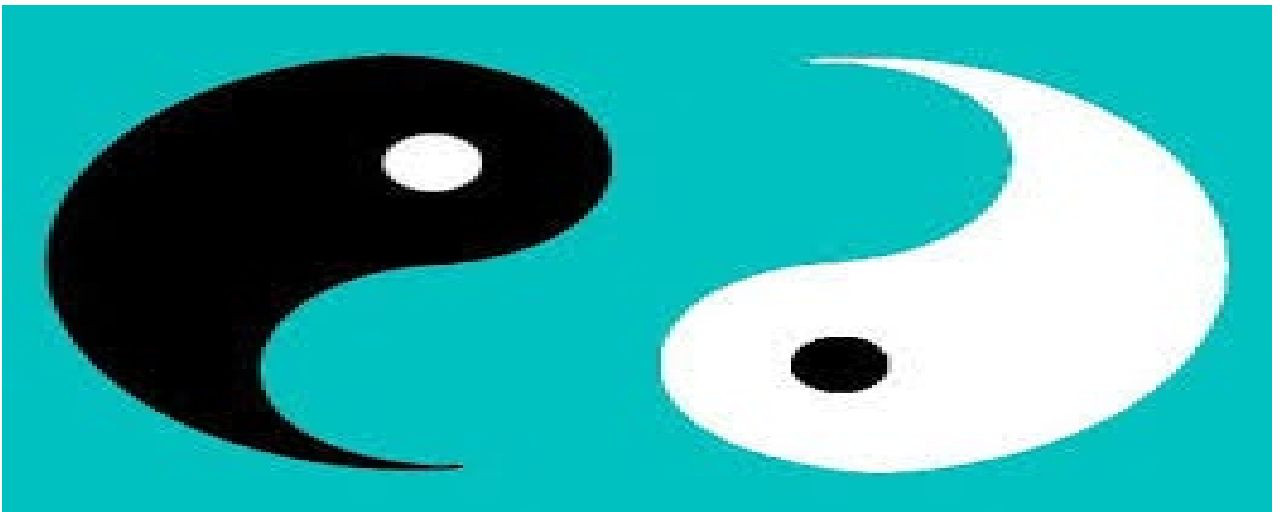
Vitality



Illness



Death



The Role of Circulation Sex Meridian in the dying process

“When I die, will someone please go to my funeral dressed like the Grim Reaper? Don’t say anything – just stand there.”

-- Mel Brooks

The role that Circulation Sex plays in aiding spleen is best understood by understanding the functions of the Yin system meridian (CX) versus the Yang system meridian (TW).

There are two systems in the body -- meridian energies that do not directly control and or are linked to any one specific organ system. **Triple Warmer and Circulation Sex.**



The Yang energy is illustrated by white/day. The Yin energy is illustrated by the black/night energy. There is a tiny bit of Yin/Black in the Yang and there is a tiny bit of Yang/White in the Yin. These dots represent the north and south pole of dynamic tension that keeps us together and keeps us spinning on and with the earth. When we lose that dynamic tension and no longer are able to spin on and/or with earth -- we die.

Triple Warmer is the “hoarder” of energy. It has permission to hoard and hold energy from every organ system, expect heart, to keep us alive. By contrast the counterpart system of Circulation Sex is the EQUITABLE distributor of energy. CX is the polar opposite of TW. She spreads energy throughout the body in direct opposition to TW’s hoarding.

In the death phase, Yin and Yang are separating and Triple Warmer no longer has access and/or the same contributing influence it once had in how Spleen functions in the dying body. The Yin system of Circulation Sex becomes the energy Spleen leans on to sustain a body.

Triple Warmer has a role in the dying process. We will discuss later, but the TW/SP relationship is very different in a body that is beginning to separate its Yin from its Yang.

So, let’s distinguish the difference between the word FAIR and EQUITABLE to shine some light on how to track what is happening in a dying body.

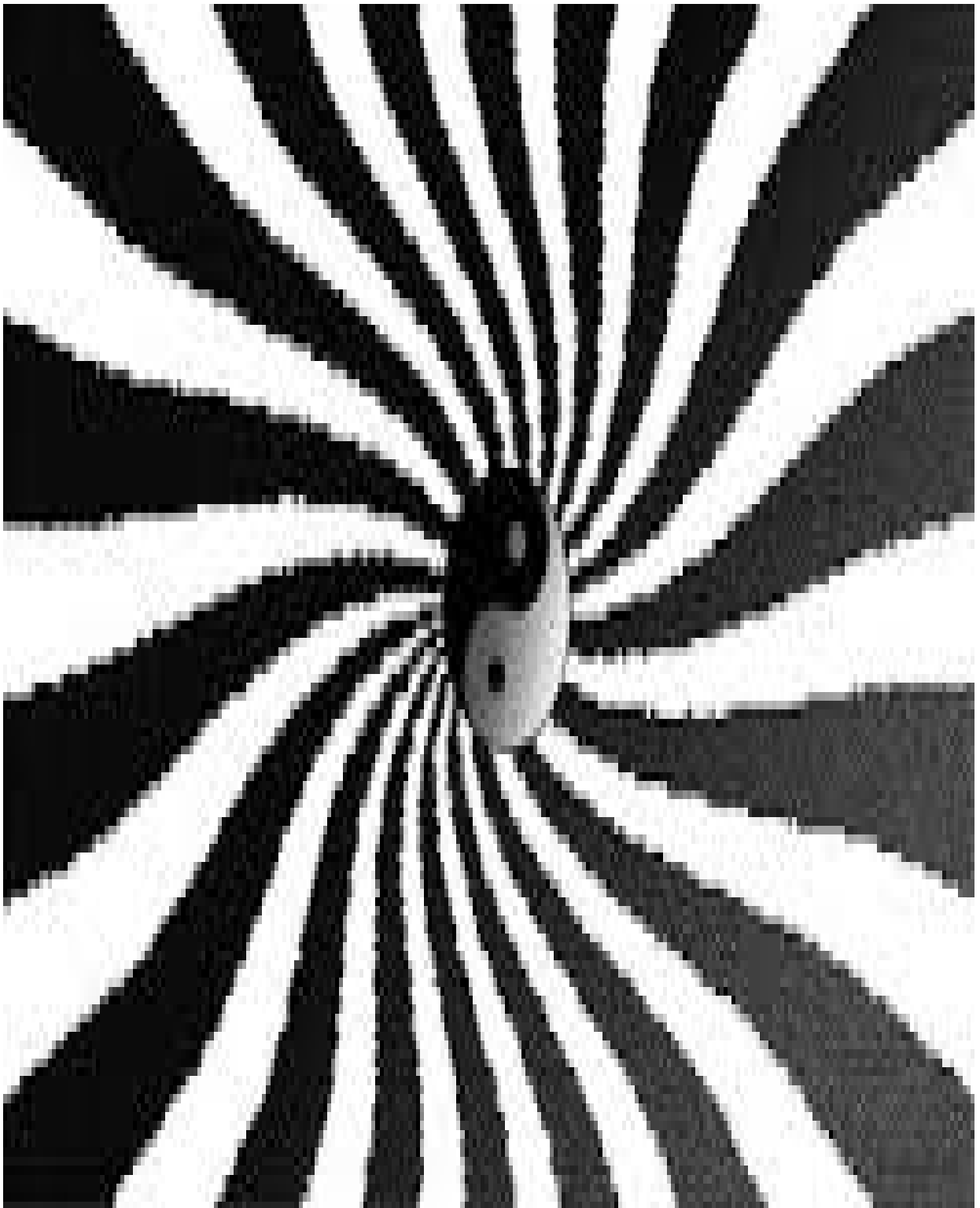
Fair would mean exact amounts to everyone despite need. Equitable would mean meeting the need/demand at hand. Equitable is flexible, nimble, responsive, dynamic, in flux and ever changing. Remember the Cheetah turning on a dime at 70 mph?

