

Transformative Healing



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DISCLAIMER

All information in this book is tempered by the opinion of the author.

If you wish to make health and lifestyle changes, I recommend you do so under your local natural professional care.

I cannot be held responsible for any loss or damage of any nature occasioned or suffered by any person acting or refraining from acting as a result of reliance on the material contained therein.

Second and third opinions are often necessary, and even then, it is YOU who is bearing the consequences of your decisions and actions.

It is not intended that you substitute the information contained within for appropriate medical advice.

Helpful hints and self responsibility must be tempered with common sense and a respect for the highest good of all the participants.

About the author

I have been involved in acupuncture education for nearly three decades. After graduating in 1978, I realised it was more important to teach people what they were doing to disturb their balance, and how this was contributing to their problems, rather than just trying to 'fix' things for them.



I co-wrote a very different kind of undergraduate acupuncture course, teaching at my college for several years, while writing and delivering postgraduate seminars.

Since I am also a naturopath and Western herbalist, I combine many different approaches and responses to people's conditions. Nearly 30 years ago, I gave birth to a seriously brain-injured baby who was also severely autistic.

I spent the next eight years turning over every stone to help my daughter live well and achieve functionality. Since then I am still after solutions as she profoundly changed the reality I can see and live in.

This gave me first-hand experience of the suffering we inflict on ourselves when things seem not to be going 'our way'. Along this journey I discovered Chinese herbs and all manner of metaphysical interventions that all assisted in me and my children journey into a different life balance. Altogether, I have had four children, (spaced well apart) who have all contributed additional practical experience to my wealth of knowledge and skills in my clinical practice work and teaching at all levels of acupuncture.

Drawing on this experience and expertise, I have created websites, books, life manuals, meditation CDs and posters. I have also produces DVD/MP3/4's for patients acupuncturists and for midwives/doulas and am gradually spreading the work and wise woman's wisdom through eBooks. Apps and online courses.

My passion is providing people with the means to help themselves. I have investigated many traditional ways of healing, and have added in recently the [Maya/Arvigo® techniques](#) for magic results and will be adding in whatever else I can from the Mercier®. All vibrational tool used – in essences, Aura Soma crystals and Rieki/hands on healing all add to what we can access using the more expected acupuncture tools – and all add into the tranformation we can access for ourseves and for others.

I believe strongly that there is always a different way to view any issue. I aim, through the Internet, to spread inspiration and heart connectiveness and knowledge, so these can work together within all of us to create new 'takes' on life, allowing hope where in the past with ignorance there may have seemed little.

About this work

This was intended to be part of a larger work – a text called ‘Moving Blockages’.

I thought this was needed when I was heavily involved in course design and in teaching all levels of acupuncture prior to my daughter’s birth in 1986. I had set the time aside to write this whilst my third child was little, but she had other ideas and launched me and her into a long spin of survival and rescue and heart opening. If interested see more here - <http://my-mothers-heart.com/>

Writing *Moving Blockages* has thus MUCH taken far longer than I had at first thought and is now coming gradually as case histories. Here is one such.

Over the decades I have been honing this work – it comes down to the body would heal itself if it could.

Something is blocking this.

The obvious physical issues are scars – even tiny little chicken pox ones can hold so much – and having done the Body Talk © work over 20 years ago – I can see how much we can undo.

Similarly – look to the [Sheldon Accident Recall work](#) – and find out yourself just how powerful the energy fields are. Storage – see the Eight Extras again and the use of the MP as I do with the beginning of all my sessions with patients.

Less obvious is the role of shock. Also the [fracture of Bao Mai](#) and the ongoing distress one attempts to assuage with all sorts of self medications and behaviours. This brings us to what really drives the ship – “All Sickness is Home Sickness as written by Dr Dianne Connelly (1993).

The foundation of this work has been laid with eLotus in 2016 as Moving Blockages to Healing 1 and 2. This is to be followed by the Easy Babies work – as aired in December 2016 and the late rMB 3 and 4 in April, 2017 and later EB 3 and 4 in mid 2017. Their Wisdom Tube additions add to what I have been discovering as I go into my eldership years in acupuncture: to [be found here](#).

These allow the interested practitioner to become very clear and effective in clinic – without needing to diagnose or to follow anything other than the patient who is laying right out there before you. It is instantly transferable.

‘*Bridging The Gap*’ may be an alternative title – what is presented in academic works, versus what a senior practitioner has been distilling in the current context in this evolving and ever faster changing times.

A single treatment with a very interesting person

Some of the work done here is a continuation – whenever I see him (very infrequently) it all needs doing again. With some people the depth of damage is such that it may be totally appropriate to redo almost all of this each time they come. You will notice that I am NOT using diagnosis – as I am following what the body is telling me to do. Ultimately all that is in texts is just a guide. This photo essay follows a **single treatment**.

When other practitioners observe me work they sometimes feel as though I am doing too much. Possibly. But what is happening is that the body is realigning with as it was – PRIOR to all the damage. If this was on a frail person, there would have been a great moderation in the intensity – but would quite possibly have done all of this – the use of moxa (real) means that it is a very comforting and pleasant touch.

WHAT IS FOUND WITHIN

- ✚ Scar treatment as part of a back issue.
- ✚ Moxa then cupping to tidy up what is left.
- ✚ Lymphatic drainage
- ✚ Prostatic drainage
- ✚ Pelvic opening
- ✚ Upper body and then chest massage

All of this is to open up normal flow to allow the body to heal itself – to give qi a chance to flow as the meridians were designed to.

WHEN ELSE WOULD YOU DO THIS?

