

Shock and Irregular Energies

Addendum

September 26, 2021

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Ba Feng Points and the Polaris Point

The Bodies Gyrocompasses

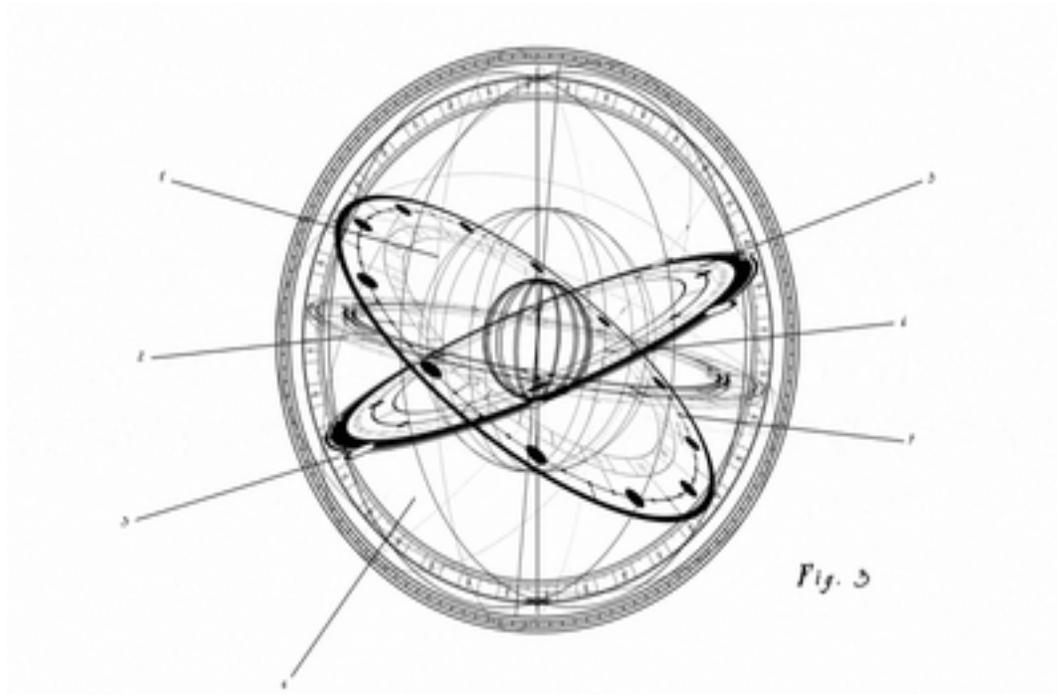


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"A Smooth Sea never made a skilled Sailor."

- Anon

Gyroscopes are present everywhere in our daily life - without our awareness.

Cell phones use a gyroscope.

Airplanes have about a dozen things from the compass to the autopilot.

A yo-yo's spinning motion gives it gyroscopic stability.

Earth itself acts like a gigantic gyroscope. Its angular momentum is along its axis and points at Polaris, the North Star. These forces create a horizontal torque on the gyroscope, which create a change in angular momentum that is also horizontal.

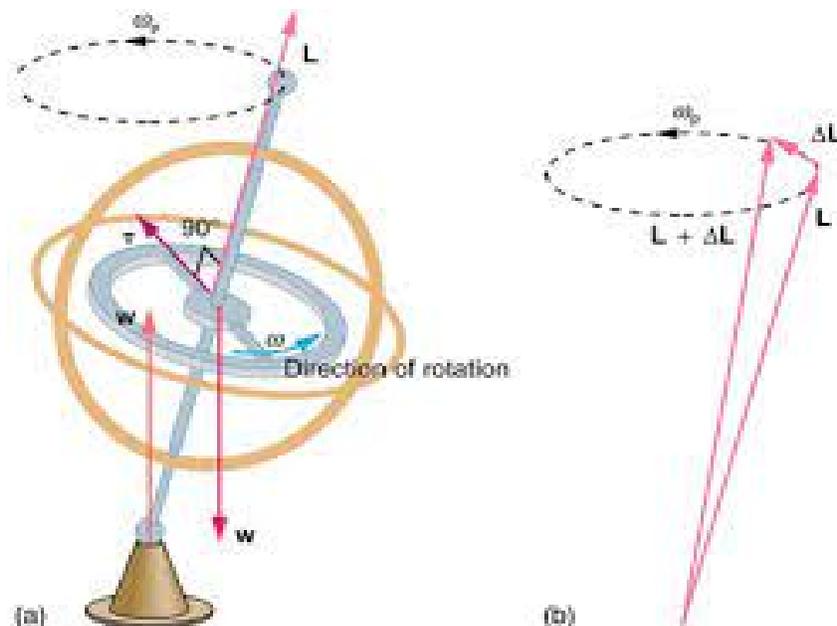


Image from courses.lumenlearning.com

But the image I prefer is the regulating effect of gyroscopes on big cruise ships – also called gyrostabilizers.



