

Energy Medicine for Soul: Cultivating the Indomitable Spirit

presented by
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Pic credit Sara Allen back yard pond January 5, 2014. I was trying to capture the beautiful red contrast of the Cardinals against the new fallen snow by the birdfeeder and I caught this. Really.

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Pretty Hurts
We shine the light on whatever's worst.
Perfection is a disease of a nation.
Oh, it's the soul that needs the surgery.
Beyonce

You should do some soul searching... you might just find one.
Anon

The engine is the Heart of an airplane – but the Soul is the pilot.
Anon

What is success?
Being able to go to bed each night with your soul at peace.
Paulo Coelho

Laughter is the fireworks of the soul.
Josh Billings

Funny, how one good cookie could calm the mind and even elevate a troubled soul.
Dean Koontz

I drink to keep body and soul apart.
Sarah Silverman

Your ego is your soul's worst enemy.
Rusty Eric

You Intoxicate my soul with your eyes.
Billy Holiday

A beautiful face will age
A perfect body will change
But a beautiful soul will always be a beautiful soul.
Anon

What is a Soul?
It's like electricity
We don't really know what it is,
But it's a force that can light a room.
Ray Charles

It is not the strongest of the species that survives, nor the most intelligent that survives.
It is the one that is most adaptable to change.
Charles Darwin

Trying to be happy by accumulating possessions is like trying to satisfy hunger by taping sandwiches all over your body.
George Carlin

Fighting for Peace is like screwing for virginity.
George Carlin

The Caterpillar does all the work and the Butterfly gets all the publicity.
George Carlin

Tell people there's an invisible man in the sky who created the universe, and the vast majority believe you.
Tell then the paint is wet, and they have to touch it to be sure.
George Carlin

Something is wrong here.
War, disease, death, destruction, hunger, filth, poverty, torture, crime, corruption, and the Ice Capades.
Something is definitely wrong.
This is not good work.
If this is the best God can do, I am not impressed.
Results like these do not belong on the resume of a Supreme Being.
This is the kind of shit you'd expect from an office temp with a bad attitude.
And just between you and me, in any decently run universe, this guy would've been out on his all-powerful ass a long time ago.
George Carlin

Choose beliefs that serve your soul – choose beliefs that serve the grander dream of who you choose to be.
Joy Page

Religion is like a pair of shoes.
Find one that fits for you, but don't make me wear your shoes.
George Carlin

Everything is energy and that's all there is to it.
Match the frequency of the reality you want, and you cannot help but get that reality.
It can be no other way.
This is not philosophy. This is physics.
Albert Einstein

Electricity is really just organized lightning.
George Carlin

Try to keep your soul young and quivering right up to old age.
George Sand

No person is your friend who demands your silence or denies your right to grow.
Alice Walker

When you talk, you are only repeating what you already know.
But if you listen you may learn something new.
Dalai Lama

I think it is time to be happy again.
Sara Allen

Everyone's Soul is Bruised

***"We can make ourselves miserable or we can make ourselves happy.
The amount of work is the same."***

Carlos Castaneda

Bummer. I really dislike that quote.

I spent a lot of time remembering when I was happy.

I had a beautiful marriage, a drop-dead gorgeous home, money, vacations, long Sunday afternoons on the back of a motorcycle. Freedom, career satisfaction, career success, circle of beautiful friends, meaningful family relationships. There were enough disappointments and true big girl life issues to keep me alert and centered and grounded and growing. I also had a real sincere awareness, a daily cognition, a carpe per diem appreciation for how awesome it all was.

I was not unconscious. I was deeply moved by the abundance and goodness all around me.

I was happy.

Then I got my soul bruised. I did not know that a soul can bruise.

As a result, my body was a mess.

My mind was splintered.

My emotions were torn into little pieces and scattered in the wind.

I had no hope. I had nothing that made me laugh. I was wildly cynical. I was cruel to myself. I had my '**big-girl-self-aware-self-actualized**' parts of me that understood that I was no princess and did not have any expectation that I would or should get out of my human contract and escape pain.

But SERIOUSLY!!!!

I saw Courtney Cox in ELLE magazine – yeah from ***Friends*** – standing next to a sign:



I still – as I am writing this – have that picture from ELLE magazine pinned to my bulletin board next to my computer. I even had a friend paint it on a board and strap it – LARGE and colorful – to my fence in my backyard for my birthday. I see it every day when I get my coffee.

It is my truth. I have been down – but this IS ridiculous. Thank you, ~~Harold Miller~~, and of course Courtney Cox. Nice to know that famous, rich, talented, powerful and supremely beautiful women sit in puddles in the cold rain of life too. Misery does enjoy its company.

I worked on my body, my mind, emotions. I did radical work. I took classes, attended workshops, got therapy, medication, meditation, oils, massage, acupuncture, energy work, grid work, soul retrievals, CD's, vacations, leaned hard on friends and family... I could not get cured. I read everything I could get my hands on – on happiness, coming back from hardship, resiliency, moving forward, living in the present, riding the Wind Horse, when in Hell don't stay there... yada, yada, yada. It left me hollow. It was not quenching the thirst I had. I don't even know how to describe what I was thirsty for. No satiation.

I could not put it together. I could not stand tall. Not long into this struggle, I was into an acceptance that this had been a good life. I had had a good run. I had had so much fun. I had helped a lot of people. I had accomplished a lot. Maybe this was all that I was going to wring out of this time around. I did not even feel devastation. It was way below devastation. Devastation would have been something of substance.

I just felt resignation – and when I stood in the resignation, I had some relief. So much so that I actually studied how to write resignation letters - like I was leaving a job and moving on:

Dear World, I write this letter to officially confirm my retirement from this life. After 52 (at this writing 58!) years, it is my honor to pass on my dedication to the mission of this realm to the next generations of leaders and innovators. I leave this life thankful. Being a member of this human race has allowed me to provide healing for many people, to be happily married for 30 years, the daughter to wonderful parents, the friend to and the friend of marvelous people. I thank this world for providing so graciously and abundantly.

***As the world moves forward, I too move forward,
recognizing that now is the best time for me to move on.***

***Best Regards,
Sara Allen, PhD***

HA!

The relief I felt from resigning from my life brought my innermost thinking to conclude that the only way to end this pain was to end this self. Surprisingly, these inner discussions I was having around ending this self were really the only thoughts that brought me any peace. I would not make my dog suffer like this – why was I letting myself suffer like this. No bitterness – just resignation.

Nothing comforted me but resignation – but I pretended. I did not want to wear out my family with my morbidity. I did not want to use up the loving intentions of my best friends. I pretended so much. I pretended to be the poster child for overcoming a series of unrelenting traumas and surviving the painful life realities such unrelenting trauma breeds.

To avoid acknowledging the vacuum, to myself and to those I loved and loved me, I put a Walmart yellow smiley face sticker on my gas tank and ran on fumes.

Then I discovered the art of....

Acquiescence. Submission. Waive. Concede. Forfeit.
Throw in the towel. Renunciation.
Relinquish. Succumb. Capitulate. Hand over.
Abandon. Surrender. Kneel.

This was my medicine.
This energy made me feel real – I actually felt relief when I

Yielded.

The Medicine of Yielding

...At the moment of surrender
I folded to my knees
I did not notice the passers-by
And they did not notice me

I've been in every black hole
At the altar of the dark star
My body's now a begging bowl
That's begging to get back, begging to get back
To my heart
To the rhythm of my soul
To the rhythm of my unconsciousness
To the rhythm that yearns
To be released from control...

