

# Earth Energy Heals Everything

(Part 1)

Presented by

Sara Allen, PhD, EEM-AP, EEM-Faculty



# Table of Contents

Ancient Taoist Dance of Wu-Tao	7
How to bring Earth back to your Center Stomach 30	21
It IS all about Spleen	23
Location of Stomach 30	26
Bibliography	31
About Sara Allen	32
Course (Video & Handout) Ordering Information	33

“Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there—on a mote of dust suspended in a sunbeam.”

~ Carl Sagan

*Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.*

*--Langston Hughes*

Don't go around saying the world owes you a living. The world owes you nothing. It was here first.

- Mark Twain

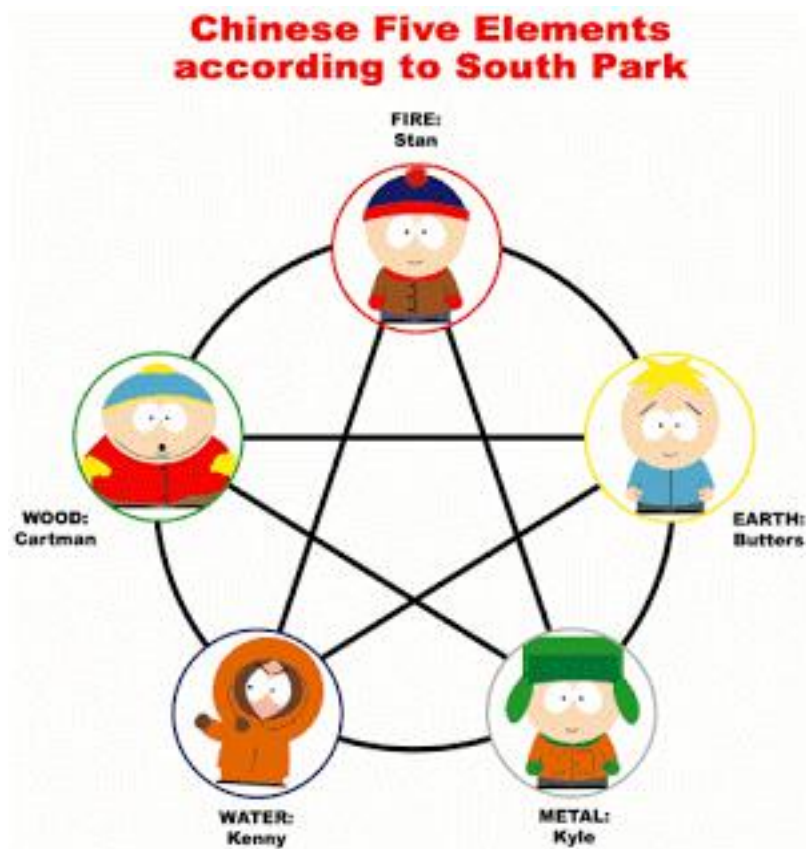
How did it get so late so soon? Its night before its afternoon. December is here before its June. My goodness how the time has flown. How did it get so late so soon?

~ Dr. Suess

# Mediation Versus Control

“Why did the mediator have a car accident? He was driving in the middle of the road.”

--- John Kenyan



The Traditional Chinese Medicine Five Element Theory provides a simple and profound and most common diagram of the Wu-Xing (in Chinese) pattern. The outside circle shows the energy flowing from one element into the next in an endless cycle like the seasons of the year. The internal arrows show how the Elements balance each other so that no single energy overpowers another.

An older form of the Wu-Xing is the Taoist model that holds Earth as the Center.

Anciently, there was no question that all things that happened were modulated by earth. We woke according to rhythm of the earth. We slept according to the rhythm of the earth. We ate what the rhythm of earth offered.

What was external was Water, Wood, Fire, and Metal.

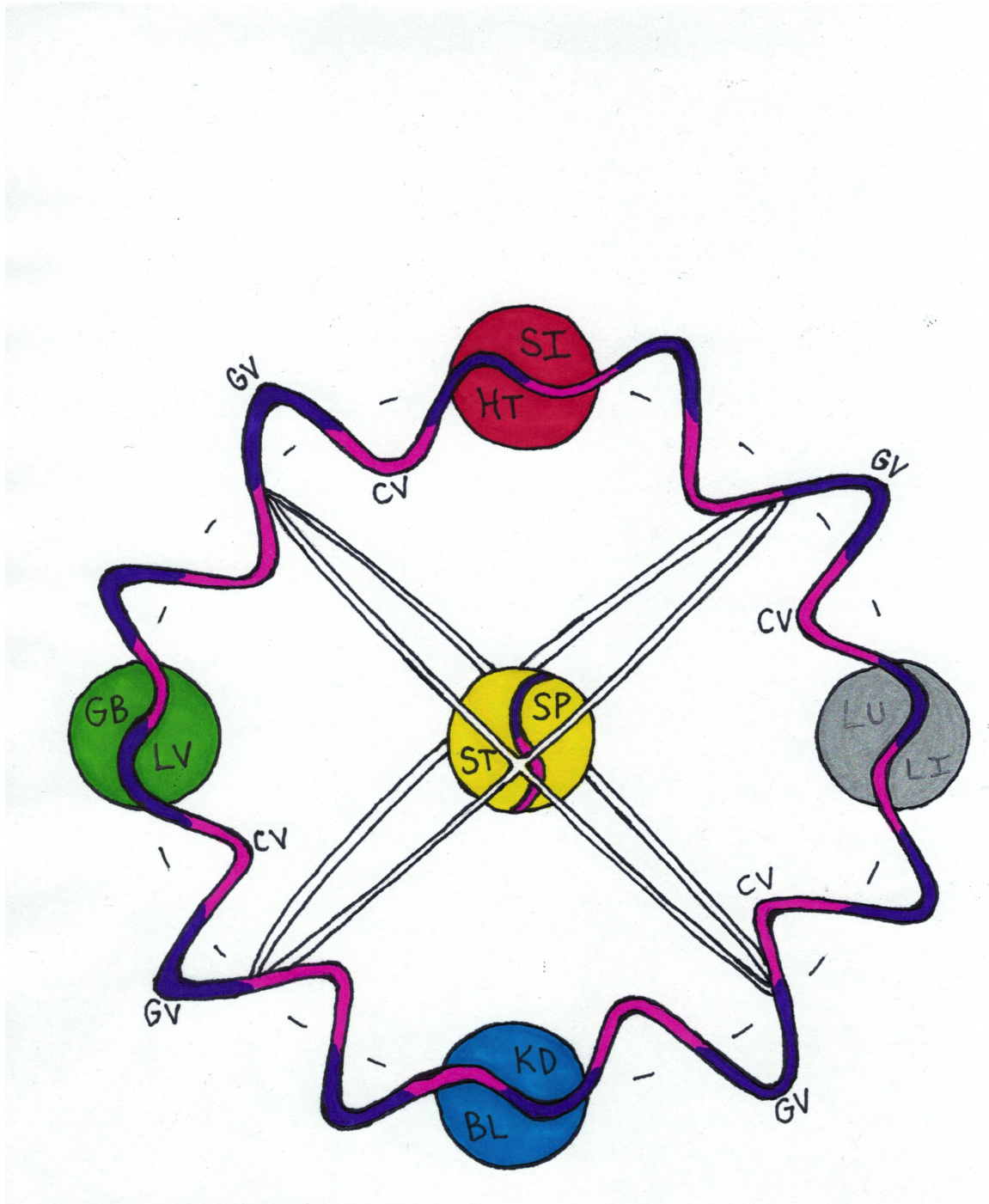
We were the Earth. Whatever happened came from the external impact of Water, Wood, Fire, and Metal.

