



THE FIVE SENSES - OUR REALITY SHAPERS

UNDERSTANDING THE CONNECTION
BETWEEN OUR SENSES AND OUR
MENTAL HEALTH

DR. SARA ALLEN

© GOOD FOR YOU ENTERPRISES 2020
WWW.GOODFORYOUEENTERPRISES.COM CONTACT@DRSARAALLEN.

PRODUCED BY HOLISTIC ENERGY WWW.HOLISTIC.ENERGY
INFO@HOLISTIC.ENERGY

RECORDING RELEASE:

This class allows and encourages interaction. It is being recorded. By participating in this class, I understand that I may be on camera and recorded. If I do come on video to ask questions or share a story, I grant permission for my image and voice to appear in this class produced by the Good For You Enterprises and Holistic Energy. I also realize I might appear in background shots, as well as other "still" photos during the class. I grant permission for my image to appear in any publicity and social marketing efforts.

THE SKILLS:

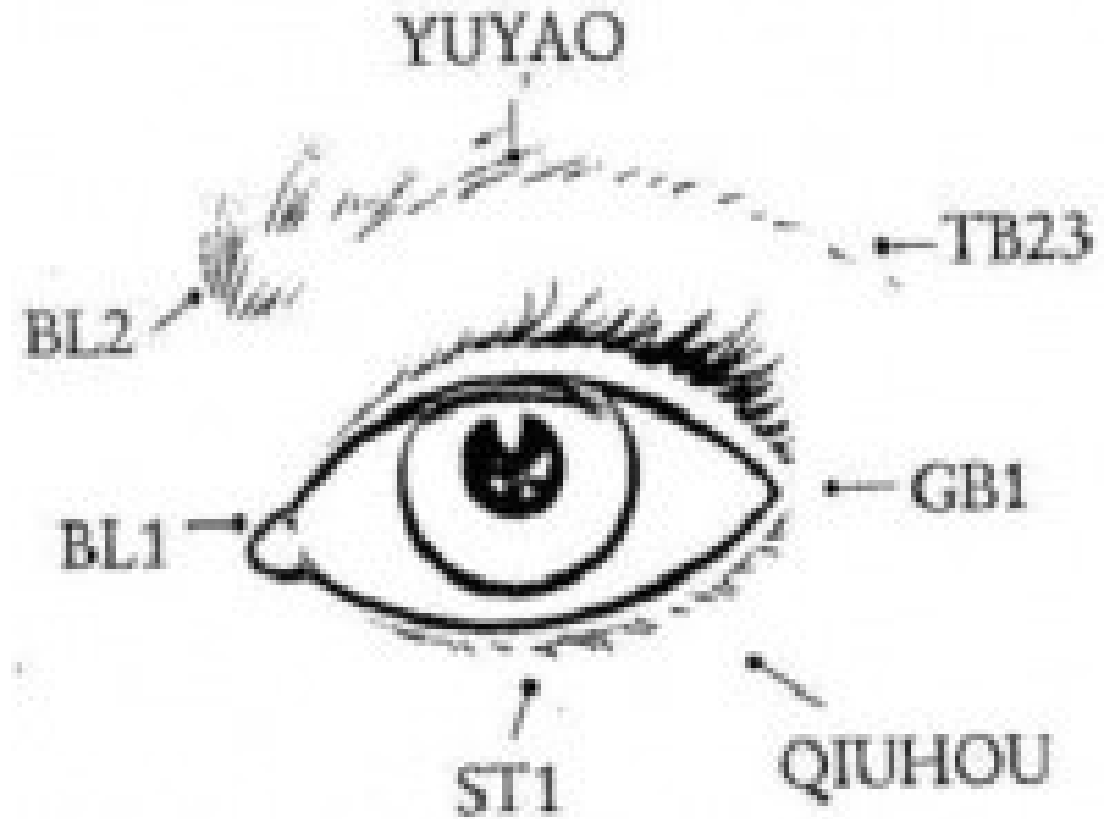
- Testing over the sense organ.
- If flunk a sense organ test – test the points associated with that organ.
- Test for regularity of the acupoint.
- Test the direction of the flow on the acupoint.
- Clockwise circles on the points till strong.
- Counter-clockwise circles on the points till strong.
- Balancing the vortexes over the sense organ if you know how to balance a Vortex

SEE

- Governed by Liver

- Points:

- BL 1: Bright Eyes
- BL 2: Bamboo Gathering
- TW 23: Silk Bamboo Hole
- GB 1: Pupil Bone Hole
- ST 1: Tear Container
- Qiuhou
- Yuyao