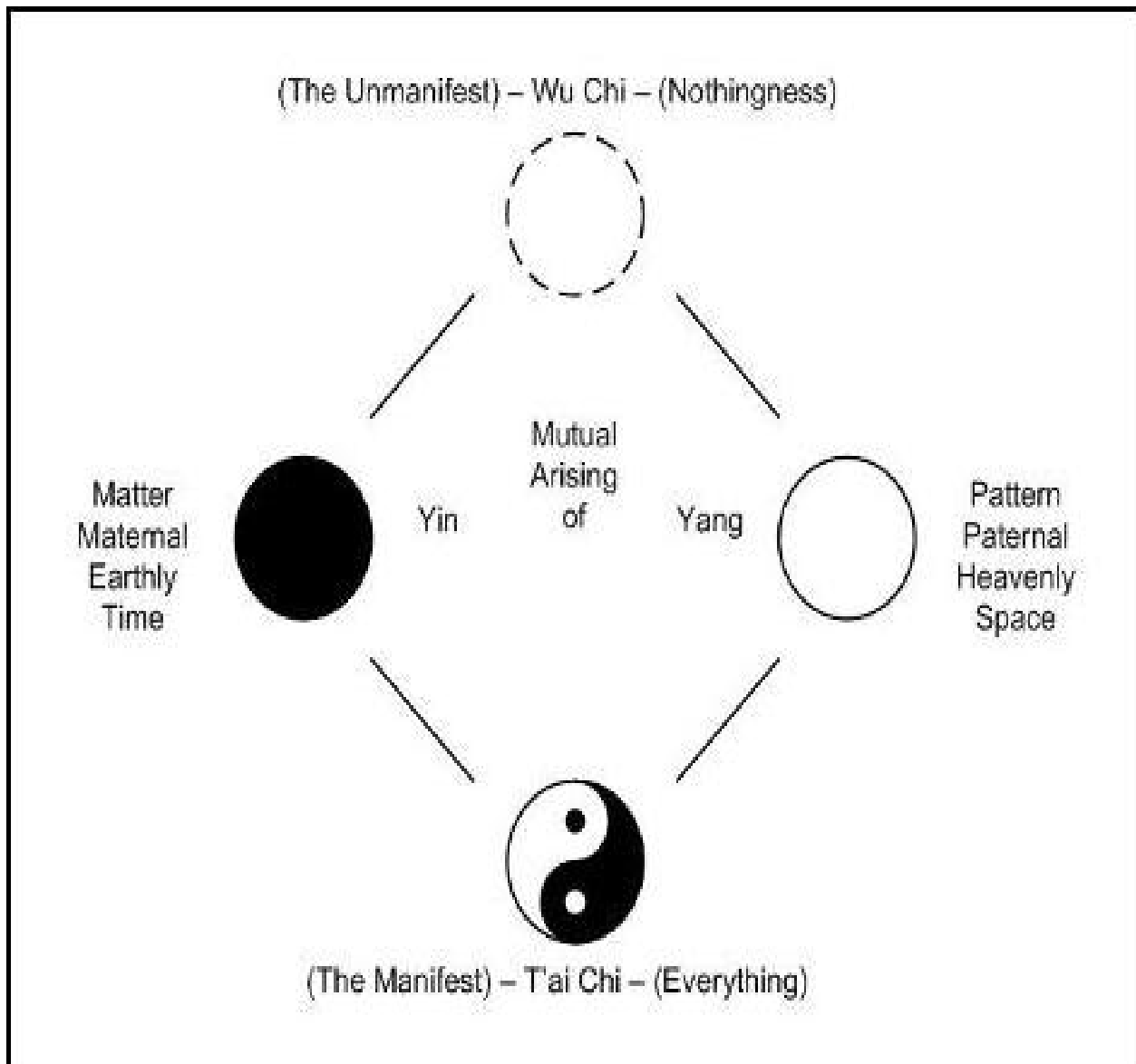
Surrender by U2

Yielding: Receiving without offering resistance.

(Meriam-Webster dictionary)

To understand the Art of Yielding we have to go back.... Way back to the womb – gestation. Remember? Well that was probably the last time you were **receiving without offering resistance**. So, let's talk about that time – you were all there. No here without that there.

So, let me draw you a picture of your creation.



Ok well that was easy.
Bing Bang
Bada Bing!

Or maybe we should quote the *I Ching* – a bit more eloquent:
“In the heavens phenomena take form; on earth shapes take form.”

A digression on the ancient Taoist tradition of creation: The Taiji Diagram

"The Taiji diagram is designed after the sphere.

There are two symmetrical tear-drop shapes within the sphere.

These tear drop shapes are known as the Yin Fish and the Yang Fish. Dividing the two fish within this sphere is an S-shaped line.

The black colored side is the Yin fish and the white colored side is the Yang fish

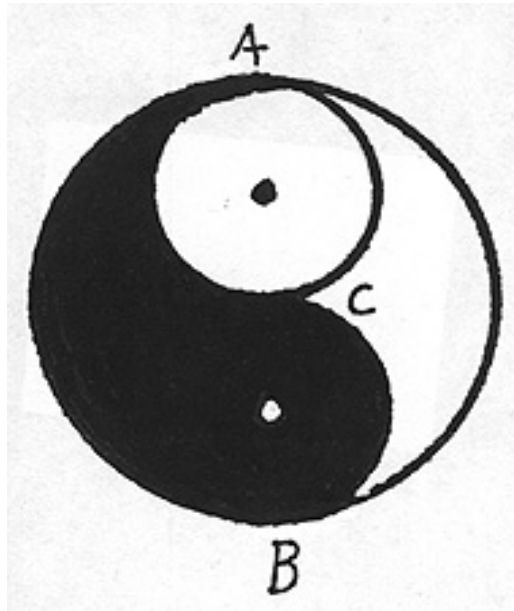


Figure 1

Using the Yin fish side of the Taiji diagram as an example, we follow the outside portion of the diagram from B on Figure 2 in a clockwise manner up to A on the diagram.

This arcing line traces out the back and tail of the Yin fish.

Tracing out the Yin fish from B to C in a counterclockwise manner, we trace out the head of the Yin fish.

Finally, moving clockwise along the Yin fish from C to A, we trace out the abdomen and tail of the fish.

An "eye" of opposite color is drawn in the two fish to represent the notion that within Yin there is Yang and within Yang there is Yin.

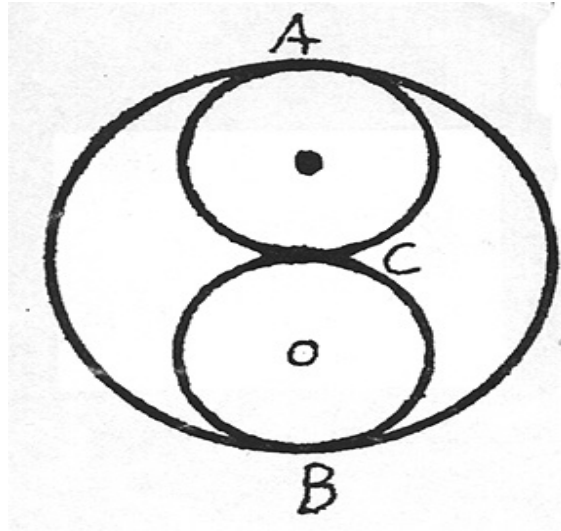
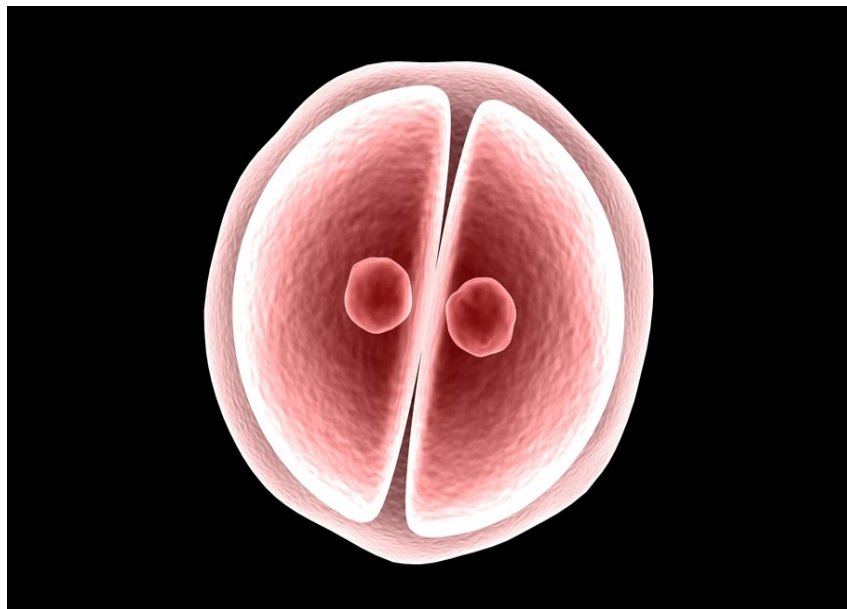


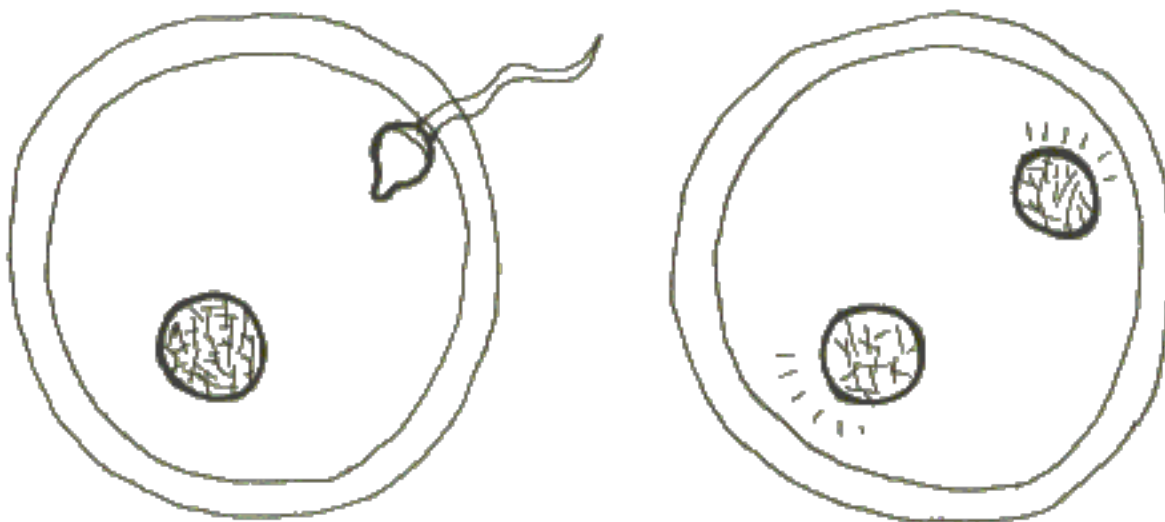
Figure 2

From the drawing of the Taiji diagram, we can come to realize the idea behind the saying in Lao Zi's Daodejing: "The Dao produced the one, the one produced the two, the two produced the three, and the three produced all natural things. All things carry Yin and hold to Yang. Their blended influence brings harmony" (Mei Ying Sheng).

