

Throat Chakra & the Vortex of Confusion:  
The Energy Anatomy of the  
Body-Throat-Head Network.



Presented by  
Sara Allen, PhD, EEM-AP  
Saturday August 1, 2020

## Table of Contents

Window of the Sky Points.....	6
<b>Central 22 – Tian Tu – Heavenly Crevice</b> .....	7
<b>Stomach 9 – Ren Ying – Humanities Welcome</b> .....	7
<b>Large Intestine 18 – Fu Tu – Supporting Prominence</b> .....	8
<b>Small Intestine 16 – Tian Chuang – Heavenly Window</b> .....	8
<b>Small Intestine 17 – Tian Rong – Heavenly Manifestation</b> .....	8
<b>Triple Warmer 16 – Tian You – Window of Heaven</b> .....	9
<b>Bladder 10 – Tian Zhu – Heavens Pillar</b> .....	9
<b>GV 16 – Feng Fu – Wind Palace</b> .....	10
<b>Lung 3 – Tian Fu – Mansion of Heaven</b> .....	10
<b>Circulation Sex 1 – Tian Chi - Pool of Heaven</b> .....	10
Kidney Spirit Points.....	11
<b>Spirit Point: K 23</b> .....	11
<b>Spirit Point: K24</b> .....	11
<b>Spirit Point: K 25</b> .....	11
The Vortex of Confusion.....	12
Throat Chakra Chambers.....	12
Vortex of Confusion - The test and the remedy: .....	13
<i><b>Separating Heaven &amp; Earth</b></i> .....	13
<i><b>WOTS (Window of the Sky)</b></i> .....	13
<i><b>To stabilize Vortex of Confusion homework:</b></i> .....	13
Disclaimer: .....	15
Copyright Good For You Enterprises. All rights reserved. ....	15
Course (Video & Handout) Ordering Information: .....	15

The energy pathways between the body and the mind are some of the most complex energy relationships in our biology. I had a client recently say to me:

*"Please remember that my mind  
tells my body and my mouth to do all  
sorts of wonderful things constantly,  
but they don't obey."*

This is an age-old problem that has its roots in the complexity of how energy travels from the body, through the throat passages, to the mind - and back down again.


In this mini class we will discuss the energy anatomy of the upper chest and throat - how that energy moves and how that energy gets stuck.

This mini class also reveals deeper insight into the throat chakra chambers and deeper insight into those chambers relationship to the brain. The **Window of the Sky Points** will be mapped out and discussed as ways to gain access to the smooth flow of chi between the body and the mind.

## In 1445 /1446 CE in the Daoist Canon.....

1	泥丸宮 一名谷神 一名下玄宮 又名玄谷 又名中炁 路真	palace of the mud ball/ <i>nirvāṇa</i> ; also named valley spirit, lower obscure palace, or obscure valley, or central florescence of the walk to perfection (in rectangular box)	<p>圖部首子蘿煙</p> <p>Master Yan Luo's map of the head part</p>  <p>R L</p>
2	崑池	<i>kun</i> (Kunlun) pond	
3	白元真人	the perfected of the white origin	
4	泥丸	mud ball/ <i>nirvāṇa</i> (brain)	
5	无英公子	the august prince of the non-inflorescence	
6	瑤池	<i>yao</i> -jade pond	
7	極真	pole of perfection	
8	玉帝	jade sovereign	
9	天皇	heaven's augustness	
10	玄丹	obscure cinnabar	
11	流味	flowing taste	
12	六合	sixfold joint [= 24]	
13	至丹田	utmost cinnabar field	
14	天庭	heaven's court	
15	太乙	highest one	
16	琢戶	carved door	<p>26 神水</p> <p>spirit waters</p> <p>27 華池</p> <p>blossom pond</p> <p>28 玉池</p> <p>jade pond</p> <p>29 瓊漿</p> <p><i>qiong</i>-jade bouillon</p> <p>30 玉液</p> <p>jade juice</p> <p>31 承漿</p> <p>spittle catcher</p> <p>32 赤龍</p> <p>red dragon</p> <p>33 地閣</p> <p>ground pavilion (<i>chin</i>)</p>
17	明堂	bright hall	
18	紫房	purple room	
19	轆轤穴	windlass cavity	
20	風府	wind hoard	
21	洞房	grotto room	
22	耳為嬌女	the ear is the married women	
23	天鼓	heaven's drum	
24	六合	sixfold joint [= 12]	
25	金液	golden juice	

The work was printed in 1445/1446 CE in the *Daoist Canon*, fasc. 125, no. 263, *juan* 18: 1a–10b. In a later version the illustrations are redrawn, and appear with the title *Songs of the Bodily Husk of Master Yan Luo* (*Yan Luo zi Ti ke ge* 煙蘿子體殼歌) in *Daoist Texts Outside the Canon*, vol. 9: 373–378.