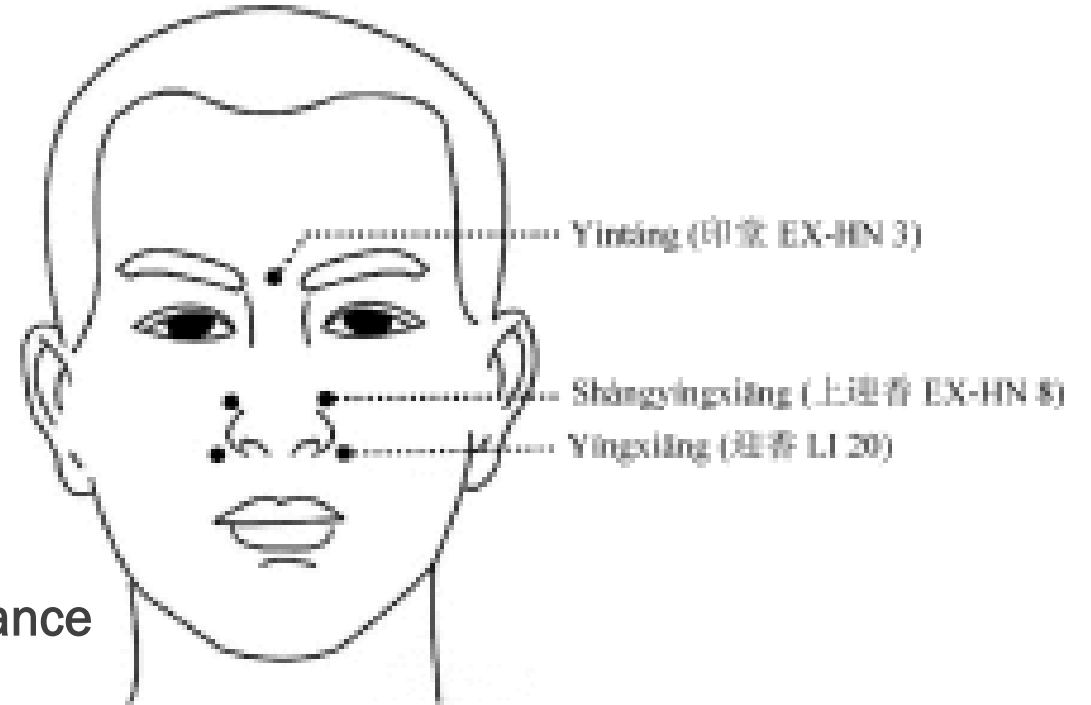


SMELL

■ Governed by Lung

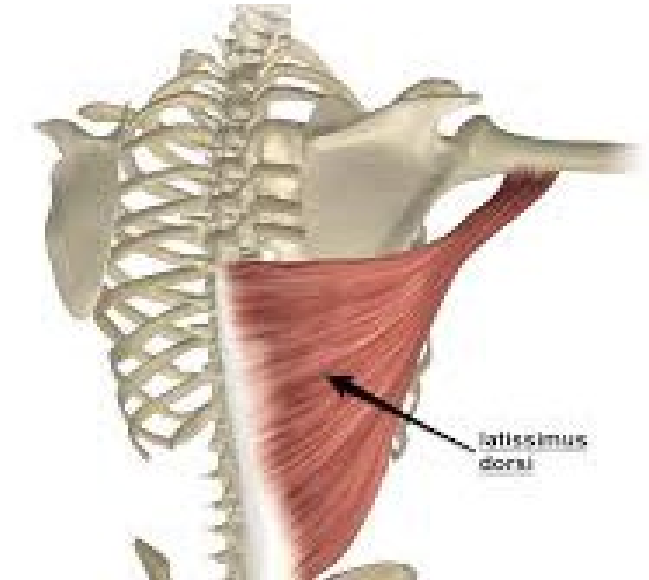
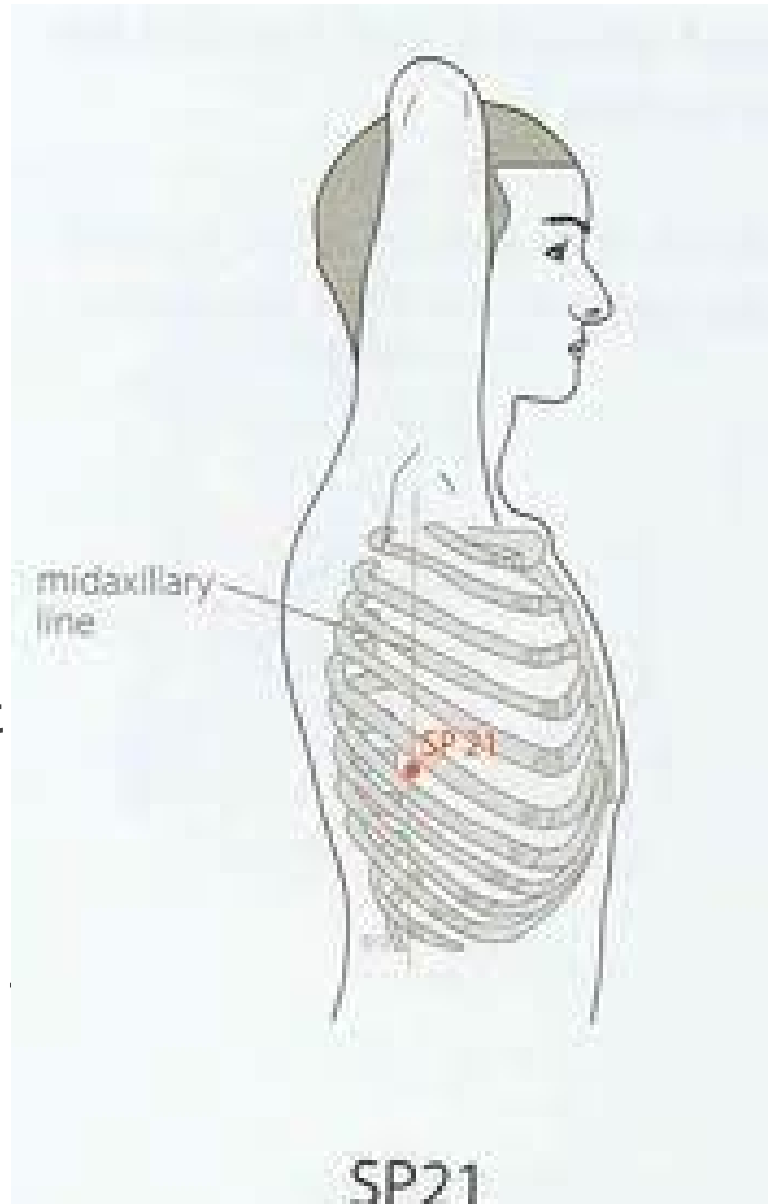
■ Points:

- LI 20 – Welcome Fragrance
- EX-HN 8/Shangyingxiang/Upper Welcome Fragrance
- EX-HN 3/Yingtang/Hall of Impression
- Wei Chi: Defensive Chi
- LU 1 – Central Palace



TOUCH

- Governed by Spleen
- Points:
 - SP 21: Great Embrace
 - Palms of the hands
 - Latissimus Dorsi
 - Light touch in inside of arm