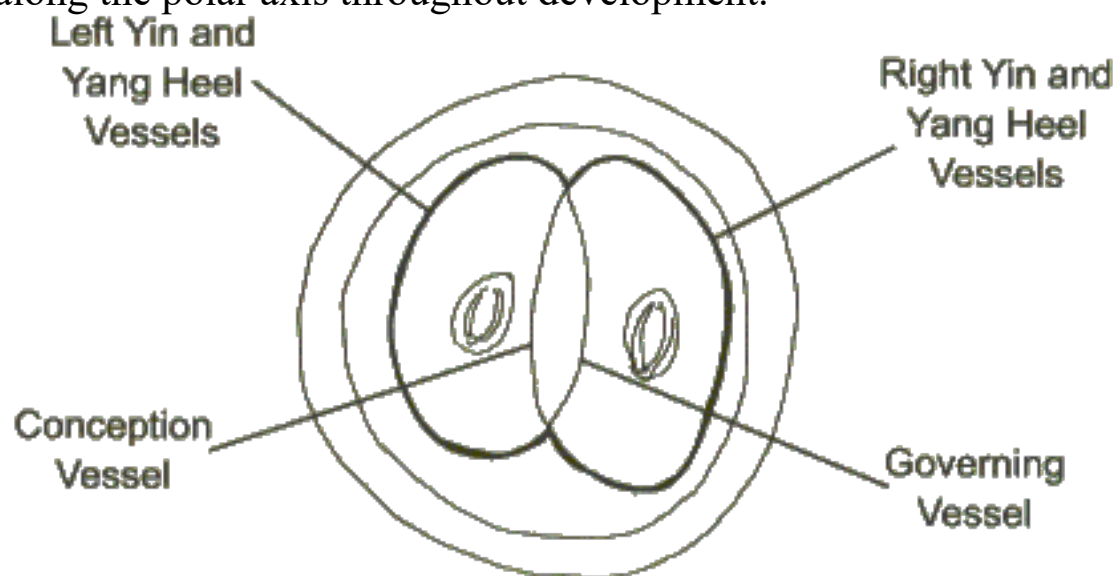


Now I think Johnson's exegesis on embryonic growth is amazing... but the true AMAZING belongs to the Taoist, or even before the Taoist, the Yellow Emperor of TCM, the beginning of Qigong, circa 2600 BC. How did they know that the ***Taiji Drawing, that came to symbolize all life***, was a reality? No high-powered telescopes and petri dishes then.

Picture from winfertility.com

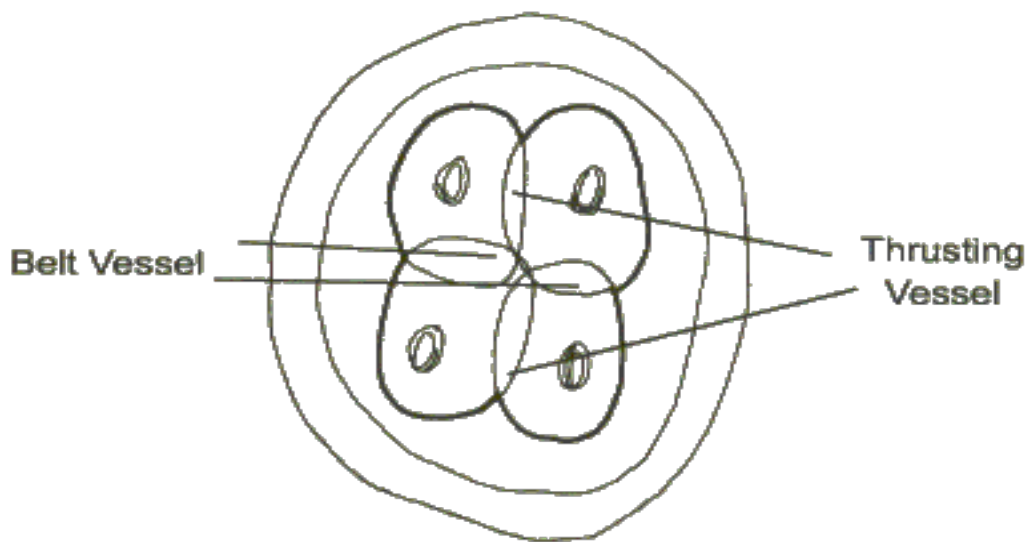


The human body is composed primarily of Water. The Essence of man (sperm) and woman (egg) unite in the uterine sea to form the fetus. The ova are polarized at the entry point of the sperm, creating the original polar axis (the Taiji Pole) that determines the complex pattern of cellular division that occurs along the polar axis throughout development.



The electrical polarity and field of energy in the polar axis is related to the Original or Yuan Qi from which the Conception and Governing Vessels form the seas of Yin and Yang energy during the first cellular division. The Yin and Yang Heel Vessels are also established, forming the left and right sides. The exterior of the egg is determined by the

Yang Linking Vessels. The interior of the egg by the Yin Linking Vessels.



The second cellular division is caused by the development of the Belt Vessel and Thrusting Vessel (Johnson).

The Eight Extraordinary Vessels have now formed and do the following.

The Conception Vessel (Yin) controls development of the body's front.
The Governing Vessel (Yang) controls development of the body's back.

The Yin Regulator Vessels control the development of the
body's right and left Yin energy.

The Yang Regulator Vessels control the development of the
body's right and left Yang energy.

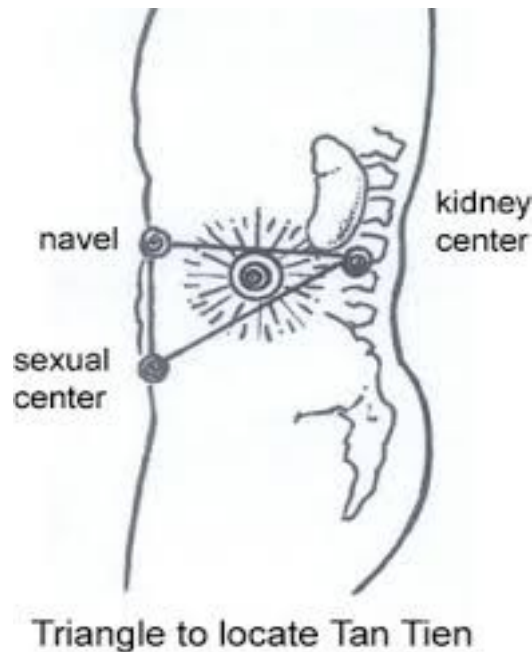
The Penetrating Vessels carry energy through the center of the body and
controls the body's center core.

The Belt Vessel binds all the channels together
(it's the only vessel with a horizontal flow of Qi).

The Yin Bridge Vessels control the development of the interior of the body
(and correlates to Earth energy).

The Yang Bridge Vessels control the development of the exterior of the body
(and correlates to Heaven energy).

The **Eight Extraordinary Vessels** form a vortex of energy at the center of the embryo's body-- from the area between what will become the kidneys. The Taiji Pole and Thrusting Vessels are at the center of this vortex and will form the Sea of Five Yin and Six Yang Organs, the Sea of Twelve Primary Channels, and the Sea of Blood.



(pic, Ying Sheng)

From the Taiji Pole and Penetrating Vessels, the body's Qi and Blood are distributed at the energetic level through small channels, or rivers of energy. This energetic vortex creates the energy for the growth of the embryo's physical form.

After the initial cell division is complete, the embryo's ten Yang channels and ten Yin channels begin the development and formation of the embryo's tissues and organs. These twenty channels are divided into two separate groups of energetic rivers known as the Eight Extraordinary Vessels and Twelve Primary Channels. As the embryo develops into a fetus and continues to grow, the twenty channels also continue to develop.