		<p>Master Yan Luo's 圖真朝子蘿煙 map of courting the perfected beings</p>  <p>R L</p>
1	泥丸真宮	perfect palace of the mud ball/ <i>nirvāṇa</i> (brain)
2	七魄神	spirits of the seven <i>hun</i> (soul aspects)
3	三尸神	spirits of the three corpses
4	前朱雀	in front: scarlet sparrow
5	右白虎	to the right: white tiger
6	流珠	flowing pearls
7	左青龍	to the left: greenblue dragon
8	後玄武	at back: obscure warrior
9	牛車	ox cart
	without label:	right shoulder: turtle with snake right cheek: dog (?)

# Window of the Sky Points

*“Modern TCM texts tend to prescribe these points to clear congestion in the sense organs, interpreting tian as a reference to the head, rather than anything mystical or spiritual; and disorders where the Qi of the head is in disharmony with the Qi of the body. Five Element practitioners have come to regard these Windows of Heaven points as also having a deeper psychoemotional, or even psychospiritual effect. When a person has lost connection to True Nature, that which transcends the body and the small self, then these points are called for. By ‘opening the window’, the client is supported to see beyond the obscurations that have clouded his view”* John Kirkwood, Neck

*Problems Sorted, Jan 16, 2017, Five Element Acupressure.*

## The Ten Window of the Sky Points

Through the Window of the Sky points – the energy climbs towards the head through the neck. Through these points, the energy comes from the earth, and connects the energy of the earth to the celestial energies of the sky.

They are:

Window Point	Primary Function / Virtue
CN 22	Central (CN 22) is transparency
ST 9	Stomach (ST 9) is trust
LI 18	Large Intestine (LI 18) is liberation and release
SI 16	Small Intestine (16 & 17) is to sort the pure from the impure
SI 17	
TW 16	TW (TW 16) is perceiving the big picture
BL 10	Bladder (BL 10) is confidence
GV 16	Governing (GV 16) is forward momentum
LU 3	Lung (LU 3) is surrender to what is
CX1	Cir Sex (CX 1) is hope

Each Window Point is used in the context of the issues of its corresponding virtue. For instance: The primary function of the Small Intestine is the Sorter. To sort the pure from the impure. The small intestine organ itself sorts the nutrition from the waste of the food we eat. At a higher level, if we are unable to sort out what is good for us at emotional, psychological, and spiritual levels, SI 16 and 17 will connect us with what is important for our path – clarity of purpose.

# WOTS (Window of the Sky) Point Locations, names & meanings

sourced from a Lonny Jarrett lecture, personal notes

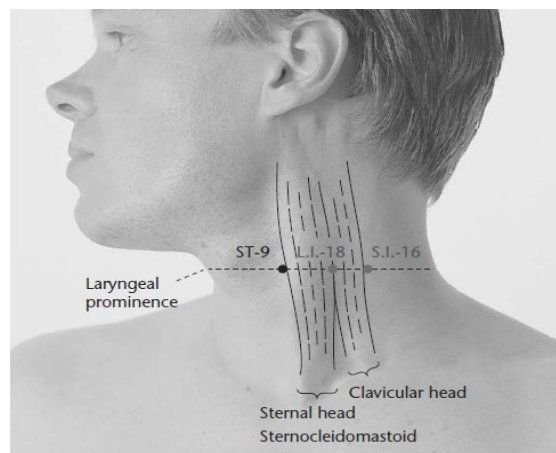
## Central 22 – Tian Tu – Heavenly Crevice

Emotional pain related to suppression from those close to them can be let go with assistance from this point. This is particularly from parents and the issues can go right back to childhood times.



