

Pic of T Cell – credit NIH

The Peculiar World of Autoimmune: Energy Medicine for Unraveling the Inexplicable

Presented by
Sara Allen, PhD, EEM-AP

"Sometimes the best offense was avoiding self-destruction."

— Brandon Mull, Seeds of Rebellion

"Unless we learn to know ourselves, we run the danger of destroying ourselves."

— Ja A. Jahannes, WordSong Poets

"Sometimes you hit a point where you either change or self-destruct."

— Sam Stevens

"I will no longer mutilate and destroy myself in order to find a secret behind the ruins."

— Hermann Hesse, Siddhartha

"Sometimes we want what we want even if we know it's going to kill us."

— Donna Tartt, The Goldfinch

"In order to understand, I destroyed myself."

— Fernando Pessoa

"Be the flame, not the moth."

— Giacomo Casanova

"You know, we worry about the Bomb, a thought interceded, and yet just look around: there are millions of people out there, just like you and me, with their thumb on the self-destruct button."

— Etienne de L'Amour, Thank You, I Understand

"Cry wolf often enough and you eventually get eaten by the wolf, even if the wolf is you."

— Kris Kidd

"I felt a strange delight in causing my decay."

— Robert Browning, Pauline: A Fragment of a confession

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Some statements expressing the essential nature of something...

Antigen: a toxin or other foreign substances which induces an immune response in the body. Antigens are molecules capable of stimulating an immune response. Each antigen has distinct surface features, or epitopes, resulting in specific responses.

APCs: Antigen Presenting Cells are cells that engulf an antigen. There are three types of APC's: **macrophages, dendritic cells, and B cells.**

Antibody: a blood protein produced in response to and counteracting a specific antigen. Each antibody has a unique binding site shape which locks onto the specific shape of the antigen.

Side Chain Theory: Postulated by Paul Ehrlich that each cell has its surface a series of receptors – SIDE CHAINS – that function by attaching to certain food molecules. Each side chain interacts with a specific nutrient – like a specific key that fits a specific lock. These side chains also interact with other molecules – such as disease-causing toxins (antigens). When a toxin binds to a side chain, the interaction is irreversible and blocks subsequent binding and uptake of nutrients. The body then tries to overwhelm the obstruction by producing a great number of replacement side chains – so many that they cannot fit on the surface of the cell and instead are secreted into the circulation. These circulating side chains are the antibodies, which are all gauged to and able to neutralize the disease-causing toxin and then remain in the circulation. **Ehrlich's theory was that these circulating side chains would immunize against subsequent invasions by the infectious agent. Ehrlich was able to show experimentally that rabbits subjected to a slow and measured increase of toxic matter were able to survive 5000 times the fatal dose.**

Side Chain Theory: In 1893, while working on an antiserum for the treatment of diphtheria, Ehrlich began formulating his side-chain theory, which described how antibodies—proteins produced by the immune system—are formed, and how they interact with foreign substances (antigens). Based on an analogy of a lock and key, he postulated that the surface of each cell contains distinct receptors or “side chains” that specifically bind to disease-causing toxins produced by the infectious agent. The binding of the toxin to the side chain (key-to-lock) is an irreversible interaction and prevents any additional binding of toxin molecules.

The body responds by producing an excess number of side chains (antibodies), but the cell lacks the capacity to accommodate all the side chains on its cell surface. The excess side chains are released, where they remain in circulation, prepared to protect the individual against subsequent attacks by the disease-causing toxins. Ehrlich's first paper describing his side-chain theory appeared in 1897. The theory was publicly presented at a Royal Society meeting in London in 1900, where it was enthusiastically received, and for which he was a co-recipient of the 1908 Nobel Prize. By 1915, the year of Ehrlich's death, exceptions to his theory were identified, and many details were found to be incorrect. The theory fell into disfavor, but his concepts on antigens and antibodies serve as the basis for immunology.

T Cells: T lymphocytes – are a type of white blood cells. The “T” stands for thymus – the organ in which T cells mature.

B Cells: B cells are produced in the bone marrow and travel to the Spleen to mature.

Self/Non-Self: The term coined to describe how the immune system distinguishes between what is non-self (foreign) and what is self (native). The immune system can do this because all cells have identification molecules or antigens on their surface.

Self-recognition: the process by which the immune system of an organism distinguishes between the body's own chemicals, cells, tissues and those of foreign organisms or agents.

Self-tolerance: the physiological state that exists in a developing organism when its immune system has proceeded far enough in the process of self-recognition to lose the capacity to attack and destroy its own bodily constituents.

Self-tolerance: the ability of the immune system to recognize self-produced antigen as a non-threat while appropriately mounting a response to foreign substances.

Autoimmune disease: An illness that occurs when the body tissues are attacked by its own immune system. The immune system is a complex organization within the body that is designed normally to "seek and destroy" invaders of the body, including infectious agents. Patients with autoimmune diseases frequently have unusual antibodies circulating in their blood that target their own body tissues.

Neural Reflex Mechanism: The inflammatory reflex that controls innate immune responses and inflammation during pathogen invasion and tissue injury.

Insufficient efferent vagus nerve cholinergic output:

Vagal nerve activity is decreased in chronic inflammatory conditions.

Horror Autotoxicus: Yep – *Horror Autotoxicus* – it's a real term and a real thang. Literally the horror of self-toxicity. Another term coined by a German bacteriologist and immunologist Paul Ehrlich (1854-1915) to describe the body's innate aversion to immunological self-destruction (www.medicinenet.com).

Neuroception: term coined by Stephn Porges to describe how neural circuits distinguish whether a situation is safe, threatening, or dangerous. Neuroception gives us access to information that we do not pick up with the conscious part of our mind.

Faulty Neuroception: Instead of clearly perceiving what is actually there – we distort what is going on – but it is not the mind that is perceiving...

Afferent: from the body to the brain.

Efferent: from the brain to the body.

Neuropeptides: are protein-like molecules = peptides – used by neurons to communicate with each other. Candance Pert in her book *Molecules of Emotions* discusses that a neuropeptide is the biochemical equivalent of an emotion. All our organs have billions of neuropeptides - with the gut containing more neuropeptides than all the other organ systems combined – including the brain.

The Second Brain: the gut – Michael Gershon wrote *The Second Brain* – discusses how the gut thinks.

The Self and the Non-Self

From...

My Self as An Other: on Autoimmunity and other Paradoxes

by E. Cohen

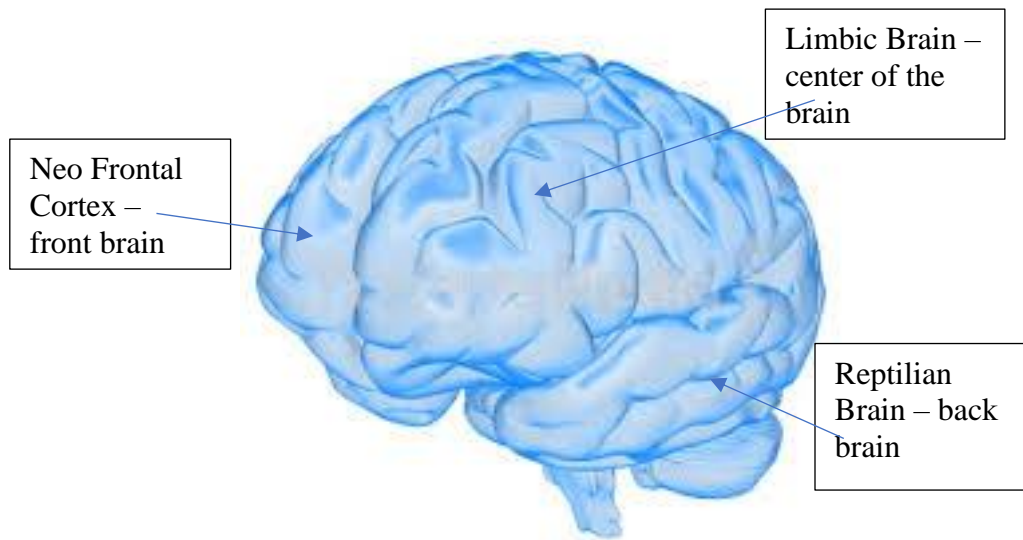
“Autoimmunity is a result of a hypersensitive immune system that causes one’s own immune system to attack the self. Autoimmunity involves a reaction of the individual’s immune system against the organs and tissues of his or her own body. One of the functions of the immune system is to protect the body by responding to invading micro-organisms, such as bacteria and viruses. It does this by producing antibodies or sensitized lymphocytes (a type of white blood cell) that will recognize and destroy the invaders. Autoimmune diseases occur when these reactions unexplainably take place against the body’s own cells and tissue by producing self-reactive antibodies.”