During the formation of the embryo, nine Yang channels begin to flow out of the Governing Vessel (Sea of Yang Qi) and form the nine Yang rivers known as:

Bladder Channels Gall
Bladder Channels
Stomach Channels
Small Intestine Channels
Triple Warmer Channels
Large Intestine Channels
Yang Regulator Vessels
Yang Bridge Vessels
Belt Vessel

Consecutively, the nine Yin channels begin to flow out of the Conception Vessel (Sea of Yin Qi) and form the nine Yin rivers known as:

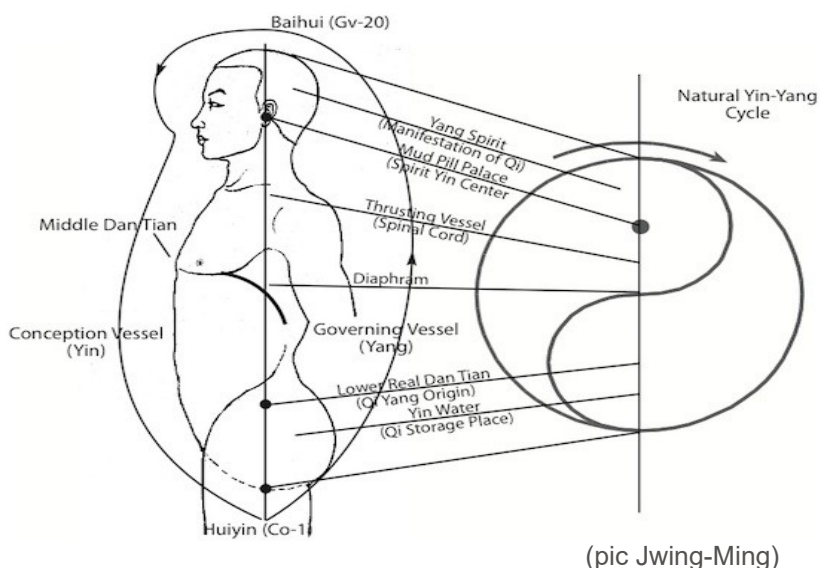
Kidney Channels
Liver Channels
Spleen Channels
Heart Channels
Circulation Sex Channels
Lung Channels
Yin Regulator Vessels
Yin Bridge Vessels
Penetrating Vessels

We cannot discuss the Taiji Drawing without discussing the Taiji Pole.

“Theory of Two Polarities in a Human Body

According to Chinese qigong practice, it has been understood that we have a two-pole system, which constitutes a human central energy line. These two polarities, one yin and one yang, synchronize and harmonize with each other. They are just like the polarities of a magnet that cannot be separated. One of the polarities, the Upper Dan Tian, is located at the brain while the other, the Real Lower Dan Tian, is located at the center of gravity (i.e., physical center) area where the human guts (the second brain) are located. The Real Lower Dan tian is the North Pole and it stores qi and supplies it for the functioning of the entire body. The Upper Dan Tian is the South Pole that directs and governs the quality of qi manifestation.

These two polarities are connected by the Penetrating Vessel (i.e., spinal cord), which is constructed of highly conductive tissue. Physically, there are two polarities; however, in function, since these two polarities correspond with each other simultaneously, it is one. Since the construction of our body is influenced by the natural energy, the construction of our body's qi system should also be influenced by the yin-yang theory of nature. Therefore, we should be able to compare our body with the Taiji Yin-Yang symbol” (Dr. Jwing-Ming).



Governing 20 – Bai Hui - Hundred Convergences

As the highest point of the body this point has is very important for controlling yang, both subduing excess in the top of the body and raising when deficient in the lower part of the body. Also, extremely important in treatment of psycho-emotional disorders that affect both the Heart and brain (Deadman).

Conception Vessel 1 – Huiyin – The Great Meeting of the Yin

This point with GV1 is the *Po Men* (Gate of the Soul) where the *Po* (corporeal soul) exits the body at death through the anus.

This point is also indicated in problems with what is known as the Fourth Level of Manifestation of the Soul, concerned with creation, "mind becoming matter" and the ability to turn ideas into actions that have consequences. This manifests in hopelessness, cynicism and inability to see reality as illusion (Yuen).

Ok soooooo why all this talk about conception, gestation the 8 EV's and the Taiji stuff?

Ok I love this moment...

This is the anatomy of your soul.

The 8 EV's, all wrapped around the Taiji, sitting in between the 6 Yin and the 6 Yang is the unembellished, unembroidered, precise, exact mandate on the anatomy of your Spirit.

Here is what is important to understand: Your spirit, your soul anatomy - this is not a religious discussion - it is an energy discussion. Your Spirit is real, tangible, trackable, palpable, teachable, and most importantly TREATABLE part of your energy anatomy. It is as real as your flesh and bones and actually just as studied as all other things we call flesh and bones medicine - including TCM.

Ironically - it is the most REAL piece of you.

So, to understand the Energy of the Soul - what it is - and then make use of it fully infusing this into our physical existence -- let's spend an inch more on conception.

At the moment of conception, we are gifted with what the Chinese have called a Heavenly Mandate - awesome (again - do not get hung up on what we understand to be "religious" words like "Heaven". They are energy descriptions of TCM practitioners observing nature from 2500 BC - it could be called Sky Mandate, Up-there Mandate, Sun in My Eyes Mandate, the "whatever it is up there" Mandate...).

The 8 EV's represent our most authentic self. However, because we live in a world that is dominated by Yin and Yang, synonyms and antonyms, we immediately begin to think that there must be an inauthentic self to the authentic self.

There is not an opposite to our authentic self.

There is not such a thing as an opposite of the soul.

Sorry, I know you all think you have dated these soul less beings - but honey - they don't exist.

There is only the authentic self.

There is only the soul.

There is only nature.

There is no antonym to photosynthesis.

There is no antonym to winter.

There is a process and rhythm and a cycle - but there is no opposite to process and rhythm and cycle.

Even death is a process and even death has a rhythm.

The Tree takes nothing personal.

So, to illustrate how powerful this shift in thought can be let me challenge your

thinking. We are nature.

Nothing but nature.

Sorry - those Prada sunglasses and Armani suit jacket are just sitting on a big lump of nature.

When the crocus in the frozen spring ground pushes its delicate paper thin petals through the icy loam and sharp crusted snow, only to meet the cold night air - but still it still finds the sun to bloom... and be fully an authentic crocus - is there a single role that anything or anyone did? Seriously that is not a rhetorical question. Other than the eons of the energy of nature of the eons of crocus', to be fully a

crocus, did anything other than the natural order of things just simply exist so that a crocus gets to fulfill its crocus destiny? Again, not a rhetorical question.

Walk through any woods, branches swaying overhead, and you are surrounded by billions of the world's most efficient systems for collecting energy and efficiently dispersing energy. Inside every leaf is the complete drama of life as we know it. But we are nature too. We are such drama queens - nature is not a drama queen. (Ok but I still love Prada sunglasses and my Armani jacket, is there room for me in "nature"? Don't I need to shop at REI or something like that instead?).

"Look Deep into nature, and then you will understand everything better." Einstein

The last time you had a paper cut - did you have a single thing to do with the literal billions of actions it took for your body/mind/spirit to heal that cut? We are designed, actually better word is, *propelled* in the direction of wholeness. It is our nature, our destiny to be complete and full of energy and be full of the rhythm of nature. It is actually more difficult, more taxing on our nature, to resist the rhythm of healing. We are flowing when we let it happen.

We are nature and it is our nature to fulfill our destiny like the crocus. We got all sideways and decided to assign meaning only to this process - however the full, rounded, entire, definition for a sense of this process is ***Destiny***. We are destined to bloom like the crocus. We are destined to heal every wound sustained while we are incarnate. Destiny is growth, expansion, a-ha moments. We are destined to experience the bliss of tying your shoes for the first time. We are destined to the wonder of learning to smile - really smile - after the death of a child.

Meaning is the evidence of standing tall in the sensation and experience of fulfilling our destiny.

Our Destiny - to nourish our Destiny - means we sit in the promise of our 8 EV's while our polarized experience expands us.

We are gifted with an authentic design, that has no antonym, - that if pursued and recognized moves us wholeheartedly in the direction of our Destiny - our expansion.

If we move away from our authentic design, we are laying down to fate. To live our Destiny, we must align ourselves with the will of our 8 EV's or our most basic primal first strike of the match of self.

Ok for those you freaking out about all the religious connotations that this discussion brings up, please think in this regard: to fulfill your Destiny and align with your Authentic self it means that you must align yourself with the nature of the universe.

Our perfection is complete at conception.

