

Honouring Our Source

Sustaining our human life



Heather Bruce

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First published in 2002
ebook edition 2016

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National Library of Australia
Cataloguing-in-Publication entry:
Bruce, Heather
Honouring Our Bleeding
ISBN: 978-1-922065-94-0

Dedication

**To everyone who has allowed this book to be birthed
- particularly those whose paths have crossed mine,
who have assisted in my learning by allowing me to appear
to be healing and/or teaching them.**



About the Author

As a senior acupuncturist who had been working with people already for decades, Heather realised in 2001 that the average person had no idea of how their body ran.

This 2016 edit as an eBook is an updated version of the 'patients' manual' she wrote – originally in three sections, you may have one or all of these below.

Honouring Our Source, Honouring Our Bleeding and Honouring OurSelves.

Whilst some may have an understanding of the bits and how they physically work – the actual instructions given to these bits is not in the physical – for an energy worker or anyone who delves into acupuncture.

To assist in your journey towards health: so you know why when you may be 'doing everything right' – especially when you feel that nothing seems to be shifting – there is actually a very good reason.

Your having an appreciation of there being a lot more to be done than just on the physical (reality as medicine and orthodox culture sees it) will then alert you to how you may be actually creating your own pain and ill-health – by ignoring what your body needs you to do.

Often it is the very opposite to what the current medical profession are telling you. Usually it is what your great grandparents would have expected you to do to live well. . thus it is all based on time honoured traditions of East Asian (and Chinese) medicine.

You will notice also of those “old wives tales” that we all may have discounted when young.

Enjoy!!.

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Introduction

Part of the book 'Living In It' written in 2002 for patients to understand how a well body works, "Honouring Ourselves" the final section in the trilogy departs from the standard acupuncture theories and takes the reader into a model that may help them reframe/'make sense' of their lives. That reality we all carry in our heads may not be all there is. Enjoy your journey!

I suggest we widen the 'goalposts' a little, to question the beliefs that run the energies that allow us being here in a body. Please do not expect to sit down, and 'get it' all the first time.

You may – it may be as the answer to a prayer. If some of it challenges what you believe – please be aware that I am trying to do this. Reacting to our lives gets us what we have – a need to change.

If we think we can just pay someone to 'fix' us – we eventually come to the realization that we are the creators of our own lives – here is maybe the beginning of your own sense making.

After standing and hearing myriad stories, usually from those who could not cope, and in living in my own interesting times as an acupuncture teacher and practitioner, I got to thinking. (I didn't 'get it' overnight, either).

Some parts may totally mystify you initially. Sit back, and just open where you will, and start reading.

'**Living In It**' written as a reference manual - for when you feel you have tried everything else, done your best, and still nothing seems to work/make sense.

"*Living In It*" is a sister edition to "**Living as Energy**", and is designed to be read in conjunction with it.

Three [posters](#) "[Inner Alchemy](#)", "[Unfolding Jing](#)" and "[Reunion](#)" are tied into each of the three sections of this book, and are also available.

A [guided meditation CD](#) (now MP3) was devised to be another step in a searcher's quest to assist themselves.

(2016 addition)

We live in interesting times.

It would seem that the voracious novel reading: the science fiction that I consumed as a teenager was to set me up for this life now. We could be forgiven for thinking that we seem to be living in a 'B' grade movie.

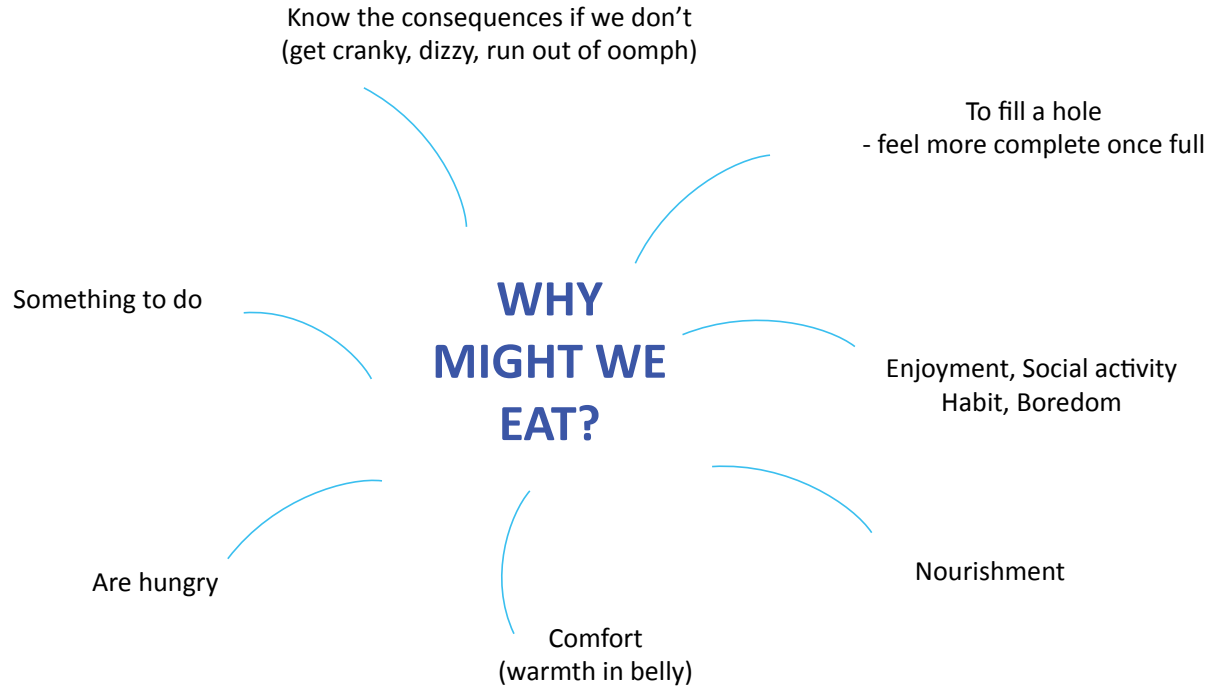
This is becoming more of an interesting challenge as parents become less 'at one' with the orthodoxy and less amenable to being controlled. Watch the vaccination bullying/loss of real science into what is essentially a religion, and a form of mass thought control as a great example. This divisiveness - much like the Middle Ages and flat earth like arguments, may set older, wiser parents up against their adult children's need to feel as though they belong to their own 'tribe' of peers.

We may discover too late that being 'good' got dangerous/unsustainable.

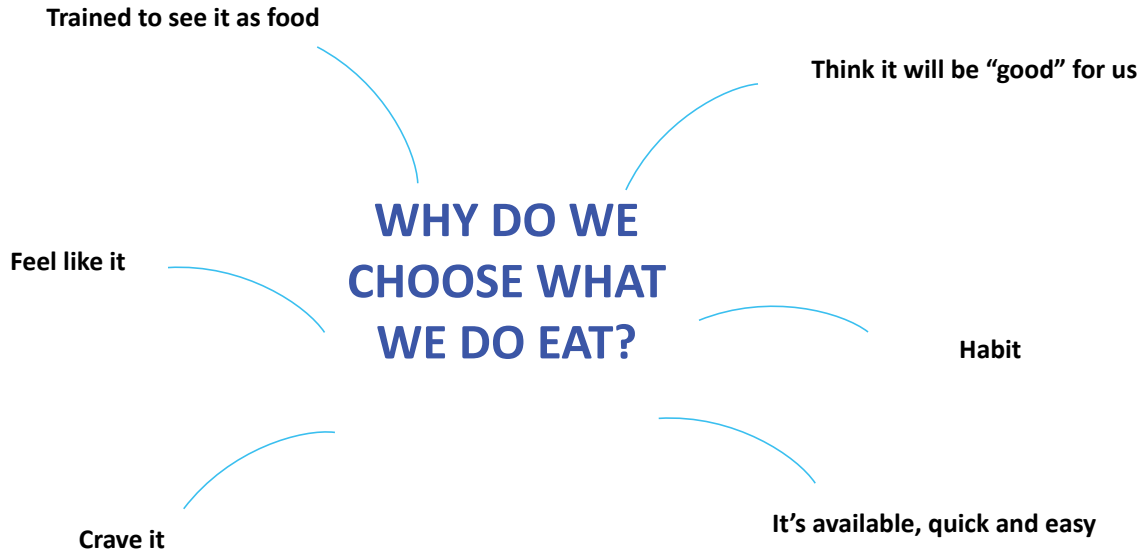
Here I present a way that the more conscious people may wake up - and light up their own lights.



Why Might We Eat



Why Do We Choose What We Do Eat?



Why Do We Feel Hungry?

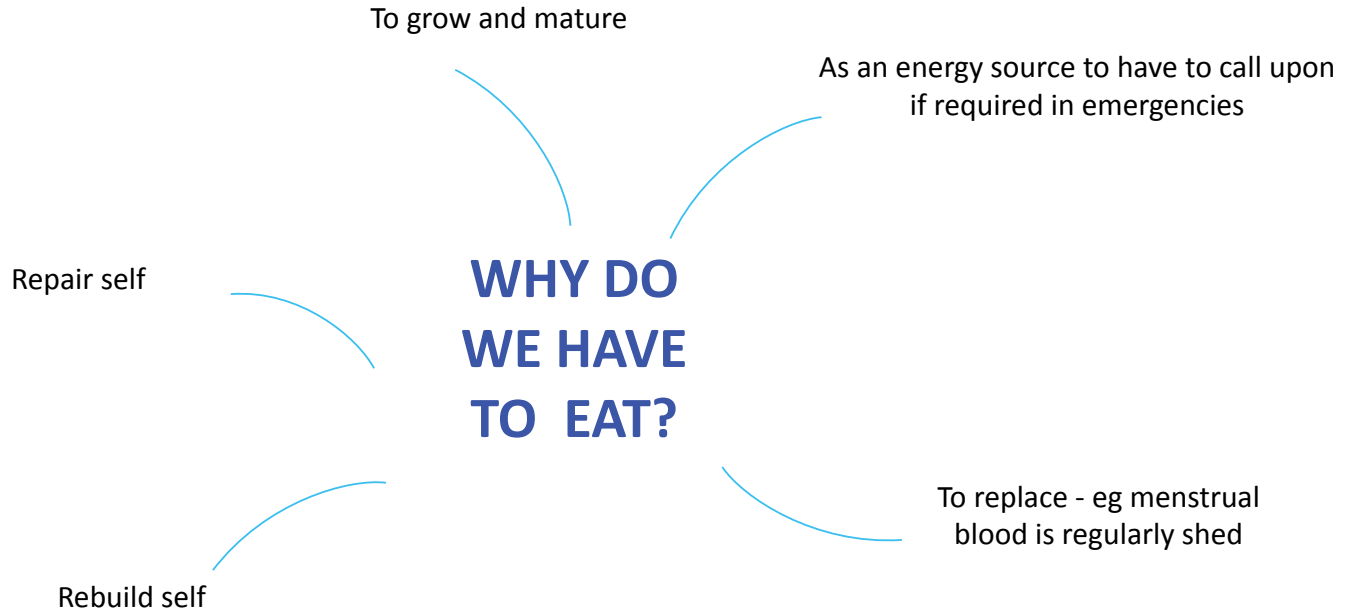
The Spleen Yang is strong, and has run out of fuel.