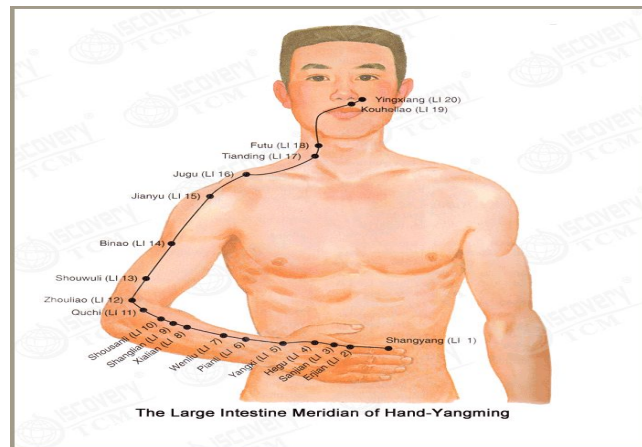
## Stomach 9 – Ren Ying – Humanities Welcome

In many cases, a person cannot begin to vocalize past issues to another person. If their emotions are trapped and they cannot talk about such issues, then this point can be used.



## Large Intestine 18 – Fu Tu – Supporting Prominence

This point is indicated for those emotions that are trapped in the throat leading to coarse breathing. Many people's emotional issues result in breathing problems, especially grief that needs shedding.



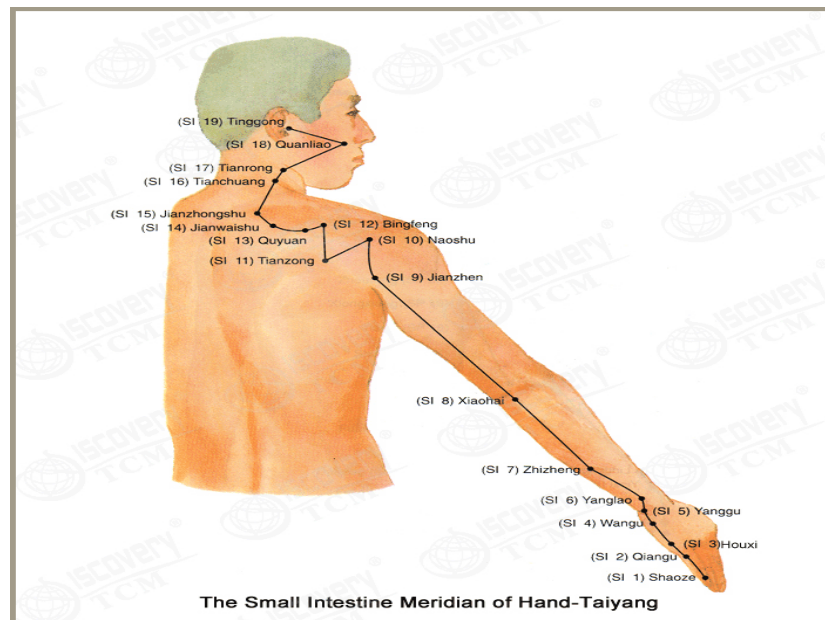
## Small Intestine 16 – Tian Chuang – Heavenly Window

This is a general point for opening up the body to the process of shedding trapped emotions.

“Ultimately, the Sorter’s role is to protect the Heart, Emperor of the kingdom. A healthy Sorter knows what is good for us and can therefore be let into the inner sanctum, and what is not good for us and needs to be kept out” (Kirkwood).

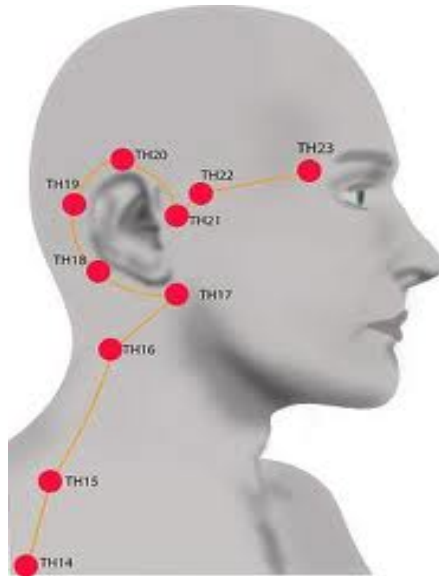
## Small Intestine 17 – Tian Rong – Heavenly Manifestation

This is a general point for opening up the body to the process of shedding trapped emotions to make room for the new energy.