I do this with everyone – as everyone has not just the bit they come in to get 'fixed'.

The back work allows the flow of nerve and blood – and of course being tied into the Eight Extras – the GV and CV and Chong all send branches up the back.

The pelvic work allows all upper body issues to quickly resolve – try it in clinic – the headaches/shoulder/neck tension instantly relieve when you undo the GB stagnation.

The prostatic and lower belly work is indicated for ALL gyne and fertility work – both sexes. There is NOT enough attention given to loosening up the body so pleasurable and happy intimacy CAN help – whether it is to glue a relationship together or to help make babies or to heal the whole pelvic /sexual plexus.

LETTING 'NORMAL' RE ESTABLISH PRIOR TO 'DIAGNOSIS'

People tend to have “been in the wars” – well before they walk in our doors.

They have usually also had a condition for some time, and are presenting as they want help NOW as waiting has not netted them what they needed.

So how do we diagnose?

What questions do we think to ask?

How do we tell if they even NEED our services, or someone else's?

After incidents, accidents and life in general – it is often extremely tricky to categorize people into any box, let alone one of specific organ pathology. Can we be so sure they even have anything other than distorted meridian flow?

The most likely place for most to be comfortable with imagining is meridians and what SHOULD be happening.

If points are connected and if meridians flow in an orderly fashion – we could start there when a person seeks help. Ignoring what is obviously 'bent' in the meridian flow – on THIS body in front of us – is to perhaps close our eyes to the obvious.

Clearing energetic debris is a start.

How can we use a point on a meridian, up- or 'downwind' of an obvious blockage, and expect it to do what it ordinarily would? In THIS person, it may just be that scar tissue blocking flow has set up the very condition we are supposed to be helping – and by choosing to ignore their particular disease entity – qi flow blocked – we are not doing our job well.

Often it is as simple as undoing what has happened – old “healed” wounds need rerouting/ healing. Maybe a neck that refuses 'fixing' is a simple matter of restoring the flow through the Chong/Ren and 'minor pathways of the Du, that all flow through the old C-section scar.

Profound changes may be felt by the person, both on the skin where feeling is now as it is in surrounding areas, and within – as they feel more alive – and their pulses and tongues magically alter also. Similarly, what do we do with massive burns/operations/accidents and other physical traumas on a body?

RICK - RECURRENT BACK PROBLEMS

People have had lives.

Rick arrived with his usual back pain. He had also just been fired for punching a workmate, and had all of the fellow workers signed a petition to get him fired, or they would all go. His wife cannot go back to work as she is now expecting twins, and their one year old needs mothering.

HISTORY

He had been knifed whilst fighting in a pub brawl when in his late teens. He has significant Qi flow obstructions – plus this scar was tested by a tree falling right across it less than a year later. He has had a couple of other tree accidents – one pinned him to the ground for over half an hour, right across the pelvis. This resulted in massive hematomas and large inguinal lumps still unresolved, years later. Eventually he was found to have a piece of bone hanging about and that eventually was resolved – and he got a massive groin infection as a result.

He had been working all his life in very cold wet conditions as a labourer, plus fished (for fun) in freezing water and windy conditions, and also for fun – been on the football field getting further beaten up. He had been through the prison system (violence and alcohol fuelled), had been kicked off the NZ accident compensation scheme, so could not get 'free' treatment for all these work injuries, plus he was too decrepit and could not work. He was furious at the scams his colleagues were able to pull and was generally a frustrated-with-life-kind-of-guy.



He is also a joy to treat as he is so responsive, so rapt in the results, and underneath it all has a great heart. NOTE - Pillow placement to reduce the stress on the lower back – also one under lower legs.

ORDER OF PLAY

- 1) Scars,
- 2) Moxa and needling,
- 3) Cupping
- 4) Massage

DIAGNOSIS

If we need one – blockages to normal flow of everything all through the body. I doubt any usual protocols would work, as there is so much distortion to his system – even though **I have extensively attended these scars at least twice before.**

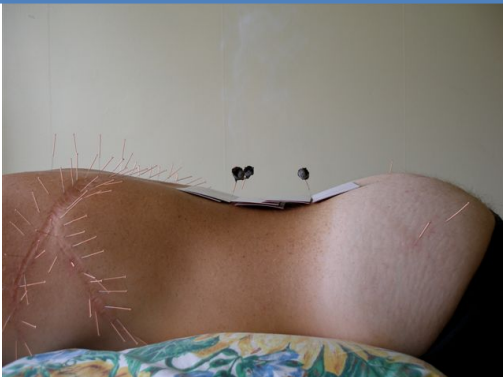
TREATMENT

- 1) I started pressing the **area around BI 62** and popped in the needles where there was greatest pain.
- 2) Then, pressing all intervertebral points - there were far too many, I figured that there was too much interference with flow, so I redid the scar.
- 3) Re testing intervertebral points, there were still far too many, although lessened in sensitivity and pain, so I needled **Gv 1** – and revisited these points and found as I expected (GV 1 is the deobstructor of the GV)- almost none were now blocked (painful).



- 4) **Bil BI 10** were both the most painful when pressing all the wind points under the occiput, so these were inserted.
- 5) Pressing all I.V points again; I needled those few left – mostly around the heart chakra area and also some about T12. **BI 40** placed in for draining any extra heat from the moxa and **some Shen calming points** - especially around the BI 18 and Hwu Tuo points indicated.
- 6) **GB 30 area** was palpated and all those points that were reactive gained three inch needles.
- 7) **Bil BI 23 and GV 3** were needled and moxa on the needles three times.