Over hungry – is burning too fiercely, either consuming all too quickly – fast metabolism – it is a false fire fanned by the emotional heat stirred up by the ‘stress’ of [Liver Qi](#), burning, like a festering wound, or rumbling volcano, as we all pretend everything is ‘just peachy’, when it is anything but. Called also [Stomach fire](#).

Not hungry – [Spleen Qi](#) and Yang are insufficient, usually dampened down with phlegm that obstructs all natural settings, hence feel not hungry, though in great need of more fuel.

Hungry at odd times – body out of balance – see “how to normalise”.

Why Do we Have to Eat?

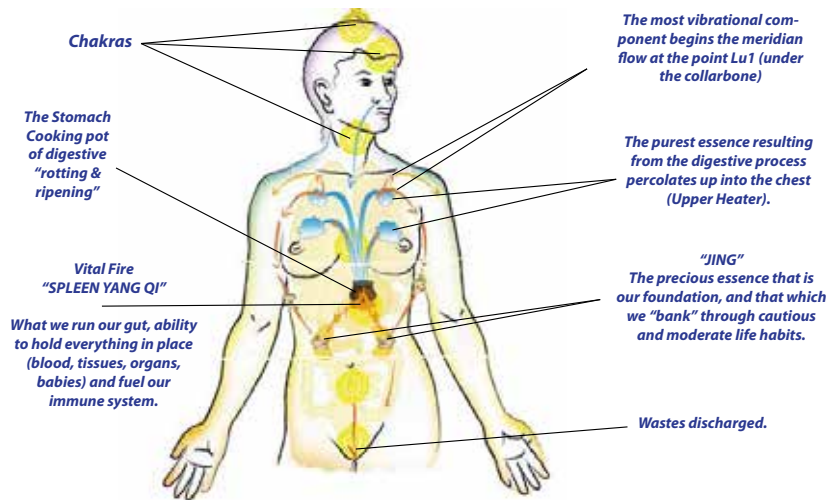


To maintain life processes – it takes energy to be here, even if resting – breathing and maintaining body temperature is burning off fuel – like a car idling – will use less petrol than if driving along, yet is still using it.

What Happens When We Eat?

Simplified Explanation of what happens when we eat

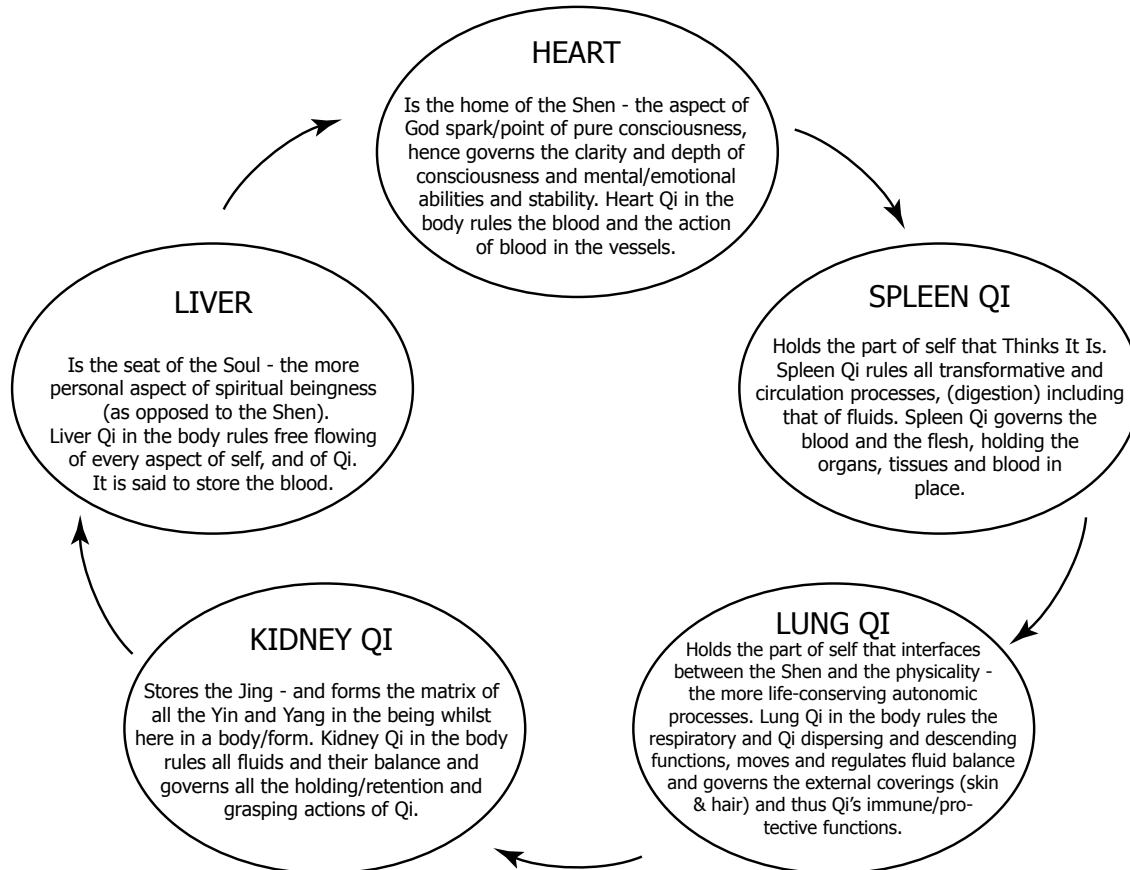
This is an energy, not physical (physiological) explanation of the production and circulation of Qi (energy) and Blood.



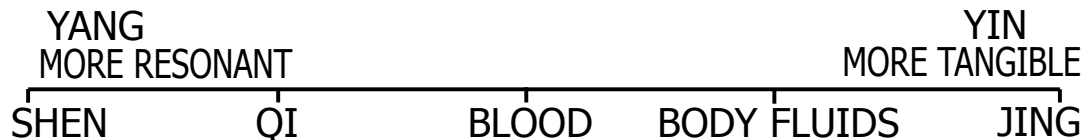
Spleen Yang, fuelled through the [Kidney](#) store of Yang, fires up to begin the transformation process, to allow the more resonant components to rise, the more tangible and thus denser ones to travel downwards.

[Qi](#) formed by the action of the spleen/pancreas and Stomach energy with the assistance of the Kidney Jing. The combined action of the cosmic Qi and inherent Qi of the chest upon the energy components from initial digestion, forms the meridian Qi that starts its external circuit at the acupuncture point under the collarbone, at the junction with the shoulder.

Different Parts of The Body Doing Different Things



Different Energy Substances

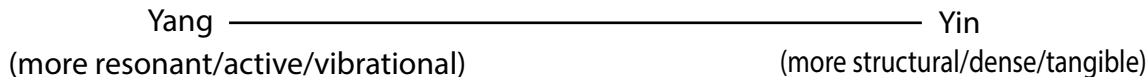


SUBSTANCE	MAIN ORGAN	DOES	FOUND IN
Shen	Heart	Our 'driver' – directs and maintains consciousness	Stored in the heart, and said to travel in/with the blood
Qi	Lungs, Kidney, Spleen	Transforms, circulates, warms, protects and re- tains/holds everything in place. Also nourishes	Inside and outside the meridians and blood vessels
Blood	Heart, Liver and Spleen	Nourishes and moistens	Blood vessels and meridians
Body fluids	Kidneys, Lungs and Spleen	Nourishes and moistens	Throughout all levels of the body
Jing	Kidneys	Initiates transformation on all levels, oversees our "life" processes – development, growth, metabolism, reproduction, aging	Stored in the Kidney complex, found in the Extraordinary and in the normal meridians

What Does Qi Do?

Qi, pronounced “chee”, loosely translates into English as ‘energy’. The body has many different types and uses of /for Qi. Our personal Qi circulates within and around us. We live by virtue of our ability to manufacture more Qi, to allow us to maintain our equilibrium in the face of change (homeostatic balance), and to repair and reproduce ourselves.

Qi can be seen to be divided into two different, though complimentary aspects.



The more active Yang Qi is called Wei Qi. It circulates in the more nourishing aspect and is called Ying Qi, usually equated with outer reaches of our energy and physical bodies, forming the Blood energy. This is found with the actual blood, and circulates protective barrier.

In the waking cycle, it travels externally, within all the meridians, blood vessels and denser structures.

At night Yang Qi must retreat inside, to be replenished during sleep. ‘Battery recharged’ fully, replenished we have a strong, resilient foundation.

Yang

Transforms
Circulates
Warms
Protects
Holds in place/retains shape

**EXCESS COLD EXPOSURE
WEAKENS**



Yin

Provides rest & regeneration
Nourishing
Moistening
Cools
Gives stability & constancy

**EXCESS HEAT
DRYNESS WEAKENS**

Yin and Yang Explained

Qi can be seen in the body, polarised with in the Yin/Yang continuum. Everything that we are aware of has two components. There is always a 'dark' for 'light', a night' for 'day', 'black' for 'white', 'Heaven' as a counterpoint for whatever we perceive as its opposite. 'Male' can only be, if there is 'female' to compare it with. 'Right' can only exist if there is 'wrong'. The terms Yin and Yang are relative to each other, and are in themselves not absolutes - they form opposite ends of a continuum - they allow the comparison of one to another. Not 'good' or 'bad', but all as an integral part of the continuum of experience.

YANG energy _____ YIN energy

The energy that allows us to be active, vital, and responsive to external stimuli is called Yang Qi. Yang Qi roughly corresponds to the Western concept of 'metabolism'.