When we are in utero, and until we take that first breath, and thus all 12 meridians become polarized to the earth, we function solely and SOULY within the Mandate of the 8 EV's. We are developing our ability, all the while in utero, to be postnatal - but in the womb we are prenatal or what is called Pre-heaven in TCM. When we take that first breath, we are considered Post-heaven (Farrell).

The Crocus never went to Sunday School, or Temple or meditated, or OM'd... but do we think that crocus is anything but perfect? Actually, observing and admiring that crocus is a religious experience.

So, let's just continue to split a few more hairs...

Perfection - hmmmmmm- means complete, finished, whole, absolute, seamless. It is the Buddhist mystery of one hand clapping resolved - it is the meaning my one of my great teachers telling me that "You are perfect just as you are...and you could use a little improvement."

So, this is what your soul, your spirit looks like.
Every single cell of you is created from this form:

Love – Central Meridian – 1st Division
Joy – Governing Meridian – 2nd Division
Peace – Yin Regulator – 3rd Division
Freedom – Yang Regulator – 4th Division
Grace -- Penetrating Flow – 5th Division
Wonder -- Belt Flow – 6th Division
Bliss – Yin Bridge – 7th Division
Beauty -- Yang Bridge – 8th Division

You ARE:
LOVE
JOY
PEACE
FREEDOM
GRACE
WONDER
BLISS
BEAUTY

These are states of being not fleeting emotions.
They are foundation, the corner stone, the rock upon which ALL are built.

This is your DESTINY.
Planting the consciousness in this energy, that has no antonym,
is your curriculum in life.
Here is the best part, there are steps to take to infuse the 8 EV's
into your 12 Meridians to unite nature with your spirit.
Now ain't that a groovy thought?

The Extraordinary Vessel Lock/Key Points

Seriously points that are like keys for a lock, each EV has a point that is like a key in a lock that opens the door to that vessel.

Let me organize this for you in the order of the development:

Vessel	State of Being	Key/Lock Point	Key Anchor	Assoc. Source Pt
Central Vessel	Love	LU7	Navel	HT7
Governing Vessel	Joy	SI3	Mein Men	LI4
Yin Regulator	Peace	K6	Cheekbones	Sp3
Yang Regulator	Freedom	BL62	SI11	BL64
Penetrating Flow	Grace	SP4	Pubic Bone	CX7
Belt Flow	Wonder	GB41	Web at Waist	TW4
Yin Bridge Vessel	Bliss	CX6	Main NV	LV3
Yang Bridge Vessel	Beauty	TW5	Behind Knees	GB40

Technique 1: To Test the “State of being”

EX: Say WONDER out loud.

Fail?

Hold GB41 with TW4 to start and then hang onto the KEY PT GB41 and then hold web at waist.

This infuses the meridian system using the Key of GB41 to get in Lock/Source TW4. The EV of WONDER is infused throughout the polarized meridians by anchor and wander.

Technique 2: Test all the “State of Being” all at once

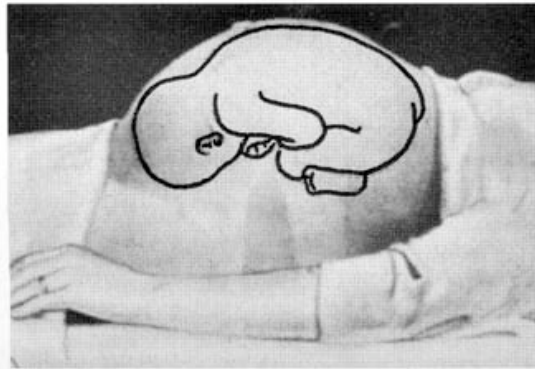
State out loud:
I AM

LOVE, JOY, PEACE, FREEDOM, GRACE, WONDER. BLISS & BEAUTY

Did ya Flunk? Child’s pose! Test again.

Wow!

Why?



ohhhhhhhhhhhhhhh wow.....

Child’s Pose, or the EV exercise of “bum in air”, puts our bodies back in fetal position where we were only
8 Extraordinary Vessels – Pre-Heaven.

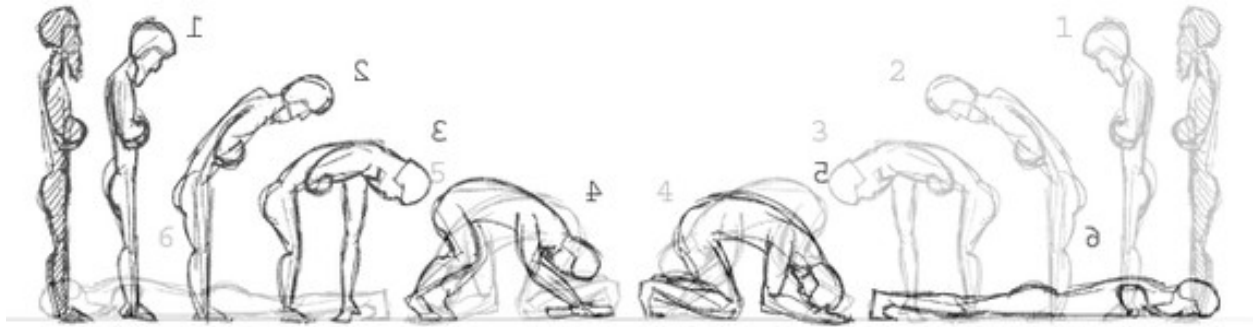
We had not had a breath yet – we had not polarized yet.

The breath is how we run spirit through us while we are polarized –

this is why our physical dies when we stop our breath

The “bum in the air” exercise re-sets the that 8 EV memory and puts our bodies back in our original design of
receiving without resistance.

So, let's get back to the Medicine of Yielding: The concept of *Receiving without offering resistance!*



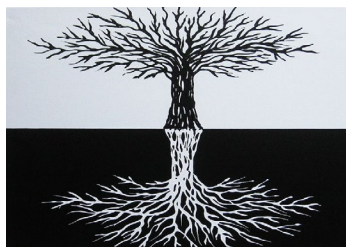
Ok now we can have that "religious
discussion. (pause for discussion)

The Soul knows... so I get why I meditate, pray, be silent, do good works.... It all makes sense that we are trying to align with the best part of us.

Or as I have on my bulletin board an anonymous quote:
"When Life gives you more than you can stand...
KNEEL."

Kinda takes on a whole new meaning now doesn't it.

Think of a tree shedding its leaves and going dormant in the winter.
The rhythms of that season have passed –
but the tree sits there, trunk and branches on top of earth (Yang), roots buried deep and dark in the frozen soil (Yin).



Then in Spring, that Solar Spark awakens the tree and the birth of the new rhythm begins after the winter's gestational nap.

Our bodies are like that. We each have a tree of life that we wrap around when we incarnate. When our last leaf returns to the earth in our fall, and we return to the deep yin of winter – our tree is still there polarized with its Yang visible about the earth and its Yin invisible deep and dark in the earth. We are nature. Our tree is the Taiji pole. Heavens energy hits our Yang (GV20) and stirs movement in our Earth (CV1). We come back to expand our bark, to grow with these seasons and stretch our branches. The tree does not complain about drought or pruning or the price of milk. It does not yell out when its bark splits every year so it can grow – it just fills in the split and expands. It does not resist. It does not take the drought personally. It does not stubbornly refuse to let that last leaf drop in the fall refusing to sign the last inevitable page of the contract of being incarnate.

Expansion is what it is all about. The 8 EV's are the hotbed on which our Yin and Yang pull in dynamic tension constantly and relentlessly strengthening our core self. The "S" that sits between the Yin and Yang of the 12 polarized meridians is that part of us that always leaves the light on for us.

Let go or be dragged.
The Rhythm is gonna get ya.

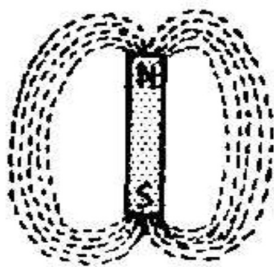
Ease confusion regarding Central & Governing and polarity

Central and Governing's polarity is all about the Taiji Pole.

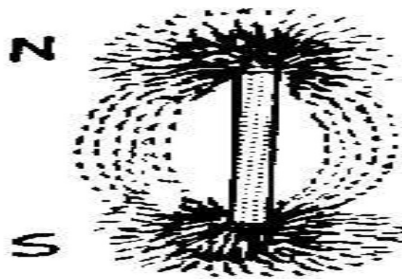
Central & Governing do not have polarity they have anchors.

So, when Central & Governing are needed that are actually treating the polarity of the Taiji Pole – which is HIGHLY magnetized.

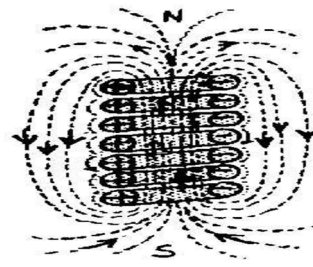
Central & Governing move like a Ferris Wheel around the Taiji Pole.