Three peaks of moxa allowed the whole to relax and cause relaxation to settle him down. REAL moxa was not used – it was too cold this particular day – and the extractor fan would have meant too much more cold invasion not what is needed therapeutically.



After taking needles out, to enhance the flow of Qi – **squeezing to get some blood to move** through to the holes is a great start. The whole point of needling is to move the Qi – it follows the blood.

Any leakage is great news!
Where the blood is, Qi must be.



Moxa to tidy up the final energy obstructions/ allow reconnection



Moxa allows the Qi to move and finishes the scar session. Using a stick, move slowly across the line of the scar – at least allow it to get warm prior to moving on.

If the area is still very numb, you may have to gauge when to move on as burning the patient may happen.

FURTHER CONGESTION RELIEVER



When again pressing the intervertebral points that had been sore before, many still were at the heart chakra region. Cupping is a great way to also relieve stagnation.

Cup was left in position, then moved up and down the area as other numb spots were discovered and then left to resolve.

Once this was removed, there were no tender spots that could be felt along his GV.

Needling to set up the scene for prostatic drainage

POSITIONING

When lying on his back, give the lower back support by having a pillow under the backs of the knees. We are now addressing directly what has happened to his front – tree over groin (lying on cold, wet ground) for at least half an hour. Subsequently no one undoing with the resultant pelvic congestion and actual large masses/lumps.

Cv 2 was excruciating when pressed.

Pc 1 a little – not as much as previous sessions.

Pressing **Sp 4**, (MP Chong Mai) very sore points were discovered and needled. This alleviated the Cv 2 pain somewhat. **GB 41** was not tender. **Ki 8** was on both sides, and was needled. **Sp 8** (accumulation point of Sp) was also very sore and needled (1 ½ inch). **Liver 2** bilaterally and **R Co 11 and Yin Tang** were also inserted.

CV 4, 6 moxa on needles. Once these are removed (Sp 4 left in), palpation showed that the pain at Cv 2 was now much diminished.

Next – removing some of the blockage/congestion at the front of where his pain resides. A tree fell over him at the area of the hip and across to the thigh, so there is still significant trauma stored there, although the past work here has resolved the lumps and swellings that had remained years after the accident.

To assist his lower back, the congestion in the front must also be attended to.

UPPER LYMPHATIC DRAINAGE

I always start with clearing the upper diaphragmatic region first. (Middle heater is where all the moving has to happen through – think the Liver Qi and Spleen for congestion issues). Getting circulation correct ‘upstream’ is important as the flow released has to be able to move fully through the body.

With warm hands and not very much oil, using the whole pad of the thumb, and using the upper hand for pressure, start moving down under the rib, slowly and initially superficially, to begin freeing the diaphragm.



From a different angle



Make sure that the pressure you exert is coming from the other side to your leading (touching person) hand. Always lean into the person also – as this way your hands and fingers will not be compromised.



You can see that working quite deeply is very possible.

Starting the other side – beginning with just a preliminary feel about to see what you can do. There may be lumps – just go over them – do not try to make them move through – the body can do that however it wishes - and phlegm resolving herbs may well be appropriate whilst working at this very gross physical level.



WHY I DO UPPER DRAINAGE

Most have middle heater issues - and even if it is 'just' the matter of sitting hunched over a computer all day/hiding breast behind the caving in of the chest /covering up the sensitive areas through again, hunching over – especially trying to shorten the height one may feel – all of this positional blockage creates real congestion in a body that is designed to be in constant movement.

Regardless of what a person has come into the clinic for, I do this on everyone – and if nothing else, call it preventative medicine – as is cleaning out the corners when vacuuming a house – it is helpful to have everything in the best condition possible.

Usually what people feel is taller when they leave – and the body is no doubt able to then use the entire treatment to greater advantage if it is now working better on all fronts.

WHY I DON'T STIMULATE NEEDLES

The use of massage I find is far preferable to strong needle stimulation – I almost NEVER manipulate a needle – it is put in and just left to do its thing.

Possibly it is all 'sham' as defined in research methodology – I would imagine a lot of us – especially the more senior members of the profession – do NOT use needle stimulation as it is not a practice building venture. When people are upset – as they are to have to visit someone to pay them for helping them get over whatever it is they don't need to feel hurt as well.

THE NEED FOR PROSTATE DRAINAGE.

Most men find flow of urine and sexual capacity reducing with aging.

Many men have been hit in the testicular area – and many have been circumcised. This trauma (usually given without any pain reliever – as babies were seen somehow as not vulnerable/sensitive and would forget it anyway - what about deep betrayal of mother who did not protect when needed?) leaves indelible scarring and hence blockages to flow. There is often significant congestion in the lower abdominal area. Whether this is through not breathing well into the belly all those years, whether or not is due to some hit there – physically or psychically - normal Qi and Blood flow through the lower heater can be assisted as the Yang naturally dwindles as aging increases.

ACTUAL PROSTATE DRAINAGE.

After all this prelude – now we start on the business end of the matter. Please do not skimp here. It may also be appropriate to have on hand some vibrational shock remedy. Many people have had sexual trauma – and they may have blocked it out. For men, who knows what is going to come up as the circumcision issue is not mentioned anywhere – and we do have cellular and subconscious memories.

It is entirely possible that what you are now working on has been well hidden. This means that the work here is life changing for some. Many men report feeling so much lighter, connected for the first time, not now feeling odd – not that they knew it was possible to not feel as they had all their lives . . . so this is a great gift.

I suggest that all men over 35 have this done occasionally – as it is a treatment and also preventative for the prostate congestion leading onto cancers.