When We Become Relatively Depleted In Yin Qi

- We feel the cold easily
- We 'catch' everything that is going around We can't digest/ assimilate food well
- Have fluid accumulations
- We can't get motivated, lose oomph



Yin Qi in the body is substantial, more tangible: likened to the bridge between the very light expansive Yang Qi, and physical form: very loosely similar to blood and body fluids.

Yin is essentially about replenishment and regeneration. Yin energy is tied to our inherited energy bank balance - Jing.

When We Become Relatively Depleted In Yang Qi

- We get over heated easily, esp at night
- We can't settle & relax to go to sleep
- We get hot/bothered/irritated/restless
- We age quicker, wrinkling & withering
- We can start projects, & not follow through

Shen

Our Shen governs who we are and how we express ourselves. A well nourished Shen allows us to present a consistent countenance to the outside world - it governs our clarity of speech, brightness of eye, coherence of thought, and ability to live in mental and emotional tranquility. To be able to sleep well, hence replenish ourselves on all levels, the ability to think clearly, respond appropriately, and to perceive and react accordingly, are all governed by the amount and quality of our Blood energy, which nourishes our Shen.

What Upsets Our Shen

Loss Of Its Home – in shock, or when another influence has overpowered the Shen, it may seek temporary refuge elsewhere (lose consciousness). An aspect of self may keep the physical vehicle ticking over, as, if the Jing is sufficient, and all other life sustaining raw materials are provided, it can survive, like a car idling in the garage: living in a catatonic/paralysed or in coma/ with extreme loss of consciousness /stroke and on life support.

Loss Of Nourishment – [Blood](#) is the base or foundation for the Shen. If the blood is not circulating, or is lessened in quality or amount, there may be sanity/emotional stability issues. (This may happen over time, with worry, lack of repair/regenerative time out, sleep is not replenishing, just a brain turned off.)

Loss Of Clarity – often as a secondary effect of the two above. Major source of muddy thinking

[Phlegm](#) damp. Clouds of insubstantial phlegm, perhaps wafting up from a turbid digestive system. (A diet of highly damp inducing foods – chilled and cold and raw foods and fluids, overly sweet and /or alcoholic - consumed especially when the body is in a very young/unformed/exhausted/ weakened state, or unbalanced from immoderate and irregular lifestyle/experiences as yet unprocessed. (Stressed).

Loss Of Grip – either due to heat creating reckless/rebellious Blood energy, or through external invasion. ([Heat](#) creates the Blood energy to become supercharged, and the usual balance and peaceful calm demeanour may be lost. If combined with the effects of stimulants, & the flow-on effects of Spleen Damp forming, Heat and Phlegm energy together may give classic “mad” symptoms, at least pre-menstrually, in preparation for the monthly bleed, when there is a relative abundance of Blood in the body.

How to Help a Disturbed Shen

Shocked (usually in very early life, eg birth) – in babies – a blue mark, or line runs across bridge of nose).

- 1-Resolve shock – rescue remedy or similar to help antidote the after effects of the shock on the circulation/Shen.
- 2-Have osteopathic corrections done to allow the blueprint to reassert itself to ensure that the potential is free to unfold as planned – birth and gravity are big adventures
- 3-Provide a safe, comfortable environment to heal – possible energy healing work to hasten this.
- 4-Take supplements to calm the nervous system – good quality B complex supplement, preferably liquid Zinc and separate Magnesium replacements (bypassing the stressed and less absorptive digestive system).
- 5-Chinese herbal blood tonics and Shen calmers to return body energy to balance.
- 6-Reframing of ‘life’ to allow a less judgmental (“it was bad/shouldn’t have happened”) attitude to prevail

Blood depletion

- 1-Stop blood loss.
- 2-Stop worry cycle, allowing the digestive and nervous systems to return the system to balance.
- 3-Take Chinese herbal tonics to strengthen digestive system, blood energy and thus all body.

Heat

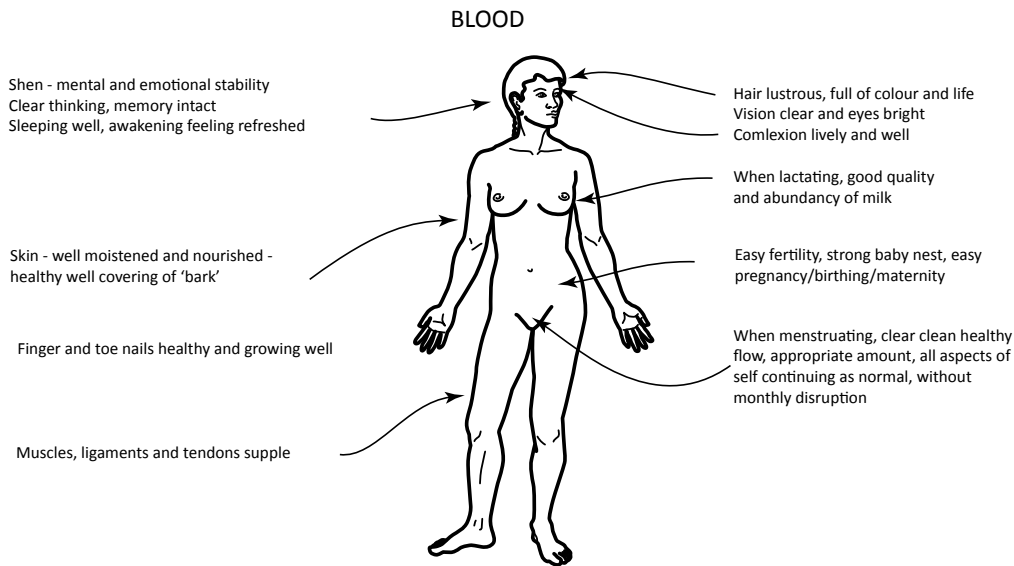
- 1-Avoid all heating and processed foods, and activities. Take Chinese herbs to calm the Shen – and restore normal balance - especially important if a hyperactive child.

Phlegm misting the heart (‘madness’)

- 1-Attend to diet, especially avoiding foods that create phlegm.
- 2-Regular, moderate nourishing food intake.
- 3-Take digestive enzymes to assist the appropriate assimilation of food.
- 4-Avoid all sugar, sweet foods, as Candida is a major cofactor here.
- 5-Avoid all substances that create the gateway to possessed states – alcohol, marijuana, recreational drugs, sugar, sweet tastes.

Sleeping problems. Not ‘at home’. Wild/vacant look to their eyes. Emotionally unstable/volatile/aggressive. Possibly loud and abusive. ‘Nervy’ disposition. Unfocussed eyes/thoughts.

Blood



RESONANCE OF BLOOD ENERGY

ACTUAL RED BLOOD SUBSTANCE

The word 'Blood' mostly, when used in this book, describes that which is not red and spurts out when liberated, but that which nourishes all aspects of our being. It is formed through the transformative distillation process of digestion. The densest part of Jing is stored in the bone marrow, as an aspect of Kidney resources, and is acted upon, in conjunction with the chest Qi, to form blood, in all its forms.

As a form of Yin, it nourishes, moistens and cools as it also provides regenerative powers.

Consequences of Less Blood – Amount and/or Quality

Blood energy keeps every aspect of self bathed in nutrients, courtesy of the freely flowing Liver Qi.

When we lose actual blood, or over time make less amount or quality, various aspects of self will start to dwindle.

We may just see this as being a natural consequence of the aging process.

Shen Disturbances - sleeping less deeply, maybe disturbed, unsettled within self, not peaceful, equilibrium lost.

Emotionally vulnerable, needy, indecisive, anxious, if severe – panic attacks.

Mental Lack Of Tone – This may show as a gradual lessening of self – cloudy, dithering, memory unreliability, slow thinking, lack of sharpness, inability to do one thing properly, apparent loss of previous mental capacities.

Visual Problems - Our visual acuity is a gift dependent upon the health and condition of our minute eye muscles, in turn, reliant on our liver energy complex.

Muscles, Ligaments And Tendons - may experience cramping, spasms and lack of nourishment resulting in such conditions as carpal tunnel syndrome and tenosynovitis, stiffness, inflexibility, discomfort and tension, eventually turning into pain and headaches. Loss of good circulation – through a life time of cold, wind, damp invasion, tension (Stuck Liver Qi), caused by and creating structural misalignment, and lack of nutrients to circulate, will all create pockets and pain, labeled 'arthritis', degeneration, and so on.

Complexion/Skin – Blood keeps all body tissues vibrant and healthy. We wither and sag earlier than necessary, with weakened Blood energy. Skin conditions, dull red in colour, itchy and poorly healing.

Hair And Nails The nails and hair are registers of the strength of our Blood/Jing quality. Hair falling, losing its colour and health, nails splitting, flaking, all broadcast our depleted state.

Menstrual – Deficient blood patterns of bleeding, longer cycle, less lost, scant, pale flow, maybe they stop early (premature menopause), dull head, back and abdominal aching at end of cycle.

Pregnancy And Lactation – difficulty in staying pregnant, possible malfunctioning of the placenta, habitual miscarriage, not 'blooming' when pregnant, any of other symptoms above in pregnancy, or postnatally, especially depression and emotional problems. Inability to easily breastfeed, poor quality milk.

Ways to Improve One's Blood Energy

1 - Constitutional Inheritance

The easiest way to have good Blood energy is to have chosen your own parents well. Not necessarily young ones, but ones who have looked after themselves ,with orderly, regular life habits, preferably whose own parents were not over 35 themselves.

The strength of our constitutional energy is a gift, an inheritance, from our forebears.

For our own children, we can ensure that prior to their conception, we are as moderate with our habits as possible. The role of diet and supplements is only a portion of preparation. The calmness of the maternal inner life and the degree she is able to stop and nourish herself, and the growing life, disconnecting from the external world and its attendant dramas.

As our babies grow, providing them with a totally regular, nurturing and supportive environment on all levels will allow them to reach their intended potential. Regular, warm nourishing meals, avoidance of chilled and cold energy foods, and the development of a strong immune system (avoidance of early, over childhood postponement of vaccination, until at least 2 years of age) may all play large dividends later in their lives.

2 - Breathing

To assist ourselves, we can breathe well. In energy terms, all the quality digestive resources meet in the chest cavity, and with the action of breathing, distribute quality energy through the meridian system. Quality blood is made to be circulated. Without good posture, and adequate ventilation of the lungs, the type and amount of food eaten is fairly irrelevant, as we are not able to utilise the resultant nutrients. Any blockage to the breathing cycle, especially [unresolved grief/broken heart](#), will weaken the quality of Blood energy made.