To illustrate: if a dying client is in Kidney failure, CX and SP would be feeling more chi to the kidney system than say the liver’s system. Liver may be getting less chi, but a fair distribution would not be wise. Kidney needs more chi and CX and SP distribute as best they can where the need is greatest.

Why is this important? This would mean that balance is not the same in a dying body as the vital body.

In a dying body we want to track and support Yins while giving energy to Yangs. The Yins support the organs while the energy is dwindling and the Yangs become bigger and more solar, more powerful, like the jet fuel for the large energy action of separation. Yang is packing the bags and moving the furniture out of the house, while Yin is still tending to the needs of the children that still live in the house.

The Yangs begin to spin outward wider and faster while the Yins begin to spin deeper and inward. This process of Yang moving out and Yin moving in continues until the polarization that has held the physical together since conception is irrelevant. Our essence, that has been held between the Yin and Yang, like a beautiful roast beef in a fresh baked ciabatta roll, begins to float without gravity—without polarity. The roast beef is still delicious and relevant and powerful – just no ciabatta anymore.



Formula to facilitate Maximum Yin distribution & Maximum Yang separation:

Hold Circulation Sex Sedating points

Hold Spleen Strengthening points

Hold Triple Warmer strengthening points

Hold Stomach sedating points

This gives SP aid from CX to continue to distribute chi to the yin organs as needed. In a dying body it changes so quickly, and is so powerful, this process lets the bodies wisdom begin to dominate.

Hold TW strengthening, very short holds so he has power to spin the Yangs.

Hold Stomach sedating to begin to uproot the yangs from the earth.



Triple Warmer's focus becomes creating the force to dynamically divorce the Yin from the Yang releasing what has been held between the Yin and the Yang since conception.

The Role of Liver Meridian in the Dying Process

“What I look forward to is continued immaturity followed by death.”

-- Dave Barry

Liver is the energy that carries self-worth. Liver governs how we feel about ourselves. In the dying body, the Liver is also processing huge tectonic metabolic and hormonal shifts in the dying body. Poisons of decomposition, slow kidneys, shallow breath, sluggish lymphatics, massive medications, all contribute to the fact that a liver in a dying body has to work harder than it ever has, with less chi than it has ever had.

Liver is the super organ in the dying process.

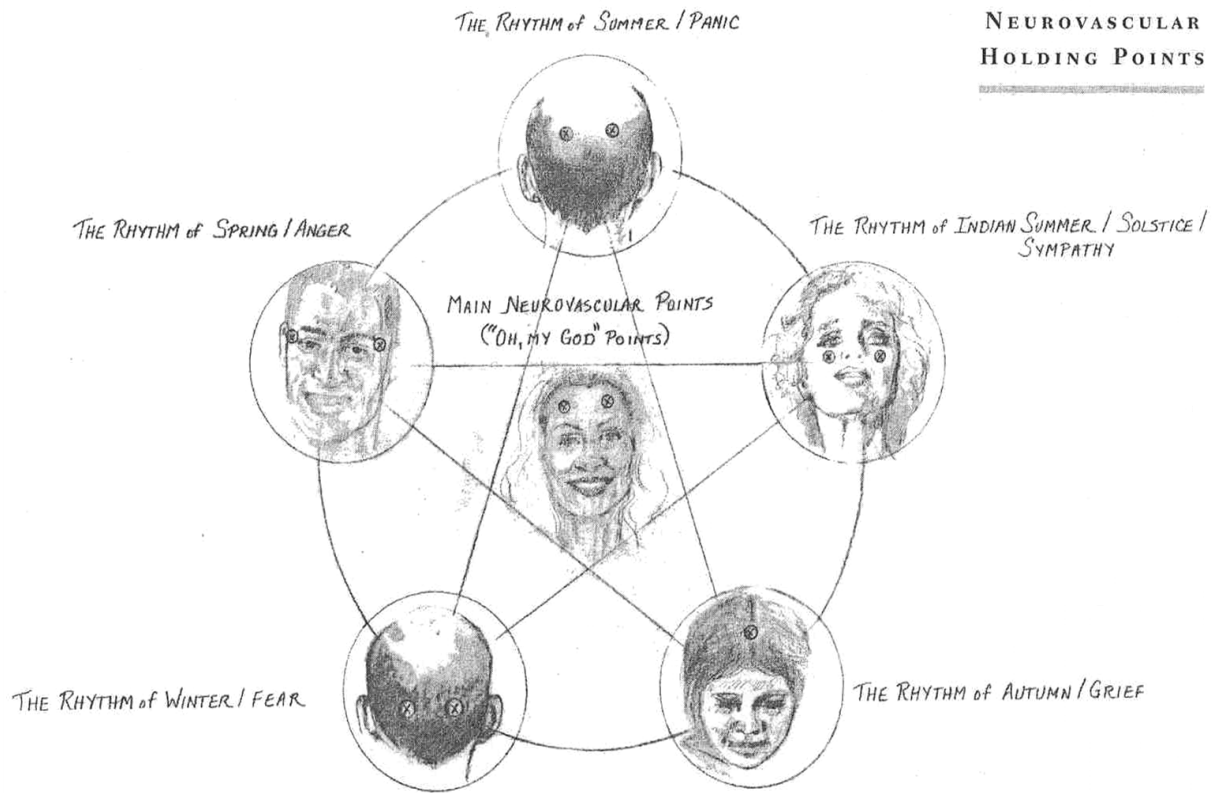
Leaning on the power of Spleen to comfort us and utilizing the power of Liver to be present for this deeply significant event -- at a time when the energy body may not believe that efforts are warranted or even feel worthy of the event -- enhances the progression of this process.