Should the patient have cancer here, being on some herbal preparation for clearing this would be preferable to just doing the massage alone. At the very least drinking two cups of red clover tea (simmered not just steeped) and some silica would be indicated. Ideally they would be doing a whole plethora of interventions - at all different levels.

This prostatic drainage has been used very successfully when the prostatic 'rebores' operations have failed to permanently resolve the flow issues.

POSITIONING

For some, it is necessary to have the feet actually on the table, and hence the knees drawn right up. This allows the tension in the gut to not get in the way of the work to be done.

RECAPPING ON PRELUDE

I find that having worked on the back as outlined above, especially some work either massage or moxa to move sacral congestion. Sometimes I may have used **GV 1** first – and possibly **Gb 30** - all positions found to be reactive in the general area.

I always use moxa on the lower abdominal points, (Cv 4, 6 and often I may reduce **Cv 3** if lots of stagnation in the region) after clearing **Sp 4** (Master Point of Chong Mai – the deobstructor meridian) and **GB 41** – (Master Point of Dai Mai – works specifically on the pelvic area), **Sp 8** (accumulation point of Spleen) and **Ki 8** (accumulation point of Yin Wei Mai – experience point I guess by now).

Whenever these are sore, I needle them – and often men with fertility issues have very tender accumulation points. I take the AREA of the point - not a textbook exact location. Acupuncture points 30 years ago were considered to be where the sensation was different – and it varies for each person and also during their lives. The recent resurgence in individualisation as shown in the “Japanese” style allows for this – in the work I am presenting here, please also use what *feels* right to you.

Palpation is always necessary. It gives you, the practitioner, guidance. It gives the patient the feedback mechanism to gauge whether you are actually working or not – and don't worry – these points always feel different/relieved after the work.

If the points are not much better, it is reason to treat the regions seriously and possibly give other herbs/homework to keep therapy active between treatments.

It is possible to just use all the points mentioned above as markers, but I especially pay attention to **Cv 2** and **Pc 1**. **Cv 2** is a great local point.

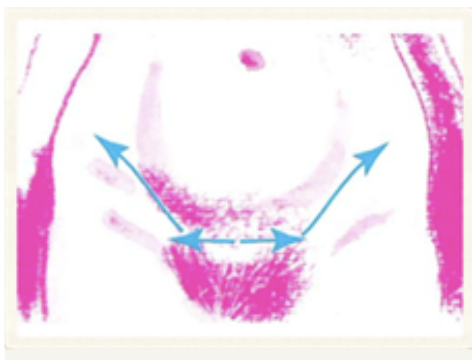
Pc 1 - the first point on the Heart's protector meridian seems from my experience to allow accurate diagnosis of heart/cardiac problems. I press it on all patients – the left side and test it before and after all treatment. If regardless of what I am doing it is still tender, then I send the person for medical investigations.

(Sometimes, if one specialist decrees 'all clear' and this point is still very tender – a second opinion often finds the previously hiding cardiac condition). I have not known this point to 'lie' . . .

To do this pelvic clearance work, I often leave **Sp 4** in – as Chong Mai is the most affected by testicular and accumulations. All needles in abdomen and legs are removed as men usually tense something up when this work is done. It tends to be very painful – which is why all the preparatory work is completed first.

LOWER PELVIC DRAINAGE

(Still prelude to the actual prostatic drainage). This portion is very applicable to most women – who have significant congestion in their pelvises at all ages. It is very relevant when swelling in late pregnancy or when there is pubic separation – to allow the flow of Qi through the area – possibly with moxa on the edge of the bone also to mobilise what is creating pain and blockage. Anyone having had a previous C-section scar or any abdominal surgery will benefit from this.



This preliminary work seems to hasten the progress of material in the front of the body. The principle of lower pelvic drainage is to move the lymph from above the pubic bone and out towards the sides of the hips at waist level.

You may also then employ light and firm effleurage to the medial above knee region sweeping the hands up over the femoral artery/inguinal region to again the hip /waist area.

The speed and depth of your movements is entirely dependent on the person's condition, and comfort. The inguinal direction is the first priority. The lateral across pubic none work is often very painful. 'A' is for everyone. "B" is for men

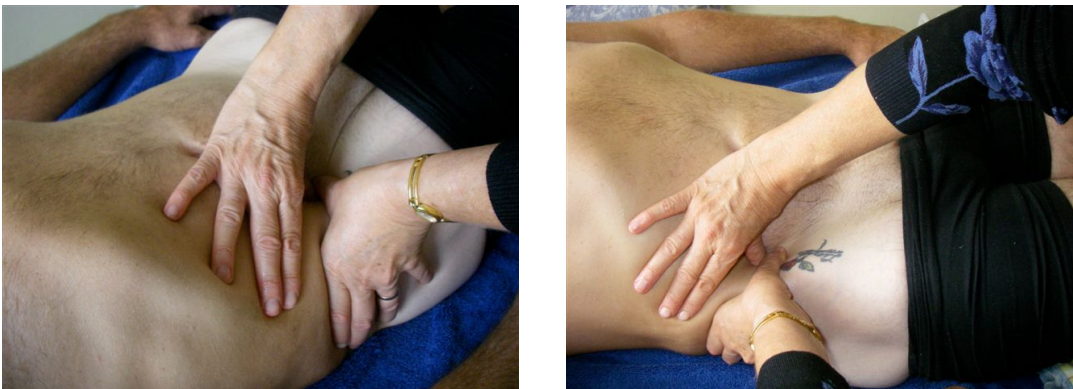
Ensure that he has emptied his bladder, as deep pressure will be exerted.