Gyrostabilizers help reduce the rolling and imbalance of a ship at sea. When waves cause the ship to roll, the motion automatically activates the gyrostabilizers to right and steady the ship.

This is how our “internal gyroscopes” help steady, stabilize and right us when we are off balance.

When the earth under our feet begins to roll and rock us – there are Extra Points – Extraordinary Points – between our toes - that activate our brains natural self-stabilizing reactions by triggering mental balancing mechanisms and neurotransmitters that put us back in equilibrium.

These Points are called **Ba Feng Points**.

The Ba Feng points are our gyrostabilizers. Ba Feng points restore our bodies to a state of cognitive consonance vs. the wobble state of cognitive dissonance. These points steady us and right us when life’s shockwaves overwhelm us.

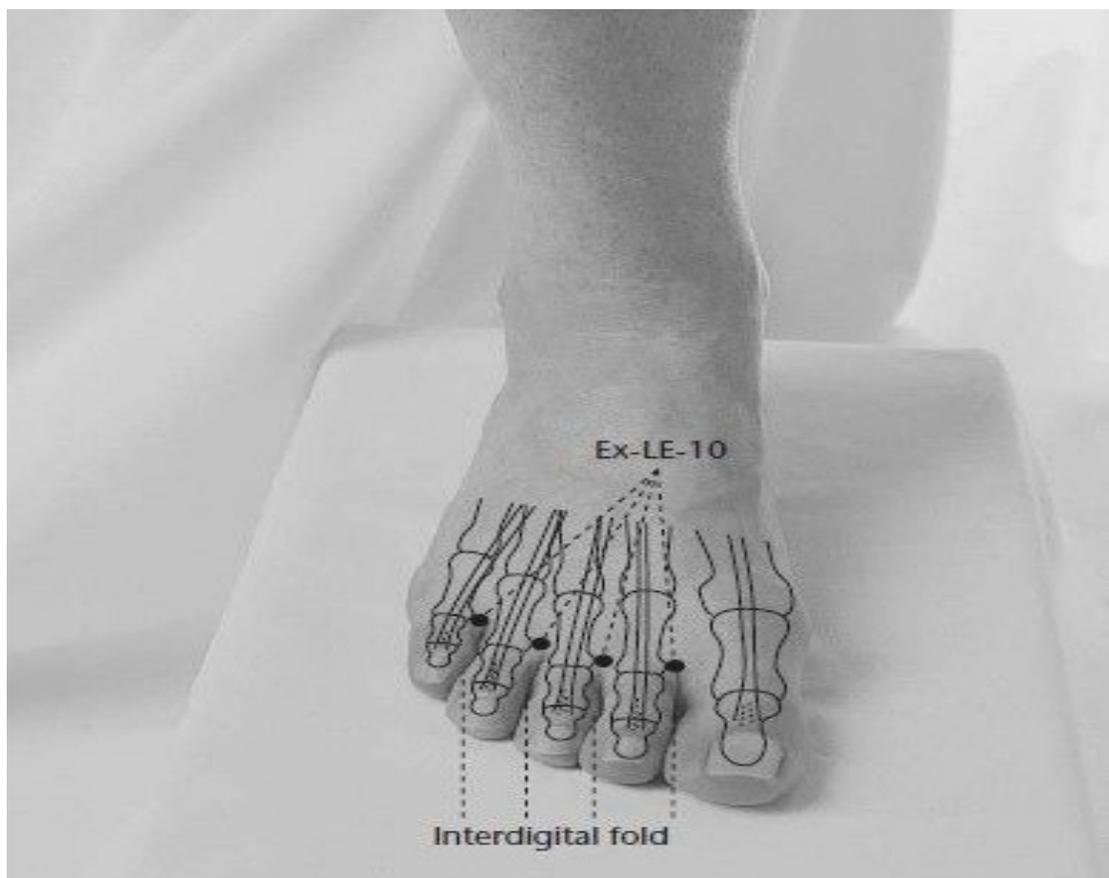
Ba Feng, or Eight Winds, is a collection of points on the feet, four on each, hence the “Eight” in the name.