■ **The American Autoimmune Related Disease Association**

This passage provides a description shaped by accepted scientific knowledge yet directed towards a lay readership that is deeply affected by autoimmunity, but which is not really expected to know quite what it means. As such it illustrates the ways doctors and patients collaborate to produce meaning from the experience of autoimmune illnesses. According to this collaborative account, the first thing we must learn in order to understand autoimmunity is that “the hypersensitive immune system”—whatever that might be—can “attack” “the self”—whatever that might be. Now in an age when the notion of “beating up on one’s self” has long since passed into our everyday psychology, perhaps it is not exactly news that we are capable of doing real violence to ourselves. Nevertheless, the concretisation of this popular metaphor at the level of cellular physiology might take some getting used to. When my doctors told me, “you’re eating yourself alive,” I had a hard time incorporating this image because until then I had never thought of myself as having the capacity to personally affect my existence on the cellular, molecular, or subatomic levels (though of course this is really where living takes place). While I, a renowned “hypersensitive,” might be adept at beating myself up psychologically, how could my cells and molecules do it for me? In order to comprehend this possibility, it becomes necessary to accept that one’s body, as well as one’s self can be painfully and even fatally contradictory (passing over, for the moment, both the problematic singularity of either term, or the impossibility of distinguishing between the two). In this account, then, autoimmunity is the violence I do to myself by virtue of my excessive somatic sensitivity. In other words, I am so sensitive to my “self” that I do myself harm. It is a rather mind-bending proposition.

Recently, a few radical immunological theorists have been trying to address the convolutions that the problem of autoimmunity introduces into the classic SNS host/invasor models of immune function by taking autoimmunity not as a paradoxical exception but as a normal abnormality. By locating autoimmunity (along with the vexing “problems” of transplant rejection and immune “tolerance” of tumour cells) at the centre of her immunological revision—for example, Polly Matzinger suggests that the immune system engages not “self/non-self” distinctions—which have increasingly had to be thought of as contextual in any case—but rather “danger”. She foregrounds the agency of as yet unknown cofactors which might catalyse T cell activity in the presence of events (rather than entities) that locally endanger or stress tissue. In so doing, Matzinger dispenses with the need to conceive the organism as distinct from not only its environment, but also the many benign and perhaps necessary “others” that coexist with and in, if not “as,” us—for example, bacteria that inhabit our guts without whom we are just dead meat.

THREE BRAINS IN ONE



Do you remember that old discussion about the left brain and right brain? We would say things like left brain folks are linear thinkers, just the facts mam. We said that the dominant left-brain people were the mathematicians and the physicists. The right brain folks were the emotional feeler thinkers – the musicians and the artists. While there is still a lot of validity in understanding the brain in this binary way – the new thinking is that there are three brains – **Three Brains in One** is the actual term researchers at Harvard are using to describe how we think and feel and react (Morse, p 75 HBR).

So, let me completely oversimplify this concept of Three Brains in One...

Brain Number One = **Reptilian Brain** or RB for short:

At the top of the spinal cord sits the most ancient part of our brain – which controls the most basic survival functions. This part of the brain is called the **Reptilian Brain** – or sometimes coined the Neanderthal brain. Both descriptions illustrating the RB's primal functions. The **RB** does not have language. It functions reactively - on impulse.

Brain Number Two = **Limbic Brain** or LB for short:

In the center of the brain is the **Limbic Brain**. The Limbic Brain is considered the seat of emotions. It holds the thalamus, amygdala and the hippocampus. The Limbic Brain is sometimes referred to as the “*Dog Brain*” – because we share this brain with dogs and other sentient mammals. The **LB** does not have language – its functions are sensory.

Brain Number Three = **Neo Frontal Cortex** of NFC for short:

Encasing these two older structures is the modern cortex. It's that lumpy grey matter we recognize as the human brain. Mammals all have cortexes, but the human cortex has grown huge over the millennia. The cortex manages all sorts of higher brain functioning and is nicknamed the “*Executive Brain*”. The prefrontal cortex, located behind the forehead, is what makes us human. We have HUGE prefrontal cortexes – it's what distinguishes us from primates. We call this huge part of our brain the **Neo Frontal Cortex**. The **NFC** is the center of reasoning, abstract thought, and language. The prefrontal cortex has language – it's what makes us speak and communicate.

~~“I think therefore I am.”~~ -- Rene Descartes

“I feel therefore I am.” ☺ -- Sara Allen

“Feelings are facts.” ☺ - Donna Eden

Neuroscience has long favored the idea that the Neo Frontal Cortex runs us - believing that the NFC was the part of the brain that commanded us. The belief that information arrived first and foremost at the NFC and that it was the NFC that filtered and sent this incoming environmental data to the other parts of the brain. It was thought that the NFC received and directed and distributed information to the limbic brain and the reptilian brain.

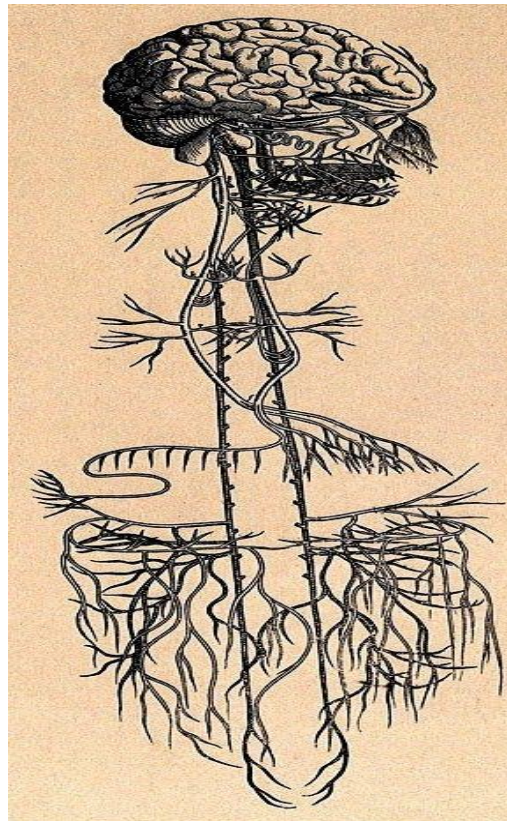
This fueled the belief that errant emotions were remedied by a high functioning NFC. There was a time – a LONG time in neuroscience - when emotions were considered a weakness. It was thought that emotions got in the way of good thinking. The Limbic Brain – feelings/emotions -- were considered the redheaded foster child of the neuroscience world. Then in 2016 along came a neuroscientist from the University of Southern California named Mary-Helen Immordino-Yang. Dr. Immordino-Yang’s discovery - about the Limbic Brain - how we “think” - turned the discussion of cognitive comprehensive upside down.

Here is what Dr. Immordino-Yang unearthed. Neuroscience had it all wrong all those many years. The belief that the NFC was the director in the brain was wrong. Dr. Immordino-Yang ***found that all incoming information into the brain – the first stop where incoming environmental data lands - was not the Neo Frontal Cortex but actually the Limbic Brain. It is the Limbic Brain that does ALL the directing in the brain. Information arrives at the Limbic Brain and it is the LB that “decides” where that data should be sent next.*** This discovery sent shock waves throughout the neuroscience community.

“The Limbic system sends important information to the frontal lobes... In fact, scientists are learning that every cognitive process is influenced by our emotions because our emotions are one way, perhaps the most important way, for us to understand what is most important in the outside world... We know that thinking is also about feeling. It’s impossible – actually neurobiologically impossible, as we now know –to have any kind of complex, meaningful thought without some emotional content in it.

We as a society, have a bias that things that are emotional are somehow not systematic – that we can’t study them in an empirical way. But that has to change, because it doesn’t reflect reality.” Dr. Immordino-Yang

The Vagal NerVE



The Vagal Nerve – the Wandering Nerve – is essentially the queen of the parasympathetic nervous system. It is nicknamed the “rest and digest” or the “chill out” one (Zimmerman).

The vagus nerve intertwines all our organs and travels from the cranium down to the pelvic floor. It is responsible for carrying information from our organs to the Limbic Brain. The Vagus Nerve is involved in a vast array of crucial bodily functions, including control of mood, immune response, digestion, heart rate, blood pressure. It is the pathway of the “brain-gut axis”.

The “brain-gut axis” is becoming increasingly important as a therapeutic target for gastrointestinal and psychiatric disorders such as inflammatory bowel disease, depression, PTSD. The gut is an important control center of the immune system and the vagus nerve has immunomodulatory* properties. As a result, this nerve plays important roles in the relationship between the gut, the brain, and inflammation (Frontiers in Psychiatry).