There was no distinction between our physical selves and the Earth. There was no conceptualizing a division between who we were and what Earth was. Our bodies were earth and earth was our bodies.

It was incomprehensible.

We were She. She was Us.

# The Ancient Taoist Dance of Wu-Tao





The ancient Taoist Wu-Tao Dance  
and George Carlin—  
no seriously... George and the Taoist  
had the same idea.

“We’re so self-important. Everybody’s going to save something now. “Save the trees, save the bees, save the whales, save those snails.” And the greatest arrogance of all: save the planet. Save the planet, we don’t even know how to take care of ourselves yet. I’m tired of this shit. I’m tired of f-ing Earth Day. I’m tired of these self-righteous environmentalists, these white, bourgeois liberals who think the only thing wrong with this country is that there aren’t enough bicycle paths. People trying to make the world safe for Volvos. Besides, environmentalists don’t give a shit about the planet. Not in the abstract they don’t. You know what they’re interested in? A clean place to live. Their own habitat. They’re worried that some day in the future they might be personally inconvenienced. Narrow, unenlightened self-interest doesn’t impress me.

The planet has been through a lot worse than us. Been through earthquakes, volcanoes, plate tectonics, continental drift, solar flares, sun spots, magnetic storms, the magnetic reversal of the poles ... hundreds of thousands of years of bombardment by comets and asteroids and meteors, worldwide floods, tidal waves, worldwide fires, erosion, cosmic rays, recurring ice ages ... And we think some plastic bags and some aluminum cans are going to make a difference? The planet isn’t going anywhere. WE are!

We’re going away. Pack your shit, folks. We’re going away. And we won’t leave much of a trace, either. Maybe a little Styrofoam ... The planet’ll be here and we’ll be long gone. Just another failed mutation. Just another closed-end biological mistake. An evolutionary cul-de-sac. The planet’ll shake us off like a bad case of fleas.

The planet will be here for a long, long, LONG time after we’re gone, and it will heal itself, it will cleanse itself, ’cause that’s what it does. It’s a self-correcting system. The air and the water will recover, the earth will be renewed. And if it’s true that plastic is not degradable, well, the planet will simply incorporate plastic into a new paradigm: the earth plus plastic. The earth doesn’t share our prejudice toward plastic. Plastic came out of the earth. The earth probably sees plastic as just another one of its children. Could be the only reason the earth allowed us to be spawned from it in the first place. It wanted plastic for itself. Didn’t know how to make it. Needed us. Could be the answer to our age-old egocentric philosophical question, “Why are we here?”

Plastic... asshole.”

— George Carlin

Here he is..... <https://www.youtube.com/watch?v=uHgJKrmbYfg>



## Controlling the “...bad case of fleas”

We are begging for balance. We think if we could just get balanced, just get things under control we will have wellbeing. We are trying to control the yeast infections, the big butt, the blood sugar, the sleep cycle, the cancer, the blood pressure, the wrinkles, the depression, the toe fungus, the mania, the MS, the herpes, the arthritis, and yes the fleas...

Guess what? We are not doing so hot.

Disease and dysfunction continue to cut through bodies like a hot knife to butter — despite our frantically running around the flow and control cycles, like crazed 5 years olds on birthday cake. We gallantly and nobly and with great heart, attempt to end the suffering and stop the disease progression. We intend well — some of us are even making a dent...

We spin chakras, eat organic, hold points, ride our bikes, rub neuralymphatics, meditate, and still we struggle to make the external impact of the Water, Wood, Fire and Metal on our precious Earth selves behave. We are handier, and decidedly harder, than most at making that work for us... but the times have changed and the ancient Wu– Tao Dance is cycling back into focus.

We need to rediscover this rhythm of the called the Wu–Tao Dance. Here’s the cool part: this rhythm never left us — we left it. The Wu–Tao Dance is simple and accessible and natural and easily done and deeply healing, The entire Wu–Tao wisdom resides deep in our DNA — just like our good inner Mom — leaving the porch light on for us. The Wu–Tao has tied yellow ribbons round our old oak trees waiting for eons and wanting us to align.

Before the ancient Wu–Tao Dance morphed into the control and flow cycle of the more modern TCM, **the entire universe followed one course. That one course manifested through the cycle of the seasons —mediating all things. Transitions**

*from day to night contained in all aspects of life: from birth, through growth, to decay and death. The simple cut evolves into the scab, then evolves into the scar and then evolves into disappearance/completion of the injury. All this is mediated by Earth energy. The only way humans could attain the 'Tao' was by complete adjustment and harmonization with the course of the earth.*

"In the past, people practiced the Tao, the Way of Life. They understood the principle of balance, of yin and yang, as presented by the transformation of the energies of the universe. Thus they formulated practices such as Dao-In, an exercise combining stretching, massaging and breathing to promote energy flow, and meditation to help maintain and harmonize themselves with the universe. They ate a balanced diet at regular times, arose and retired at regular hours, avoided over stressing their bodies and minds and refrained from overindulgence of all kinds. They maintained well-being of body and mind: thus, it is not surprising that they lived over one hundred years."

-- Yellow Emperor's Classic of Chinese Medicine

We cannot understand the Wu-Tao Dance without first understanding how the ancients – I mean REALLY ancient, like 2700 B.C. ancient -- felt about the Earth Energies of Spleen and Stomach.

In Chinese mythology, Huang-Di (the [Yellow Emperor](#)) was the most ancient of five legendary [Chinese emperors](#) as well as a **patron** of Taoism, one of China's main religions and philosophies. He was also a **culture hero**, credited with civilizing the earth, teaching people many skills, and inventing numerous useful items, including the wheel, armor and weapons, ships, writing, the compass, and coined money.

According to tradition, the Yellow Emperor began ruling in 2697 B.C. His long reign was said to be a golden age, and he was honored as a **benevolent** and wise ruler.

Before Huang-Di came to the throne, order and government were unknown in the world. He introduced systems of government and law to humankind, and he also invented music and the arts.



From the online source Myths Encyclopedia

Ok so not as ancient as the Yellow Emperor, and now moving from B.C. to A.D, but still really ancient, there was Li Dong Yuan -1180-1252 A.D.

Li is best known for his thesis, derived from his life's study of the **Yellow Emperor's Classic of Chinese Medicine**, that most diseases were due to injury to the stomach/spleen system. The following is a snippet from Li's well-known book *Pi Wei Lun*, or the English translation - *Treatise on the Spleen and Stomach*. (sourced online from Chinese Medicine History).



#### **“Academic Background History**

The theory of the spleen and stomach is an important component of Chinese medicine theory and has its origins in *Huang Di Nei Jing (Yellow Emperor's Internal Classic)*. It forms the core of Li Dong Yuan's hypothesis which, although based on fundamental theory found in the *Nei Jing*, in fact goes much further. By integrating his own clinical experience with basic theory, Li Dong Yuan is credited with implementing and perfecting a systematic and comprehensive theory with clinical relevance.

#### **Theory on the Spleen and Stomach and Source Qi**

Li's core premise of his theory on the spleen, stomach and source qi, may be defined as being a form of primal qi inherited from pre-heaven, which constitutes the root of vital qi which supplements the five viscera. Li Dong Yuan said: “True qi is also known as source qi, emanating from pre-heaven but dependent on the supplementation of the stomach qi.”