The traditional location for these points is shown on the image below – kind of between the webbing of the toes. When stimulating these points from the webbing of the toes, with consistent pressure, up about two inches to where the metatarsals become a tight “V” towards the ankle - something incredible happens. This area has a strong connection to the brain. Stimulating these points - plus the two inches - the brain will produce the neurotransmitter combo that reduces anxiety - GABA and serotonin.

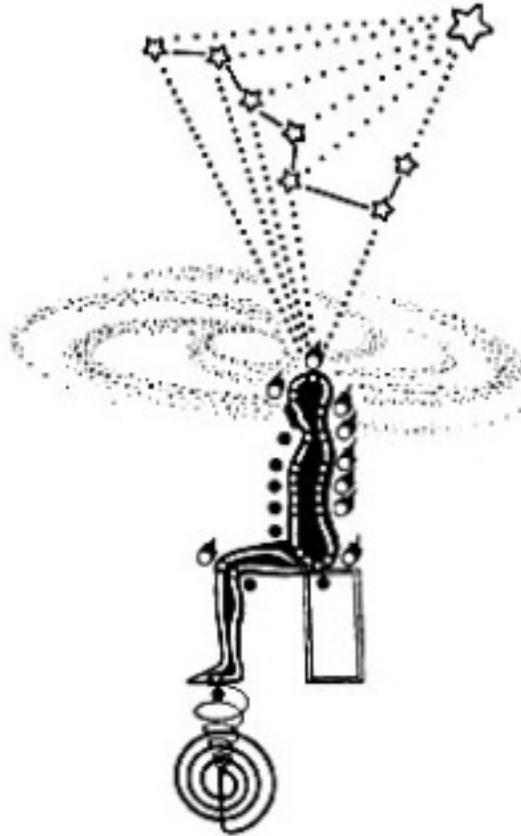
Ba Feng - Translated = Eight Winds

On the dorsum of the foot, in the depressions on the webs between each of the toes, four on each foot.

And yes - three of these points are also LV 2, St 44 and GB 43.