*From a therapeutic point of view, **immunomodulation** refers to any process in which an immune response is altered to a desired level. (Merriam Webster)

Neuroception And the Vagal Nerve And Inflammation

A certain amount of inflammation after injury or illness is normal. But an overabundance is linked to many diseases and conditions, from sepsis to rheumatoid arthritis. The vagus nerve operates a vast network of fibers stationed like spies around all your organs. When it gets a signal for incipient inflammation the vagal nerve alerts the brain and draws out anti-inflammatory neurotransmitters that regulate the body's immune response.

The most important function of the vagus nerve is afferent, meaning bringing information of the inner organs, such as gut, liver, heart, and lungs to the brain. This suggests that the inner organs are major sources of sensory information to the brain. The gut, as the largest surface toward the outer world, is a particularly important sensory organ.

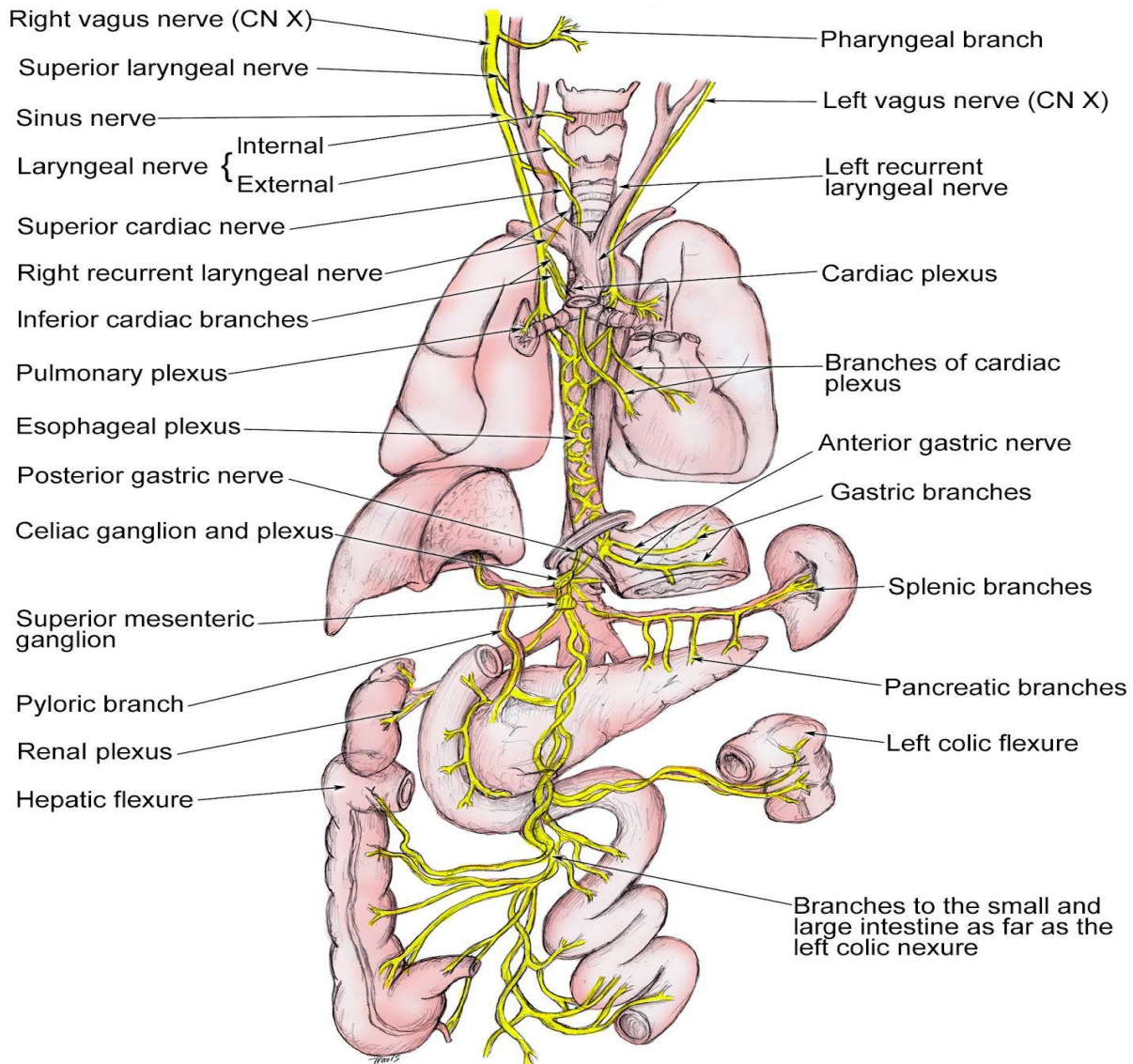
We have defense responses that allow our bodies to run, fight or freeze in the presence of a saber tooth tiger. Our cells stress response - their run, fight or freeze - is inflammation. Neuroception – the ability to perceive danger at the neurological level – is how our cells identify danger. When our cells perceive danger T cells and B cells attack and inflammation is the consequence of that action.

Autoimmune diseases are runaway inflammatory states initiated by faulty neuroception. If the efferent information arriving at the brain is faulty – the cells stay in alert – and the vagal nerve does not send out the anti-inflammatory-all-is-well-message. Inflammation is the body's natural response to infection, injury or disharmony. Anti-inflammatory response is a sign that all is well, – danger over, – invaders kicked out. If the neuroception is faulty, the inflammation continues.

So, the question becomes what am I NEURO-PERCEIVING???

The Limbic Brain

is the
mainframe for the Vagal Nerve.
The Vagal Nerve is the data collector
and serves the Limbic Brain



Neuroception belongs to the Vagal Nerve.

Neuropeptides sense incoming environmental data and that information travels to the Limbic Brain via the Vagal Nerve.

Vagal Nerve transcends what we understand to be consciousness.

The Vagal nerve's minions are the billions upon billions of neuropeptides in each and every organ gathering sensory information.

It feels.

It is sensory based.

The Vagal Nerve Neuro-perceives.

The Moment you change your perception, is the moment you rewrite the chemistry of your body. -- Bruce Lipton

So here is how that Limbic Brain stuff works in conjunction with the Vagal Nerve. The Limbic Brain gets data from the sensory Vagal Nerve. The LB then makes a decision whether to send that information to the Reptilian Brain or the Neo Frontal Cortex for processing.

Is that smoke we neuro-perceived a house fire or a romantic candle?

If the house is on fire the Limbic Brain directs blood, oxygen and glucose to the Reptilian Brain for a stress reaction. We have a Triple Warmer response and get ourselves out of the burning house safely.

It is the stress hormones that trigger an inflammatory response.

If the house is just fine and it is just a candle – the Limbic Brain directs blood, oxygen and glucose to the Neo Frontal Cortex for a relaxation response. It is the relaxation hormones that triggers an anti-inflammatory response.

If we have built many more neural pathways between the LB and the RB we are in a constant inflammatory state.

If we have built many more neural pathways between the LB and NFC, we are in an anti-inflammatory state.

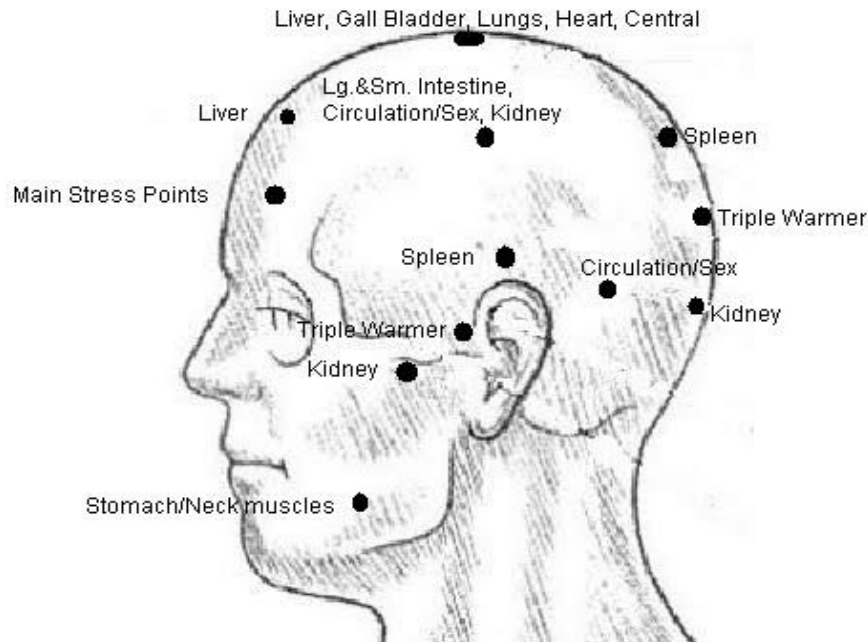
Bessel van der Kolk said that neurons that play together stay together.
HMMMMM....

Building neural pathways between the LB and NFC is the way to an anti-inflammatory state of being.

When the LB sends energy to the NFC the Vagal Nerve sends the all-is- well back to the organ systems via an anti-inflammatory response.