[Reference: *Pi Wei Lun: Pei Wei Xu Shi Quan Bian Lun (Treatise on the Spleen and Stomach: Complete Chapter on the Excess and Deficiency of the Spleen and Stomach)*]. The vitality and strength of the source qi is dependent on the healthy function of the spleen and stomach to supplement it and provide it with nourishment. Our pre-natal essence qi is reliant on the continual nourishing of stomach qi because the stomach is the source of the twelve channels and the sea of grain and water. Thus, the spleen and stomach and source qi are one; hence it is often referred to as “Spleen stomach source qi”.

#### **Theory on the Ascent and Descent of Spleen and Stomach**

The movement of qi such as ascending, descending, floating and sinking is a natural phenomenon related to the basic movement of all matters in the universe. Under normal circumstances, ascent and descent is a movement of inter-substitution, whereas the movement of floating and sinking constitutes changes which from a cycle of infinity. This theory can apply equally to seasonal qi and qi movement within the human body. The spring and summer qi are characterized by ascending and floating, reflecting growth and flourishing. Conversely the autumn and winter qi are characterized by descending and sinking, reflecting conservation and storage. The seasonal qi of spring, summer, autumn and winter all follow a pattern, with the exception of long summer located in the center and acting as a pivot for qi movement. Similarly, the movement of human yin, yang and essence qi is reliant on the spleen and stomach performing the role of a pivot.

If the spleen and stomach are damaged, impaired ascent and descent will result in two scenarios. The first is excessive descent with insufficient ascent. This is tantamount to prolonged autumn and winter without spring and summer, whence hundreds of diseases emanate. The second is prolonged ascent without descent which is also a cause of disease.

In summary, Li placed great emphasis on the uplifting of spleen yang qi. Hence, in treatment, he liked to use Sheng Ma and Chai Hu to raise the spleen yang. He pointed out the importance of draining the yin fire; clinically, however, there should be more emphasis on the raising of spleen yang, while the draining of yin fire is secondary.

#### **Theory on Internal Damage to the Spleen and Stomach**

The spleen and stomach are the root of source qi, and are therefore the root of health. Any sustained damage to the spleen and stomach will result in the exhaustion of source qi, resulting in illness. Li emphasized that stomach qi is the root of health and damage to the spleen and stomach can be the root cause of all disease. Factors leading to deficiency of the spleen and stomach can be summed up as improper diet, over-exhaustion and emotional stress.” (Sourced online: modern day translation in 2004 by Bob Flaws.)

“We are stardust, we are golden, and we have got to get ourselves back to the garden.”

- Joni Mitchell

Ok I think I got this.

The ancient Yellow Emperor 5-Element theory had Earth Energy in the center. Earth would move in and out of the connecting stream of chi known as Central and Governing Meridians to nurture the rhythm... like the pic on page 5.

Earth would bridge the *expanding* energies of Wood and Fire to modulate the movement of energy in either an increase or decrease of chi as necessary. Earth would also bridge the *contracting* energies of Water and Metal to modulate necessary movement in either an increase or decrease of chi as necessary.

Earth would move between the expanding energies of Wood and Fire as well as between the contracting energies of Water and Metal to modulate AND the flows of expanding and contracting to mediate the 100's of 1000's of expanding and contracting interchanges and progressions that occur: second to second, hour to hour, season to season, life phase to life phase.

Earth was seen as the only and original regulator in the body.

Earth was the taproot of all wellbeing and fed each system in perfect accord.

According to Yuan, damage to Stomach or Spleen – the taproots of the body - damaged the entire assimilation and movement of chi. When Stomach and Spleen were damaged, the roots of the body were damaged, making sustenance on earth either a quick or a slow deterioration.

Damaging of the roots of any plant creates the destruction of that plant.

According the ancient Five Element philosophy, the Stomach and Spleen were considered Source Qi – the body's taproot. Without Stomach and Spleen there was no life. Earth sat in the center of all our living, monitoring every single transition, bridging the micro and the macro of life.

Ok so what is wrong with the picture on page 5?????

Gold star for whoever catches what is missing.

Yep! Ding, ding, ding: Triple Warmer and Circulation Sex are NOT in THAT picture.

WHY???

It is no accident that the two Earth Energies are intimately intertwined with the two Systems Energies. They are each other's 24 hour Yin/Yang partners.

So just an inch on the systems before we move on...

In the Five Element theory that has Earth sitting on the outside with the other elements, Spleen is paired with Triple Warmer. It is taught that Triple Warmer has explicit permission in times of danger to harness energy from any meridian, but mostly Spleen, to protect us. It is taught that Triple Warmer is about outer protection – environmental dangers so to speak.

In the Five Element theory that has Earth sitting on the outside with the other elements, Circulation Sex is paired with Stomach. It is taught that while Triple Warmer has permission to hoard energy in times of danger, Circulation Sex is seen as the system that distributes energy equitably.

Triple Warmer is the energy stockpiler and Circulation Sex is the energy dispenser.

The relationship between Triple Warmer and Spleen is often interpreted as a warrior protecting his turf relationship. It also explains the importance of the Triple Warmer and Spleen relationship in reference to immune system issues. If the taproot of the Spleen is damaged by Triple Warmer's excesses, it makes sense that getting Triple Warmer to back off will restore the taproot of Spleen.

That is only part of the story.

Circulation Sex is also a system that is intimately intertwined with the immune system. She is the Yin System energy. While Triple Warmer is all about external protection, Circulation Sex is all about internal protection. They are both systems of protection.

When we support Circulation Sex we strengthen Spleen. Spleen is responsible for feeding the organs. Circulation Sex is the intelligence that equitably distributes what Spleen has to offer. Stomach energy, the Circulation Sex Yang partner, brings the chi in, Spleen digests and assimilates it, and Circulation Sex allocates according to essential needs of the rhythms of the organs.



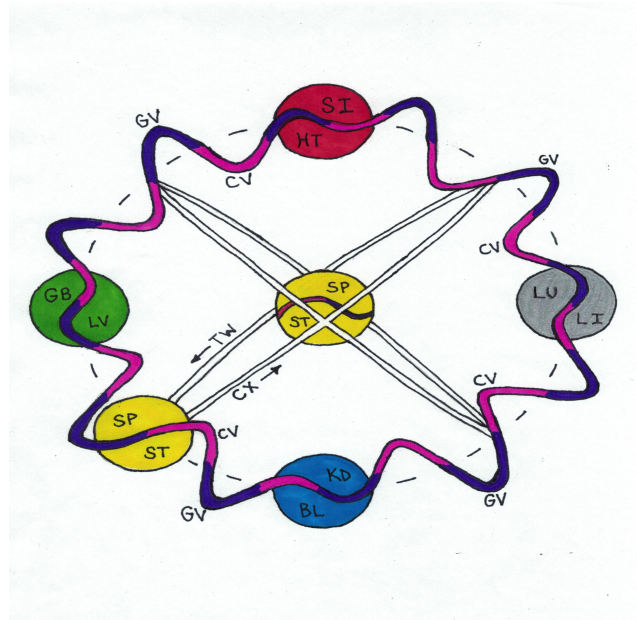
There is no need for protection if we are not here on Earth. The body's protectors have no job if there is no life.

The energies of Triple Warmer and Circulation Sex are here to serve Spleen and Stomach. In contrast to the theory that Spleen serves Triple Warmer, *the ancient Earth centered Five Element Theory saw Triple Warmer as Spleen's servant and Circulation Sex as Stomach's Servant. The Systems were perceived as that which facilitated Spleen and Stomach. The Systems served the body's taproot.*

The systems of Triple Warmer and Circulation Sex did the bidding of Spleen and Stomach. The systems are the chi on which the Earth would travel to mediate the flow of energy. They are also the systems that Earth would use to expand or contract the chi as necessary. When Earth needed expansion, she would bid Triple Warmer into the charge. When Earth needed contraction, she would bid Circulation Sex into the interchange. Earth was the brains of the operation and the Systems were the brawn.