Bar magnet and it's field as lines of force.



A bar magnet with concentration of iron fillings at the poles.



Actual lines of electromagnetic force around a solenoid.

Magnet drawings – from *Polarity Therapy*, Randolph Stone, DC.

Source Point Locations

Source Points are also called Origin Points—they are used in TCM to treat “root causes”. They are used to understand if there is resistance in a particular organ or Organ Kingdom. They treat resistance specifically.



I don't remember whose hands/foot this is, but the pics are from a Power Point presentation I did in 2008.

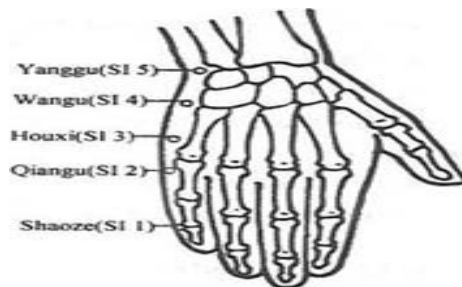
'In our physical life, the spirit needs physical reality in order to express itself, and that physical reality needs to be controlled and inspired by spirit' (De la Vallee).

Lock/Key Point or Opening Point Locations on the 8 EVs

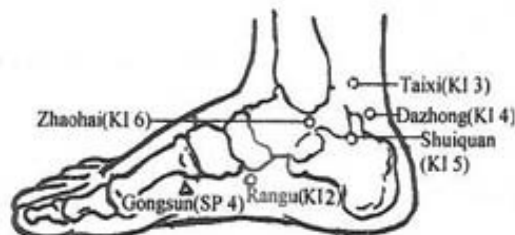
LU 7 Lock point for Central – infusing Love:



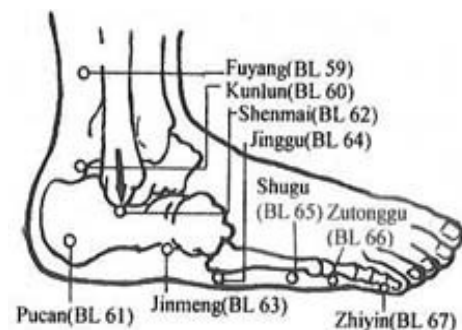
SI 3 Lock Point for Governing for infusing Joy:



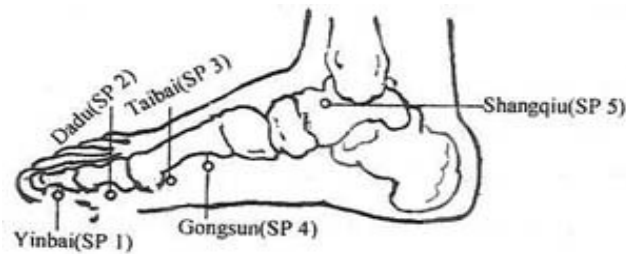
K6 Lock Point for Yin Regulator for infusing Peace:



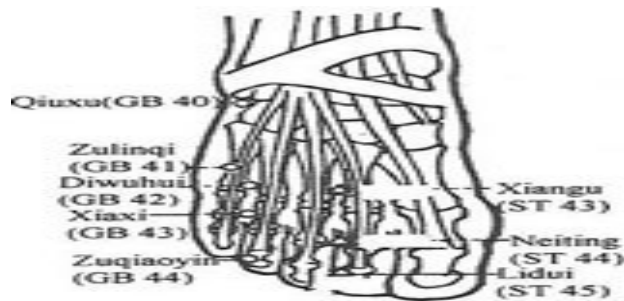
BL62 Lock Point for Yang Regulator for infusing Freedom:



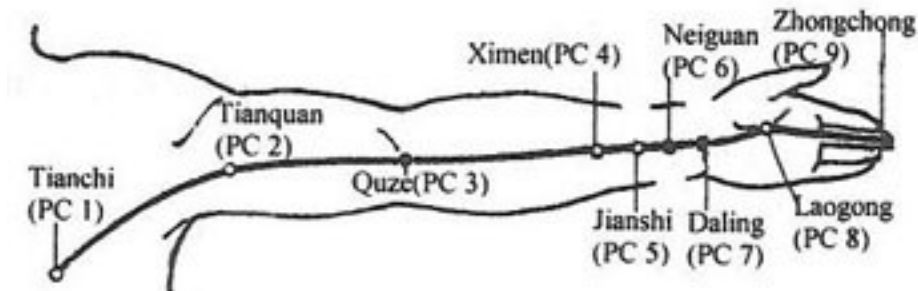
SP 4 Lock Point for Penetrating Flow for infusing Tranquility:



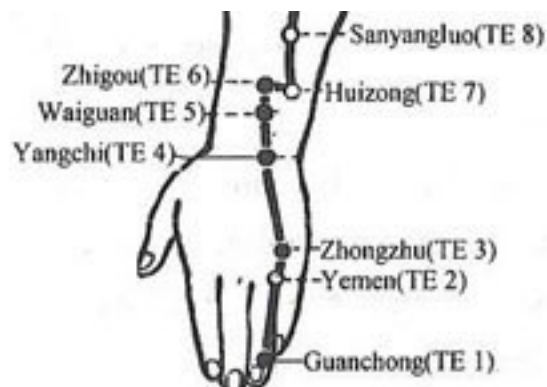
GB41 Lock Point for Belt Flow for infusing Wonder:



CX 6 Lock Point for Yin Bridge Flow for infusing Bliss:



TW 5 Lock Point for Yang Bridge for infusing Beauty:

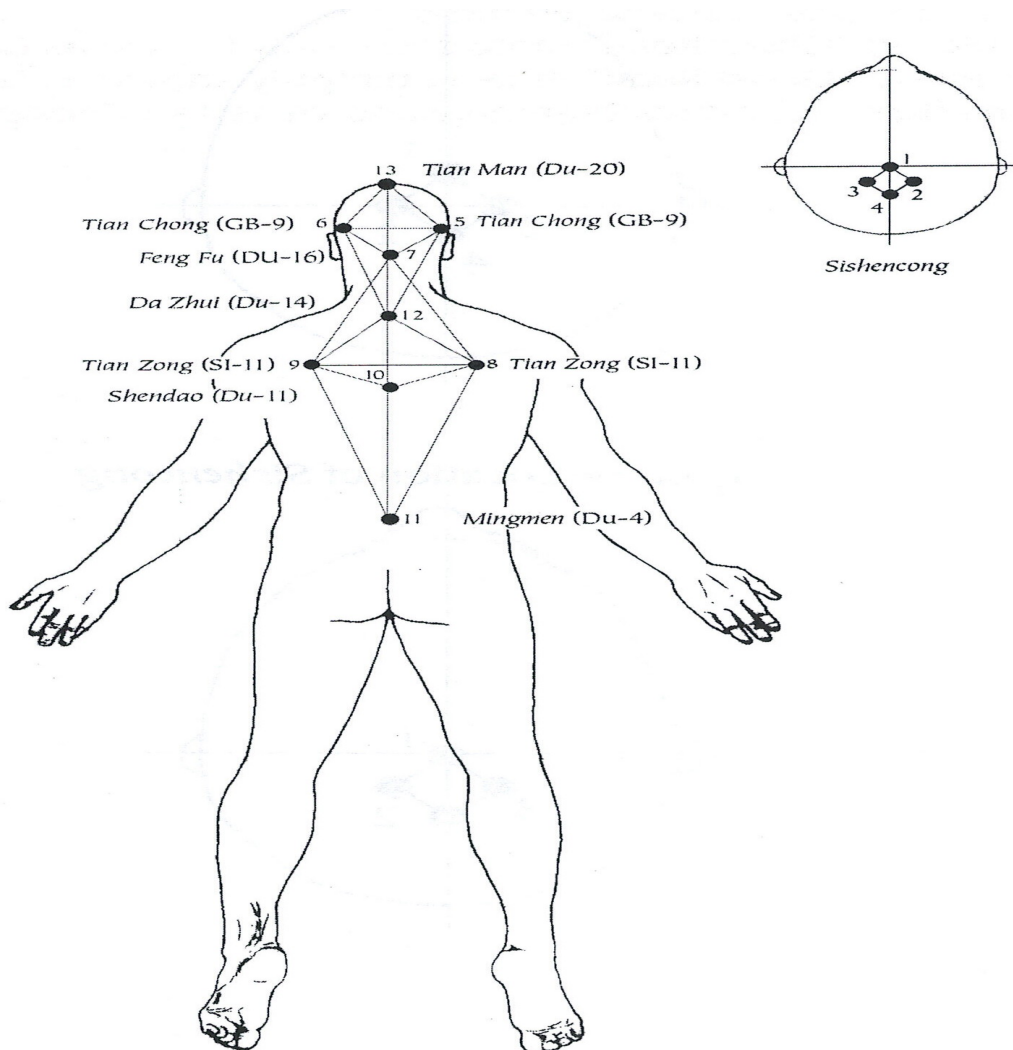


Point locators by Acupuncture: Gateway to Chinese Health and Wellness.