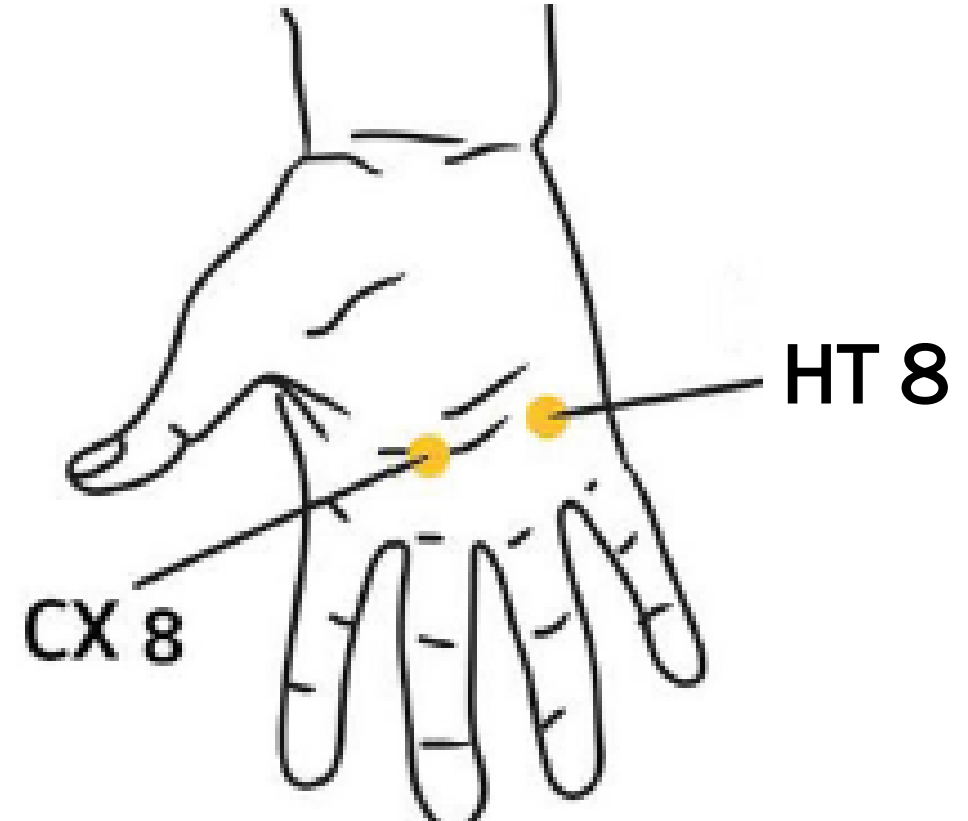


TASTE

■ Governed by Heart

■ Points:

- HT 8 - Lesser Mansion
- CX 8 - Palace of Toil



HEAR

- Governed by Kidney
- Points:
 - GB 8: Leading Valley
 - ST 7: Below the Joint
 - BL 23: Kidney Shu
 - TW 21: Ear Gate
 - TW 17: Wind Screen