Think of an undulation, a pulsing, an ebb and flow of a wave on a beach, the opening and closing of the bird's wing, the expansion and contraction of the lung, of the heart, the intestines. In and out, up and down, back and forth.

Earth belly danced on the energy of the Systems - actually Wu-Tao Danced. There was no control. Only nurturing, fostering and attending to the body's requisites.





“I am the place in which something has occurred.”  
-- Claude Levi-Strauss

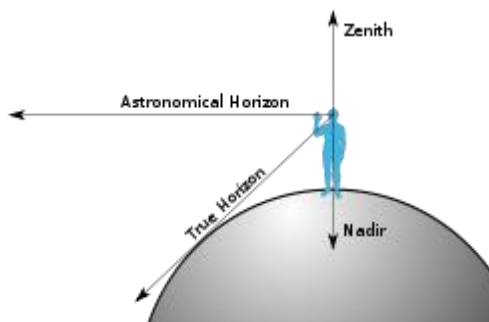
Ok so what happened... why did earth leave the center?  
Earth did not leave center... we did.  
Why did the paradigm shift?

From Partnership Society to Dominator Society and Back Again..  
a digression from Riane Eisler with a quick chart to help explain.

Element	Phase	Energy Quality	Direction
Wood	New Yang	Generative	East
Fire	Full Yang	Expansive	South
Earth	Yin/Yang	Stabilizing Balance	Center or Zenith/Nadir
Metal	New Yin	Contracting	West
Water	Full Yin	Conserving	North

What is important about this chart for this class is this: The words Zenith & Nadir as definition for the direction of earth. Zenith means “... the time at which something is most powerful or successful” (Google dictionary).

Nadir means the opposite. “The nadir at a given point is the local vertical direction pointing in the direction of the force of gravity at that location. The direction opposite of the nadir is the zenith. Nadir also is used to mean weakest or lowest point” (Wikipedia/nadir and below pic too).



“If a sniper is firing bullets at a group of people, it is very difficult to run around trying to catch each one of the bullets. It might be more effective... to eliminate the conditions in the sniper’s life that drove him to shoot at the crowd in the first place.”

--Anon grad student at Southern  
Vermont College, October 2013.

A digression from Riane Eisler’s The Chalice and the Blade

Dark Order out of Chaos: From the Chalice to the Blade

We measure the time we have been taught is human history in centuries. But the span for the earlier segment of a much different kind of history is measured in millennia, or thousands of years. The Paleolithic goes back over 30,000 years. The Neolithic age agricultural revolution was over 10,000 years ago. Catal Huyuk was founded 8500 years ago. And the civilization of Crete fell only 3200 years ago...in most European and Near Eastern societies the emphasis was on technologies that support and enhance the quality of life. During the thousands of years of the Neolithic great strides were made in the production of food through farming, as well as in hunting, fishing, and the domestication of animals. Housing was advanced through innovation in construction, the making of rugs, furniture, and other household articles, and even town planning. And as both materially and spiritually the foundations for higher civilization were being laid, the arts also flourished.

As a general rule, descent was probably traced through the mother. The elder women or head of clans administered the production and distribution of the fruits of the earth, which were seen as belonging to all members of the group. Along with common ownership of the principal means of production and a perception of social power as responsibility or trusteeship for the benefit of all came what seems to have been a basically cooperative social organization. Both men and women worked cooperatively for the common good.

Greater male physical strength was here not the basis for social oppression, organized warfare, or the concentration of private property in the hands of the strongest men. Neither did it provide the basis for the supremacy of males over females or of “masculine over feminine” values. On the contrary, the prevailing ideology was gynocentric, or woman-centered, with the deity represented in female form.

Symbolized by the feminine Chalice, or the source of life, the generative nurturing, and creative powers of nature – not the powers to destroy – were, as we have seen, given the highest value (Eisler, pp 42- 43).

Dr. Eisler continues....

Slowly, as the Old Europeans, for the most part unsuccessfully, try to protect themselves from their barbaric invaders, new definitions of what is normal for both society and ideology begin to emerge. Everywhere now we see the shift in social priorities that is like an arrow shot through time to pierce our age with its nuclear tip: the shift toward more effective technologies of destruction. This is accompanied by a fundamental ideological shift. The power to dominate and destroy through the sharp blade gradually supplants the view of power as the capacity to support and nurture life. For not only was the evolution of the earlier partnership civilizations truncated by armed conquest; those societies that were not simply wiped out were now also radically changed.

Now everywhere the men with the greatest power to destroy – the physically strongest, most insensitive, most brutal – rise to the top, as everywhere the social structure becomes more hierarchic and authoritarian. Women – who as a group are physically smaller and weaker than men, and who are most closely identified with the old view of power symbolized by the life- giving and sustaining chalice – are now gradually reduced to the status they are to hold hereafter: male-controlled technologies of production and reproduction (Eisler, p 53).

The fall of the Roman Empire, the Dark Ages, the Plague, World Wars I and II – all other times of seeming chaos we know of are dwarfed by comparison with what happened at a time about which we have until now know so little: the evolutionary crossroads in our prehistory when human society was violently transformed. Now, thousand of years later, when we are nearing the possibility of a second social transformation – this time a shift from a dominator society to a more advanced version of a partnership society – we need to understand everything we can about this astonishing piece of our lost past (*Memoires of a Lost Age: the Legacy of the Goddess*). For at stake at this second evolutionary crossroads, when we possess the technologies of total destruction once attributed only to God, may be nothing less than the survival of our species (Eisler, p. 59).

“There was a time when you were not a slave, remember that. You walked alone, full of laughter, you bathed bare-bellied. You say you have lost all recollection of it, remember... you say there are no words to describe this time, you say it does not exist. But remember. Make an effort to remember. Or, failing that, invent.”

-- Monique Wittig

Here is what is most fascinating about Eisler's work: when the time lines of Euro and Mediterranean reveal humanity leaving the Chalice era and moving to the Blade era are overlaid on the history of TCM, we see the movement of Earth's Rhythm from the center of Element Theory and the control cycle of the Yins established in TCM.

The destruction of Crete – noted by Eisler as the last bastion of the Chalice/partnership society -- and a several hundred year series of violent volcanic eruptions, earthquakes and tectonic plate shifts, that so profoundly rearranged the physical environment of earth, it is said that the entire continent known as Atlantis sank as a result of this earthly ferocity. These dramatic earth alterations in both societal and geographical norms were all taking place around 1500 to 1100 BC.

The first of what is known as the Five Sage Emperors of China (our buddy the Yellow Emperor from earlier) reigns is initially dated at approximately 2700 to 2852 BC – depending on your source. It is often called China's Mythical period and would qualify in all ways as how Eisler defines a partnership society. The end of China's Mythical period is traditionally discussed around 1122 BC. This timeline corresponds to Eisler's end of the Chalice/partnership in Euro-Mediterranean age in 1100 BC, and the end of the Taositi reign in China.

Ok got it – humanity – ALL of us -- left the partnership age and moved into the dominator age at about the same time. It also seems that how our world worked and how we worked our world changed

at about the same time. The concept that “I am the place where something has occurred” was deeply altered and so were we.