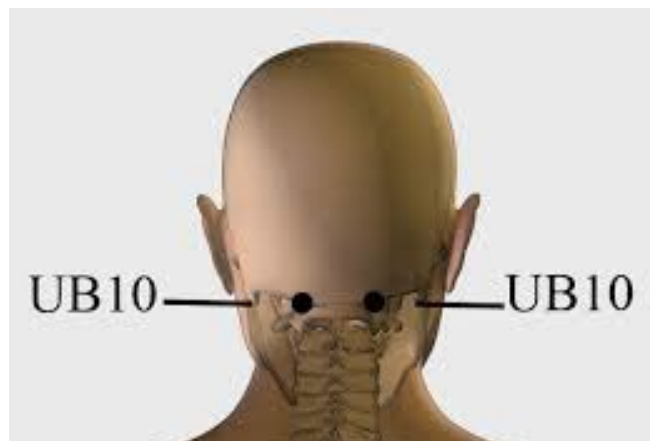
### Triple Warmer 16 – Tian You – Window of Heaven

This point opens the process of transforming spiritual pain into useful lessons. Each pain a person experiences can contain the potential for personal development and this point enables the process to begin.



### Bladder 10 – Tian Zhu – Heavens Pillar

If past emotional issues have been 'crippling' to a person then this point can be used to help bring inner strength back to a patient.





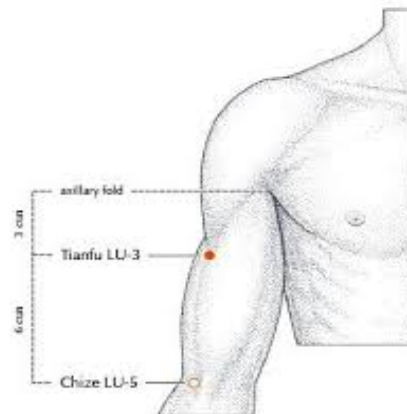
### GV 16 – Feng Fu – Wind Palace

This point tends to release very recent emotional hurt more than chronic issues. The classical terminology for this would be Wei level emotions – Wei Chi governs surface issues.



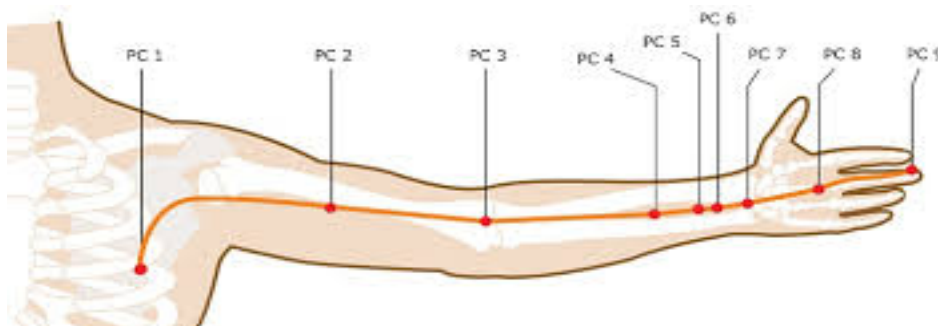
### Lung 3 – Tian Fu – Mansion of Heaven

The use of this point opens the body up to the 'shedding process'. It helps begin letting go of those emotional energies that we have built attachments to. In the majority of cases these relate to grief or those things have led to a 'loss of sense of self'.



### Circulation Sex 1 – Tian Chi - Pool of Heaven

The use of this point enables a person to begin shedding those emotional memories relating to 'heart-break'. Romantic pain from past lovers sticks at this point and its use helps to begin letting go of these issues.



# Kidney Spirit Points

## Spirit Point: K 23

**Chinese Name: Shen Feng**

**English Translation: God's Area – Spirit Seal**

K 23 unblocks the expression of the heart for some it can take months to fully appreciate the energetics of this point. This point is located on the chest. Here is the quality and essence of our own unique inner seal receiving the guidance of the heavens. Shen Feng opens our soul seal. This touches the deep inner essence of who we are and what we can become. Shen Feng opens our hearts to the wonders and special gifts within.