SCALP ACUPUNCTURE

- Primary Centers of The Cerebral Cortex

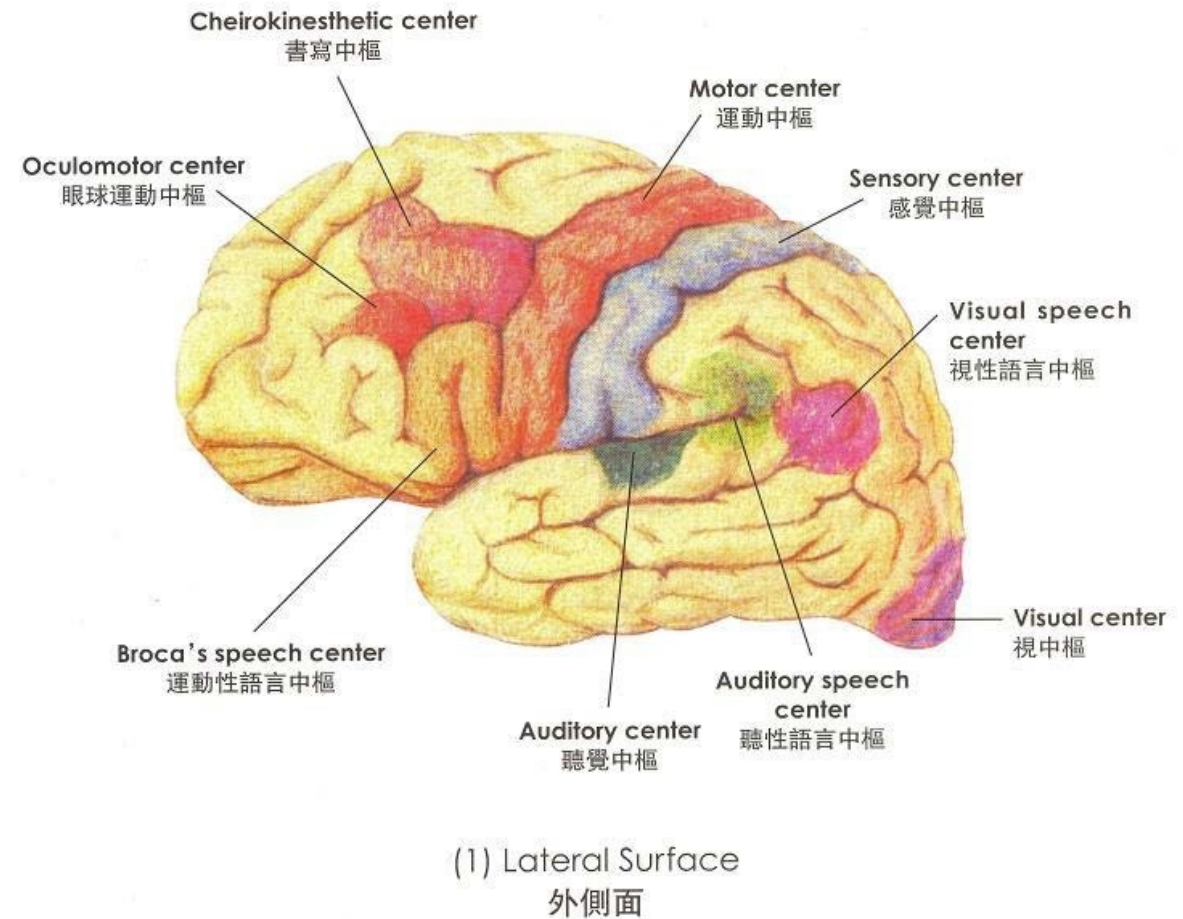
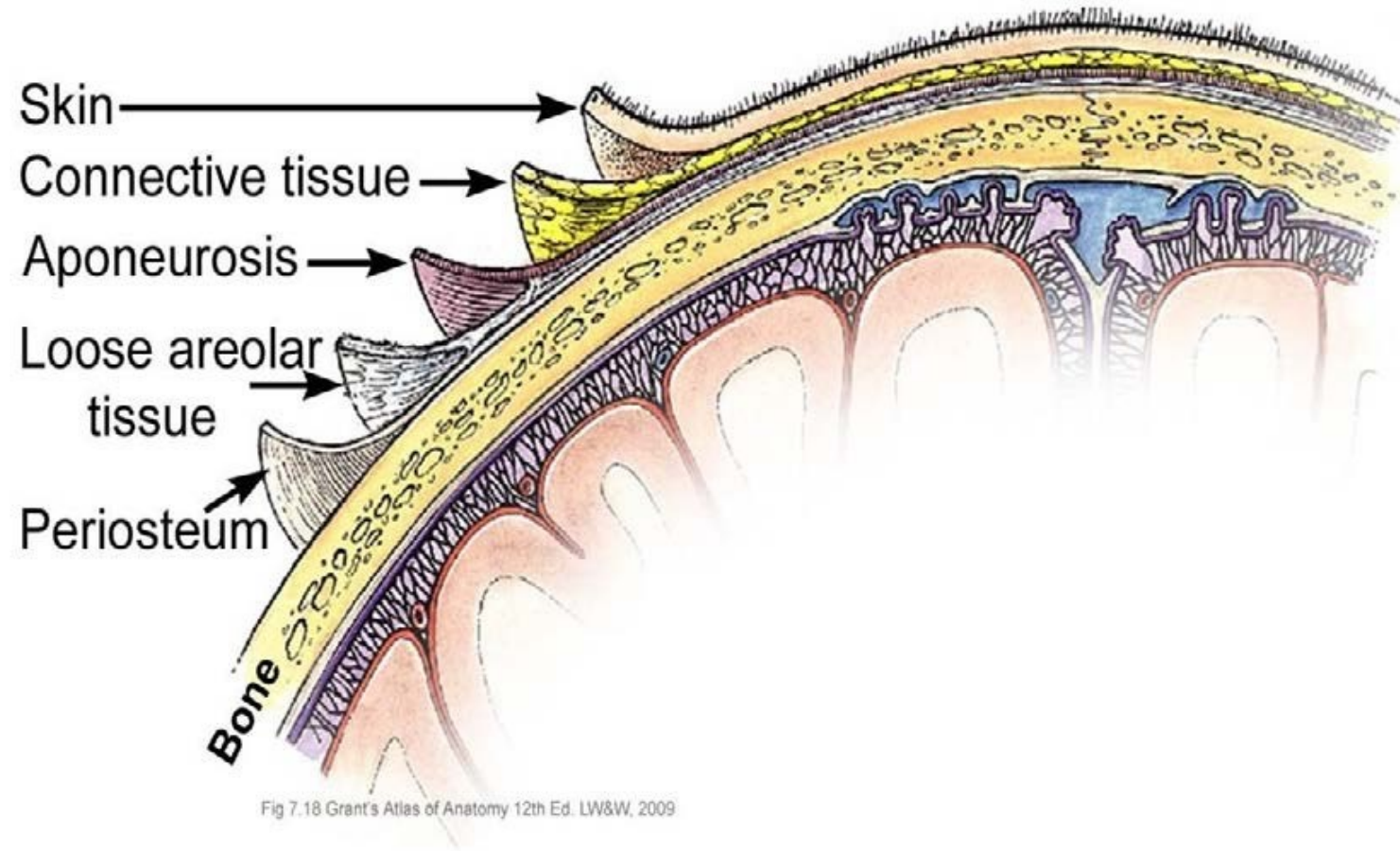