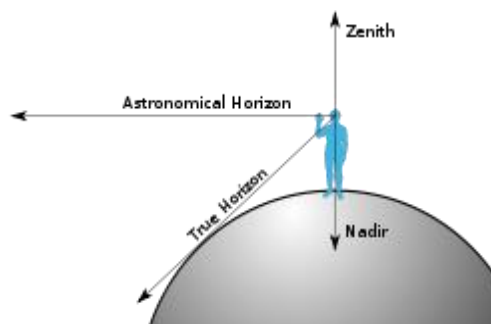
## As Above So Below: The Zenith and the Nadir of Earth Element

Let’s revisit our chart from page 13

Element	Phase	Energy Quality	Direction
Wood	New Yang	Generative	East
Fire	Full Yang	Expansive	South
Earth	Yin/Yang	Stabilizing Balance	Center or Zenith/Nadir
Metal	New Yin	Contracting	West
Water	Full Yin	Conserving	North

What is important about this chart for this class is this: The words Zenith & Nadir as definition for the direction of earth. Zenith means “... the time at which something is most powerful or successful” (Google dictionary).

Nadir means the opposite. “The nadir at a given point is the local vertical direction pointing in the direction of the force of gravity at that location. The direction opposite of the nadir is the zenith. Nadir also is used to mean weakest or lowest point” (Wikipedia/nadir and below pic too).



# How to bring Earth Back to Your Center!

## The Miracle of Stomach 30

Qi Chong or Penetrating Chi  
Point of Sea Water and Grain  
Meeting point of the Stomach Channel with Penetrating Vessel  
Stomach 30 regulates TW in the lower burner  
Regulates Penetrating Flow  
Subdues Running Piglet Syndrome!  
(source sacredlotus.com)

### Test:

Test St 30 for irregularity.

Flunk?

If irregular, correct first.

### Test after regular:

Inch worm test over pubic bone

Flunk?

### Remedy:

Have client hold Stomach 30 with palms resting flat just above pubic bone with tips of middle fingers (CX 9) connecting on Stomach 30 bilaterally.

Practitioner, at same time, you hold Mein Mein with one hand, by sliding your hand, palm up, under back.

Your other hand is holding the OMG points on forehead, approx 3 – 5 minutes.

This action magnetizes Penetrating Flow with Stomach Meridian in the physical body.

This action polarizes us to earth.

This action standardizes the agreement between TW and ST that TW is there to serve ST.

### Homework:

Client rubs Stomach 30 with tips of middle finger - Circulation Sex 9 – between 2 and a 1000 times a day. ☺

Stomach 30 is the Zenith Point-- meaning rising tall above. Penetrating Flow transmits the Stomach 30 to the Nadir point -- meaning deep and low to the core of the self.

When Stomach 30 pulls Penetrating Flow into the body, creating conductivity between the Zenith and Nadir points of Earth Element. What is carried on this current, between our core self and our high point, is our purpose. We cannot participate in an Eisler defined Dominator Society and be connected to our purpose. Stomach 30 will go irregular to numb us to the reality of living in such a community and plunge us back into our own personal Dark Age. Our purpose is to nurture not to torture, destroy, mutilate...either ourselves or others... you get it don't ya? When Stomach 30 is healthy we cannot destroy ourselves or others or destroy our taproot. The perspective shifts from outside the circle to a knowing from inside the circle of life.

If Stomach 30 is irregular, the Penetrating Chi rises externally, as opposed to soaring in and through our core. This non-polarized, external rise of chi from Mein Mein creates panic. In TCM it is known as Running Piglet Syndrome (seriously it's a thang). Running Piglets traveling upwards triggers Triple Warmer. They start at the bottom burner and squealing wee, wee, wee, through the middle and all the way to the upper burner into the throat. Stuck in throat the Piglets cause what is known as Plum Pit in Throat Syndrome (seriously it's a thang). The Piglets and the Plum Pits trigger thyroid and puts Triple Warmer into it's defense mode.

Piglets and plums pits and thyroid, oh my.

Magnetizing Penetrating Flow at Stomach 30 sets the tone in the body that Triple Warmer needs to serve Earth in order to protect Earth.

Magnetizing Penetrating Flow at Stomach 30 also unites with the Partnership Society that Eisler so eloquently researched. The Mein Mein, the holding tank of Penetrating Flow, is also called the home of Ancestral Chi. The lineage of who we are sits in this point and that information is liberated at Stomach 30 and lead deep into our cells by Penetrating Flow.

When Stomach 30 is regular, and is able to magnetize and pull Penetrating Flow deep into the bodies as intended, Triple Warmer begins to sense the world from the Zenith Point --the big picture. Triple Warmer understands purpose and stops making a big mucky muck deal out of the small stuff.

When Stomach 30 is regular, and is able to magnetize and pull Penetrating Flow deep into the bodies as intended, Triple Warmer begins to sense the world from the Nadir point and understands purpose from our core. Triple Warmer experiences our deepest sense of self and is guided by our deepest wishes and knowings, and stops making a big mucky muck out of the small stuff.



It **IS** all about Spleen

Ok now we know how to bring Earth back to center to mediate... Now what?

Ok remember that Wood and Fire are expanding energies?

Remember that there are diseases that are about building tissue?

Ok remember that Water and Metal are contracting energies?

Remember that there are diseases that are about losing tissue?

So how to know if you are in an expanding or contracting state?

More than anything ever, ever, ever we want to keep Spleen happy.

Using Spleen Muscle meridian - test.

Strong?

Good.

Weaken it.

Test again.

Weak right?

Good.

If they are weak from the get go, even better.

Start this piece of process with a weak spleen.

While Spleen is weak, with your hands practitioner, run Triple Warmer Meridian backwards once bilaterally.

Test Spleen Muscle Meridian again.

If running TW backwards made Spleen strong, you are dealing with an issue that is expanding too quickly for Spleen to handle.

You would Sedate TW using points.

OR

If running Triple Warmer meridian backwards once made Spleen weak you would...

Start with weak Spleen, with your hands practitioner, run Circulation Sex Meridian backwards – Tip to Nip so to speak.

Test Spleen Meridian Muscle.

If running Circulation Sex Meridian Backwards made Spleen strong, you are dealing with an issue that is contracting too intensely for Spleen to handle.

You would sedate CX using points.

Here's the groovy part... you really don't need to know what you are dealing with, an expansive disease or contracting disease... you just need to know what arena you need to do your treatment in. That's right. Put them in either the expansive or contracting arena by testing Spleen against the Systems. Then treat in all the ways you know how to treat. Earth will be mediating all that needs to be mediated throughout a treatment.

You now have Earth adapting, altering, changing course, slowing down speeding up... whatever needs to happen Earth is supervising the adaptation that needs to happen...

So that brings us back to George and his fleas... He's right you know. We need to adapt or Gaia is just gonna shake us off like a bad case of fleas. How do you think the animals know an earthquake is coming up to 3 weeks before it hits and prepare? They can feel the ion changes in the air (TIME, 2015). How do you think we can be OK as the Earth's North and South Poles are in the process of changing --- yet again. Up to 11.5 degrees (NASA, 2015). How do WE stay ok with a "...magnetic shift that is moving at an unheard of rate of 40 miles-a-year, a whopping increase of 800 percent from the normal of just 5 miles annually" (Harris, 2012). We spoon our feet – so no matter what the pole degree shifts are we are aligned with Earth's north and south polarity.

Staying solid on Earth, and with Earth solid in us, is the ultimate influence on Triple Warmer. When we feel desperate he feels desperate and he moves to the outside of the moat to fend off invaders. It has never really been a good long term design.