The Neurovascular Holding Points

restore Vagal Tone via
efferent vagal nerve fibers.
Vagal Tone reconciles Faulty Neuroception.



The Vagus Nerve is continually sending updated sensory information about the state of the body's organs "upstream" to your brain via **afferent nerve fibers** of the vagus nerve. In fact, 80 to 90 percent of the vagal nerve fibers are dedicated to communicating the state of your viscera up to your brain (Bergland).

Holding the NV's modifies Limbic Brain and sends **efferent information** back to the organs signaling all is well. The Vagal Nerve releases anti-inflammatory neurotransmitters like acetylcholine and GABA. The anti-inflammatory neurotransmitters alter faulty neuroception restoring the ability to create new memories that are interweaved with true incoming environmental stimuli - and not based on past experience.

The Central Nervous System is a binary system. You stub your toe, the CNS carries that information to the brain, then the brain responds and carries OUCH back to you toe.

The Vagus Nerve is very different, and in essence separate from the CNS in this way: the Vagus Nerve carries information - 80 to 90 percent - one way from the organs to the brain. The inability to send corrected energy information back to the viscera is the heart of inflammation. The inability to send corrected energy information back to the viscera is the heart of autoimmune.

The Disruptive Forces and Immunity

“Genes load the gun, but the environment pulls the trigger.” – Bruce Lipton

The most baffling bits about autoimmune disorders is that they are considered idiopathic. Meaning the medical community does not understand how we get autoimmune diseases.

We understand how bacteria can make us sick.

We understand how viruses can make us sick.

We understand how cigarettes can make us sick.

We understand how Kentucky Fried Chicken can make us sick.

But we don't understand how we get an autoimmune disease.

The Chinese Medicine model of how we get sick is actually really helpful in shedding light on the mysterious inception of autoimmune disorders. In TCM they see bacterial and viral invasions as making us sick – yep - but there is another force that can ail us and it is called the Six Devils, the Six Winds, the Six Climates, the Six Pernicious Influences, the Six Wind Points....

Donna Eden calls them the Disruptive Forces.

The Disruptive Forces have to do with the climate. Literally it is about the weather - it's about the environment – it's about the atmosphere we float in – it's about the milieu we live in. The Disruptive Forces are an integral part of our immune system and understanding a bit about the Forces helps us understand a whole lot about autoimmune diseases.

The Disruptive Forces are:

Cold

Wind

Summer

High Summer

Damp

Dry

There are points on the body where the Disruptive Forces can penetrate and make us sick.

The TCM traditional entry points are:

GB 20

GV 16

BL 12

GB 21

TW17

Donna Eden adds to this list:

The Latissimus Dorsi – the Spleen muscle

The palms of the hands

Front, back and behind the knees

LV 3

The Crown Chakra

The Disruptive Forces have a direct relationship with the Elements:

Cold belongs to Water

Wind belongs to Wood

Summer belongs to Heart & Small Intestine

High Summer belongs to Triple Warmer & Circulation Sex

Damp belongs to Earth

Dry belongs to Metal

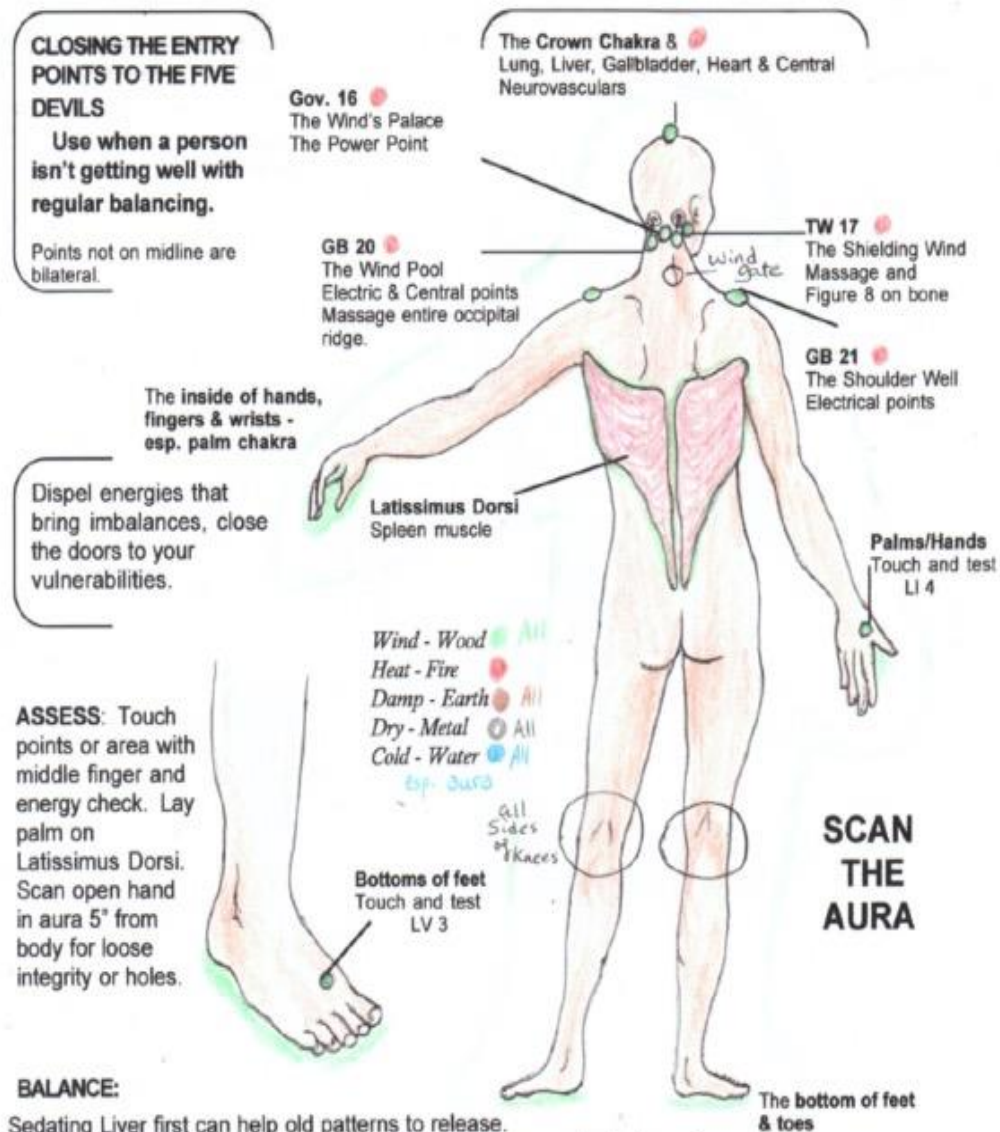
The way the Forces penetrate us has a lot to do with who we are constitutionally.

Earth Elements are more subject to a Damp Force. The Metal Element is more subject to a Dry Force.

Here is the rub... the Forces do not enter the body in the ways bacteria and viruses do. They are etheric – ghostly - in the way they penetrate us. They come in on the Wind. The climates we live in...not just weather climates... but the emotional climates ... can dictate if we are vulnerable to a Force.

We all recognize that stress is a factor in our wellness. Stress is a Force. A bad marriage dictates our emotional climate. A bad boss creates a bad work environment. The bad boss is not a bacteria - but that climate that is created by that bad boss - can still make us sick. That climate is a Disruptive Force.

Disruptive Forces Diagram



BALANCE:

Sedating Liver first can help old patterns to release.

Crown - Chakra clear, figure 8s. **TW 17** - massage and rub figure 8s.

GOV. 16, GB 20 - Massage the entire occipital ridge and GB 20s below it, and trace figure 8s.

GB 21, tops of shoulders - Deeply massage.

Latissimus Dorsi - Stretch & pinch muscles. Chakra clear over them. Rest palms on back near top of waist, inhale while arching the back, exhale relaxing upright & stretching forward, repeat.

Hands - Interlace your fingers in fingers of their hand, stretch palms, massage outwards, spread ligaments apart. Massage LI 4. Spin crystal to loosen energies around hands.

Feet - Stretch ball and heel of foot apart, then pinch in the middle of the arch. Squeeze sides of feet, spoon feet, deeply massage LV 3, hold LV 3 and K 1 together. Spin crystal.

Aura - Figure 8s to weave and seal the aura.

Work these entry points at the end of a session and spinal flush to move loosened energy along.

Art and compilations by Lyn Milum, EEM-AP

The Disruptive Forces are about what is happening in our environment.

The sensory preceptor – the Vagal Nerve - neuroperceives what is going on in our environment.

If our Wind points are vulnerable to being penetrated - if it is dangerous - the cells react with inflammation.

If we do get penetrated –and it is not a bacteria and it is not a virus –it is still perceived as a dangerous invader – the cells react with inflammation.

But there is nothing to attack.