Fig. 1 Primary Centers of the Cerebral Cortex
大腦皮層的重要中樞圖

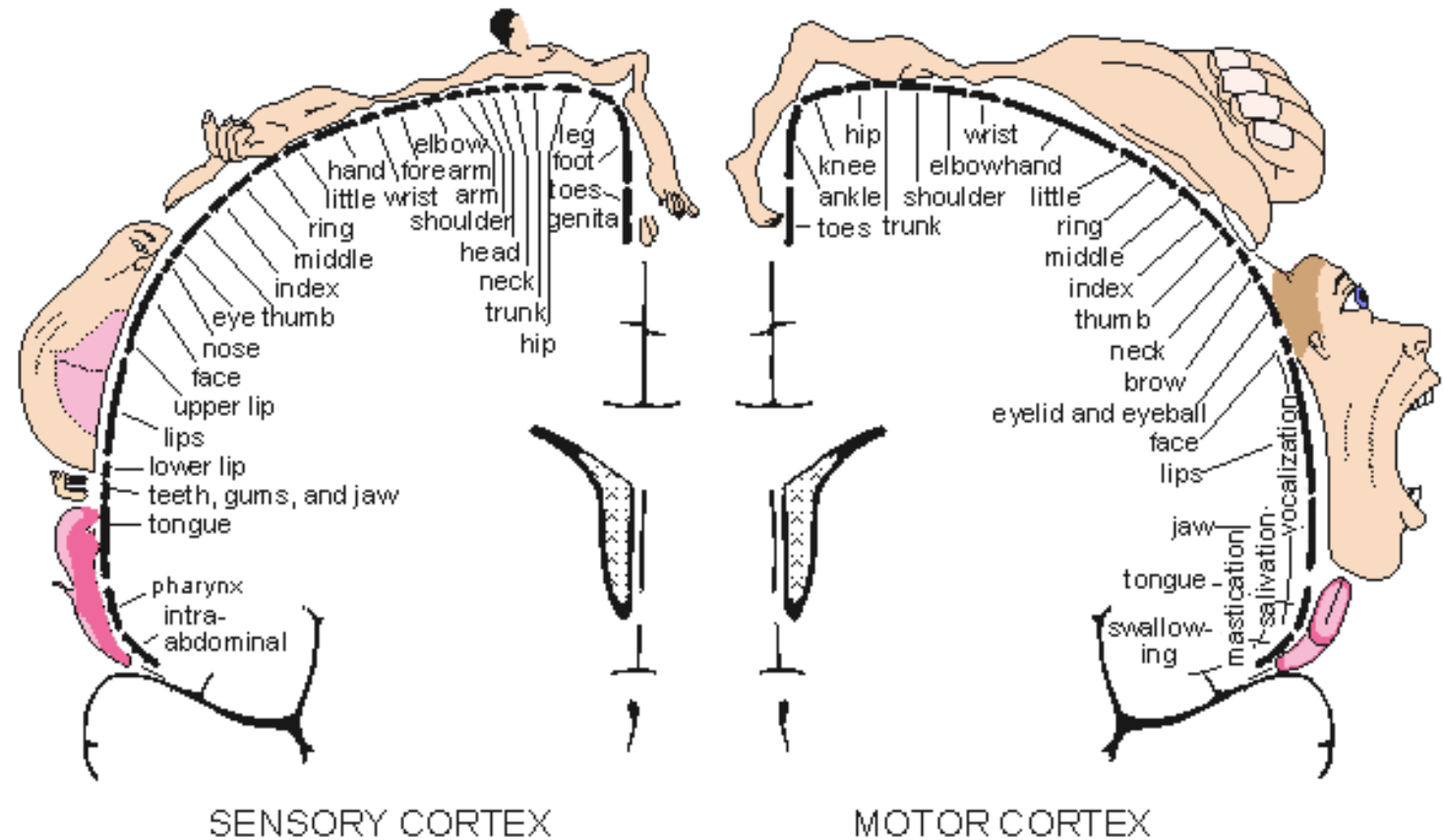
SCALP ACUPUNCTURE

- Scalp Anatomy



SCALP ACUPUNCTURE

■ Sensory and Motor Cortex



STANDARD SCALP LINES

■ Frontal Region

Figure 4: Frontal Region				
4	MS1	Middle Line of Forehead	1 cun line downward from Du 24	Du channel: Unconsciousness, diseases of the head, nose tongue, and throat
4	MS2	Lateral Line 1 of Forehead	1 cun line downward from BL 3	UB channel: Diseases of the pulmonary bronchi and heart
4	MS3	Lateral Line 2 of Forehead	1 cun line downward from GB 15	GB channel: Diseases of the Spleen, Stomach, Liver, and Gallbladder
4	MS4	Lateral Line 3 of Forehead	1 cun line downward from the point 0.75 cun medial to ST 8	GB and St channels: Diseases of the Kidney and genito-urinary system