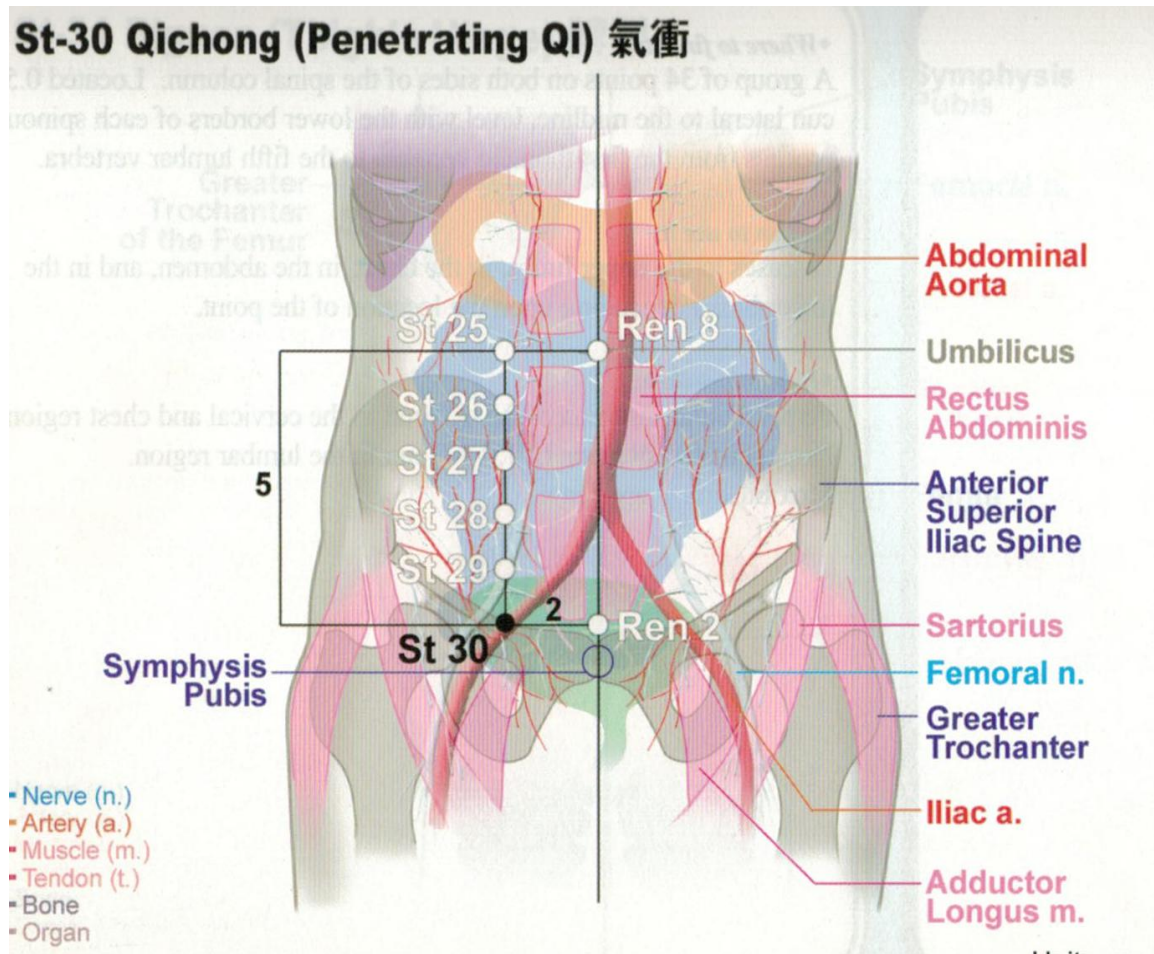
We need to shake off like a bad case of fleas all the changes and transformations that living on earth brings. We need to adapt, roll with the changes. EMF's ain't going away folks. Either is factory farming, cell towers, monster storms, droughts, tectonic shifts, pole shifts, super bugs. It is all part of being here and attached to, as Carl Sagan called earth "...this mote of dust suspended by a sunbeam."

It's all about the Earth and yes...

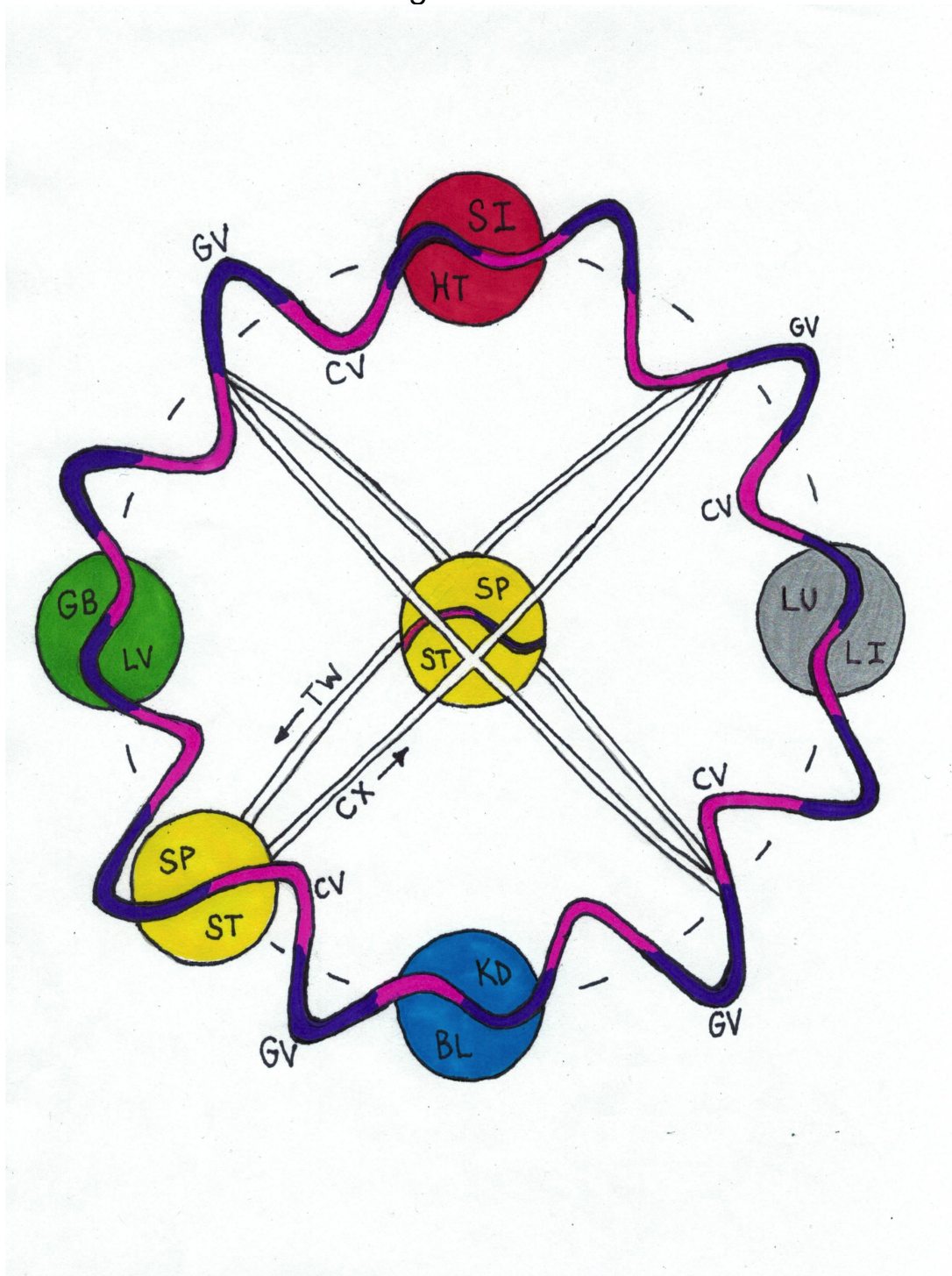
"I am the place where something has occurred."