When we have been penetrated by Ghosts, the T cells and the B cells just keep swinging at that invisible invader that came in on the Winds.

The Disruptive Forces are auric barometric pressures that dictate climate patterns in our bodies that do not respond to the Creation Cycle and the Control Cycle of ***IN-PROCESS-OUT***. The Forces don't leave us in the same way bacteria and viruses do - because they came in differently.

Being penetrated by a Disruptive Force wreaks havoc on our ability to be well and they are super tough to get out of the body. This is probably why one of the names is The Devils. The ancients watched diseases that mysteriously appeared, would not leave, would not respond to normal therapy, and would ruin the body with no end in sight.

Kinda sounds like autoimmune disease.

So, what to do?

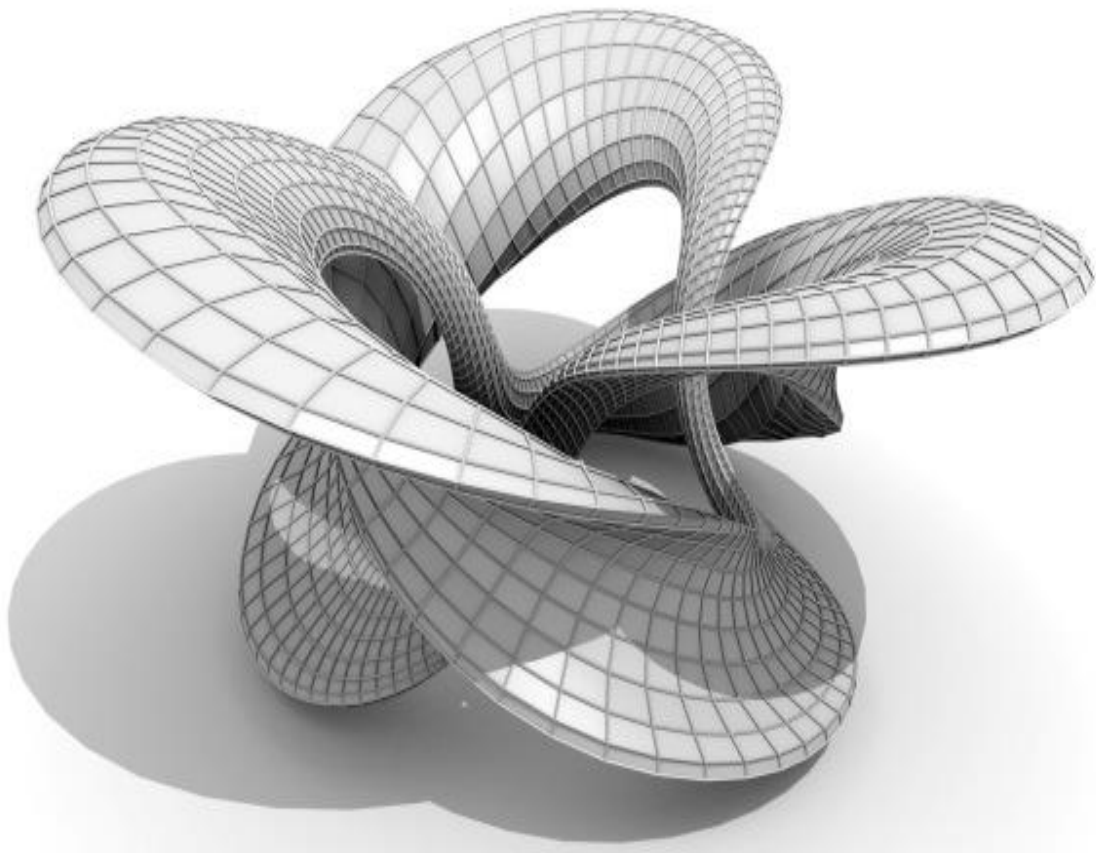
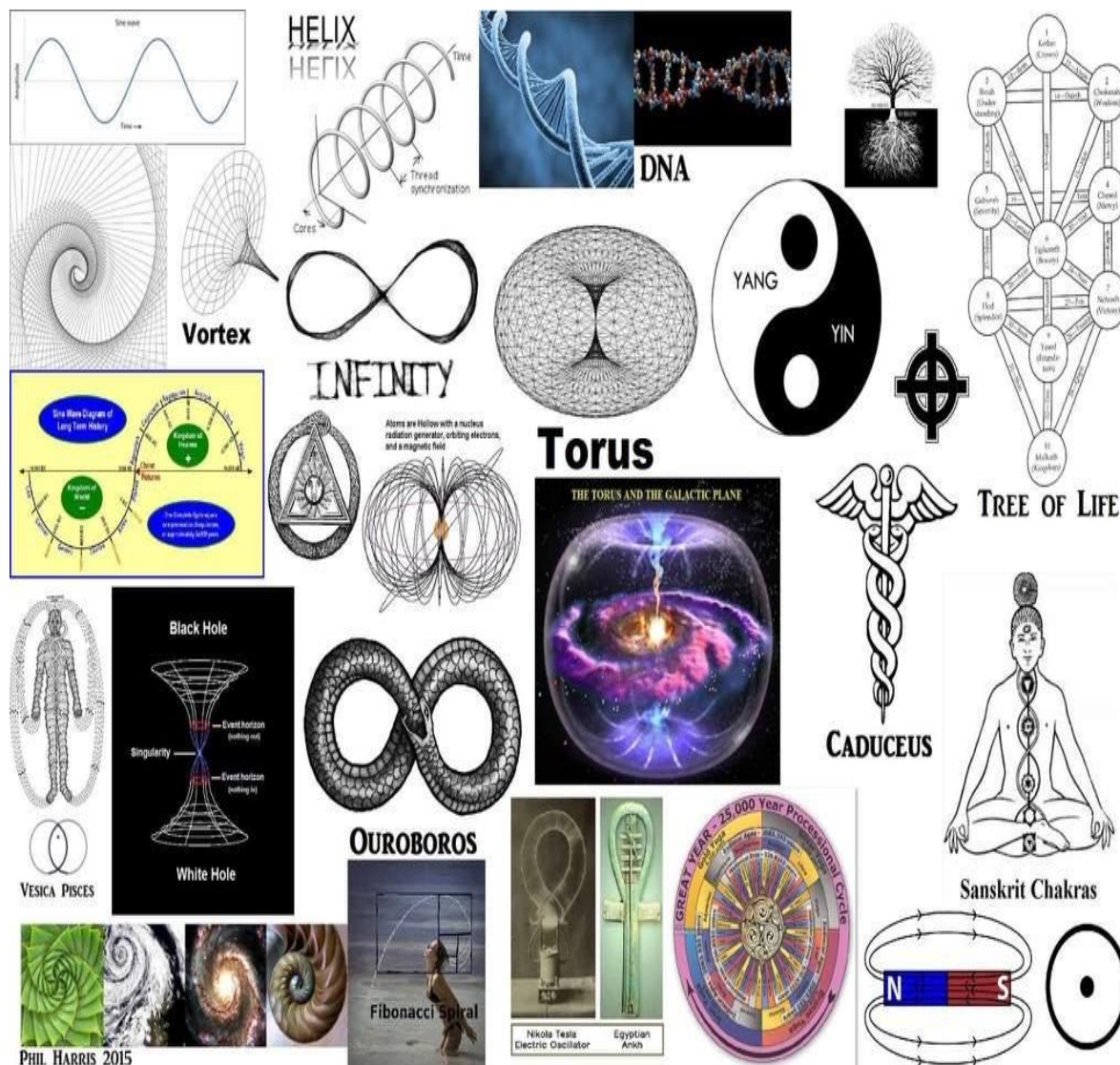


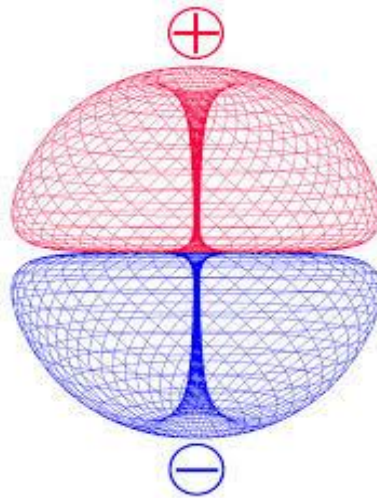
image Krish Henning

The Torus, the Möbius and Scalar Waves



The torus is a primary energy pattern. The torus is the form of flowing energy dynamics at every scale of existence. To most folks it looks like a circle with a hole in it... yep a cosmic doughnut with a twist. It is the only energy dynamic that can sustain itself.

The universe is made of a double torus called "tori". The male and female aspects of the whole – one spiraling one direction toward the north pole and the other spinning toward south pole. This is called the Coriolis Effect.