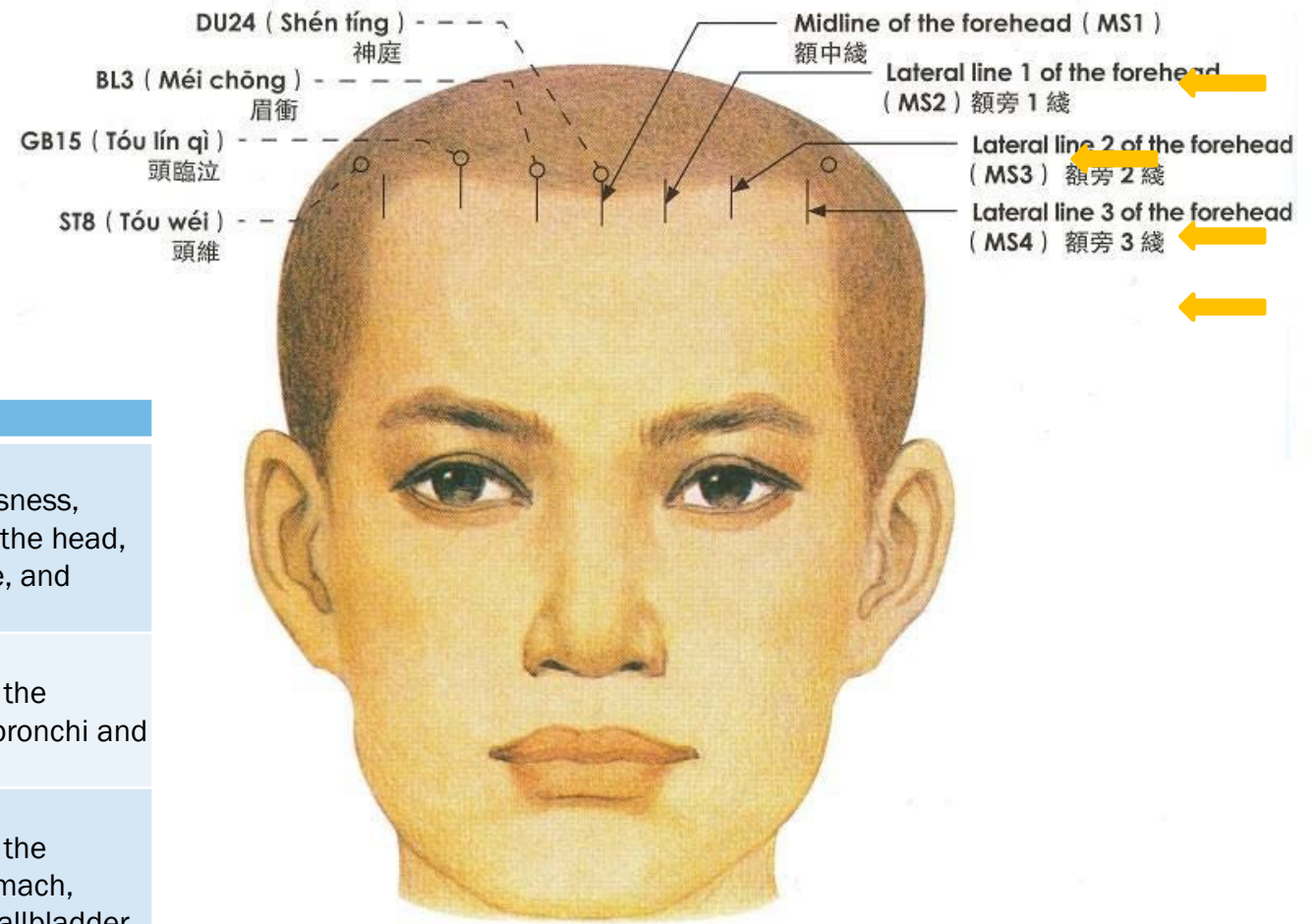


Fig. 4 Frontal Region
 頭針穴綫（額區）圖

STANDARD SCALP LINES

- Parietal Region

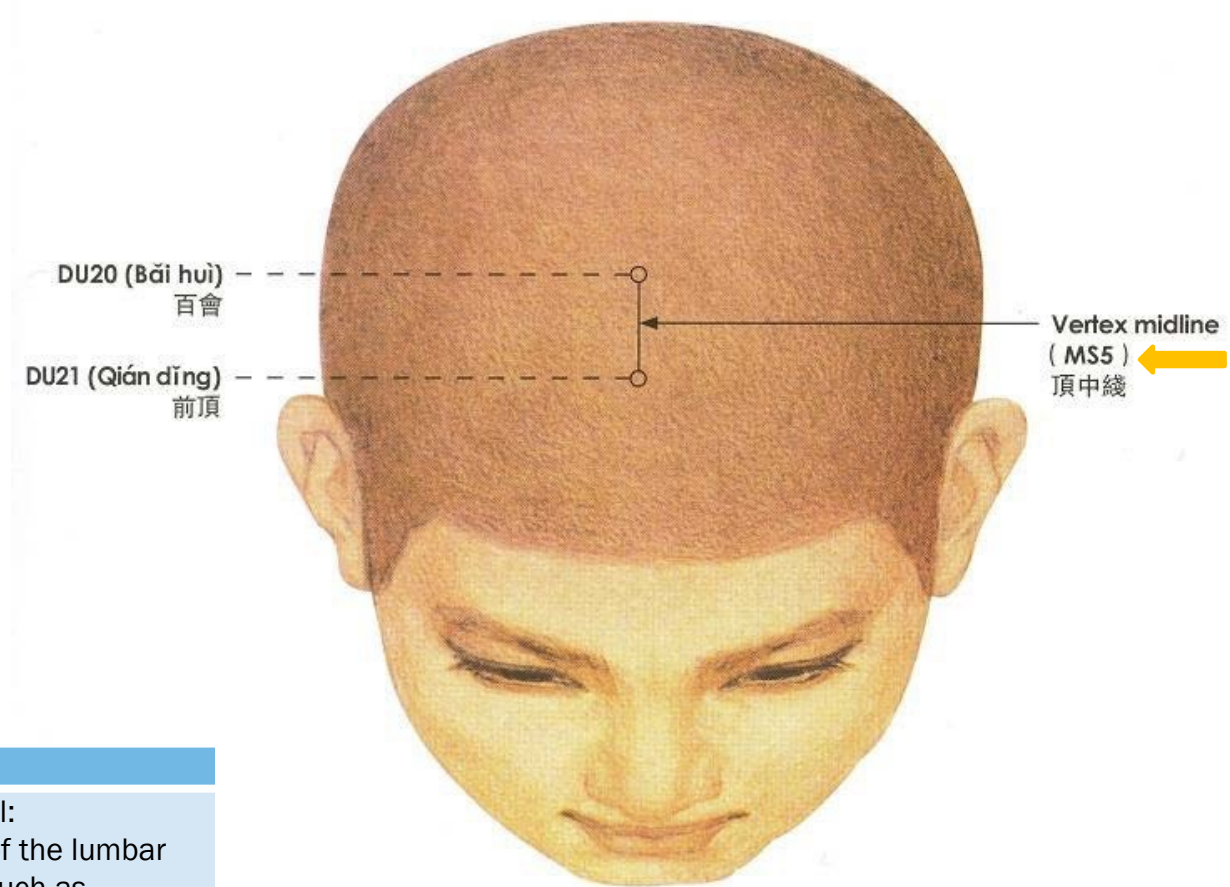


Figure 5: Parietal Region

5	MS5	Middle Line of Vertex	On the vertex, the line jointing Du 20 and 21	Du channel: Diseases of the lumbar and foot (such as paralysis, numbness),
---	-----	-----------------------	---	--