To instill **comfort and bring **significance** to the process:**

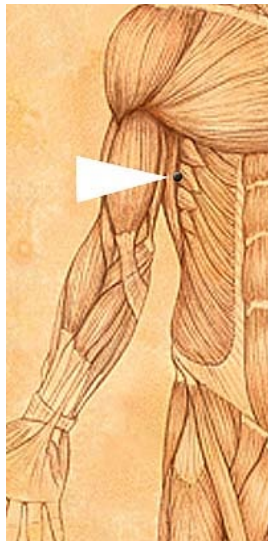
Hold Spleen 21 with any appropriate elemental NV point to bring about comfort.

Hold Liver 3 with any appropriate elemental NV to reinstate the appreciation of the client's own power and importance.

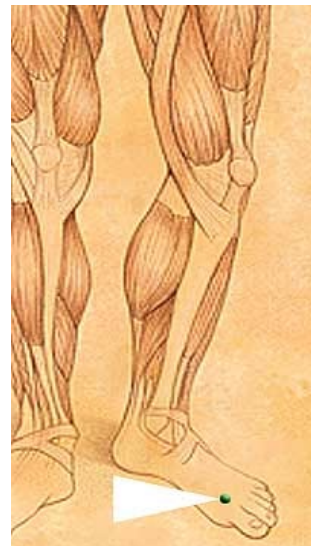
■ Figure 36. ■
NEUROVASCULAR
HOLDING POINTS



Spleen 21



Liver 3



Working with Pain

“Frisbeetarianism:

The belief that when you die your soul goes up on the roof and gets stuck.”

-- George Carlin

Getting Energy to **MOVE** is the key

Pain is energy that is caught.

Getting energy to move and make space is key to pain relief.





Keep energies balanced

Just like any other condition, energy work for the dying person is focused on ministering to the life force and helping it hold balance in **this** phase of life.

Work with the basics

Be sure to adapt (by testing) according to client's ability to process and assimilate. The weaker the physical--the harder it is for them to absorb. **If they cannot absorb and assimilate, no matter how brilliant and loving the energy work, the energy will get stuck and cause PAIN!**

Simple ways to get the energy moving:

-  Chakra clearing over the area of pain.
-  Figure 8's over the area of pain.
-  Massaging the aura over the area of pain.
-  Spinning a crystal over frozen energies, especially source points or around area of pain.

Working with Emotional Pain

“As a well-spent day brings happy sleep, so a life well used brings happy death.”

--Leonardo da Vinci

Emotional pain can often be sourced to unaddressed tethers of the heart and soul. It is important to support the spirit's work so that there is a sense of completion or resolution. This can release large stores of energy needed for the journey ahead.

From Caroline Myss' discussion with a Native American:

Life is simple, Rachel Said. “You are born into life to care for each other and for the earth. And then you receive word that your time is coming to an end, and you must make the proper arrangements to depart, leaving behind no ‘unfinished business.’ You must make your apologies, pass on your tribal responsibilities and accept from the tribe its gratitude and love for your time with them. Simple as that.”

Ask...

What do you need more time for?

What do you want to say to loved ones?

What do you want to say to those you have not resolved conflict with?

What feels unfinished?

What feels unfair?

What will you miss the most?

What do you wish you could have done differently?

Then listen deeply.

Don't reply.

Just listen and hold Neurovasculars.

It is especially helpful to hold the Neurovasculars associated with the concern or predominate feeling (see EM p. 274). However, if you do not know which ones to

choose, simply holding the back of the head and the forehead, while letting the client reflect and process, is deeply healing.

Color Technique for Pain

Painful areas will test weak while passing your hand over the area of pain.

How to select a color

Start with the basic colors of the chakras. For example, if pain is in the solar plexus, and the traditional chakra color for Solar Plexus is yellow, begin with a yellow.

Another tip: Try using the traditional Element colors of Blue for Water organs, Green for Wood, Red for Fire, Yellow for Earth, White for Metal. Experimenting with the Element colors for pain in an organ, or an area that is governed by that Element, is a good place to begin.

**Example: Kidney governs bone. Kidney is a Water Element.
Water Element's color is blue.
Try using blue for bone pain anywhere in the body.**

Speaking of blue... In the Pranic Healing system, the color of VERY VERY LIGHT BLUE is the color used to sedate pain. Light blue is usually a great choice for sedating pain.

VERY IMPORTANT: TEST YOUR COLOR BEFORE USING!

How to find the right color:



- Test the area of pain without the color to assure you have a valid weak test.
- Place the selected color over the area and test.
- Whatever color tests strong, is the one to use.

Color Pain Technique

1. Once you have a color that tests strong, place it over the area to treat.
2. Shine a flashlight through the color into the area that needs rebalancing or pain relief for a couple of minutes.
3. Use the flashlight to do figure 8 patterns or counterclockwise circle patterns.
4. Retest the area without the color to see if it now tests strong.
5. Continue to treat until that area tests strong without the color.

Mingmen: The Yang's Source of Jet Fuel for Lift Off

"I intend to live forever. So far so good." -- Steven Wright

The Mingmen point, just a 1/8 inch to the left of GV4, is an ancient point also called The Life Gate. In the Pranic Healing system this point is often referred to as the reverse navel. It is considered the source of our primordial energy, our "Baby Chi". The discussion about Mingmen is that this point holds the fuel needed for the soul to lift out of the physical.

The Mingmen point, in some schools, is a symbol point for our death -- very much like the navel is the symbol of our birth. Metaphorically speaking, the navel is our entry door and the Mingmen is our exit door. While this analogy is helpful in understanding the Mingmen, it is not thought that the energy body exits the physical out the Mingmen. The Mingmen is where the energy to die is stored in the body. The "jet fuel" for the "lift off" is understood to be contained in the Mingmen point.

Keeping the Mingmen clear and open during the dying process is vital.

Clearing Mingmen

To clear the Mingmen, find the point by drawing an imaginary line from the front of the body, through the navel,

to the back point on the spine.

The Mingmen is just off the left of the spine.

It is **not** located on the spine.

Clear with counterclockwise circles and

energize with clockwise circles -- just like clearing a chakra.

Belt flow with Mingmen massage

Supporting the flow of energy across the Belt Flow is essential for keeping the energies moving. The Belt flow, one of the eight Radiant Circuits, is the only horizontal meridian in the body.