“Scalar waves are produced when two electromagnetic waves of the same frequency are exactly out of phase (opposite to each other) and the amplitudes subtract and cancel or destroy each other. The result is not exactly an annihilation of magnetic fields but a transformation of energy back into a *scalar wave*. This scalar field has reverted back to a vacuum state of potentiality. Scalar waves can be created by wrapping electrical wires around a figure eight in the shape of a **Möbius Coil**. When electric current flows through the wires in opposite directions, the opposing electromagnetic fields from the two wires cancel each other and create a scalar wave.

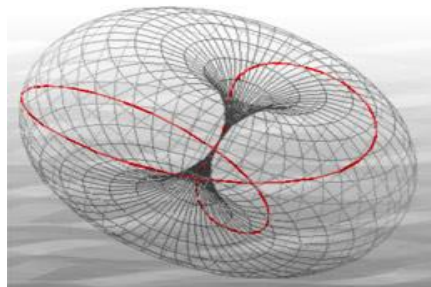
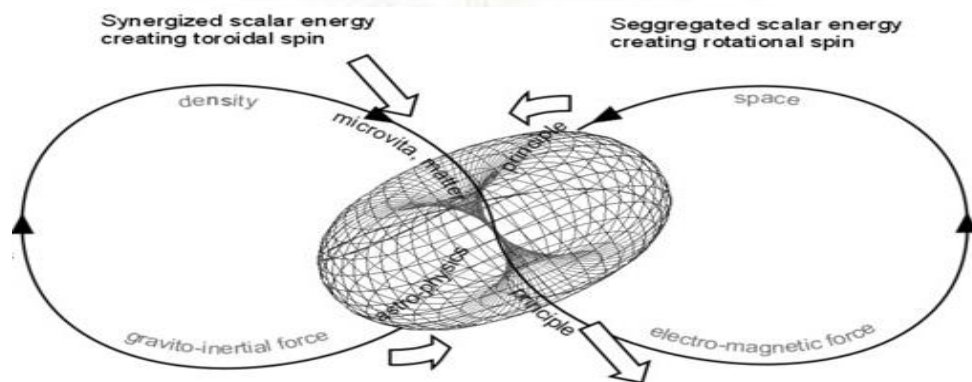
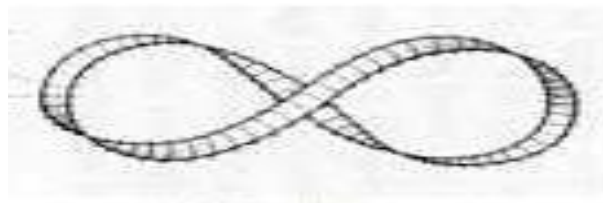
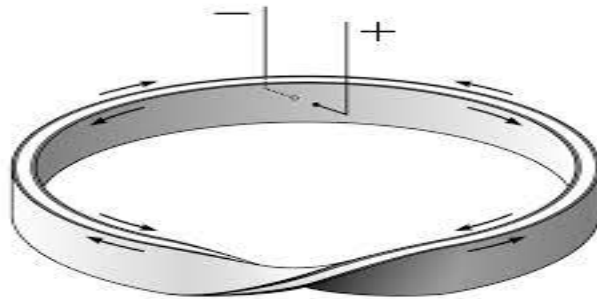
“The DNA antenna in our cells’ energy production centers (mitochondria) assumes the shape of what is called a super-coil. Supercoil DNA look like a series of möbius coils. These möbius supercoil DNA are able to generate scalar waves. Most cells in the body contain thousands of these möbius supercoils, which are generating scalar waves throughout the cell and throughout the body” (Laurence).

Scalar waves provide a zero-point or vacuum field of unlimited potential. *This field neutralizes chaotic incoming signals from the environment* thereby allowing our cells to utilize their own innate wisdom for self-healing.

Cut from a sheet of paper a long band. Bend the two ends together so a ring is formed. Then turn one of the ends 180° and glue the two ends together. Now you have practically a 2-dimensional paper curved in 3-dimensional space.

Additionally, you have changed 4 interfaces into 2 interfaces. Draw with a pencil in the middle of the tape a line in the longitudinal direction until you reach the beginning line again. What a surprise! Both sides of the tape have the pencil line.

If you cut with scissors along the pencil line you will surprisingly not get the tape into two parts; it just becomes longer and more tangled! Repeat the cutting in the new middle still in a longitudinal direction, and the tape will get even more tangled.



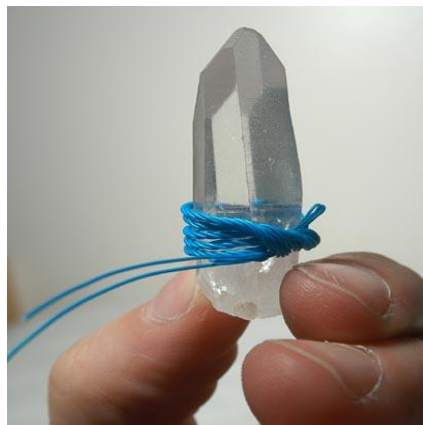
How to organize incoming signals...

Eyes – Liver – Lv 3
Smell – Lung – Lu 9
Hear – kidney – K3
Taste – heart – h7
Feel – Spleen – Sp3

Perception belongs to the yin.
The Yins are the Scalar Antennae.
The Yangs react to the incoming data.

If there is an imbalance in the body's Charge – if the movement on the Möbius loses its ability to convert EMF to scalar waves -we lose form on our figure 8 patterning on the Yuan – Source – level.

Use the Möbius coil crystal on the Yin Source points to convert EMF energy into Scalar Energy.



Ghost Busting Radiant Circuits

One of the trademarks of the Radiant Circuits is their ability to go to places that our meridian energy cannot. They are etheric in their quality. They too are ghosts.

There is an association of the Radiant Circuits to the Elements revealed in Pulse Reading.

Water – Penetrating Flow

Wood – Yin Regulator

Fire – Yin Bridge

High Fire – Belt Flow

Earth – Yang Regulator

Metal – Yang Bridge

Add to this the Elemental association of the Disruptive Forces:

Water – Penetrating Flow – Cold

Wood – Yin Regulator – Wind

Fire – Yin Bridge – Summer

High Fire – Belt Flow – High Summer

Earth – Yang Regulator – Damp

Metal – Yang Bridge – Dry

Related to the pulses:

Water

- Bladder light pulse
- Kidney deep pulse
- Pen Flow/Cold share middle pulse

Wood

- Gallbladder light pulse
- Liver deep pulse
- Yin Reg/Wind share middle pulse

Fire

- Small Intestine light pulse
- Heart deep pulse
- Yin Bridge/Summer share middle pulse

High Fire

- Triple Warmer light pulse
- Cir Sex deep pulse
- Belt Flow/High Summer middle pulse

Earth

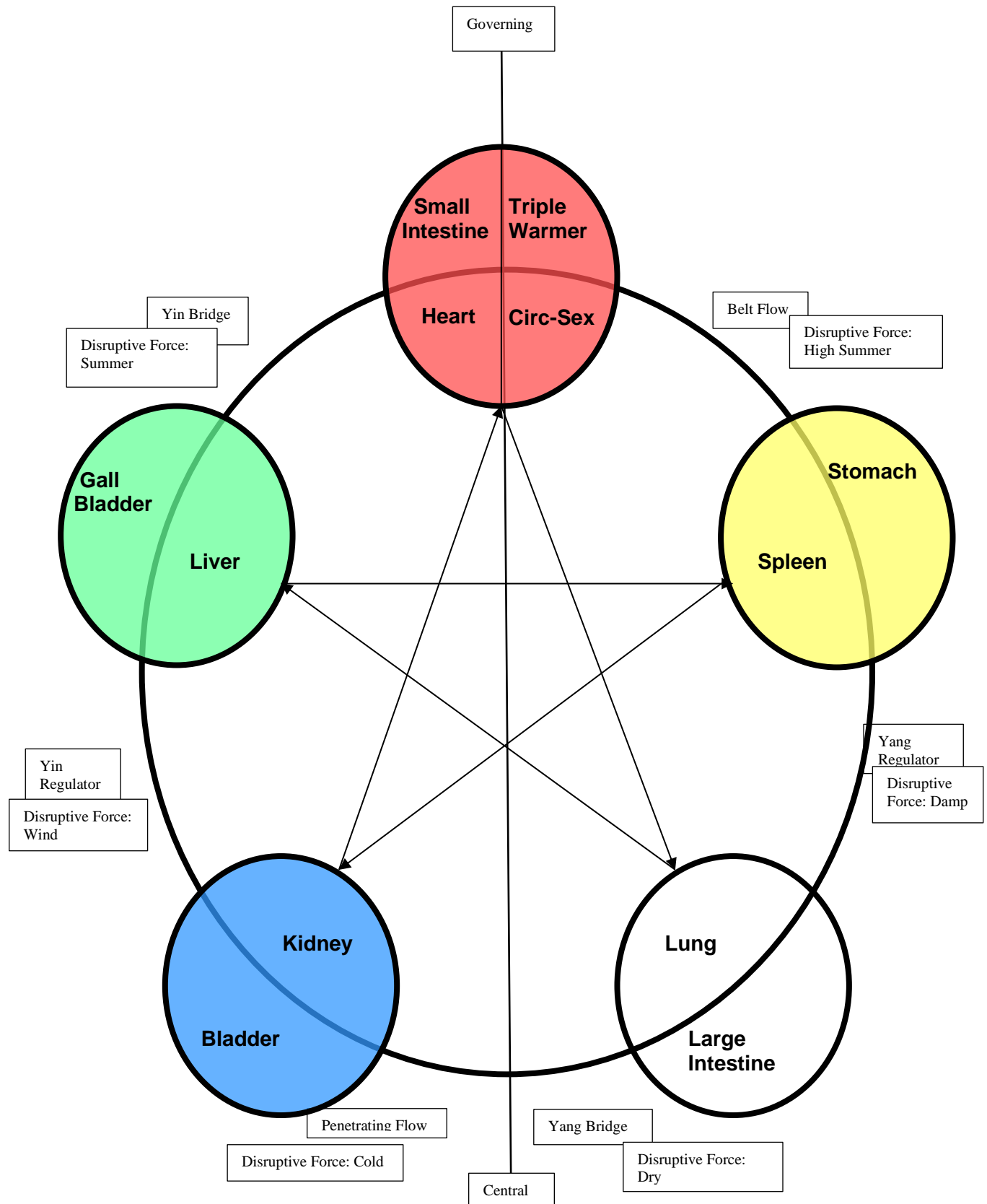
- Stomach light pulse
- Spleen deep pulse
- Yang Regulator/Damp share middle pulse