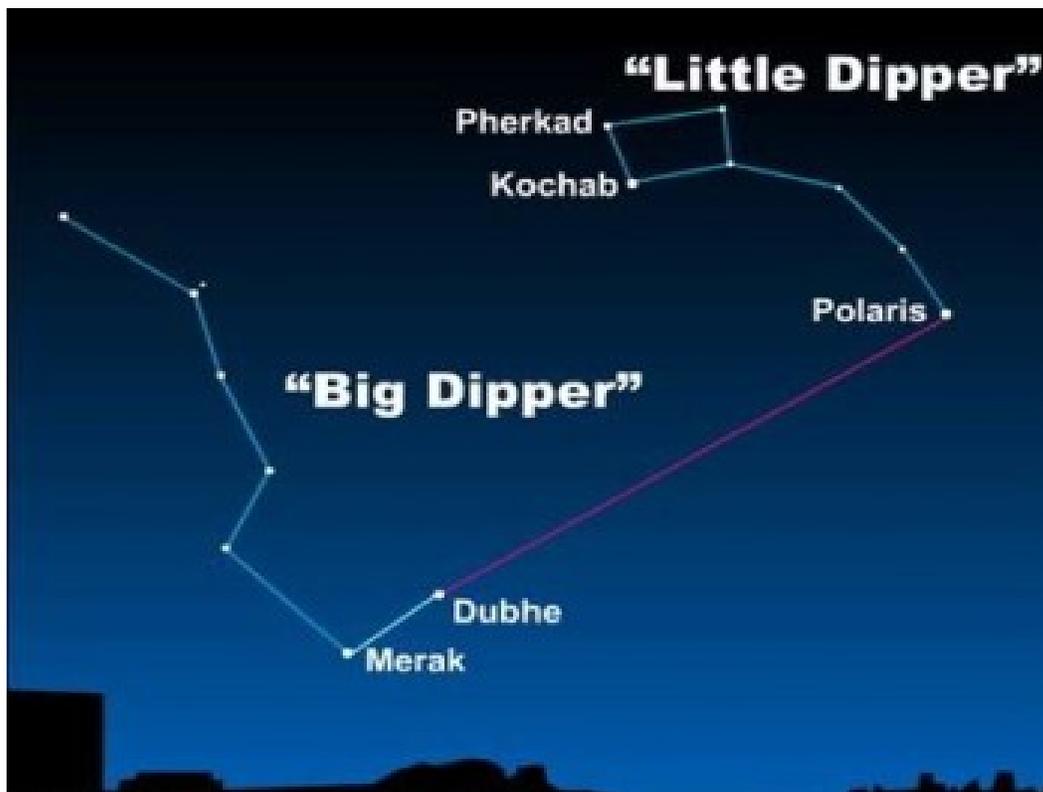
Polaris and our Earth Orientation



The North Star or Pole Star - aka Polaris - is famous for holding nearly still in our sky while the entire northern sky moves around it. That's because it's located nearly at the north celestial pole, the point around which the entire northern sky turns. Polaris marks the way due north. As you face Polaris and stretch your arms sideways, your right-hand points due east, and your left-hand points due west. About-face from Polaris steers you due south. Polaris is *not* the brightest star in the nighttime sky, as is commonly believed. It's only about 50th brightest. But you can find it easily, and, once you do, you'll see it shining in the northern sky every night, from Northern Hemisphere locations.

The Big Dipper, like a great big hour hand, goes full circle around Polaris in one day. More specifically, the Big Dipper circles Polaris in a *counterclockwise* direction in 23 hours and 56 minutes. Although the Big Dipper travels around Polaris all night long, the Big Dipper *pointer stars* always point to Polaris on any day of the year, and at any time of the night. Polaris marks the center of Nature’s grandest celestial clock!

By the way, Polaris is famous for more reasons than one. It’s famous for hardly moving while the other stars wheel around it. And it’s famous for marking the end of the Little Dipper’s handle. The Little Dipper is tougher to spot in the night sky than the Big Dipper. But if you use the Big Dipper’s pointer stars to locate Polaris, you’ll be one step closer to seeing the Little Dipper.





Ken Christinson captured these glorious star trails around Polaris, the North Star. He wrote, "For the most common and often the most spectacular star trails, you want to locate Polaris and compose the image so it is centered horizontally and hopefully you can have a bit of foreground for reference."
Polaris Is the Earth Star, Bruce McClure, Earth Sky, May 2019.

Ethmoid Bone – The Body’s Polaris



Image: *Ethmoid Bone*, Sarah Knapp, Biology Dictionary, July 23, 2020.

The ethmoid bone is an irregular, highly perforated bone of the cranium located between the eye sockets and running back to the frontal lobe of the brain. Ethmos means sieve in Greek which indicates this bone’s many perforations. Grooves allow nerve branches to pass from brain to nasal passage; air chambers make this bone part of the paranasal sinuses.

“Some years ago, scientists at CALTECH (California Institute of Technology in Pasadena) discovered that humans possess a tiny, shiny crystal of magnetite in the ethmoid bone, located between your eyes, just behind the nose.

Magnetite is a magnetic mineral also possessed by homing pigeons, migratory salmon, dolphins,

honeybees, and bats. Indeed, some bacteria even contain strands of magnetite that function, according to Dr Charles Walcott of the Cornell Laboratory of Ornithology in Ithaca, New York, "as tiny compass needles, allowing them [the bacteria] to orient themselves in the earth's magnetic field and swim down to their happy home in the mud".

It seems that magnetite helps direction finding in animals and helps migratory species migrate successfully by allowing them to draw upon the earth's magnetic fields. But scientists are not sure how they do this.

In any case, when it comes to humans, according to some experts, magnetite makes the ethmoid bone sensitive to the earth's magnetic field and helps your sense of direction.

Some, such as Dr Dennis J Walmsley and W Epps from the Department of Human Geography of the Australian National University in Canberra writing in *Perceptual and Motor Skills* as far back as in 1987, have even suggested that this "compass" was helpful in human evolution as it made migration and hunting easier.”

The Compass in your nose and other astonishing facts. Marc McCutcheon, 1989.

To ensure the magnetite in the Ethmoid Bone is “talking” to the Ba Feng Foot points

With a hematite stone, energy test the 8 Ba Feng points on the feet.

If weak – with pressure pull on the points and the two inches above the points – like gait clearing in EEM.

Retest.

THEN

With a hematite stone – test the Polaris Point on the bridge of the nose.