This meridian initiates at the Mingmen and according to Dr. Jerry Johnson, author of ***Chinese Medical Qigong Technique***, the belt flow “... binds, joins and controls all the channels of the body, exerting an influence on the energetic circulation of the body’s Governing and Conception Vessels.”

The belt flow assists in regulating the circulation of energy in **ALL** the meridians that move through the trunk, especially from the waist down.

Keeping energy moving through the belt flow is key for those whose pain is in the gut. Adding to the belt flow, the massaging of Mingmen, supports its internal connection to Yuan Qi, or Source Energy. This Life Gate point, the Mingmen, plays an essential role in the orchestration of energy in the dying process.

Massaging Mingmen

With both hands, massage up and down the area of the spine just behind the navel on lower back.

Then pull both hands around from the back of the waist coming around the sides to the front.

Pull both hands toward the center of the abdomen crossing at CV4, also the small intestine alarm point about 2 inches below navel.

Then pull the hands down each leg.

Repeat several times.

If touch is too painful, figure 8 around the belt flow just off the body. Include figure 8s over the Mingmen.

The Eight Extraordinary Vessels:

The Alpha and the Omega
Otherwise known as
The Creamy Center of the Oreo of Life

‘An old Chinese saying in Medical Qigong states that, “When people are born, Heaven gives them Essence and Spirit – which align to form the mind – Earth gives them bones and shape, which unite to form the body. Joined together, these sources of energy cause human being to develop. When people die, their Essence and Spirit return to Heaven, and their bones and shape go back to Earth” (Johnson, p. 26).

To understand death, we need to understand conception. Let me completely bastardize this extraordinary event for you in 200 words or less!

The Alpha:

When the sperm meets the egg there is an electrical polar axis that forms, and a spinning vortex of energy starts to twirl around a pole of electrical energy called the Taiji Pole.

From this polarization and spinning vortex comes what is called the dorsal (back/Governing) and ventral (front/Central) energy. Central Meridian controls the cell development of the front of the body. Governing Meridian controls the cell division of the back of the body.

Because there is now a front and back there is the natural sequence of right and left. The sequencing of the right and left create the Yin and Yang Regulator vessels. The Yin Regulator controls the balance of development of the left side of the body. The Yang Regulator controls the balance of the development of the right side of the body.

The Belt Flow and the Penetrating Flow are next. The Penetrating Flow carries the development inward towards the body’s core and the Belt Flow, like a belt, has the awesome duty of holding this millisecond of a being-whirling-dervish-of-chi together-- up and down and left and right and in and out.

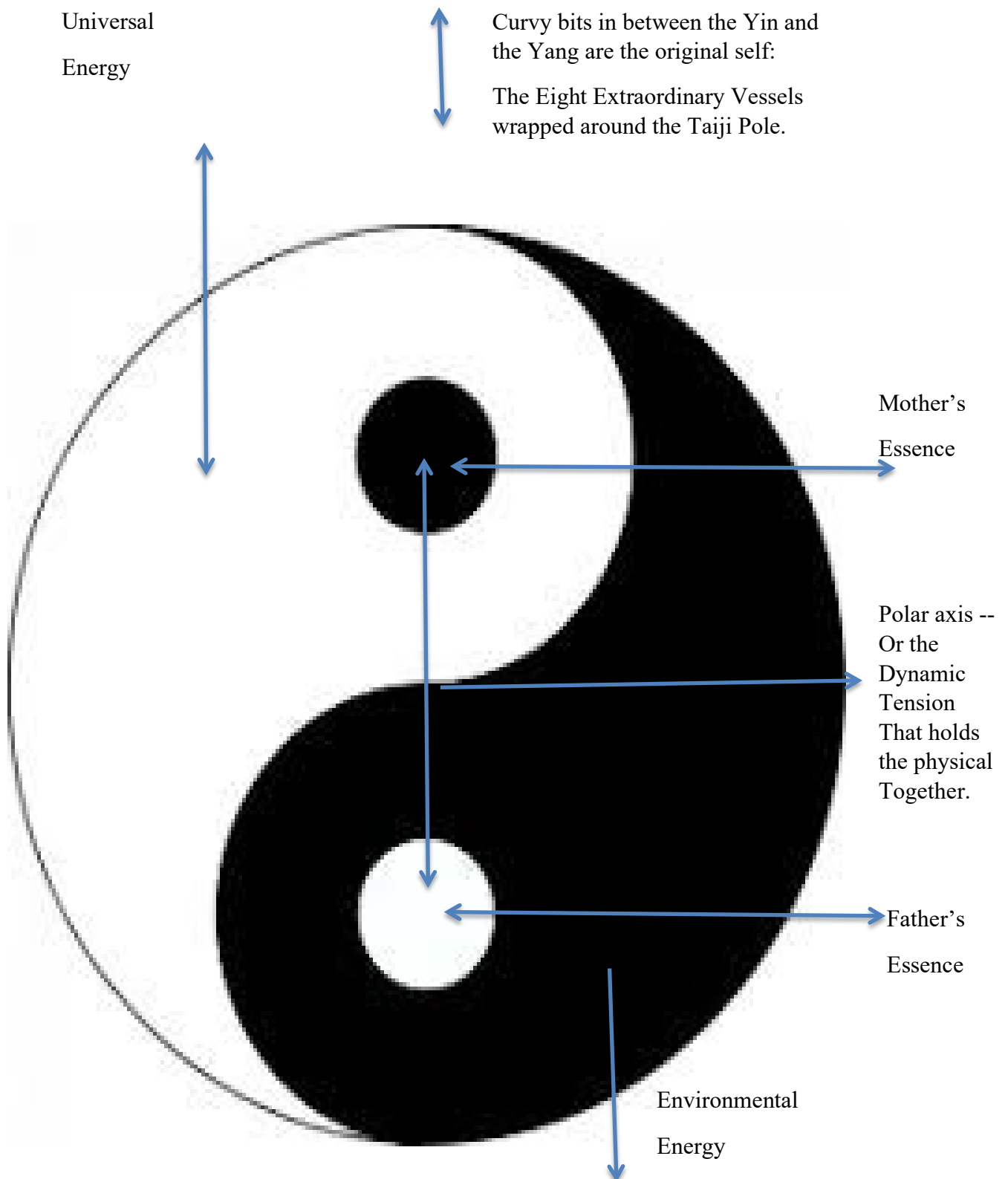
Next the Bridge Flows, both Yin and Yang are formed. The Yang Bridge develops the exterior of the body and is responsible for bridging the body to the Heavens. The Yin Bridge is responsible for the interior development of the body and is responsible for bridging the body to the earth. The Bridges can only develop the exterior and the interior because Penetrating Flow and Belt Flow came first. The Bridges are carried on the energy of Belt and Penetrating.