3 -Diet

Regular and varied intake of warm, nourishing and enjoyable foods, in a calm and stable setting, will enhance the likelihood of good quality blood production. Not attempting to lose weight, but following the rules of eating will assure that wellness, and with this, well shape may return.

4 - Emotional Freedom

Allow the [Liver Qi](#) to freely move – what inhibits this?

We do.

Choices to stay safe and secure, not opening our inner cupboards to undo the wrappings of the apparent ‘problems’ we have long stashed away for later, may be the key to releasing more of ourselves back into circulation. This lack of vitality, and increasing dis – ease within self, will eventually show up as sleeping/ emotional/mental imbalances, as consequences impact upon our Blood/Shen. Why wait until it is a crisis?

Chest – [Lung Qi](#) stores grief and worry. Holding onto this, creates less ability to adequately utilise the full breathing cycle, creating less opportunities for quality Blood and Qi to be made. When depressed/beaten down by life and thus exhausted, we huddle over. We sit at computers all day - again scrunched over.

No space for the lungs to expand.

It may feel too much to hold ourselves upright, we perceive our breasts too heavy, or obvious to stick out, hence, we stifle the very vibrancy of our life force.

Our **heart centre** may have shut down, as early experiences of vulnerability and openness may have created vast pain. In the safety of “shut off”, we are then also unable to fully express and experience joy. True connection within, and between us, and others is also not possible. Living through the motions only will create further grief, as we feel disconnected as we are, as we chose to hide away.

Bao Mai – a meridian that nourishes our lower heart. This is the generative centre in the body – known as the ‘fetal palace’ – the area where babies are made – and for men – where their own ‘uterus’ resides – where they make the generative fluids to nourish their sperm – the prostate gland. This acts as their uterus – and as such is as troubled as the women’s one in all phases of life especially when toxic emotions and toxic chemicals are stored within.

Jing – Our Inner Capital

We may consider ourselves to own an inner bank account. The capital, deposited at conception is our Jing, inherited as potential from our parental lineage. Our Jing may have been allowed to unfold calmly within our early formative years. If it is nurtured well, this care and attention pays dividends later. Wise parenting, allowing development to unfold according to the inner template, with a careful early life habits, ensures that we have the best possible foundation for our later endeavours.

The **amount and quality of reserve essence (Jing)** stored, to be called upon in crises, depends upon the quality of the life experience, and the rate at which we drive our selves. This is not a pre-set metabolic and regenerative process, but is dependent upon how fast and furious we run our life. If, as adults, we choose to live moderately, it is likely that we have been able to live well, able to adapt to all life's challenges.

The **vigour of all aspects of self** is dependent upon our ability to transform aspects of the air, water and solid materials, incorporating their structure and their energy into that which we can use for our continued existence. The ease by which we achieve this, the quality of the results, and our personal expression of who we are, are all direct results of our Kidney energy, and beyond this, our Jing's ability to support us in form.

The **rates of metabolism, aging and reproduction** are all held within the 'hormonal' areas within the brain and spinal cord; these themselves governed by the Kidney Qi. The Kidney Qi (energy) in our body supplies and moderates all aspects of everything that keeps us within the physical form. It is the source of our Yang (metabolic) and Yin (re-generative) energies. The strength of these is dependent upon the quality and quantity of our Jing, itself underpinning our physicality, which itself is stored within the Kidney complex.

The strength and healthy life of our hair, bones, teeth, mental stability and intellectual capacity, our easy reproductive histories and our rude good health are all easy measures of the strength of our Jing.

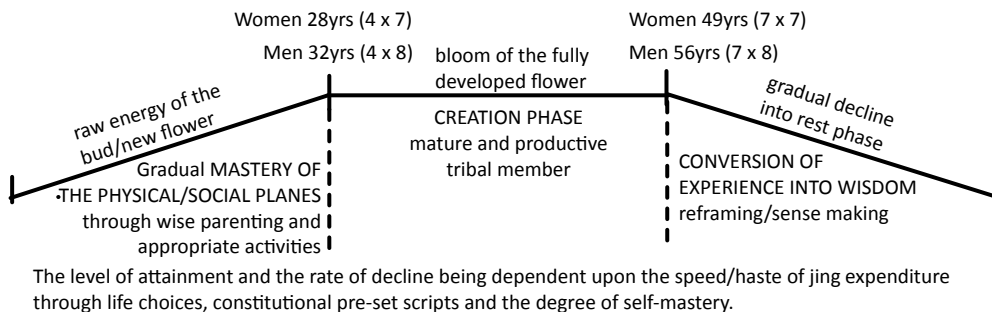
The inner bank account that is not a measure of age – but of how consciously a person and their parents have made their foundation and their lives to date.



The closer we are to the point of conception – the setting of our Jing standard – the more life experiences impact upon us. Western medicine shows that the earlier a toxic substance is introduced to a fetus, the more disastrous/ encompassing is its impact. During our lives in utero, we are subject to all maternal mood swings, biochemical and hormonal surges and tidal flows, as we were nourished directly through her blood. Her Shen is carried within her blood, and we, more than containing the genes from both parents, are very finely tuned into her essence. This means also, that her responses are our beginnings, as they have shaped us in our formative times.

As we age, life experiences affect us less, as we develop tools to shield ourselves, making new sense of life.

As we grow into maturity, the foundation of a strong constitution; a steady, nurturing environment, and an orderly, safe passage learning how to be a productive member of the society; uncovering enjoyable purpose for our lives, all allow for maximum blossoming of Jing.



Ideally, we would reach the potential pre-set in our genetic inheritance. More likely, life will intervene, affording us the richness of our own personal tapestry, that sets us up with the inner library of resources.

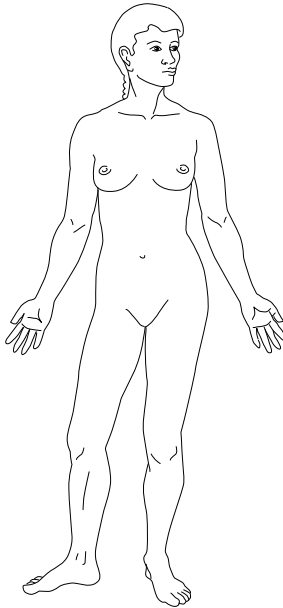
Consequences of Jing Depletion

Prebirth

Miscarriage, incomplete gestation, chromosomal damage, stillbirth

Early Life

Failure to thrive, very sickly baby, structural, other defects
 Biochemical or developmental defects
 Growth and maturational problems
 Dentition not right, any bone or neurological problems



Later life

Late puberty. Sexual development impaired. Non regular cycle.
 Sperm or ovulation inconsistencies.
 Blood diseases.
 Any wasting and/or neurological condition.
 Teeth and bone problems.
 Weak lower back, possibly when tired, prior to period, in pregnancy (when Jing is called upon elsewhere) Unexplained weak knees, (including family tradition – is a Jing = inherited condition)
 Early hearing loss
 Teeth degeneration
 Early hair weakness, including women's hair thinning and loss Early menopause
 Early aging/deterioration

How to Improve One's Jing

Choose one's parents well. Live an orderly and peaceful, though fulfilling life. Avoid all unnatural substances. Live by the seasons. Resolve stress as it happens. Thereby allowing the normal blueprint to assert itself, healing as required.

Unfolding OF Jing

(male cycles = 8 years, female cycles =7years)

Jing Template	Biological Blueprint
Pre-conception	Life events impact on us the more or less experience we have had, thus the less wisdom/sense we can make of it. The younger we are when the influence occurs, the more it deviates us from where we otherwise would have been.
Gestation	The closer we as beings are to the time/source of our physical conception, the more profound the incidents impact on us.
Birth	The birth process terminates our dependence and throws us into separation. At this time any impact is heightened and carried on as a “default” setting, independent of the Jing template.
1st CYCLE 1x8 1x7 years	Digestive system immature, taking time to adequately operate at peak efficiency. Babysystems are brand new, needing respectful, deliberate and loving handling. Deep sleeping MUST occur for the replenishment of Jing that can only occur at this time. Towards the end of this cycle the body is working properly. The baby teeth fall and are replaced by adult ones. Head hair (a “sprouting” of the Kidney Qi/Jing)
2nd CYCLE 2x8 2x7 years	The Jing becomes lustrous. There is now sufficient Jing storage and the “dew of heaven” – sperm and ova - announce their presence. The fertility meridians are full and overflow. Periods begin creating easy fertility and rampant hormonal swings

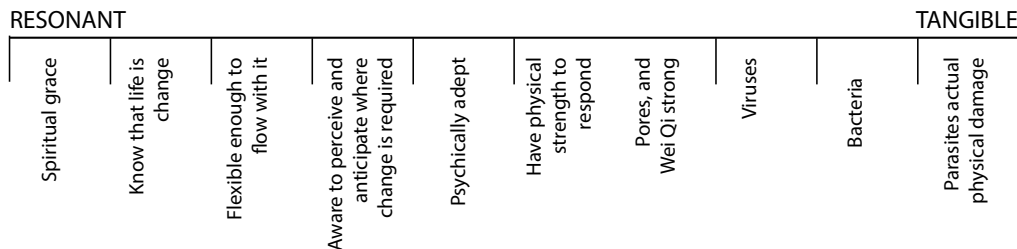
Jing Template	Biological Blueprint
3rd CYCLE 3x8 3x7 years	The Kidney Jing peaks. Physical growth has finished. The wisdom teeth arrive.
4th CYCLE 4x8 4x7 years	The physical body is in peak condition. The head hair at its strongest and longest.
5th CYCLE 5x8 5x7 years	The nourishing meridians start to falter. The complexion shows this first and facial wrinkles appear as the quality of nourishment weakens. The teeth may begin deteriorating and the hair fall/lose condition/ colour. All are markers of Kidney Jing strength.
6th CYCLE 6x8 6x7 years	The digestive system weakens. The hair begins to grey. The eyes, and possibly memory, start failing. Fertility is vastly weakened as quality issues (chromosomal damage – Jing indicators – and pregnancy ease) become apparent.
7th CYCLE 7x8 7x7 years	Depletion of Jing. The “dew of heaven” dries up and sexual/reproductive weakness occurs.
8th CYCLE 8x8 8x7 ++years	The tendons stiffen. Bones, teeth, mental faculties and visual acuity diminish and neurological impediments all accelerate. “Aging” becomes obvious. Aging is a lessening of the quality of our Jing. Not just the passage of time.

Health – The Body’s Ability to Adapt to Change

A well body is able to adapt to all changes, as they present themselves, at all levels. Wei Qi protects us on many different levels.