A - Clearing the inguinal region. Starting at the area **Sp 13**, move along the groove, with the flats of the thumb/fingers. I use the top hand to create the pressure, the bottom one is the directional agent. This is a SLOW and deep gouge. You start shallow and gradually deepen the effects each move. First time it is often excruciating. It is also that you may find lumps and bumps – which you don't move along, just work over these and let the body deal with them.



You may need to start shallower and work down to going deeper later. Slow and methodical is best – without trying to gouge any 'tubes' or whatever out of the way.

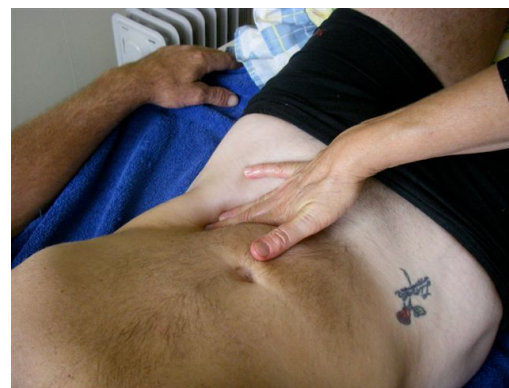
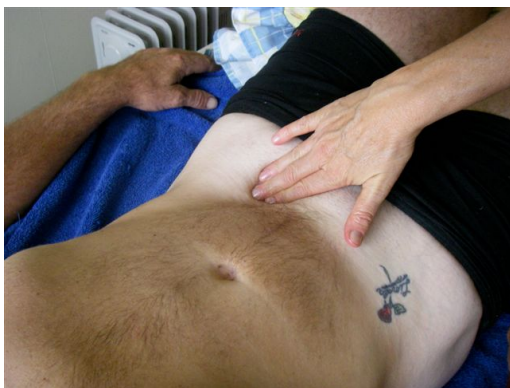
This work is essential after having worked with a C-section scar –and I do this regardless of how pregnant she may currently be. It is vital to get the meridian flow to be as nature intended - so at least they can start at the starting line. I find this approach to be far easier than needle stimulation plus it allows everyone to FEEL better.



FROM A DIFFERENT ANGLE TO SEE WHAT IS BEING DONE



Please also ensure that as well as having warm hands, you use PLENTY of oil or similar to go easily over all the pubic hair. It is also very important to clip your nails extremely short as great pressure is being placed on these points of contact.



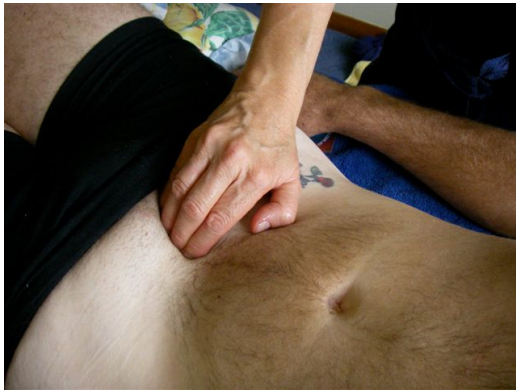
This may also be done one handed when you get a feel for it. So whilst all of this was just setting the prostate drainage up . . . It may have been very painful still.

ACTUAL PROSTATIC DRAINAGE

B - Clearing the actual prostate area. Start about one inch from the midline of the body just above the pubic bone and slanting fingers 45 degrees into the midline, so the fingers reach the midline and about one inch below 'skin' level.

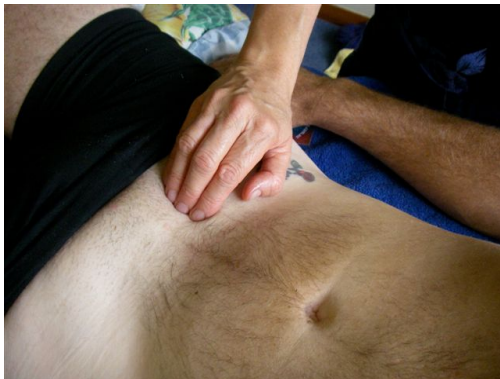
A slow dragging outward is then employed. The process is repeated several times on both sides, and then the usual pelvic drainage is repeated.

If the person has a problem in this area, the technique is painful but usually offers immense relief.



Starting very shallowly, trace the outline of where you are going – see drawing a few pages above.

At the top of the pubic bone, and straight across – initially with finger pads, all at the same level – draw the longer middle finger in so it is the same height as the rest.



The depth is shown by the apparent loss of my finger tips – CUT YOUR FINGER NAILS TO THE QUICK!!! Remember to go across very slowly and at the same depth - gradually getting deeper with every sweep across.

Only go as deep as a person can tolerate – for some this is excruciating. This discomfort does diminish remarkably with each treatment, and is why the entire prelude optimally is performed BEFORE this drainage technique.

SEE HOW DEEPLY THE FINGERS ARE WORKING NOW – onto the second knuckle.



You may find yourself naturally working less deeply towards the hip region.

PLEASE NOTE

All of this is easier if you have done ALL the sacral/moxa and abdominal work first. Using (real) moxa on needles on the lower abdomen really allows the movement needed. Having taught this a lot – and men have it done ‘cold’ – it can be very painful as no movement has been encouraged on other levels prior to the actual drainage.



Alternative way of working – with the entire thumb pad using the other thumb for strength and using your weight – we have to ensure that we are also being looked after when doing these fairly brutal slow deep gouging techniques.

Sweeping up the inguinal groove.



Going deeper each time, repeat these moves at least three times - be sensitive to the depth – it can be very tender. If you find masses and lumps, possibly send him home with Chinese herbs to resolve, or at least some cell salts (from health food shop).