So, conception in this order:

1. Central & Governing
2. Yin & Yang Regulator
3. Belt & Penetrating Flow
4. Yin & Yang Bridge Flow

These Eight Extraordinary Vessels are the foundation on which ALL stand. It is the core self. It is the first. It is the Alpha -- but it is also the Omega. It is essence. It is where we begin. It is what we return to. For all our earth-bound days it sits between the Yin and Yang spinning in and out and all around our physical. The Extraordinary Vessels are the energy anatomy of the soul.

How is that for oversimplification...



Making Peace with Triple Warmer

‘Wouldn’t it be ironic to die in the living room?’ --Kathy Griffin

The energy of Triple Warmer is all about our survival. Triple Warmer is obviously very triggered at the prospect of our death. Yet, Triple Warmer can be the dying body’s best friend. Much like Triple Warmer is responsible for the acute response for getting the children safely out of the burning house, Triple Warmer can aid in the liberation of the soul out of the physical.

Triple Warmer needs to “think” differently in a dying body.

Triple Warmer 7, called the **Assembly of Ancestors** by the ancient Chinese, is a link to ancestral aspects of the energy body. Small Intestine 11, called **Heavenly Ancestor**, is another ancestral point. This Small Intestine point is intimately intertwined with Heart energy. Linking these two points –TW 7 with SI 11-- has an over ridding effect on Triple Warmer’s freaked out behavior. Holding these two points together connects Triple Warmer to the “bigger picture”. Triple Warmer finds comfort among the power and stability of the ancient energy innate in us all.

Triple Warmer itself has a major effect on calling up archetypal and ancestral energies as a part of its function in the Fire Element. It is the Fire in us that calls to the ancients at the time of passing. When Triple Warmer is able to make this connection, it uses its power to facilitate the dying process as opposed to fighting it.

At near death, it is often helpful to “guide” Triple Warmer to the exit path out the Crown. The point called **One Hundred Meetings**, or Governing 20,

is traditionally known as the point that the soul exits the body. Holding Triple Warmer 7 with Governing 20 comforts Triple Warmer like walking an apprehensive child to a new school. Once he knows the way he begins to feel confident and relaxed in his journey.

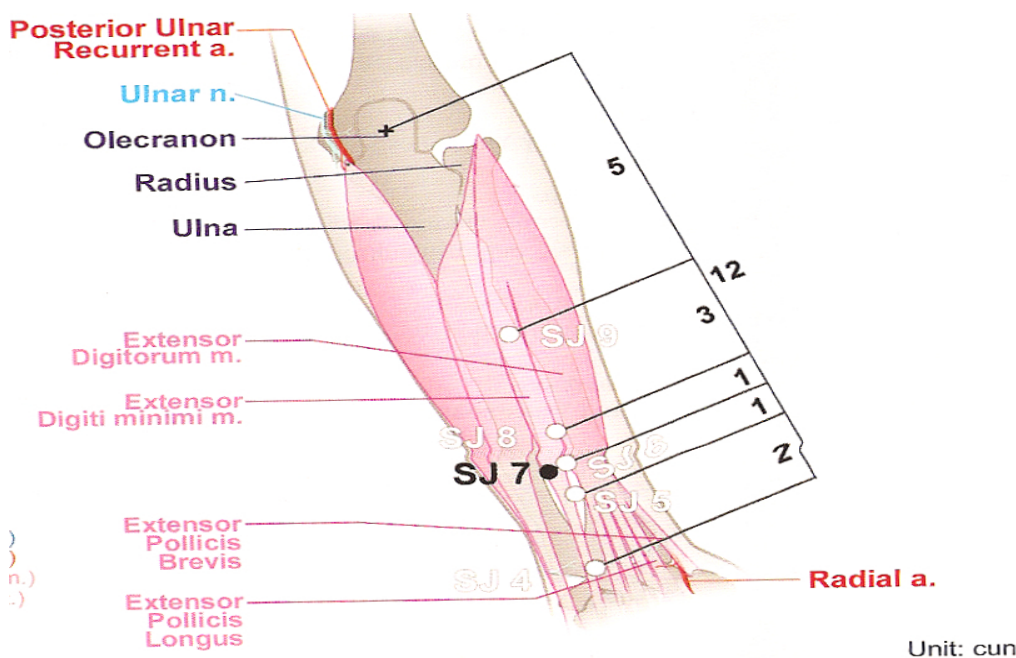
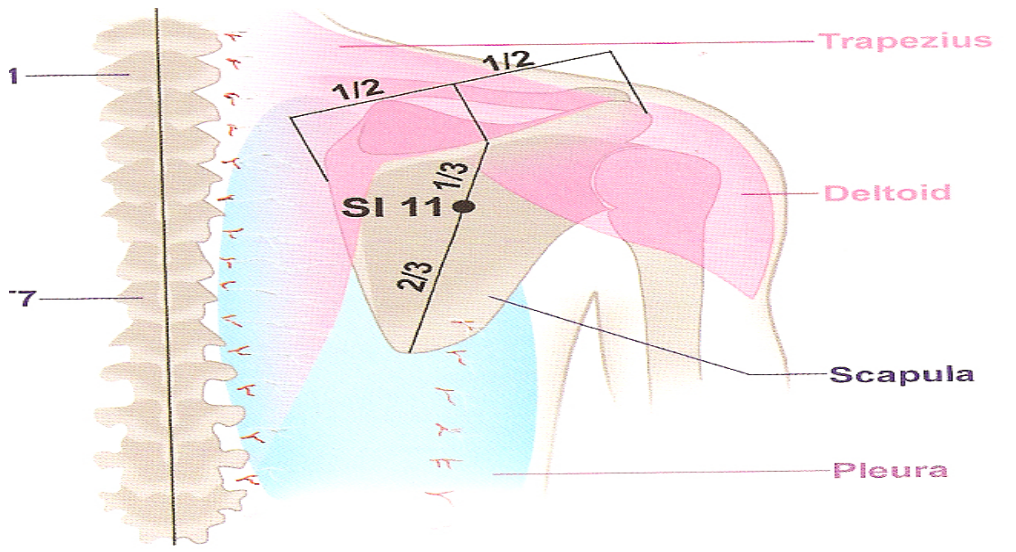
To connect Triple Warmer with the Ancient & Ancestral energies:

Hold TW-7 with SI-11

To show Triple Warmer the path through the Crown:







Hold TW-7 with GV-20

Point locations for TW 7 and SI 11







Other points to consider

Spirit Points

-  KI 24 Spirit Burial Ground
-  KI 25 Spirit Storehouse
-  KI 23 Spirit Seal
-  BL 44 Spirit Hall
-  HT 1 Utmost Source
-  HT 7 Spirit Gate

Points for Fear

-  KI 21 Dark Gate
-  KI 20 Through the Valley
-  KI 3 Greater Mountain Stream
-  BL 57 Supporting Mountain
-  BL 61 Servant's Aide

Points for Letting GO

-  LI 4 Joining of the Valleys
-  LU 9 Very Great Abyss
-  LI 17 Heavenly Vessel
-  LI 18 Support and Rush Out
-  LU 3 Heavenly Palace
-  LV 3 Supreme Rushing
-  GB 40 Wilderness Mound
-  LR 14 Gate of Hope

Hold any of these points in conjunction with Spleen 21. Spleen 21 is a great yin connector point and a Radiant Circuit anchor point. Spleen 21 has intelligence and will “know” what to do with the connection. This page can be helpful when you feel lost and just do not know what to do.