# Location of Stomach 30

Qdex  
www.qpuncture.com

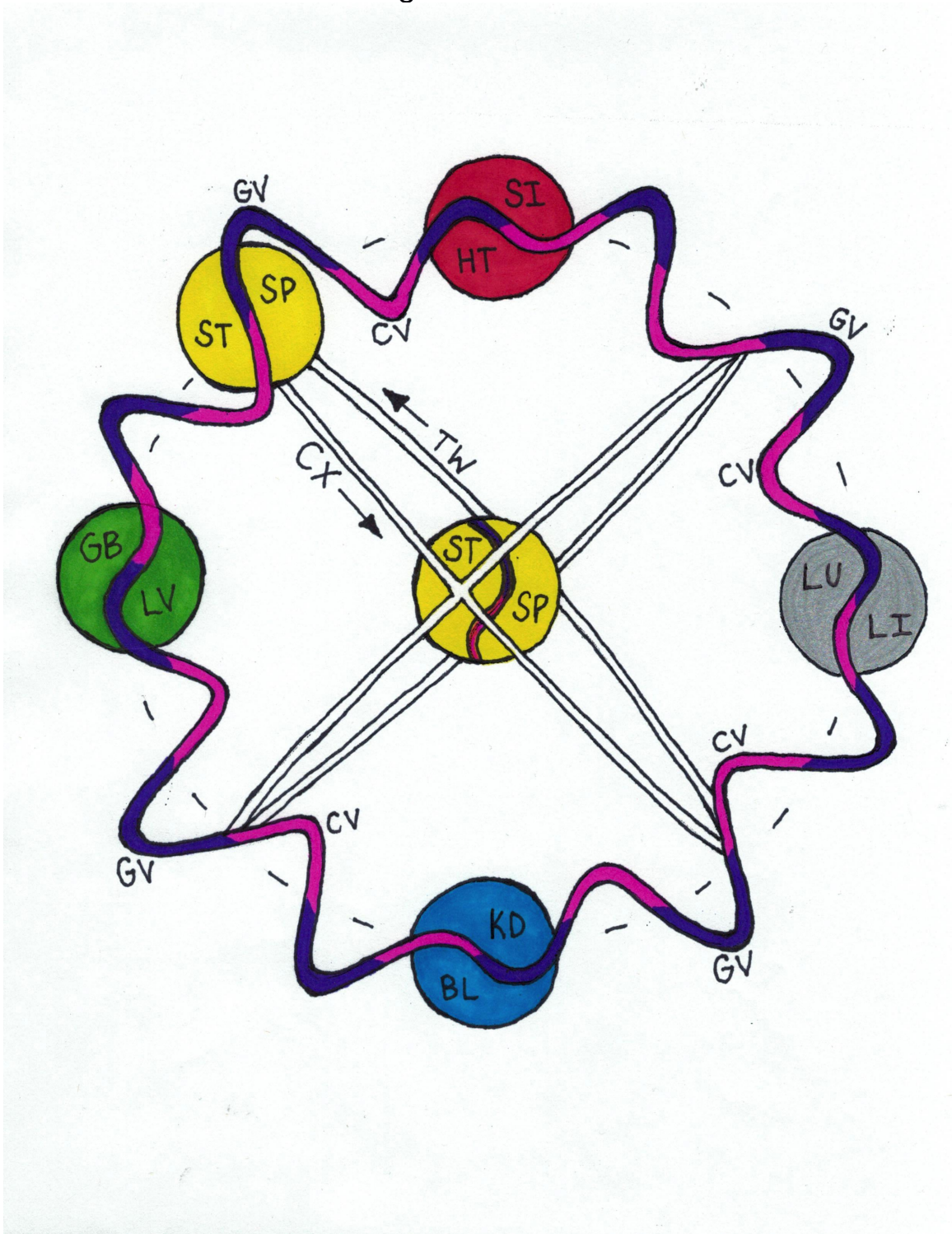


## Earth Mediating between Water and Wood

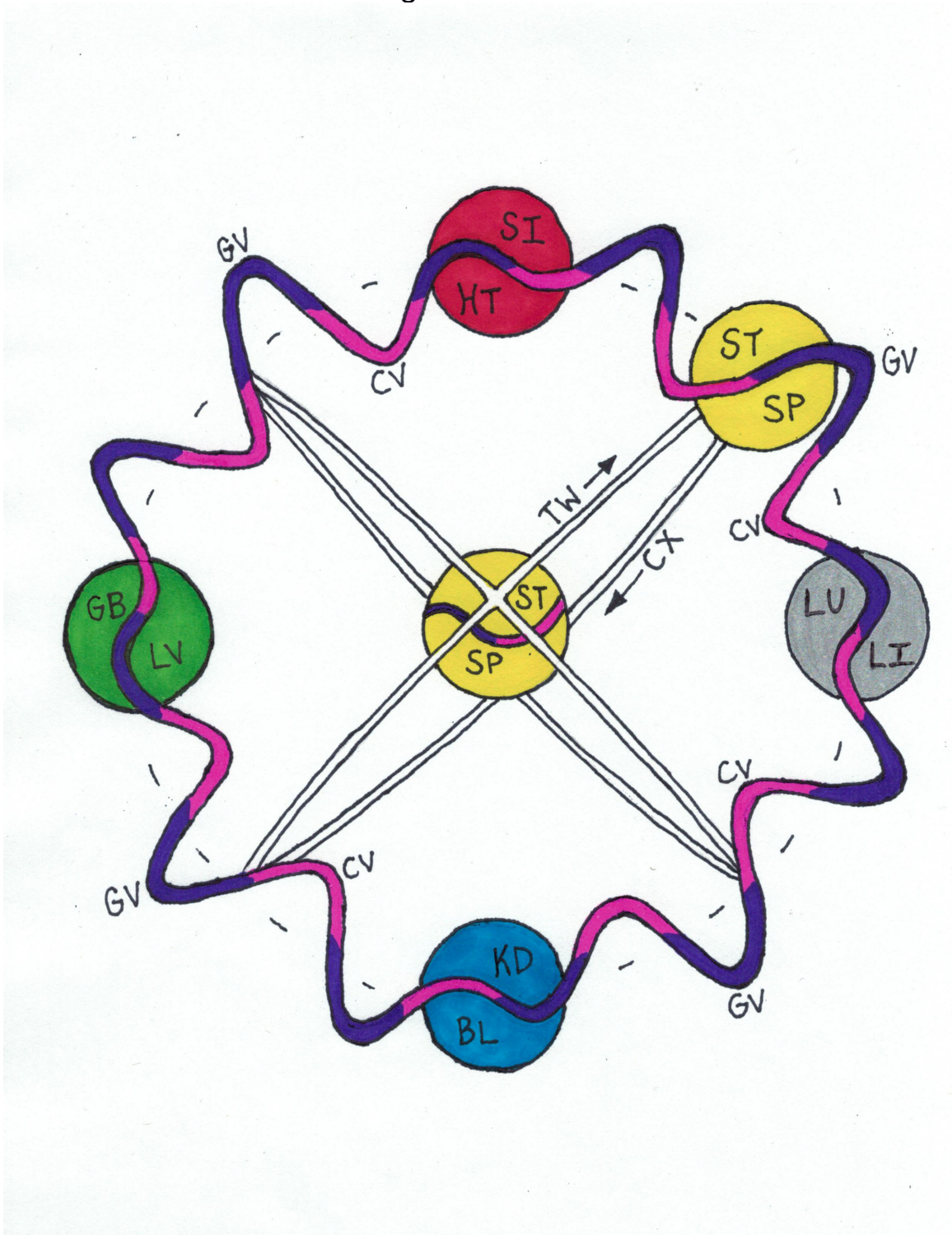




## Earth Mediating between Wood and Fire

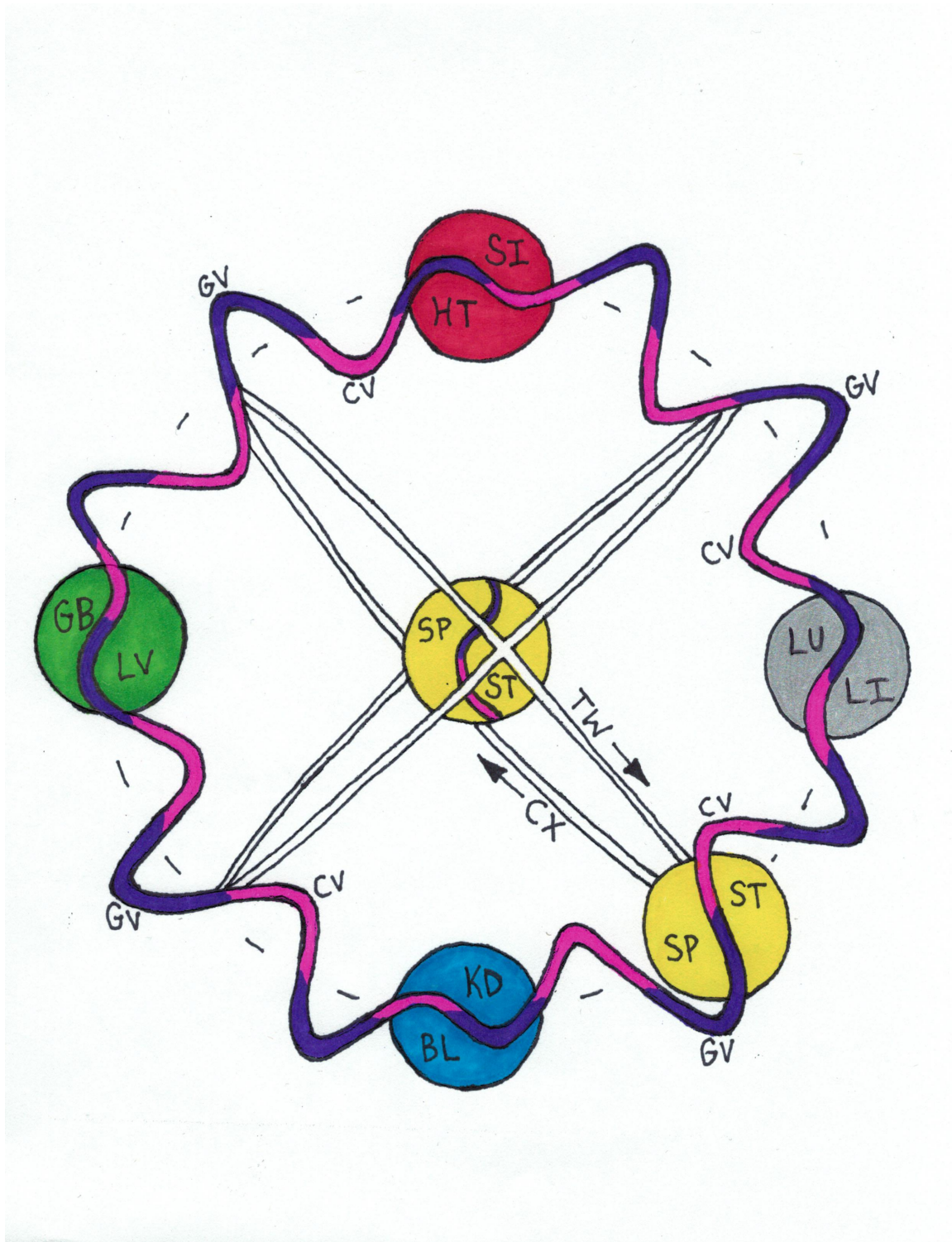


## Earth Mediating between Fire and Metal





## Earth Mediating between Metal and Water



## Bibliography

Donna Eden, Energy Medicine, 1998, 2008.

Mastering the 5-Elements by Tanya Storch & Jeff Primack

The gynecology section of the "Golden Mirror of Medicine" will soon be published by Paradigm Publications as "Heart Approach to Gynecology: Essentials in Verse," translated by Shen Yu.

"Treatise on the Spleen and Stomach", Li Dong-yuan, translated by Bob Flaws, Blue Poppy Press, Boulder, Co. 2004. P.82.

Sinking of the Spleen Q,i Practical Dictionary of Chinese Medicine, Wiseman/Feng, Paradigm Publications, Taos, N.M., 2013.

Z'ev Rosenberg, L.Ac., Chinese Medical Theory and Autoimmune Disease, Crane Herb Co, 2015.

Xue Yi-Ming. *Treatment of Gastrointestinal Disease, Hypertension, and Chronic Fatigue Syndrome*, Pearls of Wisdom Journal, January 11, 2013.

Mary Garvey, PhD. Emotions, Desires, and Physiological Fire in Chinese Medicine, Part Two: the Minister Fire, Australian Journal of Acupuncture and Chinese Medicine, 2012.

Riane Eisler, The Chalice and the Blade: Our History, Our Future. 1987.

Mary Daly

Rosemary Radford Ruether

Monique Wittig

Claude Levi-Strauss

Taoism and the Arts of China, Stephen Little & Shawn Eichman ,2000.

[www.taichido.com](http://www.taichido.com) referenced randomly a lot.

Animals May be able to Predict Earthquakes 3 weeks ahead, TIME, April 3, 2015