Our physiology is geared to a process of homeostasis. This automatic and immediate self-correction back to a pre-set calibration allows us to exist within the changing moods/tides of the physical world.

Psychic & other energy distortions/disturbances external climates perception of physical damage.



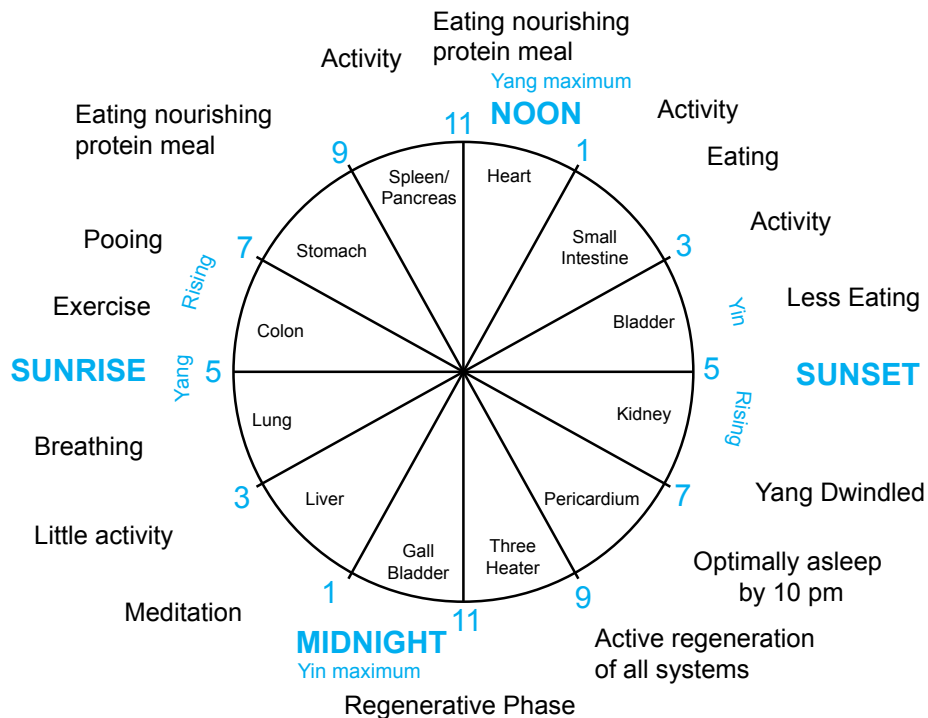
Our [Wei Qi](#) circulates through the muscle and superficial layers of the body and energy fields, in a constant tidal flow. It retires internally to rest, to be replenished, as part of the overall sleep/recharging cycle. At this time, the body is more vulnerable than when awake, as whilst the consciousness is in ‘sleep’ mode, the defensive Qi is also not alert.

To chose to sleep in a draught, under fans or in air conditioning, or possibly under a closed window, where the colder air is falling onto one’s sleeping face, is to willfully weaken the amount of Yang that will be available in times when it may be very necessary. We may awaken to a snuffly nose, a wry neck, or possibly, if very weakened, a case of Bell’s palsy to deal with. See more here: <http://heatherbrucehealing.com/cold/>

Our nourishing Yin Qi must be strong enough to have reserves to be activated when required. If we have a calm, restful demeanour, not harbouring unresolved issues, have looked after ourselves, and are feeling balanced and at peace with the world, and having had a stable early life, we may be possibly flexible to accommodate any crisis.

Assisting a Well Body to Operate at Optimum

Chinese Clock



Times of day when body is most suited to different activities.

At sunrise – Yang energy is at its peak. Sexually, males reflect this. Digestive system strongest throughout the day.

Yang Qi body and soul integrity

Yang Qi body and soul integrity

Protection/immunity

Yang Qi whether fighting infections or invaders of all types, grants you sovereignty over your being

Yang Qi – opens and shuts the pores, regulates temperature control, as through active homeostasis we are able to adapt to change.

Warmth

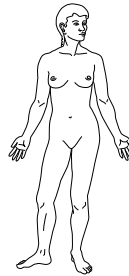
Having enough inner fire to run all of this optimally and keep the body within balance in perfect harmony

Vital “oomph”

Bodily blueprint expresses itself well, through the 7 (women) & 8 (men) year cycles.

Easy transition between life-stages

Spark of life providing libido, ability to orgasm



Healthy State

Transformation/digestion

Moving all energies and substances from one state to another within your body.

Governs all digestive processing, food into Blood, Qi and body fluids (and wastes)

Transportation/circulation

All flows flowing freely on every level.

Moving all from one place to another
Controls all fluid & lymphatic movement
Circulates blood throughout the body.

(No pain when everything flows well).

Holding all in the right place

Blood, body fluids, organs, tissues, urine, babies.

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Body Disintegration

Immune System Breakdown

Constant infections, slow to heal.
Immune system corruption
Temperature control breakdown
Auto-immune activity
Allergies, anaphylaxis

Loss of body integrity

Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

Circulatory distress

Weakened walls of blood vessels create varicosities, leakage and bleeding.

Tissue and organ collapse

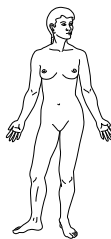
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

Bottom Dropping out of your world

Mental & physical collapse, feelings of emptiness, sensations of losing control, incontinence, leakage of life force, life dripping away, actual incontinence.

Sexuality

Loss of feeling and functionality
Inability to feel or desire sexual intimacy and union



Bodily Decline

Reproductive failures

Loss of adequate circulation and production in all aspects of sperm and ovarian function.

Pregnancy

Constant heartache.
Threatened/actual miscarriages/fetal & placental insufficiencies/IUGR retardation, premature delivery, insufficient energy to activate or complete birthing.

Digestive capacity diminished

(Thus immune system disruptions)
Leaky gut, dysbiosis, belly noises.
Poor pH, excess mucous issues
Allergies, food intolerances, Candida, undigested food in stool parasites, slow exit time

Lymphatic system

Sluggish, cellulite, fluid, swellings creating accumulations of toxic wastes, clogging defensive systems - eventually causing cancer.

Musculo-Skeletal

Pain & dysfunction as Qi & Blood usually nourishing all tissues becomes congested, weakened, dammed up & shuts down

Menstruation

Blood may leak or gush: menstrually or during pregnancy, sustained flooding at any time, especially pre-menopausal.

Mothering

Incomplete healing on all levels leading to bonding and/or lactation challenges.
Not enough of self to go around.

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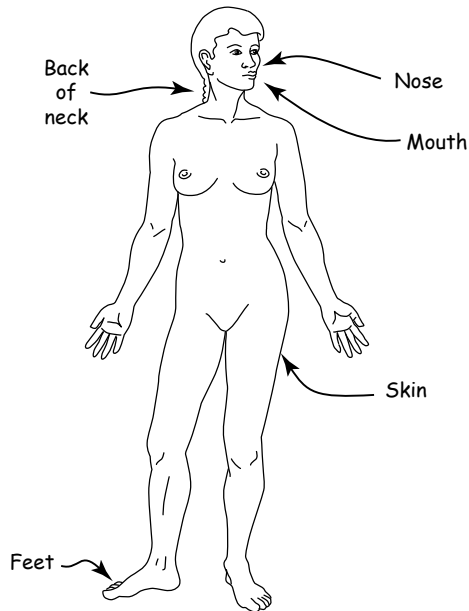
How Do We Get Cold? (and Hence Yang Depleted)

Have a **weakened protective Wei Qi** level, and have cold penetrate in situations where we may not notice – small amounts of, over time, eventually building up to a sizeable reservoir of Yang Qi that is side lined to neutralise it.

Get cold, and don't have the pores expel it out of the skin level later. (See above)

When very hot, getting cold and staying that way, usually with a breeze, to enhance the cooling effect.

Breathe in too cold air, which is insufficiently warmed by the nose, before arriving into the lungs, thus weakening the Wei Qi, as it must expend itself to ward off the cold invasion.



Having **cold feet**, especially absorbing cold, possibly damp energy through the soles, where the first Kidney meridian point is located, will ensure that the cold gets straight into the abdomen and uterus, where it will do the most harm. It may lurk there for decades, quietly slowing circulation, causing menstrual and digestive complaints that eventually will become solid masses that can be found diagnostically, rather than just internally experienced.

Ingest **too cold food/fluids**, often over a long time. but specifically **when very young**, and tender, when the still forming Yang Qi is not strong enough to repel the damage. (A major cause of children's mucous/glue ear ailments) Cold through the acupuncture '**wind**' **points at the back of the head**, through often constant troublesome exposure to occupational air conditioning, or through sleeping in a draught, under fans/air conditioning.

Cold packs deliberately placed to tone down swelling, or ease inflammation. (See next page)

What Does Cold in Excess Do?

Cold in the body wastes Yang Qi, as it is the Yang Qi's function to keep the body warm - body temperature to stay within very rigid limits. This means that there may well be less Yang Qi to do anything else with – (digestion, circulation, hold organs, tissues, blood and pregnancies in place, protect from other invasions), as the first priority is to stay warm. <http://heatherbrucehealing.com/cold-is-not-your-friend/>

Cold causes contraction and hardening, spasms, and pain that is eased temporarily by heat, and much worse by the application of cold. Pain is an obstruction of normal flow. Childbirth, and postnatal care are no places for ANY application of cold – be it ice to suck, cool drinks, cold foods afterwards, bare feet in labour rooms (air conditioned for clothed people's comfort) or perineal ice packs. <http://heatherbrucehealing.com/cold-invasion/>

Cold stops up the pores, stopping the normal sweating process, ensuring that when the person feels hot, their skin may feel very chilled. Cold in the pores may also cause pain and numbness at the skin level, and may be visible, by the blanched or purplish discoloration. <http://heatherbrucehealing.com/adding-cold-or-ice-is-not-going-to-help/>

The cold energy **impedes the normal circulation of nourishing Qi, Blood and nervous pulses** from reaching intended targets. Cold lodged indefinitely may eventually be discovered, when that joint or area is found to have non standard growths, often over calcification, or weakening of tissue or functioning.

Cold announces its presence when our inner Yang Qi is feeling stressed by an extra load. This is often when it gets cold, or we get older/weaker. The inner cold resonates with the outer energy, causing aching of the affected part. Unless the cold is removed, rather than continually warmed nicely, it will quietly nibble away at the store of Yang Qi. Taking pain and inflammatory blockers, will not only distort the body structures, but will eat into the reserve that should be there to enrich and enhance the person's twilight years.