Fig. 5 Parietal Region
頭針穴綫（頂區）圖

STANDARD SCALP LINES

■ Parietal Temporal Region View 1

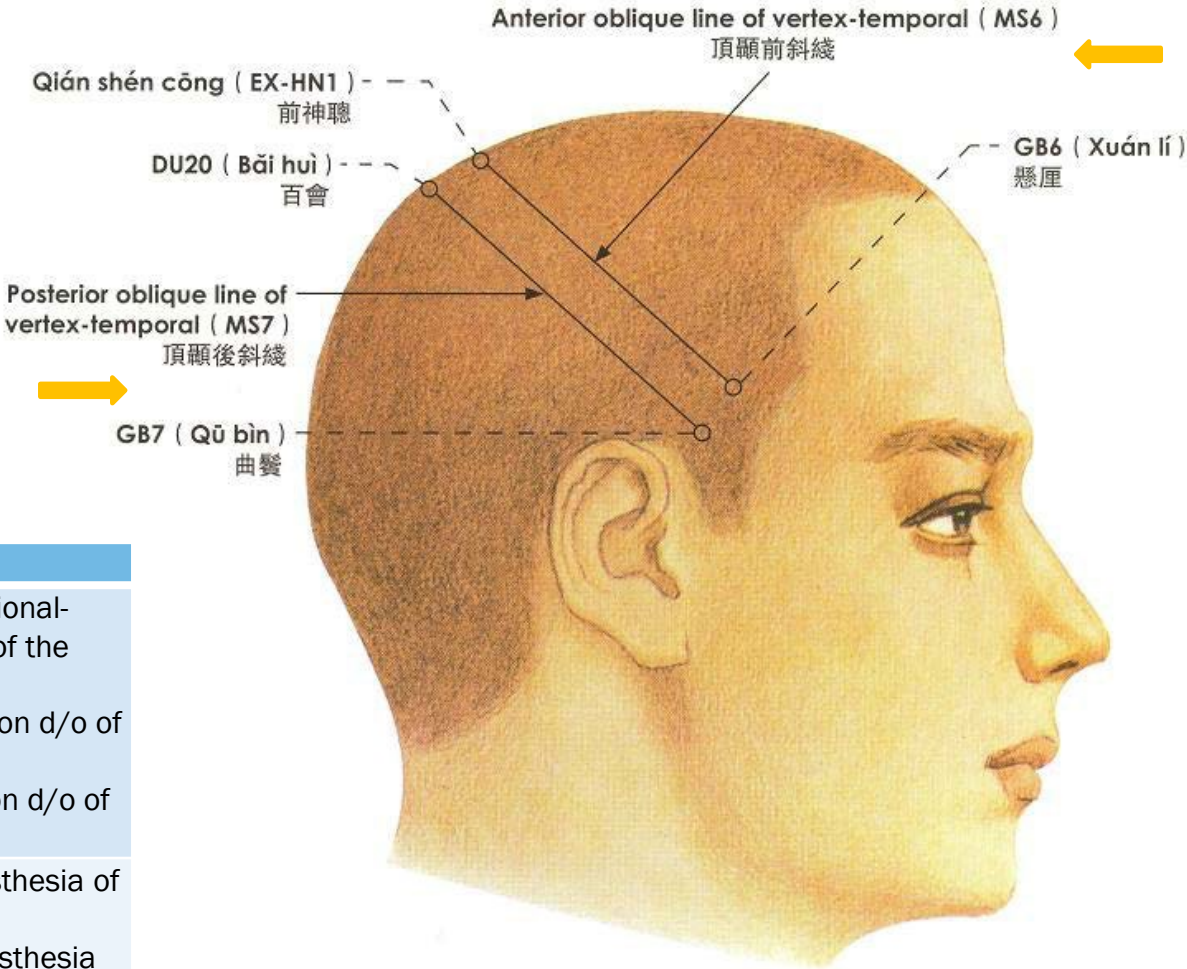


Figure 6: Parietal Temporal Region (Side View 1)				
6	☆MS6	Anterior Oblique Line of Vertex-Temporal	On the vertex and temporal region, the line from Qiang (front) Shen Cong to GB 6, divided into 5 equal parts	Upper 1/5: functional-motor disorders of the lower limbs Middle 2/5: motion d/o of the upper limbs Lower 2/5: motion d/o of the face
6	☆MS7	Posterior Oblique Line of Vertex-	The line from Du 20 to GB 7, divided into 5 equal parts	Upper 1/5: paresthesia of lower limbs Middle 2/5: paresthesia of upper limbs Lower 2/5: paresthesia of face and head

Fig. 6 Parietal Temporal Region
頭針穴綫（頂顳區）圖

STANDARD SCALP LINES

■ Parietal Temporal Region View 2

Figure 7: Parietal Temporal Region (Side View 2)				
7	MS8	Lateral Line of Vertex 1	1.5 cun lateral to the Du channel, 1.5 cun line backward from BL7, connecting the motor and sensory lines	Motor-sensory d/o of the lower limbs, Paralysis, numbness, and pain of the lower leg and loin
7	MS9	Lateral Line of Vertex 2	2.25 cun lateral to the Du channel, 1.5 cun line backward from GB 17-18	Motor-sensory d/o of the upper limbs, Paralysis, numbness, and pain of the shoulder, arm, and hand
7	MS10	Anterior Temporal Line	The line connecting GB 4-6	Temporal nerve: migraine, peripheral facial paralysis
7	MS11	Posterior Temporal Line	The line connecting GB 7-8	Temporal nerve: migraine, peripheral facial paralysis