Getting Triple Warmer to act more like an Extraordinary Vessel

“Old people at weddings always poke me and say, ‘You’re next.’ So, I started doing the same thing to them at funerals.”

-- Bill Murray

Getting Triple Warmer to act more like its Radiant counter self than a desperate and freaked out meridian can be as simple as introducing Triple Warmer to what is called the Master Points & Couple Points for the Extraordinary Vessels.

These are actual meridian points that have a special connection to the Extraordinary Vessels.

Hold these sets of points together like the sedating and strengthening points are taught in Energy Medicine. Hold until there is a pulsing and continue holding until there is a synchronization of the pulsing. Hold on both sides of body. There are no control/second sets of points.

The Master & Couple Points for the Eight Extraordinary Vessels are:

| Extraordinary Vessels | Master and Couple Points |
|-----------------------|--------------------------|
| Yin Regulator | CX-6 with SP-4 |
| Yang Regulator | TW-5 with GB-41 |
| Yin Bridge | KI-6 with LU-7 |
| Yang Bridge | BL-62 with SI-3 |
| Belt Flow | GB-41 with TW-5 |
| Penetrating Flow | CX-6 with SP-4 |
| Central | LU-7 with KI-6 |
| Governing | SI-3 with BL-62 |

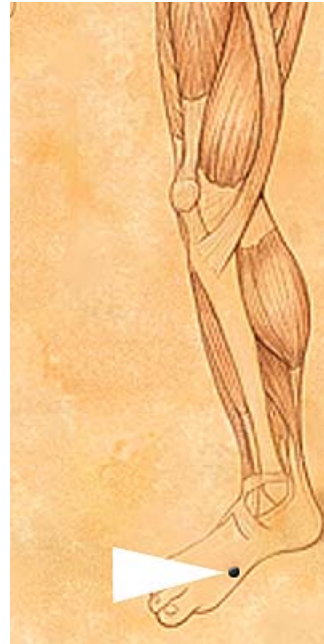
This is an Extraordinary Vessel treatment that gets Triple Warmer to relax its Survival Compulsions and introduces Triple Warmer to the essence vibration of the Extraordinary vessels.

CX6



Location: On the anterior forearm, 2 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.

SP4



Location: On the medial foot, in the depression distal to the base of the first metatarsal bone

TW5



Location: On the dorsal forearm, between the radius and ulna, 2 cun superior to TE 4 at the dorsal transverse wrist crease

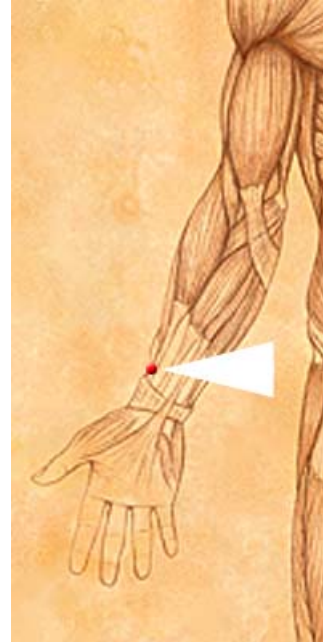
GB41



Location: On the dorsum of the foot, in the depression between the fourth and fifth metatarsals

KI6

Location: On the medial ankle, in the depression 1 cun inferior to the medial malleolus.

LU7

Location: On the radial side of the forearm, 1.5 cun superior to the tip of the radial styloid process.

BL62

Location: On the lateral foot, in the depression directly inferior to the lateral malleolus, at the dorsal-plantar skin junction.

SI3

Location: In the depression proximal to the head of the fifth metacarpal bone, at the junction of the dorsal and palmar surfaces.

These images and descriptions from the award-winning website www.acuxo.com

Emptying the Source Points

"I am always relieved when someone is delivering a eulogy and realize I'm listening to it."

-- George Carlin

Using the flow of the 24-hour meridian clock as guide, connect the organ Source Point with Governing 20, and/or/also the crown chakra.

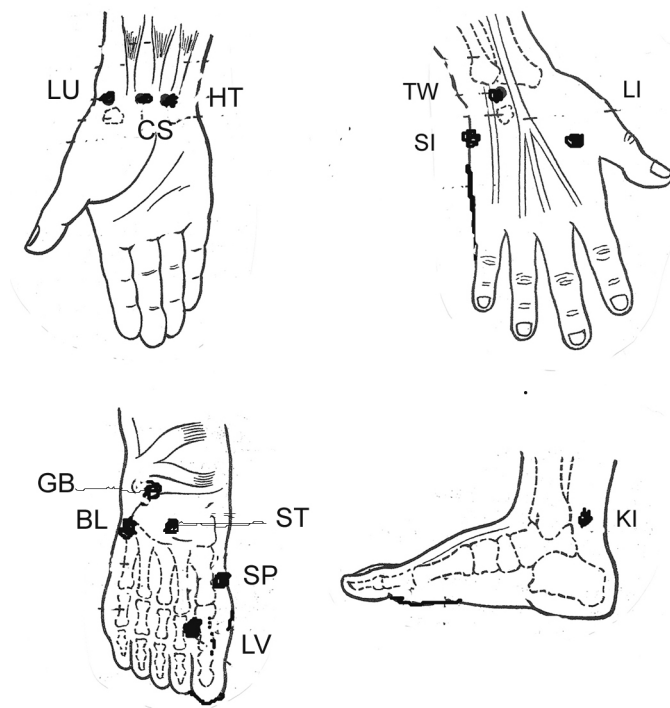
Start time is at the end of Small Intestine time at 2:55 p.m. This technique will end, 22 hours later, at 12:55 p.m. -- at the end of Heart time.