Discern the Whisper:

Esoteric Pattern by Mikio Sankey

Enabling the transformation needed to clarify one's "Puzzle Piece" to rekindling the passion of living. The emphasis is on Spiritual Awakening, the balancing of all levels of the Heart, the expanding of consciousness and building your Inner Spiritual Antenna. A powerful therapy that can benefit all aspects of ones being (Sankey).

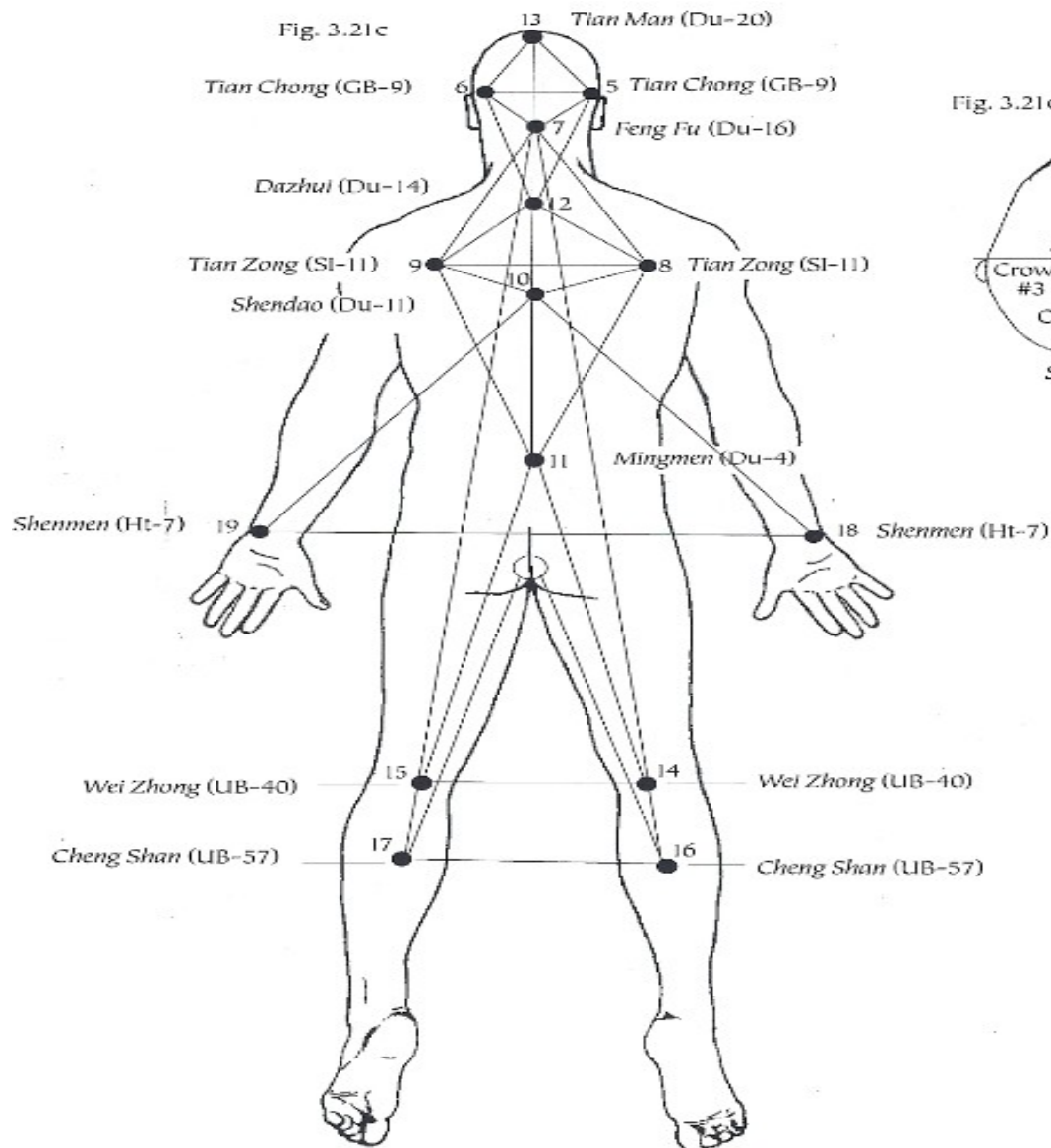


1. Palm on top of head with right hand (note the head pattern sits towards back of head – this engages Bridge Flow)
2. Fingers on Left GB-9 with left hand
3. Right hand to left GB9
4. Left hand to GV 16/power point
5. Right hand to GV 14
6. Left hand to SI11
7. Right hand to SI11
8. Slide both hands to GV11
9. Slide both hands to Mingmen

Esoteric Heart Pattern:

by Cat Calhoun

Pain, Emotional Upheaval, Emotional Fatigue, Futility, People who are burned out by life



1. Palm on top of head with right hand (please note the head pattern is centered- This engages Regulator as well as Central)
2. Fingers on Left GB-9 with left hand
3. Right hand to left GB9
4. Left hand to GV 16/power point
5. Right hand to GV 14
6. Left hand to SI11
7. Right hand to SI11
8. Slide both hands to GV11
9. Slide both hand to Mein Man
10. Move both hands to both hands to Ht7
11. Move both hands to behind both knees to BL40
12. Move both hand to center of calves to BL 57

Discern the Whisper:

Governing 20: Bai Hui – Hundred Meetings – at top of head in line with tips of ears.

GB 9: Tianchong – Celestial Rushing or Celestial Hub – Spleen NV point

GV 16: Feng Fu – Wind Mansion – Power Point – this point is the emergence of GV's internal pathway from the perineum. There is an internal branch that enters the brain at this point and another branch that continues around the head.

GV 14: Da Zhui – Great Hammer – C7 – or that “bump” at top of spine and below neck. This is also called the Meeting Point for all Yang Meridians.

SI 11: Tian Zong – Celestial Gathering – These points release the Lungs/breath and release Liver/self-expression.

GV 11: Shen Dao – Spirit Path – Important point for spirit problem, anxiety, clouded mind, forgetfulness, sleeplessness and mood swings. This point is used frequently to revive Heart and Lung energy.

GV 4: Ming Men – Life Gate – well it's Ming Men but specifically we turn to MM for Adrenal collapse, fear, panic attacks, fear for no “reason”, no libido.

Esoteric Heart:

Add...

HT 7: Shen Men – Spirit Gate – Emotional issues related to sleep or thought patterns that are not “real”. Unclear thoughts – inability to focus. Anxiety and Mania and an overreaction to emotional stimuli. Nausea associated with fear and panic.

BL 40: Wei Shong – Bend Middle – this is, on physical body, primary point for back issues, sprains, spasms, but in a more esoteric definition it has to do with flexibility of the mind and spirit. It also sits in the GB NV.

BL 57: Cheng Shan – Mountain Support – this point is used for neurological disorders or paralysis. Also, this point treats heel or foot pain and as a result restores energy to the feet.

The Esoteric Heart Pattern is a treatment of “As above, So Below”.

Lock & Key patterns:

Basic examples of infusing the 8 EV's by using the Lock/Key system...

Wellbeing is an extension of Peace: Yin Regulator:

Hold K6 (**key**) with Cheek Bones (**anchor**). Then hold K6 (**key**) with SP3(**source**).

Purpose is an extension of Love: Central Vessel:

Hold LU7 (**key**) with Navel (**anchor**). Then hold LU7 (**key**) with HT7 (**source**).

Compassion is an extension of Grace: Penetrating Flow:

Hold SP4 (**key**) with Pubic Bone (**anchor**). Then hold SP4 (**key**) with CX7 (**source**).

Expansion is an extension of Wonder: Belt Flow:

Hold GB41 (**key**) with web at waist (**anchor**). Then hold GB41 (**key**) with TW4 (**source**).

Peace of mind is an extension of Bliss: Yin Bridge:

Hold CX6 (**key**) with Main NV (**anchor**). Then hold CX6 (**key**) with LV3 (**source**).

Contentment is an extension of Freedom: Yang Regulator:

Hold BL62 (**key**) with SI11 (**anchor**). Then hold BL62 (**key**) with BL64 (**source**).

To test other desirable states of mind:

Hold or say the desired state against the Key/Lock point on the 8 EV'S.

You will test strong when you find the right key to unlock for that desired state.

Then follow the above procedure to infuse that desired emotion into the polarized meridian. Example: Patience

Test the word Patience against the Key/Lock points.

Let's say the client goes strong with Yang Regulator/Freedom.