Cold lodges indefinitely, insidiously arriving in tiny little increments, when we are young and strong. Our defensive Qi keeps it quiet, and out of circulation, to re emerge when that defensive Qi is called out to a more life threatening event, leaving the way open for the old cold to assert its presence – 'arthritis' etc. Take it out - see more here <http://heatherbrucehealing.com/taking-cold-out/>

How to Get Rid of Cold

Initial invasion – in skin level

Scrape the skin, smeared with Vick's vaporub with a Japanese spoon, until purple/red bruising marks appear (see [Gua Sha](#)). Rug up and promote sweating, take a very hot bath, eat a hot curry, drink grandma's recipe to drive out cold.

Prevention – avoid breathing very cold air. Sleep in an enclosed room, free from draughts. Turn a thermostatically controlled heater on 'low' setting, especially for young children, to avoid winter coughs that linger. Keep Chinese herbs on hand, to be taken at the hint of a cold, to drive it out. Avoid getting 'run down', so your protective Qi ensures that you never get 'sick'. Take a ginger bath (next page), do regular perineal steaming, take the [Taking Out Cold](#) course.

Joints and muscles

Get rid of the resident cold/damp/wind, restoring normal circulation of energy and blood, and finally rebuild the Yang, to ensure ongoing protective Qi vigour.

Take Chinese herbs to assist the above process – best to see a qualified acupuncturist, who uses an energy, not a physical framework. (Never a dry needling person who does not have the theory to ground the work onto)

Prevention - avoid – all factors that weaken Spleen Yang, and how we get cold - working and living in cold, damp and windy conditions, which create the invasion that eventually shows up as pains in the body that respond to weather conditions, and are relieved by their opposition. Take a ginger bath (see next page).

Always keep some covering on the feet, do not barefoot water-ski, always wear sufficient clothes, covering the midriff, and lower back. Do not go swimming, or get excessively cold, especially when bleeding.

Check out all on the <http://heatherbrucehealing.com/cold/>

Menstrual

Prevention

- Never drink cold water,
- Do not sit on cold surfaces,
- Do not add ice to any part of your body.
- Strictly avoid cold at the time of birth and immediately **post nately – no ice to suck, no ice packs on perineum.**

Action

Use a hot salt pack see next page.

Start [perineal steaming](#)

- [take this course at home.](#)

Follow all elders' traditional wisdoms around being in a woman's body.

Ginger Bath

Intention - Open the pores to let the trapped cold escape.

Not to be undertaken if bleeding, pregnant or possibly so, elderly, frail, in a feverish or infectious state, if you have hot or itchy skin rashes or condition, and possibly not alone, in case of fainting, or having to attend to children, or what- ever, instead of totally looking after yourself.

1– Buy 1 kg of fresh ginger root, and roughly chop into walnut size pieces.

2 - Simmer in a pot of water to cover for 20 minutes, then strain the juice into a previously run hot bath.

3– Ensure that the room you will go to is warm, that you have everything completed, and ready for your retirement for the evening, after emerging from the bath, and rugging up.

4– Soak in the bath. Do not get even slightly cool, whilst in it, or whilst getting dry and dressed.

5– Go to bed, and expect to sweat it out. Do not get cold. No sexual expression, do not exert self at all.

(If no sweating, repeat next night with new ginger. Also see [perineal steaming](#).)

Hot Salt Pack

To be used in preference to all wheat packs, and similar that rely on moist heat. These may provide temporary relief, but when cold is trapped within, (feels better with heat, and worse in cold situations) - you need to extract the cold, rather than just warm it up.

Buy rock salt. Not sea salt. Not ordinary salt. DO NOT MICROWAVE – salt will explode.

Place in a dry skillet, and roast the salt gently for 20 minutes. The salt may change colour.

Place the heated salt very carefully into a cloth container – strong envelope, like a pillow case, wrap firmly in place, so none can escape, wrap again with a towel, or similar, and place on affected area.

Be very careful to not spill any heated salt onto yourself.

Especially useful for each night three days before a period, if the period pain is relieved substantially by heat.

Do not use if you may be pregnant, or if you have flooding flow. Check out the www.coldisnotyourfriend.com site.

Spleen Qi Failing

Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

These are a guide only. You may experience one, some or all of these to varying degrees and in different combinations.

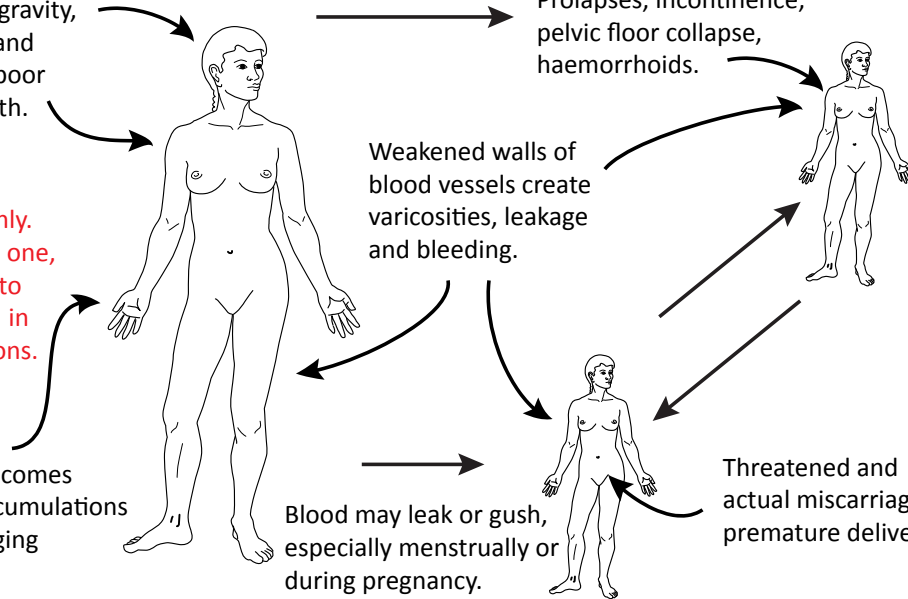
Lymphatic system becomes sluggish, creating accumulations of toxic wastes, clogging defensive systems.

Prolapses, incontinence, pelvic floor collapse, haemorrhoids.

Weakened walls of blood vessels create varicosities, leakage and bleeding.

Blood may leak or gush, especially menstrually or during pregnancy.

Threatened and actual miscarriages, premature delivery.



How to Weaken One's Being – Ignore Your Spleen Qi

When the Spleen Qi is weak, it can not transform properly, so all bodily raw materials are inadequately digested, leading to poor quality Qi, blood, body fluids, and no Jing reserve laid down. Spleen Qi can be weakened either through being unformed (baby) and not looked after properly, or by being depleted through extreme overwork, worry, exhaustion, exposure to cold, disease, trauma or age, or a combination of these.

Dieting, or imposing interesting regimes upon the body, especially when young, menstruating, under a load, as in pregnancy or lactating, can have lifelong effects. Stuck Liver Qi always invades the digestive arena, further complicating the picture, often with bringing with it, excessive heat, and always, damp is produced.

How To Weaken Spleen Yang

Don't do these:

Eat greasy, difficult to digest foods.

Eat cold/chilled/foods and fluids.

Live in cold areas and be regularly cold.

Eat excessive amounts, or very sweet foods

Eat raw foods (require more inner digestion processes). Eat insufficient quality, or quantity foods leave long breaks between meals/snacks.

Have an irregular lifestyle Irregular eating/ sleeping habits. Over worry/over use of thinking.

Sedentary occupations No, or little, exercise.

Attempts at dieting – especially meal replacements, gimmicks, fad diets.

How To Rebuild Spleen Yang

Do these:

Take out all cold invaders permanently. Eat small, regular quantities of very nourishing bland, though tasty food.

Eat in calm surroundings, when not over busy or agitated

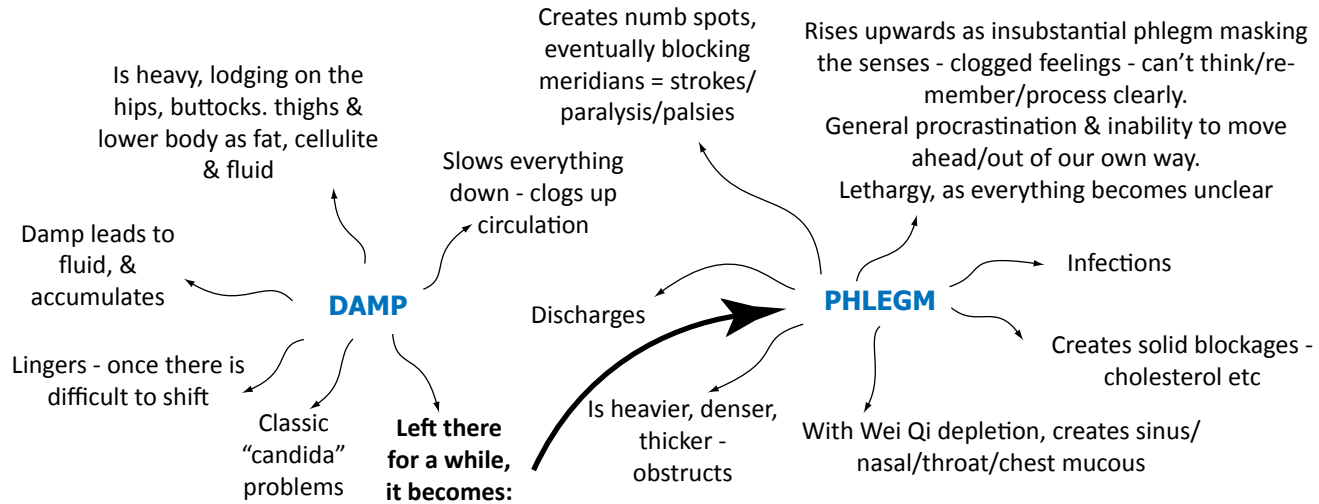
Resolve life issues, so worries are something other people talk about.