Metal

- Large Intestine light pulse
- Lung deep pulse
- Yang Bridge/Dry share middle pulse

Mapped out in the Flow – Control Cycle looks something like this:

Relationship between Radiant Circuit Pulses & Disruptive Forces (Flow-Control Cycle Diagram)



The Radiants do not have to follow the Five Elemental model. They do not have polarity and are not subject to the Law of Chi – but they are NOT disruptive, and they support the Law of Chi. Radiant circuits travel on scalar waves.

The Forces have gained entry through channels that do not follow the Law of Chi. The Forces are wild and feral and interfere with the natural order. I send in the Radiants because they are the energy that can lasso the Forces. The Radiants can go where the regular elements cannot. The Radiants are the Navy Seals that go in and get the Forces to behave.

The Forces enter into the system in ways that are contrary to the Law of Chi. There is a corresponding Force for the 6 spaces that sit between the elements and there are corresponding Circuits that sit in those 6 spaces as well.

To test which Force has invaded, and where it has invaded.

This is an example of how I would test the Force of Cold – I do this first with every Force – just to see if I am on the right track and I confirming I am dealing with an errant Force. If a point shows up in this way, I will do a deeper treatment on the Radiant Circuit and then a deeper treatment on the Yin that is imbalanced. I do not test the Yang in the element – only against the Yin. It is the Yin that the Radiant will hand the errant Wind to – it does not hand it off to the Yang.

1st test

P flow = weak – middle pressure pulse test

Cold = strong – say Cold while middle pressure pulse test

Kidney = strong – deep pressure pulse test

Do anything on P Flow to simply get an indicator change

2nd test

P flow = strong – middle pressure pulse test

Cold = weak – say Cold while middle pressure pulse test

Kidney = weak – deep pressure pulse test

Balance Kidney to simply get an indicator change

3rd test

P flow = strong – middle pressure pulse test

Cold = weak – say Cold while middle pressure pulse test

Kidney = strong – deep pressure pulse test

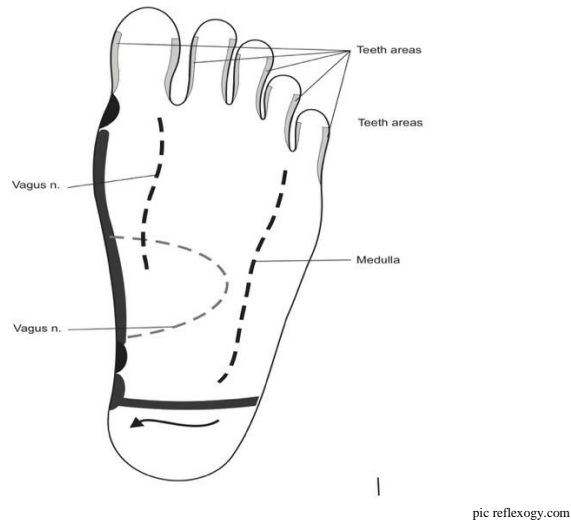
This process hands off the errant Force into the Control and Flow cycle via the Yin where the immune system can then react accordingly and eventually escort the Force out of the body.

Anchor & Wander using the Yin Source Point as the anchor

Möbius crystal coil device on source points

Tons of Eights

Reflexology stimulation for vagal tone



Massaging the Vagal Nerve



Pic Clark Hudson

1. Starting at clavicle – massage up the neck – along the carotid artery.
2. Do both sides.
3. With 2 fingers rub behind earlobes.
4. Optional – using an essential oil you love.
5. Recommended: Juniper, Chamomile, Lavender.

Faulty neuroception Eye Correction Exercise

1. Interlace fingers and bring to chest – palm sides towards body.
2. Bring interlaced fingers to behind head – in line with eyes.
3. Hold for 3 breaths or until there is a sigh or a swallow.
4. Hold hands behind head, keeping head still, look to right with both eyes for 3 breaths or until there is a sigh or a swallow.
5. Turn both eyes to left while holding hands behind head for 3 breaths or until there is a sigh or a swallow (Rosenberg).

The Trapezius

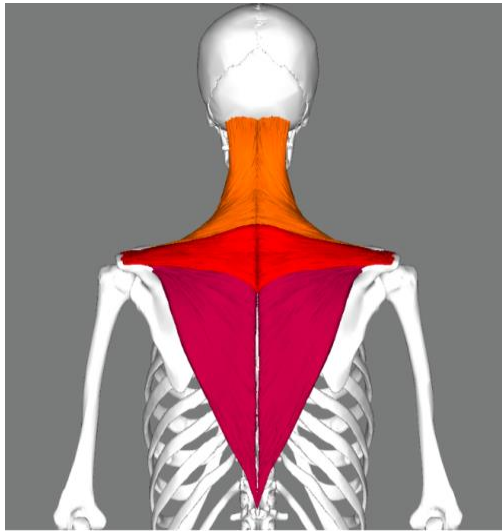
The Sternocleidomastoid

The Supraspinatus

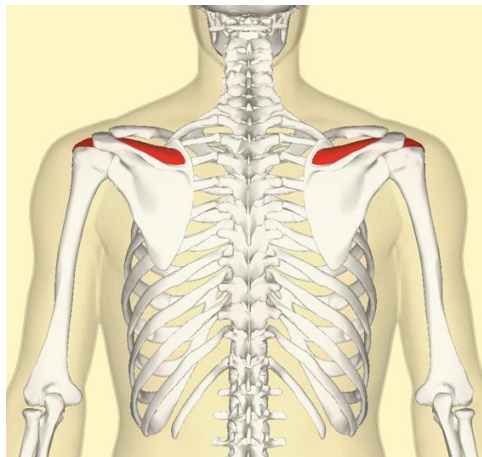
The Levator Scapula

The anatomy of the Vagal Nerve as it leaves the base of the skull goes directly to the Upper, Middle and Lower Trapezius, the Sternocleidomastoid, the Supraspinatus, and the Levator Scapula.

Upper Trapezius – governed by Kidney
Middle and Lower Trapezius – governed by Spleen



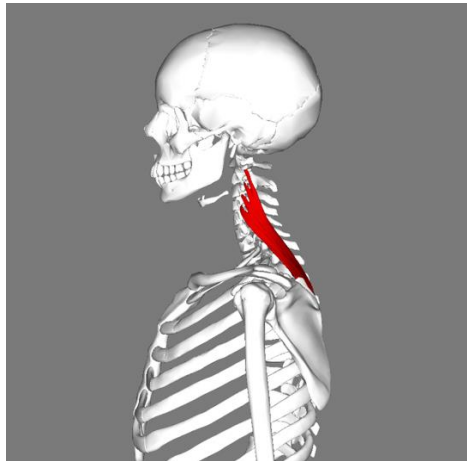
Supraspinatus - governed by Central



Sternocleidomastoid - governed by Stomach



Levator Scapula – governed by Stomach



Pics wikimedia commons

The sternocleidomastoid muscles, one on either side, allows us to turn our head to the right or left. The trapezius and the sternocleidomastoid and levator scapula muscles allow us to move our head to smell something, to see something, to hear something – to get important information about our environment. These muscles are intimately intertwined in vagal tone. When these muscles are tight or damaged our ability to perceive our environment is compromised and our ability to take in environmental data is compromised as well. When we cannot fully assess or access what is going on around us, we lose vagal tone. If these muscles are compromised, we become dependent on past experience as opposed to taking new information in.