NASA, Magnetic Pole Reversal Happens All the (Geological) Time, updated 7/20/15.

A Magnetic Pole Shift May Be Causing Our Rash of 'Super Storms', Long Range Weather, Cliff Harris, 2012.

Wu-Tao Dance Art work by *A.S.K.*

And of course George Carlin...I miss George.



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 work place. 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) [contact@drsaraallen.com](mailto:contact@drsaraallen.com)

# Disclaimer:

This course (video and supporting handout) is not intended as a substitute for the medical recommendations of physicians or other licensed healthcare providers. Rather, it is intended to offer information to help the viewer cooperate with physicians and health professionals in a mutual quest for optimum well-being.

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.

**Copyright Good For You Enterprises. All rights reserved.**

No part of this publication (Video or handout) may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without prior written permission of the producer Holistic Energy. For permission requests, contact [www.holistic.energy](http://www.holistic.energy).

## Course (Video & Handout) Ordering Information:

Thank you for purchasing this course (video and supporting handout). Your purchase enables the research, design, filming, production, storage, and distribution of these courses. With your continued support, we will continue to capture and distribute more classes for your enjoyment and learning.

Additional copies of this class (videos with supporting handout) can be purchased by contacting Holistic Energy @ Tel: (773) 418-0023 or visit [www.Holistic.Energy](http://www.Holistic.Energy)