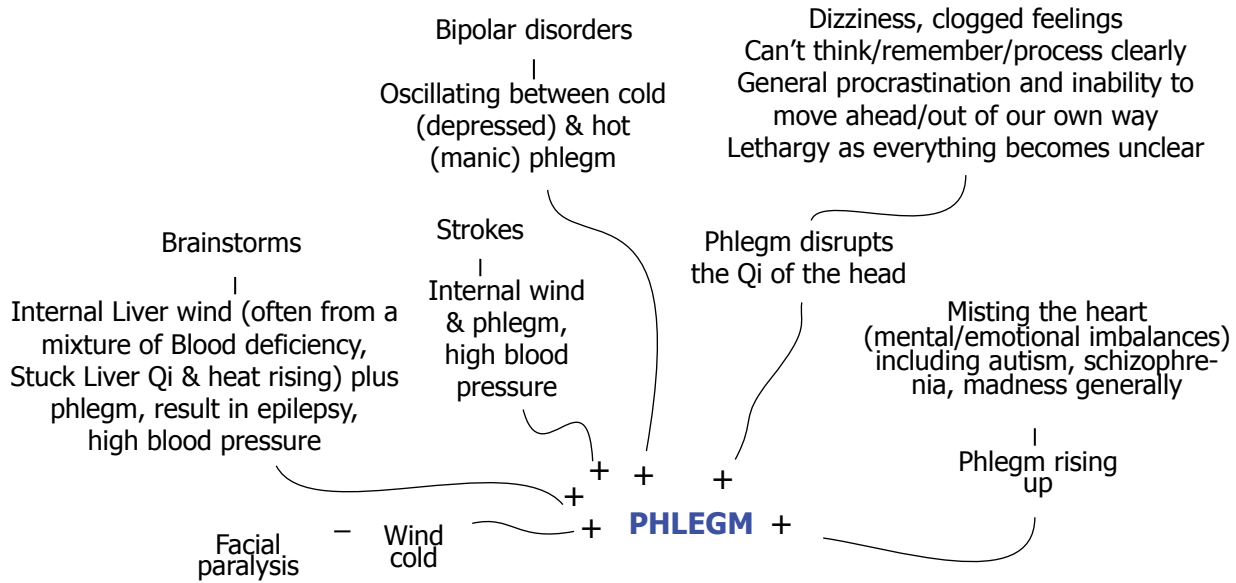
Eat a very varied diet – initially cut out that which you feel that you cannot do without.

Avoid extremes of everything.

See more on freeing yourself:

- [Stuck Liver Qi HS self care](#)
- [Free Yourself package HBB](#)





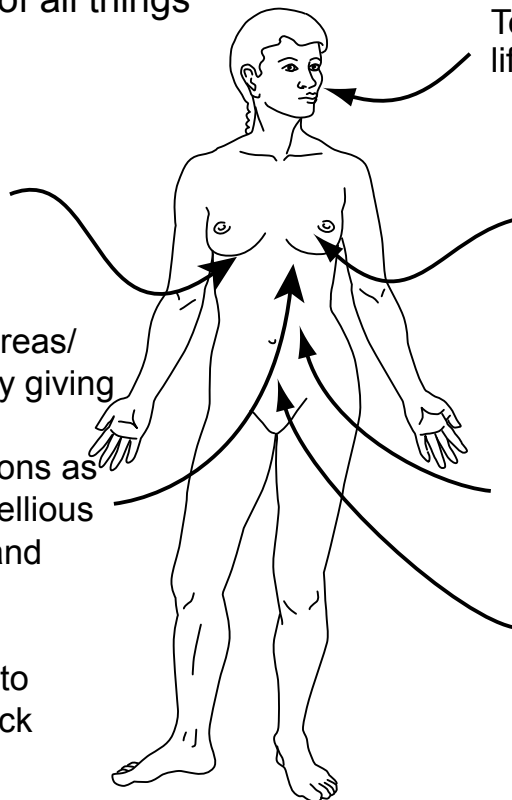
Stress ([Stuck Liver Qi](#))

Stress (Stuck Liver Qi)
stops normal flow of all things

Invades diaphragm.
Sighing and inability to breathe fully - feeling as though being smothered

Attacks the spleen/ pancreas/ stomach complex, initially giving symptoms of discomfort, eventually major disruptions as Qi flow may become rebellious with all the intervention and distortion.

Allows damp, thus heat, to accumulate in locally stuck patches.



All symptoms of 'stress'.
Tension and depressed life force

All breast problems,
swelling, lumps,
cysts etc.

Bloating
Gas produced
Feelings of distension and actual swellings

Bowel movement irregularities as Qi, bile and peristalsis all affected

How to Recognise and Improve One's State Of Qi

Lack of Qi

Pale, bright complexion, possibly puffiness under eyes.

General weakness, lassitude, weak breathing, maybe weak cough and forceless voice.

Too tired to be bothered, including not enough energy to become animated, about anything.

Digestive system very fragile, loss of appetite, oedema, loose stools, and possibly emaciated appearance, as not able to sustain life well.

Possibly spontaneous sweating, palpitations.

Possible night visits to loo, bed wetting.

Maybe temporarily better after rest, or initially in the morning.

Take action – visit a natural health care professional who has a framework that actively assists the return to normal functioning.

Managing illness is not what being here is about.

All holistic traditional methods take time yet are powerfully able to balance to correct your life force.

See my [other sites](#) and [courses](#), and [healing tools](#).

All designed to empower you - wherever you live.

Stuck Qi

Depressed life force, depression of spirit.

Distension and soreness, often changing location and intensity.

Movement of all systems is obstructed, as the Liver Qi is not freely flowing, thus, sensations of swellings and fullness, sighing, feelings of suffocating, unable to take a full breath, even though has just done so.

Areas under the direct control of the Liver Qi may be especially blocked – abdominal, breast, rib and chest regions, all menstrual matters may suffer from irregularities.

Everything is better with movement, and worse when rested, overnight, or when stressed/upset.

Movement of all aspects of self feel blocked – can only see problems, procrastination as feeling impotent within one's life, and 'what's the point?'

Take action. Move the Qi. Start exercising, regardless how tired you believe yourself to be.

See the pages regarding moving [Stuck Liver Qi](#), specifically.

Choose living your life, rather than showing up.

What Does Heat in Excess Do?

Heat may over time destroy the Jing, indirectly by the wastage of resources consumed in the futile attempt to remake the blood, whilst the heat is still creating the “hormonal” over bleeding.

Heat wastes Yin Qi, much as cold wastes Yang Qi. It is vital that the body does not overheat, as the tissues are precious. All available Yin - in the form of body fluids, and blood energy are directed to try to dilute/cool it. Heat energy is normally directed out of the body through the regulation of the pores, and through urine.

Heat causes the blood to go reckless. This means that it is no longer well disciplined, and orderly, but bursts through its banks, leaking or hemorrhaging where ever a weakened link is found. This creates bleeding disorders, miscarriages, menstrual flooding and major exhaustion of the system, as it tries to recoup its losses, all the while still in an overheated mode. This will itself create heat in the body, much like driving without oil does little benefit to an engine.

Heat disturbs the Shen. This in small amounts may present as irritation: as it increases into agitation: boiling over into temper outbursts, irrationality, aggression, and eventually very difficult (wildly mad) people. Hyperactivity in children is better handled by correcting their inner fluid/fire imbalance.

Having a disturbed Shen does not allow restful sleeping - or a sane life.

If heat is still present, besides always sleeping uncovered, and feeling hot to the touch, they may experience distressing dreams, visions, and sleep walking/talking may occur.

Look to possessed states and also toxins within the cells – the heavy metal problems we are creating (vaccinating – adding these straight into the bloodstream of all as though the accumulation is not a problem for the over worked detox mechanisms already in the body) inheriting as the environment becomes ever more toxic – look no further than the Wifi, the cell phones, the dirty’ electricity and light bulbs, the contaminants in all we breathe, drink and eat.

Hot feet at night and hot itchy legs need resolving as these are harbingers of further Jing disturbances and can be easily undone – using detox drops – see www.simple-natural-detox.com

Without regenerative sleep, the person will gradually become more Yin depleted, leading to [further heat problems](#).

Heat creates inner wind rises up creating skin rashes that may be hot, reddened and itchy.

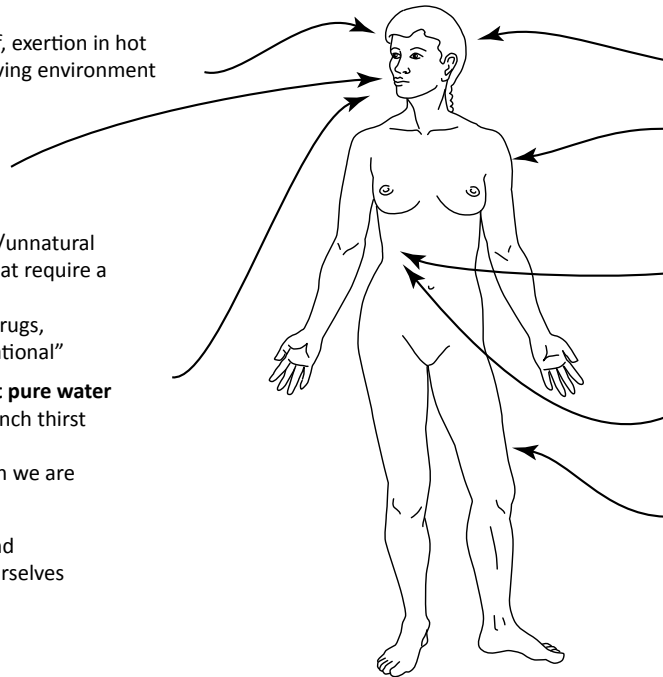
[Inner wind](#) raises the blood pressure, reddens and irritates the eyes, headaches with violent exploding pain, dizziness, epilepsy and possible brain bleeds.

Weather - sunning self, exertion in hot conditions, working/living environment

Ingesting it -
As hot temperature or excessively spicy/salty/unnatural foods or substances that require a lot of detoxification (caffeine, alcohol, all drugs, prescription or “recreational”

Not drinking sufficient pure water drinking liquids to quench thirst that are dehydrating losing fluids faster than we are replacing them.

Being yin depleted, and continually pushing ourselves that extra mile.



Drying out in windy/desiccating environments

Having **inadequately opening pores** to allow the heat generated in normal metabolism to escape become burnt, by fire, sun or chemical means.

Having ‘Stuck Liver Qi’.
Being emotionally suppressed holding onto everything that is needing to be acknowledged and expressed appropriately.

Having **anger, irritation** rise up, still bottled, rather than undoing the reasons for its existence.

Be hit by **lightning/electrical surges**/unusually toxic/fiery incidents which in one hit deplete us massively

How to Heat Up Your Digestion

Eat anything that requires water to dilute/detoxify it – salt/sugar/preservatives Consume things that are full of unnatural chemicals, and empty calories, but have been made to ‘taste’ nice. So you buy more of them – All popular drinks and take-away foods.