Sedating the meridians that govern these muscles releases what ails them, and vagal tone can be restored.

Wind Points on Neck

GB 20
GV 16
BL 12
GB 21
TW17

Massage, check for regularity, spin magnets and crystals, figure 8's.

The Throat Four Points

The Throat Four Points are:

ST 9

LI 18

Kaiyin Yihao Xue

Sengyin & Qianagyin are considered one energy point called Yan Si Xue

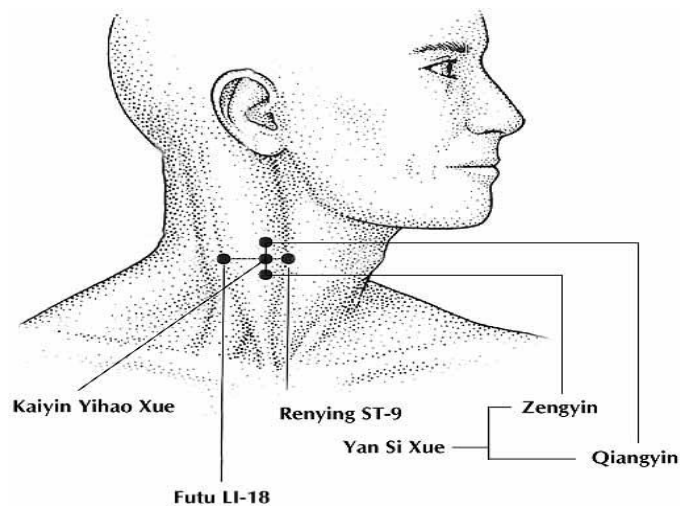
ST 9 and LI 18 are used as locators for the Throat Four Points.

Extra Points:

Kaiyin yihao Xue is .5 cun lateral to ST 9.

Yan Si Xue points of Zengyin and Qiangyin are 0.5 cun above and below Kaiyin Yihao Xue.

The Throat Four Points is what TCM practitioners commonly use to treat vocal/voice disorders.



(Deadman, 1998).

The location of the Throat Four Points is where I energy test the tone of the Vagal nerve.

Lay second and third finger over the Throat Four Points and energy test.

Test both sides.

Hippocampus Alarm Point and the Ventral Medial Pre-Frontal Cortex



Location: At the arch of eyebrow on the top of orbital ridge... a small divot in the ridge. That is the Hippocampus Alarm Point. The Hippocampus is the part of the brain – the button – that tells Triple Warmer to stop sending stress hormones after the emergency is over. The problem is that long-term stress, when Triple Warmer is in a constant state of emergency; the hippocampus becomes damaged from the hot stress hormones constantly pounding on it. As a result, the hippocampus loses its ability to send the message to Triple Warmer/Adrenals to stop sending stress hormones. Triple Warmer never gets the word that all is well and keeps firing... and keeps damaging poor hippocampus. As it becomes more damaged and unable to accurately tell Triple Warmer what is really going on. It sucks.

The Ventral Medial Pre-Frontal Cortex (vmPFC) is the bridge between the Limbic Brain (LB) and the Neo Frontal Cortex (NFC). The vmPFC is the channel our brains use to create neural pathways between the LB and the NFC. The vmPFC sits right behind the Hippocampus Alarm Points. When the neural pathways are plentiful and communication between the LB and the NFC is profuse – the Vagal Nerve sends the anti-inflammatory messages to the body that heal damage. We want a clean and clear vmPFC bridge.

The Hippocampus plays a crucial role in ensuring those neural pathways between the NFC & the Limbic brain are plentiful. A burned-out hippocampus is an indicator that the vmPFC has very little traffic. A flunk of the Hippocampus Alarm Point test means that the vmPFC cannot connect the LB and the NFC.

Here's how to test for a burned-out Hippocampus

Adrenal Feedback Test: Test Hippocampus points against the adrenal points. The adrenal points are located one inch out and up from navel. As a practitioner, touch them together on client, and then test using general indicator.

If there is a strong indicator on the **Adrenal Feedback Test**, that means there is a really strong connection happening between adrenals and hippocampus. **Strong on this test is not good news.**

Cortisol Feedback Test: Also, test hippocampus points against the cortisol points. The cortisol points are located one in out and one inch down from the navel. As a practitioner, touch them together on client, and then test using general indicator.

If there is a strong indicator on the **Cortisol Feedback Test**, that means there is a really strong connection happening between the hormone cortisol and the hippocampus. **Strong on the test is not good news.**

Relaxation Hormone Feedback Test: Test Hippocampus points against the Mein Mein point. The Mein Mein point is located directly behind the navel (sometimes it is called the Reverse Navel) just barely to the left of the spine. **Weak on this test is not good.**

For the purpose changing the trajectory of the Limbic brain:

We want a weak test on the Adrenal/Hippocampus test.

We want a weak test on the Cortisol/Hippocampus test.

We want a strong test on the Relaxation Hormone/Hippocampus test.

Remedy

You can hold, just hold like a Neural Vascular. I always add the Hippocampus points to a Black Pearl. Hold the Hippocampus points with the Mein Mein point until there is a strong indicator.

Homework

Hold the Hippocampus Alarm points with other hand/palm over heart.

To restore energy moving over vmPFC

Hold the Hippocampus Alarm Points as anchors and wander on the Yin Bridge Flow.

Closing thoughts...

There is little in mainstream medicine to understand climate in the way the ancient Chinese do. Environmental stress and emotional trauma/pressure can penetrate us via the Disruptive Forces points. The inception of auto immune diseases is intimately intertwined with our emotional climates and how we perceive – neuroperceive – our surroundings.

The difficulty in treating auto immune diseases is that they do not “track” in the Law of Chi in the way that viruses and bacteria do. Viruses and bacteria get picked up by the immune system. Auto immune is different in how it gets into the body – auto immune is a ghost.

The vagal nerve shows to be a central aspect of getting auto immune and fighting auto immune. The vagal nerve is intimately intertwined with every single organ function. The vagal nerve is an extension of the Limbic Brain.

The vagal nerve, utilizing the frequency of the organs, perceives incoming environmental sensory data and carries that information up to the Limbic Brain. The Limbic Brain – depending on the habits of the neurons – sends that information to either the Reptilian Brain or the Neo Frontal Cortex. The vagal nerve governs the anti-inflammatory response. If incoming data, brought to the Limbic Brain by the vagal nerve, is sent to the NFC, anti-inflammatory responses are released by the vagal nerve. If incoming data, brought to the Limbic Brain by the vagal nerve, is sent to the Reptilian Brain, an anti-inflammatory response does not happen.

The Disruptive Forces, when they successfully penetrate, the alert from the organ systems is set off. The vagal nerve carries the information of a breach in our system to the Limbic Brain. The Limbic Brain sends the signal to the Reptilian Brain that there is an invader present. However, the Disruptive Force energy that penetrates does not follow the pattern of a viral or bacterial invasion. The immune system knows that something is present that does not belong – but it just keeps blindly swinging at the Disruptive Force – shadow boxing us into deterioration. With every swing the immune systems throws, we get damaged, and the Disruptive Force perpetuates.

Using the Radiants to lasso the Disruptive Force and hand those errant energies off to the Yins is how to neutralize the DR's impact. The Yins govern our senses. And when the yin can contain the Disruptive Force, and correctly sense, our immune system can begin to attack and react accordingly.

Some other practices believed to improve vagal tone:

- Deep slow breathing
- Laughing
- Singing
- Humming
- Yoga
- Acupuncture
- Splashing the face with cold water
- Full cold body immersion

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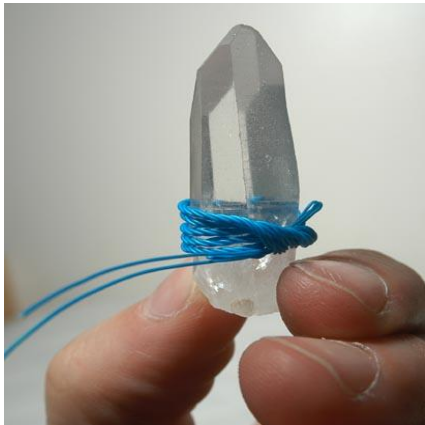
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Dr. Sara is a doctorate level holistic health practitioner. She has extensively studied food as medicine as well as supplemental & herbal medicine. Her specialty is a particular self-brand of energy medicine – best described as a combination of ancient 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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