WORKING DEEPER . . .



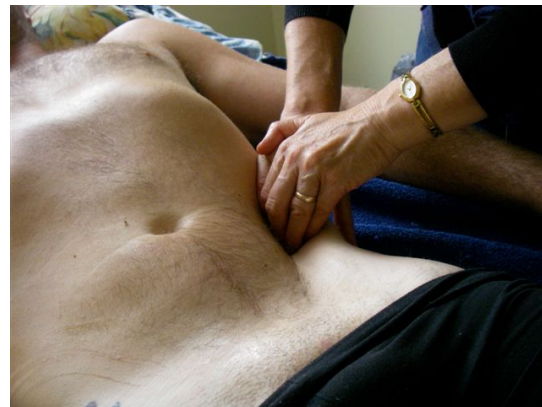
BEGINNING THE OTHER SIDE

Each side can be totally different. Clinically I have noticed that the left side seems on at least 90% of men to be more congested/painful. I always start on the right as this helps as they know then what to expect and may not 'guard' it as much.



Please remember that the depth is entirely dependent upon their tolerance – and going in past your first finger joint is entirely normal – even eventually deeper is good.

Remember that this is not a race, and the slower you perform this, the easier it is for the body to catch the rhythm and work with you. Ideally you would be orchestrating his breathing and do most of the movement on the out breath.



Finishing off.

Please remember to shake your hands off, and away from him as the movement of stored and previously stuck energies is a great release – and you do not need to be 're-infecting' him or yourself with it. Ideally holding your hands without touching under running water may help you release what you might have picked up.



Perhaps [watch all of this presentation](#), and then start out at the pictures again.

ASSISTING DU MAI TO OPERATE FREELY/WITHOUT OBSTRUCTION

I use moxa a lot. It is magic in clinic and allows far deeper work to be performed. I suspect it allows the energies of 'possession' or whatever that have lodged in addition to the more 'acceptable' cold and damp etc to move on - similar to North American Indian/Tibetan/high Anglican church notions of smudging.

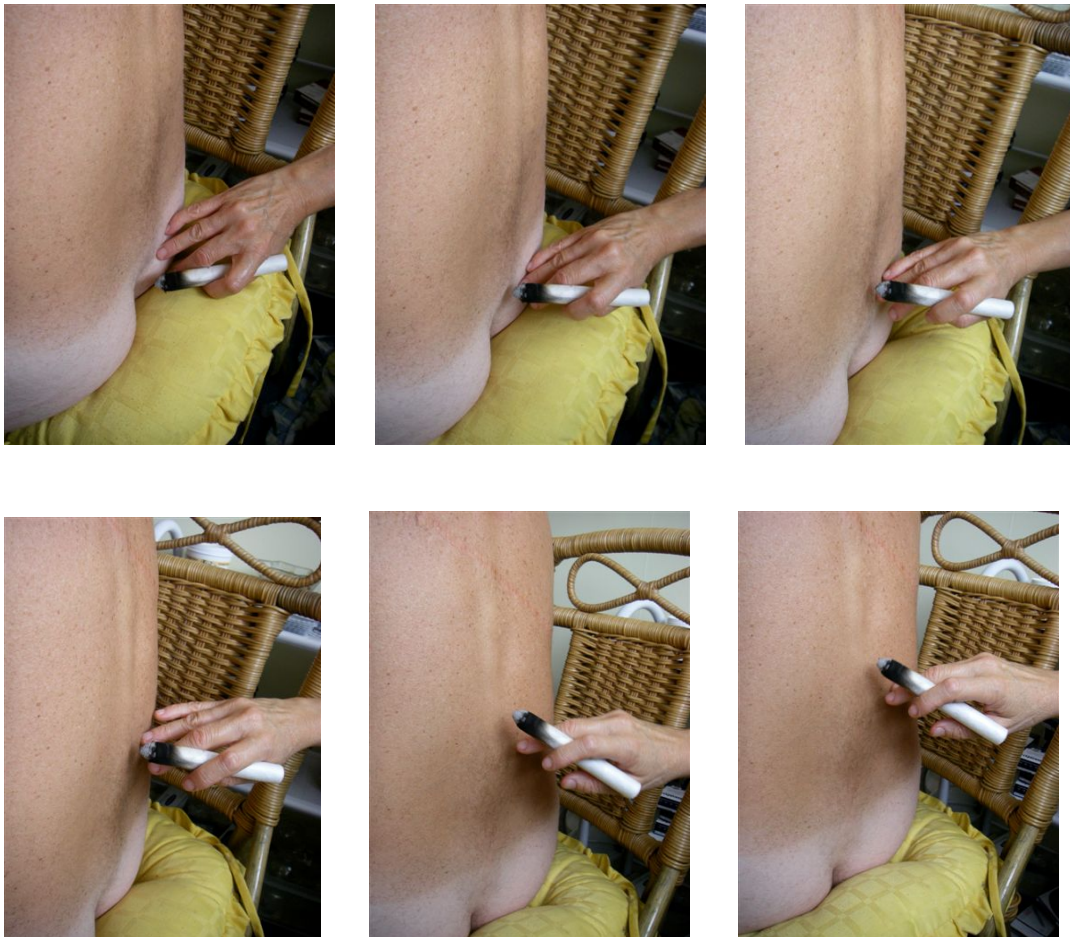
I work up the GV with the moxa for about a minute or two – until they are either more relaxed, or I see a pinking up of the skin. They usually feel very relieved when this is happening – check – as if it is agitating them, don't do it – the point is to settle and reconnect, not get them antsy! A drink of non chilled water or similar for both you the practitioner and the patient prior to this is a great clearing move – always remembering that moxa is potentially very heating stuff.