Every two hours, 5 minutes before the end of the organ time, hold that meridian's source point with the GV-20 and/or/also crown Chakra.

| Time of Day | Meridian Source Point with GV-20 / Crown Chakra | | | |
|-------------|---|------|--------------------|--|
| 2:55 p.m. | hold SI-4 | with | GV-20/Crown Chakra | |
| 4:55 p.m. | hold BL-64 | with | GV-20/Crown Chakra | |
| 6:55 p.m. | hold KI-3 | with | GV-20/Crown Chakra | |
| 8:55 p.m. | hold CX-7 | with | GV-20/Crown Chakra | |
| 10:55 p.m. | hold TW 4 | with | GV-20/Crown Chakra | |
| 12:55 a.m. | hold GB-40 | with | GV-20/Crown Chakra | |
| 2:55 a.m. | hold LV-3 | with | GV-20/Crown Chakra | |
| 4:55 a.m. | hold LU-9 | with | GV-20/Crown Chakra | |
| 6:55 a.m. | hold LI-4 | with | GV-20/Crown Chakra | |
| 8:55 a.m. | hold ST-42 | with | GV-20/Crown Chakra | |
| 10:55 a.m. | hold SP-3 | with | GV-20/Crown Chakra | |
| 12:55 p.m. | hold HT-7 | with | GV-20/Crown Chakra | |

This technique is done when the physical is very close to shutting down, but there is lingering that is causing terrible pain and distress.

Source Point Locations



| SOURCE POINT | LOCATION |
|--------------|--|
| LU9 | On the lateral side of the anterior wrist crease, in the depression on the radial side of the radial artery. |
| CX7 | At the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles. |
| HT7 | On the transverse wrist crease, in the small depression between the pisiform and ulna bones. |
| SI4 | On the ulna side of the wrist, in the depression between the fifth metacarpal bone and the hamate and pisiform bones, at the junction of the dorsal and palmar surfaces. |
| TW4 | On the dorsal transverse wrist crease, between the tendons of muscles extensor digitorum and extensor digiti minimi. |
| LI4 | On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle. |
| BL64 | On the lateral foot, in the depression anterior and inferior to the tuberosity of the fifth metatarsal bone. |
| GB40 | At the lateral ankle, in the depression anterior and inferior to the lateral malleolus |
| ST42 | On the dorsum of the foot, 1.5 cun inferior to ST 41, in the depression between the second and third metatarsals and cuneiform bones. |
| LV3 | On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin. |
| SP3 | On the medial foot, in the depression proximal to the first metatarsophalangeal joint, at the dorsal - plantar junction |
| KI3 | On the medial ankle, at the midpoint between the prominence of the medial malleolus and Achille's Tendon. |

Eleven Breaths Technique

"Breath is the link between the inner and outer worlds."

Alice Christensen, Yoga Instructor

Breathe in the person's name, issue, body part, problem...



Breathe out the word LOVE.



Do this 11 times

OPTIONAL

Envision the problem, issue, person on the palm of your hand and on the exhale of the 11th breath just blow it away.

Master Healing Technique

“When I die, I want to go peacefully in my sleep, like my grandmother. Not screaming and yelling like the passengers in her car.”

--Joan Rivers

The Master Healing Technique is from a system called Pranic Healing. Master Stephen Co is credited with initially teaching this technique.

It is a chakra clearing procedure that utilizes three types of light:

Violet light

Electric Violet light




White light

The Master Healing Technique also uses the back chakras or sometimes they are called the reverse chakras. The Master Healing Technique will clear all the seven majors on the front of the body and the seven majors on the back of the body.

From the book **Advanced Pranic Healing** by Master Choa Kok Sui the violet lights are described as follows:

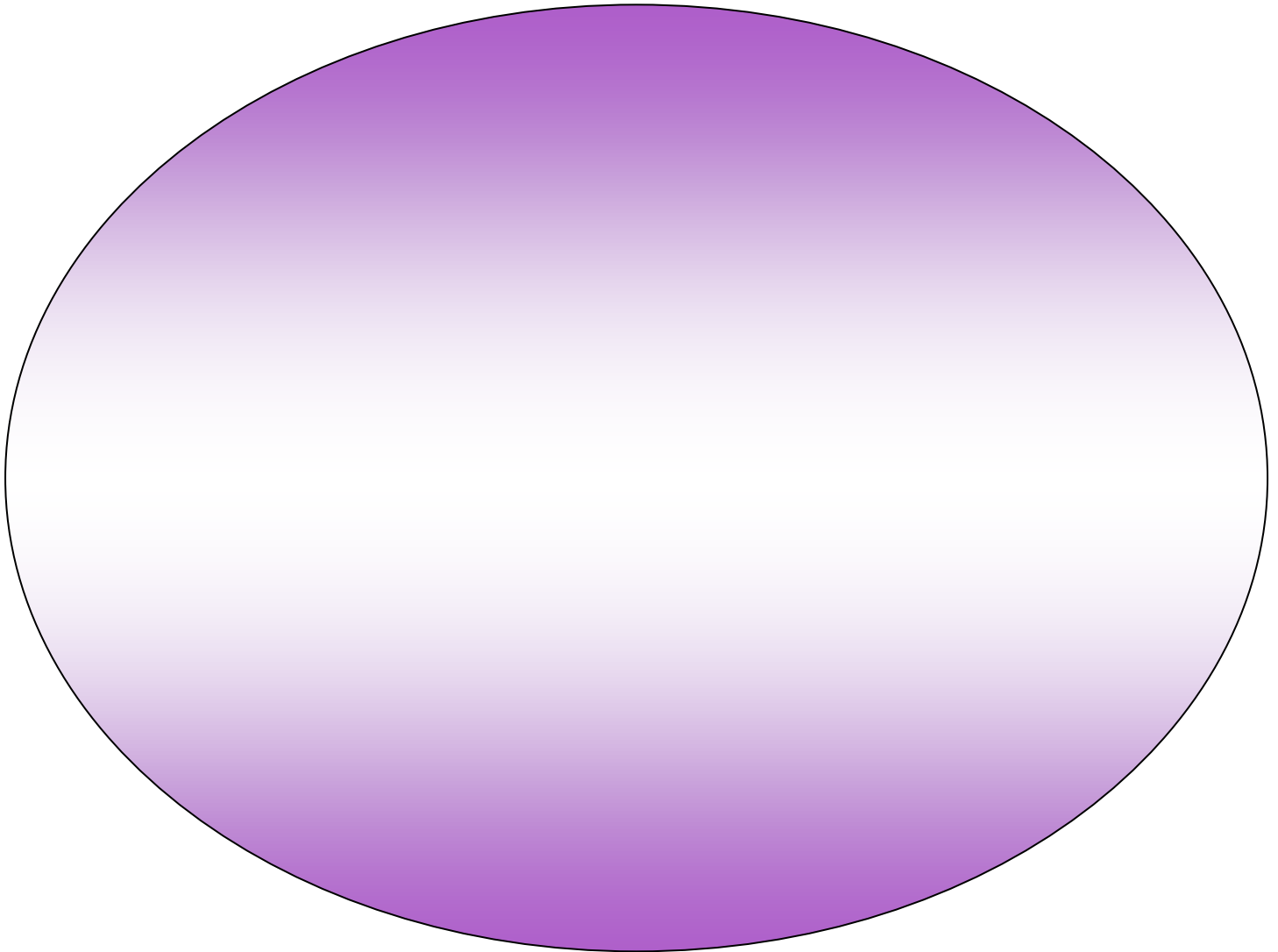
“There are two types of violet pranic energy: ordinary violet pranic energy and electric-violet pranic energy. The former appears as a luminous violet, which is derived from the surrounding prana such as air, ground, and solar pranas. Electric-violet pranic energy appears as brilliant white with light violet at the periphery. This is derived from the higher self or higher soul where its entry point is the crown chakra, and hence is called divine energy or soul energy” (p. 11).