## Spirit Point: K24

**Chinese Name: Ling Xu**

**English Translation: Wild Land of the Spirit**

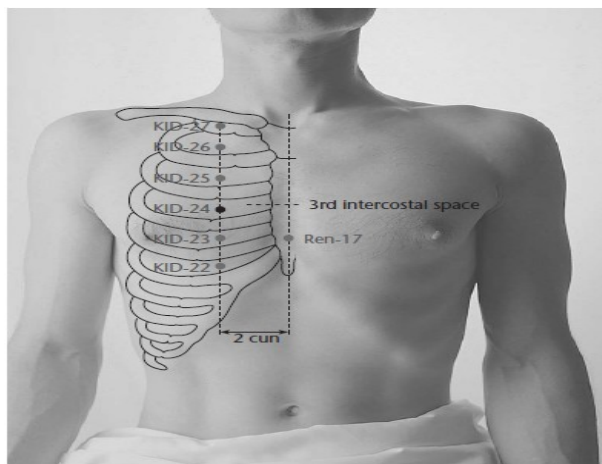
This point is on chest and is used revive the Spirit by reconnecting you to a profound Source of wisdom. This point is also called the Spiritual Burial Ground. It's a good point to resolve karma: helping you let go of anything obstructing your spiritual awakening. This point allows you to sense the unresolved 'baggage' weighing you down and understand how to gracefully let it go! This point imparts a deep connection with your Soul while boosting vitality! K 24 is an excellent point to reawaken hope and wonder.

## Spirit Point: K 25

**Chinese Name: Shen Cang**

**English Translation: Treasury of Hiding Place of Spirit**

Shen Cang is the safe storehouse of the treasures of the spirit. Here the reserves of the spirit, the pantry of dreams, visions, secrets of the Heart and the reaches of destiny....here our soul can feed on what it needs to grow and develop...here is man's search to understand what the heavens need to reveal...gives our spirit the dreams and visions we need.



# The Vortex of Confusion



## Throat Chakra Chambers



Artist Andrew Klen

## Vortex of Confusion - The test and the remedy:

- Energy localize with 3 finger notch anywhere in the upper heart/lower throat area.
- Flunk?  
Then....

### *Separating Heaven & Earth*

- Stack flattened hands with thumbs in the vortex.
- Palms will be facing the ground – when doing on yourself.
- Backs of hands will be touching when doing on another person.
- One hand rises, thumb toward body, following Central to Crown Chakra.
- Other hand lowers, thumb toward body, following Central to Root Chakra

### Re-test

- Should be strong – if not repeat Separating Heaven & Earth

### THEN

- Clear Throat Chakra.

### AND

- Clear corresponding big chakra.

*You now have clear paths between head and body*

Now to ***draw Yin chi up and into the mind***  
and ***send Yang chi down and into the body:***

### *WOTS (Window of the Sky)*

- Check WOTS points for regularity.
- Clear and stabilize any polarity issues with the WOTS points.
- Hold WOTS point with corresponding NV.  
EX: hold SI NV with either SI 16 or 17 WOTS point till pulsing.
- To draw Yang down hold Yang WOTS point with Root Chakra.
- To draw Yang down hold Yang WOTS with tips of ST or GB or BL toes.
- To draw Yin up, hold Yin WOTS points with Crown Chakra and or 3<sup>rd</sup> Eye Chakra.
- To draw Yin up, hold Yin WOTS points with beginning/end points of Yang meridians on head & face: TW, GB, BL, ST, SI.
- Hold Yang WOTS points with Crown Chakra.
- Hold Yin WOTS points with Root Chakra.

### *To stabilize Vortex of Confusion homework:*

- Separating Heaven & Earth (not the Connecting one ala Donna... but Donna's will not negatively affect the Vortex)
- Heaven Rushing In



### 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.

[www.goodforyouenterprises.com](http://www.goodforyouenterprises.com) [contact@drsaraallen.com](mailto:contact@drsaraallen.com)

**Disclaimer:**

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

Note: Energy Medicine stimulates innate health-promoting mechanisms that restore the body's natural state of well-being. It does not attempt to diagnose, treat, or cure illness.

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

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

**Course (Video & Handout) Ordering Information:**

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

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