Patience is an extension of Freedom: Freedom = Yang Regulator: Hold BL62 (key) with SI11 (anchor).

Then hold BL62 (key) with BL64 (source).

Variation: simply hold **Lock/Key** with the **Associated Source Point**.

This is especially effective if the bruising of the Spirit has affected the health of the organ or has affected something in the Organ Kingdom. This directly infuses the organ with the EV.

Remember: Unattended Spiritual Injuries always lead to physical/emotional deterioration

Work backwards in this way... Start with the Source point for trouble Organ or Organ Kingdom.

Example: Heart disease = HT7 the Source Point. HT7 associated EV is Central. Central's Lock/Key point is LU7.

Hold bilaterally HT7 with LU7 till you feel pulsing or 3 to 5 minutes per side.

Addendum

Here is what I know to be true.

That happy, the core state, is not a smiley face sticker on a gas tank pretending you have plenty of gas in the tank.

Happiness is based on truth. Being able to tell a truth, live a truth, be a truth.

Shaun Achor, author of the **Happiness Advantage** defines happiness as:

“The joy one feels while striving for their potential.”

Aristotle is attributed with ‘inventing’ the word happiness: the Greek literal translation is ***human flourishing***.

Happiness is not a feathered nest with a “sugar person (mama or daddy)” that gives you a Bentley for your sweet 16.

Core Happiness – the 8 EVs - is a core value that holds you together when you have lost your home in a flash flood.

Core Happiness – the 8 EVs - is the sensation that I will be OK after your spouse leaves you for another.

Core Happiness – the 8 EVs - comes from the self-awareness and a learned ability to look around and know that there are gonna be days like this – Mama said!

Happiness is a fierce and tenacious state of being. It is strong and leans into all that is noble about being human/spirit.

Happiness is an indomitable spirit - it is a sturdy interlacing of all the 8 EV's feeding and fueling off each other.

There is nothing that opposes our soul. Opposition is an illusion. The polarized experience of being in the physical has no opposite either. Death is NOT the opposite of being in the physical. It is progression. It is nature. It is evolution. There is only attraction and expansion.

What doesn't kill me only makes me stronger is utter crap. You can't be killed, and you can't get stronger. You start AT the finish line. There is NO opposite to who you are. You only have this experience and you only have expansion. Every single incarnate event is remarkable and momentous because your original being is remarkable and momentous.

Here are example questions to ask while holding the corresponding **Lock/Key Point bilaterally**:

Who can I **Love** today? What is it I can **Love** about an unlovable situation that has no conditions? **Hold the thought and hold LU7.**

Joy is how I make peace with myself – in what way today did I participate in Joy? **Hold the thought and hold SI3.**

What would my day look like if I knew that there was nothing to oppose me – that would mean **Peace** reigns? **Hold the thought and hold K6.**

What happened today/or is going to happen today, to demonstrate I am completely **Free**? **Hold the thought and hold BL62.**

My state of Freedom shines the light on my freedom from disturbances – that is a **Tranquil** state. The ebb and flow of the ocean is immune to any state of division that humans decide is real. Only the ebb and flow of the ocean is real. **Hold the thought and hold SP4.**

Wonder what would my TW do if all I saw caused me to wonder? What if I was just simply curious? How different would my day go if all of what I currently call danger made me say “hmmmmmm” or “wow” = that’s wonder. **Hold the thought and hold GB41.**

Blissful is a derivative experience of the core state of our spirit essence. It is most directly a combo of Wonder and Tranquil. **Hold the thought and hold CX6.**

Beauty is the combination & interaction of all the states of the soul and also defines how we shine in our polarized incarnate being. There is no end to beauty. **Hold the thought and hold TW5.**

LOVE, JOY, PEACE, FREEDOM, GRACE,
WONDER, BLISS & BEAUTY



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“The Shamans say that the Universe makes you right – so that whatever you choose to believe (your working hypothesis), you will continue to find evidence to support it.

So, why not make your working hypothesis extraordinary?” ~ Alberto Villoldo

About Sara Allen, PhD, EEM-AP



Sara Allen has been a student of Donna Eden's since 1998. She has been an Advanced Practitioner (EEM-AP) of **Eden Energy Medicine** since 2001. Dr. Sara was an original founding faculty member of the Eden Energy Medicine School in 2006. She is the Director of Education for the Eden School Year 2 Central Region in Chicago. She also sits on faculty for the Eden program in London and teaches the Eden Fundamentals program in Asheville, NC.

In addition to her passion for all things Eden Energy Medicine she is also an advanced practitioner of Psych K, EFT, Touch For Health, Reiki, German New Medicine, Jin Shin Do, and Animal Energy Medicine. During her doctoral studies she researched extensively the art of homeopathy, food as medicine, supplemental medicine, essential oils and Ayurvedic medicine.

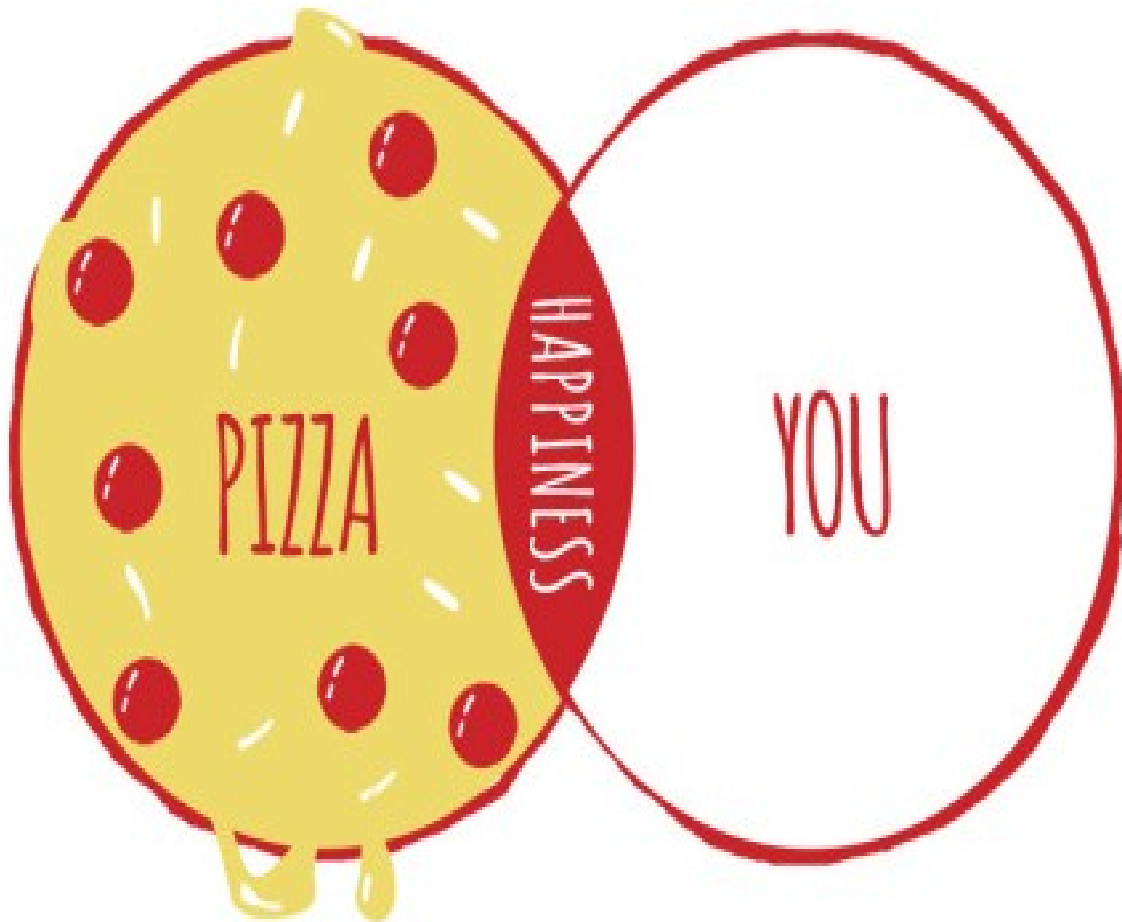
Dr. Sara, when she is not wearing her energy medicine hat, is a highly skilled trainer in Leadership Effectiveness Training or **LET** for short. LET is a Rogerian based leadership course that she often summarizes by saying "...LET is the art of learning how to be a better boss – how to be a compassionate and productive leader." Complimenting her LET training, Dr. Sara is deeply versed in the neuroscience of emotional intelligence - Daniel Goleman's **EQ** - as well as the Positive Psychology movement.

Dr. Sara's diverse training, her many years of teaching and over 20,000 hours of clinical experience have resulted in a masterful blend of teacher, practitioner and mentor.

Dr. Sara lives on top of a mountain in Asheville, NC. She has a private energy medicine practice in Asheville.

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The Tao of Pizza



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