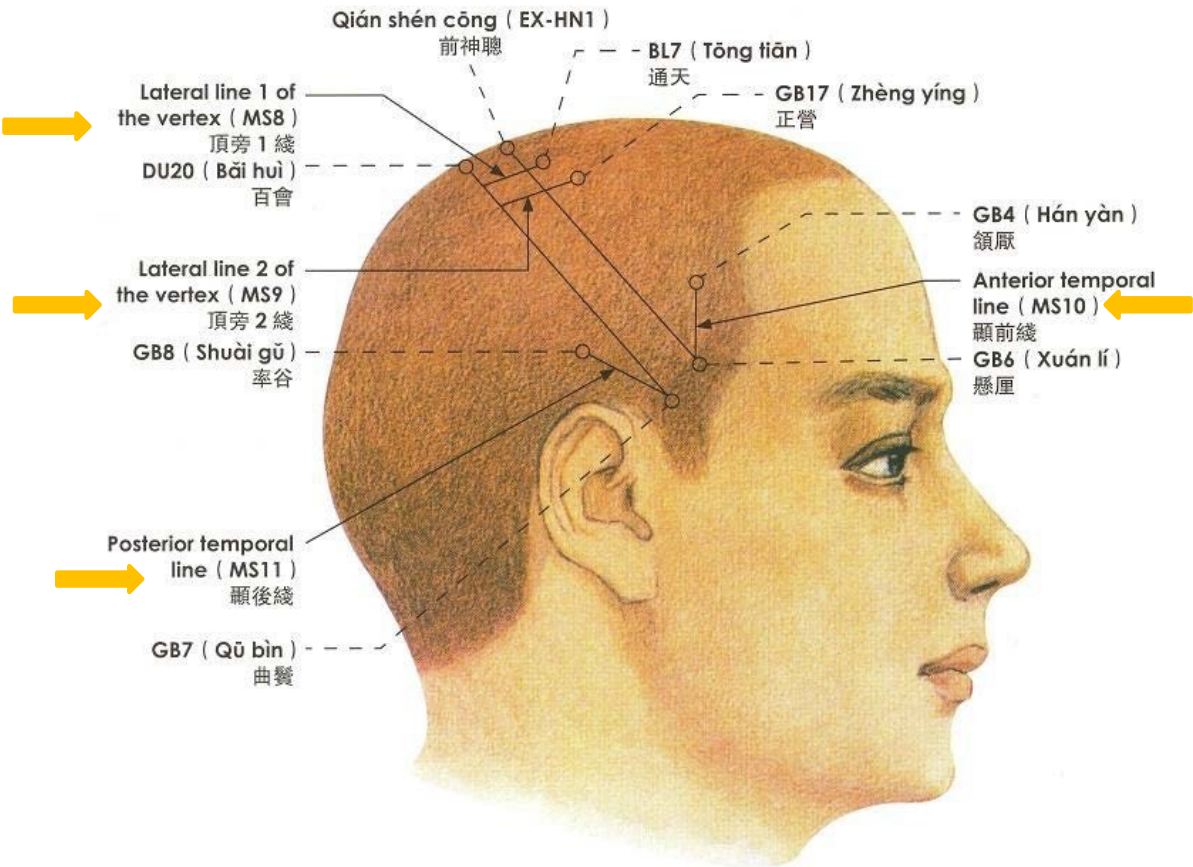


Fig. 7 Parietal Temporal Region
頭針穴綫（頂顳區）圖

STANDARD SCALP LINES

■ Occipital Region

Figure 6: Occipital Region				
9	MS12	Upper Middle Line of Occiput	The line connecting Du 18-17	Eye disease, lumbago
9	MS13	Upper Lateral Line of Occiput	The line 0.5 cun lateral to Du 18-17	Cortical nerve: visual disturbances, cataracts, near-sightedness
9	MS14	Lower Lateral Line of Occiput	2 cun line downward from UB 9	Balance disturbance due to cerebrum injury, nape pain, and occipital headache

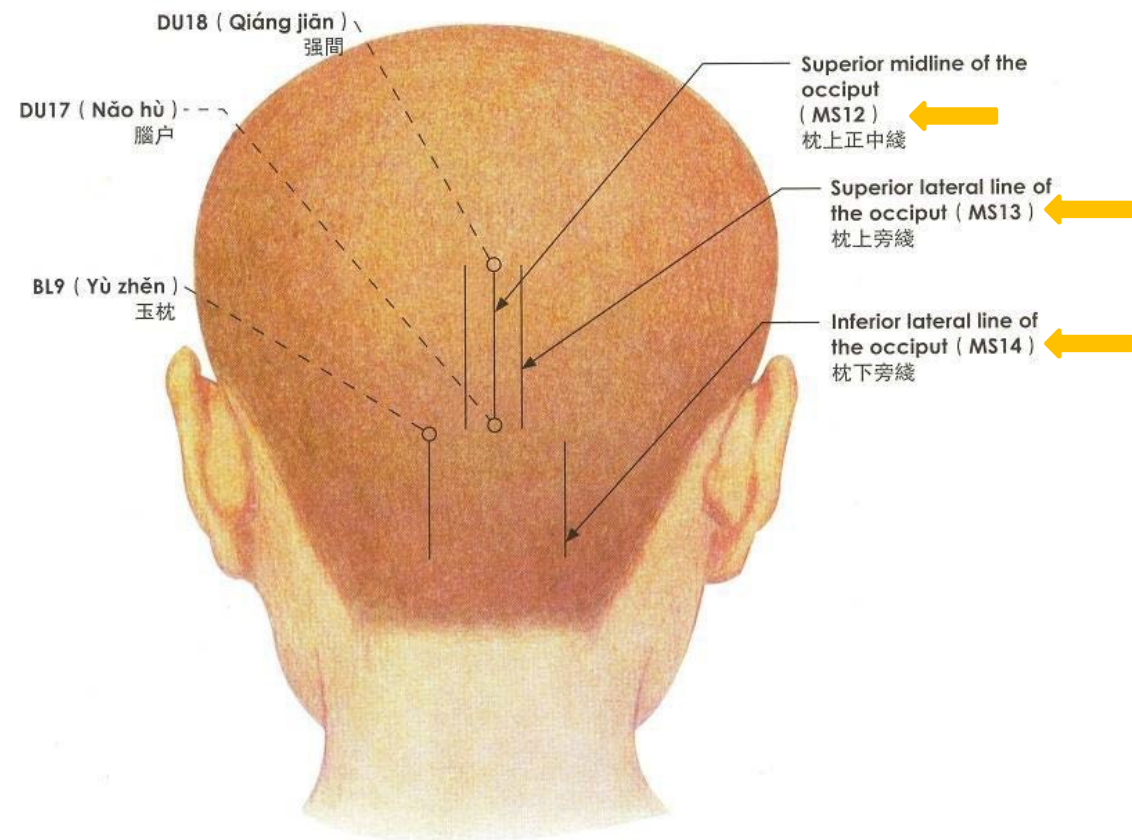


Fig. 9 Occipital Region
頭針穴綫（枕區）圖



QUESTIONS?

UPCOMING MINI-CLASSES BY DR. SARA ALLEN

- **EMF** - Saturday, October 3, 2020 – 1 p.m. – 3 p.m. Central

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.

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

THANK YOU



www.goodforyouenterprises.com



www.holistic.energy

THE FIVE SENSES - OUR REALITY SHAPERS: UNDERSTANDING THE CONNECTION BETWEEN OUR SENSES AND OUR MENTAL HEALTH

© GOOD FOR YOU ENTERPRISES 2020 WWW.GOODFORYOENTERPRISES.COM CONTACT@DRSARAALLEN.COM PRODUCED BY HOLISTIC ENERGY INFO@HOLISTIC.ENERGY