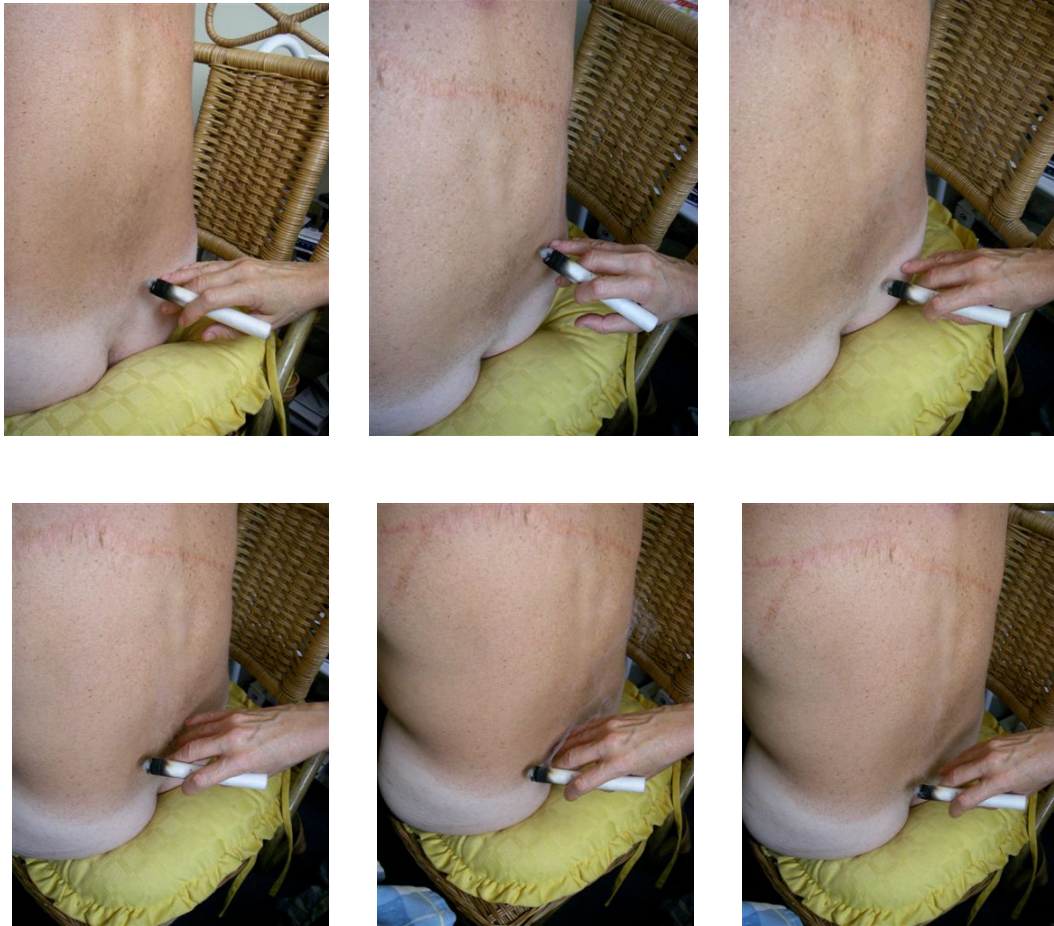
This work is covered on the DVD presentation '[Birthing – What Dads Can Do](#)' as it allows amazing relaxation/opening in pre birth work. It also allows the placenta to work better – as it works specifically on the nerve/blood supply to the entire genital /pelvic region. It is great to be included in this prostatic work.

MOXA UP THE SPINE/OPENING PELVIS/SACRAL FAN



Please notice that there is a gap between the moxa and the skin afforded through the use of a finger as a 'spacer'. Also please be aware that the person has been through a lot and may be feeling very vulnerable - this helps to settle them down /reconnect with who they are. It is NOT the time to be accidentally burning them!





MESSAGE TO GET IT ALL MOVING –

This is amazing way to sort out all neck/shoulder and upper back complaints, in addition to the obvious sciatic and lower back/ waist aches and pains.





NOTE - THE REDDENING OF THE SKIN – it should be warm and radiating heat by the time you have finished.

Using the perineal opening point – pressing at a 45 degree angle into BI 35. Positioned slightly differently if the release is not felt in the perineum, this would be the finale to a very liberating session! This allows a sexual release when often it is missing. It thus also allows for the Stuck Qi to move - why you are doing this.



Press extremely firmly – starting slowly and building up the pressure. It is so hard that the person will have to be braced otherwise they will shoot forwards! At least 30 seconds of very strong pressure - then slowly back off.

The point HAS to be felt in the perineum. Get the person to concentrate and then let go there – you will feel a change in the tension on the point when this happens. If on the wrong spot – change the angle – and try again.

FINISHING OFF

FIRM PRESSURE



The cup mark and his stabbing scar .



He is not enjoying it



Finding any tight spot/knot and just pressing really hard – will result in it letting go if you stay constant. Suggest he takes a slow breath out and just observe what is happening.



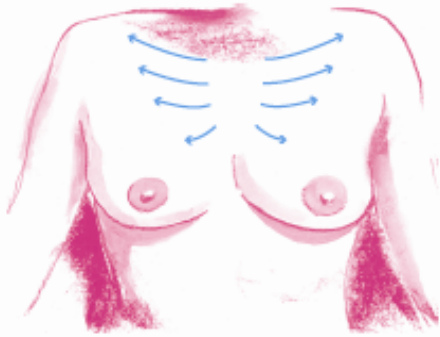
Using massage with acupuncture works far better than needles and moxa alone.