The Master Healing Technique:

-  Sweep front & back aura w/ violet. Clean and energize all seven chakras on the front & back on all the seven levels with Violet light.
-  Sweep front & back aura w/ electric violet. Clean and energize all seven chakras on the front & back on all the seven levels with Electric Violet light.
-  Sweep front & back aura w/ White light. Clean and energize all seven chakras on the front & back on all seven levels with White light.

A complete Master Healing Technique can take about 2 to 3 hours to do.

Electric Violet



Master Kok Sui continues in ***Advanced Pranic Healing*** regarding Violet Prana:

“Electric-Violet pranic energy has the properties of all the other color pranas and is many times more powerful than ordinary violet...

Electric-violet pranic energy has a consciousness of its own and is very effective for the rapid healing of severe ailments” (p 11).

It is ALWAYS a good thing to test the violet... if possible. If it tests weak, the Master Healing Technique is deeply effective without using color.

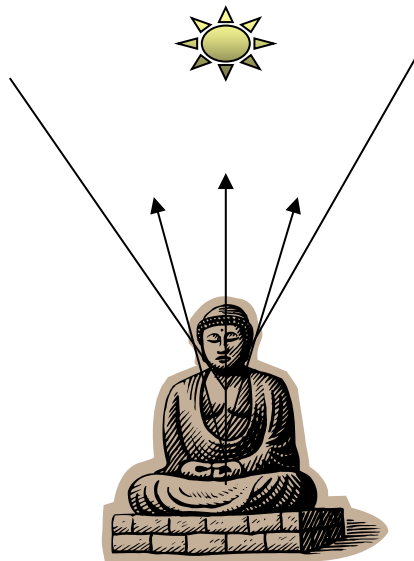
Dying Breath Technique

"When I die, I want someone to continue to update my Facebook status just to freak people out."

-- Samatha Bee



The Guyan Mudra: The tip of the thumb touches the tip of the index finger. Guyan Mudra imparts receptivity & calm. Guyan Mudra opens crown chakra and narrows base chakra.



As the breath becomes shallow the simple act of connecting the tip of the thumb (lung) with the tip of the index finger (large intestine) moves the body's energies up towards the crown and begins to diminish the base chakras activity.

The Guyan Mudra is a commonly used meditation mudra. It was developed, anciently, by monks in order to transfer the energies and preoccupations of the lower chakras to expand the spiritual focus of the upper chakras. When the physical begins to fall away, the focus of earth-bound preoccupations can weigh heavily on the dying, and, as a result, hold them in their deteriorating and often painful physical body. The intense worry about leaving family, finances, and unfinished business is deeply relieved by the Guyan Mudra and the focus on the breath.

On the in breath connect the Guyan Mudra.

On the out breath, release the Mudra.

If this is too hard, and the breath is very shallow, just simply hold the Mudra.

The Wisdom of Depression Techniques

In a dark time, the eye begins to see.

---Theodore Roethke

Jonathan Zuess, M.D. wrote the book ***The Wisdom of Depression***. In summary, Dr. Zuess makes the case that depression is designed to enhance our ability to focus inward. In many ways, depression forces us to create a contemplative environment much like the vision quest of native cultures. "Depression is a quest for vision; its essence is transformation.... its true purpose is to provide the opportunity for healing insight, renewal, and reintegration.... Depression is one of the basic responses of human beings, produced when we encounter a difficult emotional challenge" (p.3).

The suffering that depression can cause can be greatly relieved by holding the Neurovasculars and or the Black Pearl Technique.

If the depression is resulting in a homolateral state, (test for this) the energy system will not be able to move through and transform the depression into "...insight, renewal, and reintegration..." as noted by Dr. Zeuss. However, the standard remedies for the homolateral condition (such as cross crawl or Poi Balls) can be very jolting to the depressed system.

Wisdom of Depression Techniques

To bring comfort and worth to a depressed client, introduce the **Spleen Hug** exercise.

Spleen Hug

Sit in a rocking chair

Place the right hand over spleen

Cross the left arm and hold over liver

(Optional: cup right elbow to hold TW-10 instead of over liver... whatever feels best)

Use voice in whatever way feels natural*

Gently rock in this position for 5 minutes to whenever....

If there is no rocking chair, just rock back and forth or side to side in a sitting position.

*Using the voice, and accenting the rocking with loud sounds, is remarkably helpful in **moving the energy of suffering to insight**. The sounds have an organizing effect on the discombobulation depression heaps on the throat chakra. The sounds organize the energies in such a way that the sound becomes the "light on the path" needed to show the psyche the way.

If anxiety is present with the depression, use the **Gentle Foot Rock** exercise.

Gentle Foot Rock

Sit in a crossed legged position.

With left hand hold both sides of the right foot, so that
palm of hand touches the bottom of foot across K1.

With the right-hand hold both sides of the left foot so that
palm of hand touches the bottom of foot across K1.

Use the voice in whatever way feels natural*

Gently rock for 5 minutes to whenever....

The “Spleen Hug”, used intermittently with the “Gentle Foot Rock” exercise, moves the body’s energies in ways that begin to transform the powerful energy of depression into Dr. Zeuss’ vision of “...insight, renewal and reintegration”.

Any steps are optional, and all of the above can be customized to accommodate the physical abilities of the dying client.



**HE IS ONLY A FART AWAY
FROM DEATH**

www.USHumor.com

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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 School in Chicago and runs the Eden 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.

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