If weak – position yourself from the top of the head and place thumbs between brows and pull over brows to the temples with pressure. Repeat about 3 times.

Retest.

THEN

Using two hematite stones in each hand – touch each Ba Feng point with one hand and simultaneously touch the Polaris Point on the bridge of the nose.

Then energy test.

If weak – the Ba Feng and the Polaris Point are not communicating.

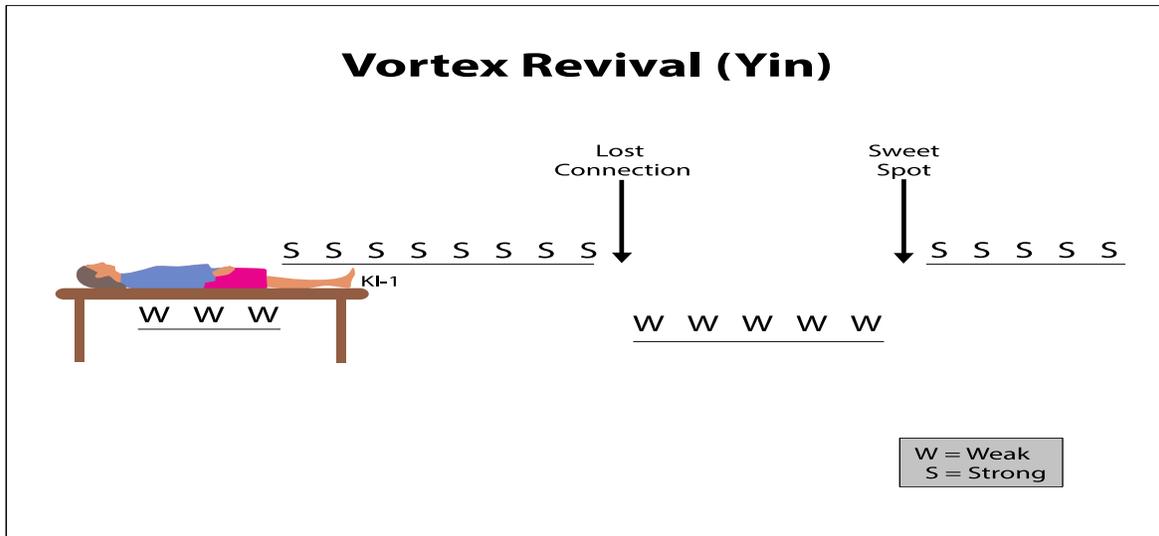
THEN

Hold the weak Ba Feng point with a hematite stone while holding a hematite stone on the Polaris Point. Probably 2 to 5 minutes to get that energy communicating.

K1 – the Body’s Divining Rod



Finding the True Bubbling Spring of Life



Drawing by Sandra Anderson, EEM-CP grad 2021.

Standing at the feet of the client lying on a table – slap the bottoms of the feet and energy test. Move further from the bottoms of the feet, likely using the slap test several times, till client shows a weak indicator.

Lay a pencil on the floor where the client tested weak.

Move a couple feet further and test... continue to move away from the client and continue to test till you get a strong indicator.

Lay a pencil on the floor at this spot where client tested strong.

From this point – the farthest point – the second pencil point, begin to do counterclockwise circles.

You may be as far as 20 feet from the client's feet.

Take your time.

Very slowly move towards the client's feet while doing the counterclockwise circles.

This could take about 20 minutes –

not always –

but the emphasis is don't hurry this process.

Corresponding Relationship between Radiant Circuits and Ba Feng Points

Left Foot

Baby Toe Web = Penetrating Flow

4th Toe Web = Yin Regulator

3rd Toe Web = Yin Bridge

2nd Toe Web = Central Meridian

Right Foot

Baby Toe Web = Belt flow

4th Toe Web = Yang Regulator

3rd Toe Web = Yang Bridge

2nd Toe Web = Governing Meridian



To ensure that the Radiant Circuits are programming our journey – touch the Radiant Circuit Pulse Point on wrist with the corresponding Ba Feng point on foot.
Test.

If weak hold the wrist point with the foot point for 2 to 5 minutes and re-test.

To give the “Reigns” to the Radiant Circuits...
to let the RC’s program our journey...
hold the Ba Feng point as the anchor,
for its corresponding Radiant Circuit,
and then wander on that circuit.



About Sara Allen, PhD, EEM-AP...

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

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

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

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

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