AMBIENT CLINIC TEMPERATURE

Rick listened to me talking to his wife about getting cold, and he took it on board. He actually stopped working outside in all weathers (inland mountainous area of NZ) in winter and discovered that helped his levels of pain diminish immensely. Recently he had been back in ice fed rivers fishing and felt cold to the bone again with the accompanying deep biting aching in the bones. The clinic air HAS to be warm.

MOVING TO THE FRONT OF THE BODY

Often we can forget about the chest. The ribs are attached there, and often are the actual problem when someone is complaining of a back/neck ache or shoulder problem. This may be especially so if the person has any form of chest pain.



We have a tendency to forget about that the heart centre/chakra shuts down in most of us in order to live the lives we do. [Bao Mai fracture](#)

Very few can live our lives in compassionate contemplation – which means we become very reactive if we do not SOMETIMES shut our feelings off.

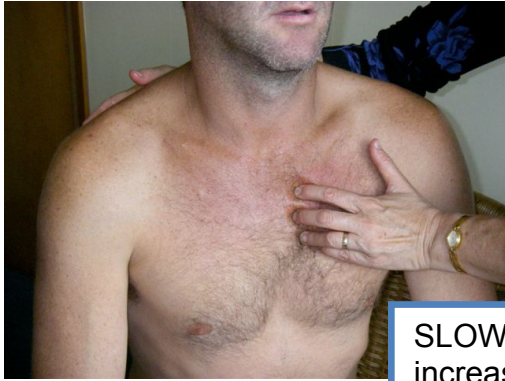
This process is often the key reason the physical is all blocked up and giving the pain and dysfunction messages – we need to open up and FEEL again.

It often surprises me how much difference opening the chest creates. It would be obvious that this would assist what is reflected behind where we are working, but I have seen amazing results in very high blood pressure whilst very pregnant with carpal tunnel/major neck tension and

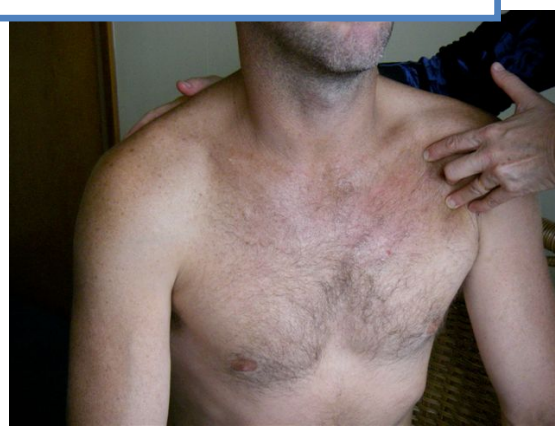
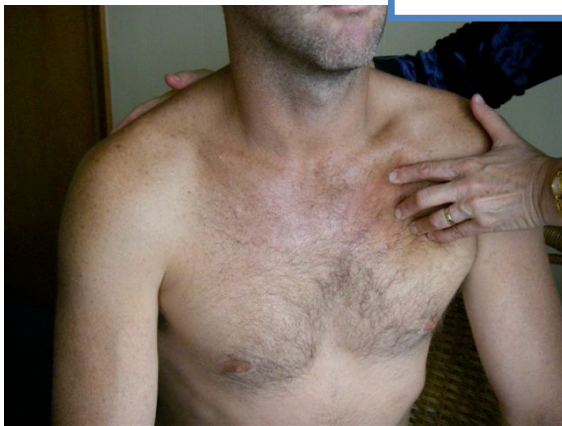
It is always good to get the person to move around in between each portion of this work - here he had already been off the couch to loosen up some more. This is crucial when you have someone who is as congested from so much pain and stagnation. He has moved his neck/shoulders and swivelling his waist about to loosen up before this final onslaught occurred.

OPENING THE FRONT





SLOWLY is the key. Go deeper as you increase the movement frequency. Hold him steady or he will lurch forwards –is very solid, deep gouging.



THE OTHER SIDE . . .



Each side can be very different, so please start lightly/shallowly and get deeper as each sweep is accomplished.



This is gouging – just make sure - it is SLOW.



Getting him to move about and then keep going may free up a lot more – especially if some deep breathing/sighing is also accomplished.



FINISHING OFF

Both having a large glass of non chilled water is necessary here as there has been a lot moved on.

Do sweeps with the flat surfaces of all of your hands from the top and the centre to the bottom and the sides – move all that has been freed and released right away to be liberated. Shake it off your hands once it has been collected off the superficial layers of the body. Doing this feels so much clearer than not.



This can be done quite smoothly and quickly – it is just very superficial with intent to remove all that is not needed.



This is very fast and barely there touch – the pictures do not give it justice.





RESULTS

His absolutely beaming face all the way through – each time he was asked to move about. WHAT A DIFFERENCE!!!!

With the needles still in – not abdominal – I often get people to waggle their pelvises, to free up what is ready and ripe to leave.

He has noticed that when he gets cold – which is occupational and whenever he goes fishing – the entire back plays up.

He now knows to soak in a hot bath with three cups of Epsom salts, and this alleviates most of it.

Getting his wife to moxa and massage needs more work – as these maintenance moves can easily be incorporated in an intimate relationship.

THOUGHTS FOR DISCUSSION

Is it in the classics?

Is this found in texts?

Does it matter if it is safe, effective and WORKS?

Will it work in my clinic?

This is very easy to teach and those who wish to help themselves are very grateful for the bonding that it affords within a couple – or between sisters /friends.

Look to more on the self massage course [I have here](#).