Caffeine, alcohol, substances that are non – nutritious/recreational substances -

Eating anything sweet - fruit, juices.

Use curry/chilli/anything that raises the ‘hot’ flavor.

Consuming the same foods daily, as you ‘like’ them – a sure sign of addiction/allergic responses

Be hurried/rushed, agitated when eating, or afterwards, when digesting.

Use dry heat or fatty methods of food preparation.

Cool It Down - (please don't in excess)

Eat foods that have a high water content – melons/tomatoes. Anything raw (needs partially digesting: cooking).

Over drinking water, even if tap temperature.

Consuming anything chilled.

Eating or drinking anything raw when hungry.

Using water based cooking methods.

How to Help Your Digestion

1 – **Drink enough water** (at least 3 litres daily and a litre before eating).

Any time you feel ‘hungry’ - have a glass of water.

2 – **Nothing cold eaten/drunk**

Anything that feels cool on the way down – stop it. (Cold extinguishes your digestive fire -Spleen Yang).

3 – **Make enough stomach acid** /digestive juices.

At least 30 minutes before eating, have a large glass of non chilled water

4 – **Eat much more salt.**

You can't make stomach acid without it.

Pink or grey - add it in liberally. Maybe also add it into your water.

5 – **Paint liquid iodine** on your body – about a palm sized piece on a different patch of skin daily (sorts out all ‘hormonal’ problems easily).

See more in - [Iodine - Ingredient for Life](#)

You can digest your food perfectly.

You will also have the right pH to clear out so much of that ‘leaky gut’ yourself.

Then feel the difference!

Enhancing Yang Qi

- Regular, warm, nourishing moderate sized meals
- Eaten in harmonious, calm and unhurried environment
- Absence of extremes in any sphere
- Freedom from cold, which directly wastes Yang Qi, (Yang Qi's function to keep body warmed)
- Adequate movement to ensure freely flowing circulation

Wasting Yang Qi

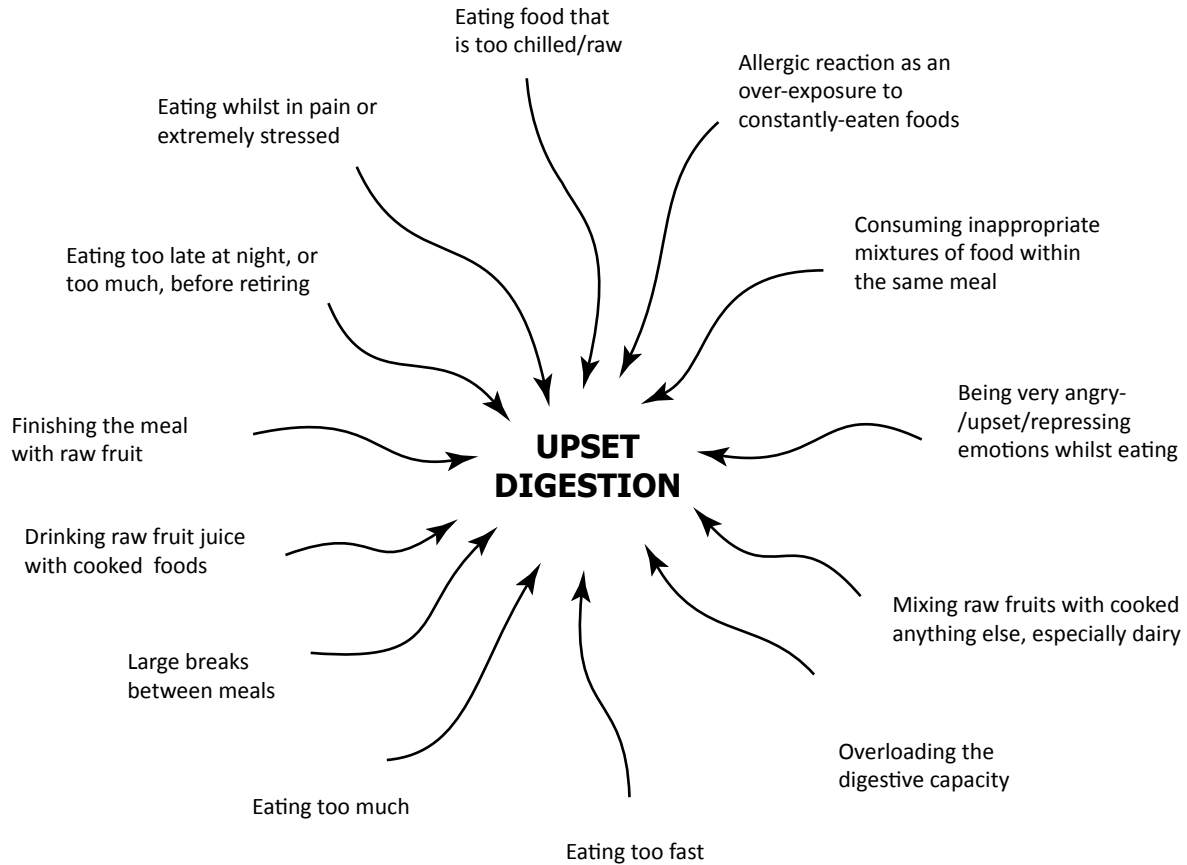
- Immoderation/irregularity in any form, especially exposure to cold, external or internal, through consumed fluids & foods.
- Consuming 'damp' producing foods, which slow the Spleen Yang Qi's ability to transform and distil the raw materials eaten, into pure essence – all sweet, greasy, cold and raw foods/fluids.
- Allowing damp energy to form, which in turn obstructs the clear digestive process – (see above)
- Becoming slothful & lethargic (consequence of damp settling in), creating sluggishness
- Allowing any blockage to lodge on any level, distorting the orderly essence transformation and circulation processes

Enhancing Yin Qi

- Living a regular, orderly, enjoyable life
- Freedom from excessively heating and drying conditions.
- Adequate hydration of pure, fresh water
- Plenty of restful sleep, relaxation, and 'down' time to regenerate
- Emotionally fulfilling relationships, free of trauma and irregularities.

Wasting Yin Qi

- Inadequate intake of pure water (not fluids in general)
- Excess of hot, spicy, concentrated foods and fluids
- Consuming excessively sweet, salty, processed and unnatural raw ingredients (require detoxification)
- Insufficient quality/quantity of sleep/relaxation
- Living in continual highly stressful environment
- Not releasing the emotional charges that in their suppressed state are interfering with the blueprint
- Life crises/traumas, left unprocessed, creating a constant emotional energy splinter, left to fester.
- (Women)** Over bleeding, at any point of the reproductive cycle, either one massive event, or continual over leakage of life force.
- Conceiving, carrying & breastfeeding children whilst not in perfect state of healthy functioning.
- Having too many children close together
- (Men)** over indulgence of immoderate sexual release



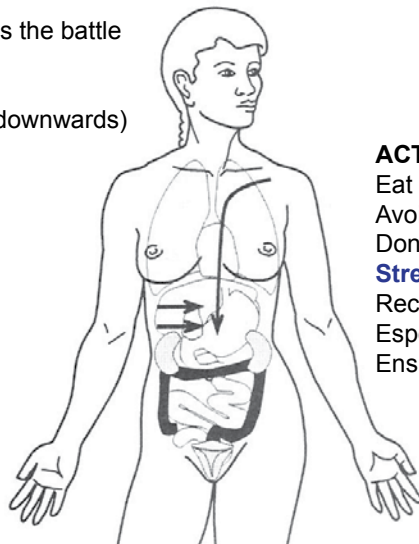
Nausea and Vomiting

Nausea and Vomiting

We feel sick if the **Stomach Qi** is not strong enough to do its job.

We vomit if the Stomach Qi loses the battle and contents are forced up.

(Stomach Qi is supposed to go downwards)



Reasons for Nausea

Stomach is too weak/empty

(also Spleen Yang weak)

Stomach is too full

Stomach is too cold

(also Spleen Yang weak)

Stomach is insulted/assaulted

Stomach is being attacked by Liver Qi Stuck

Abdomen overfull.

ACTIONS to COUNTERACT

Eat small amounts of easily-digested foods, often.

Avoid all cold/chilled/raw foods and fluids.

Don't eat rubbish/avoid all toxicity

Stress - often there since pre-birth.

Recognise it and take steps to minimise,

Especially eat in serene, non-confrontational setting

Ensure regular, complete bowel movements

Pain and Discomfort in General

Pain is there as there is an obstruction to normal flow

Not enough Qi

Too exhausted Too old

Too debilitated from recent traumas, any level

Qi is stuck

Liver Qi is stuck, and not governing free flowing well, so local blockages Bloating, feelings of distension, windiness, nebulous aching

Nothing is working well, movement of everything is compromised

Stress – holding back from being self creates constant inner battle of ‘ought to’s’ over ‘want to’s’

Stuck Blood – usually from Stuck Qi, although also from trauma, operations, Fixed location, stabbing. severe

Cold – consumes Yang, starts the lack of Qi cycle.

Feels cold to touch, desires warmth, heat helps it feel better, anything cold is uncomfortable/rejected.

Heat – usually allied to dampness, as being a body, accumulations, like compost heaps, start to generate their own heat. (Usually an infection) hot to touch, with other heat symptoms.

Pain is a body warning you of trouble - and should ever be shut down.

Diarrhoea/Incomplete Absorption of Nutrients

This is important to adequately contain, and not accept as being normal – we are only as good as our gut can make us. (Spleen Yang transforms, by the process of distillation, utilising the heat from the Kidney Yang).

1- Liver Stuck Qi easily assaults the Spleen Qi. (We call it ‘stress’ related). This leads into such uncomfortable problems as gas, bloating, abdominal distress, heartburn, indigestion, stomach ulcers, irritable bowel syndrome(IBS), Crohn’s disease, reflux, GERD and all sorts of other mal-absorption issues.

2- Invasion of cold – especially eating and drinking cold, raw or chilled products can in a young/ill or very hungry person (Spleen Qi already weaker than usual) waste the Spleen Yang sufficiently to cause chronic mucous, weakened immune response, and general malaise. Please look to all on www.coldisnotyourfriend.com Anything out of a refrigerator should be allowed to warm to room temperature before ingestion. This alone will aid most children’s poor health – especially if the problems involve mucous production, or forever ‘catching’ something, or generally being unwell.

When the Spleen Yang is very insulted, there will be the presence of undigested particles of food excreted, and /or watery, often explosive movements. Consuming cold, raw, sweet and greasy foods will slow recovery, as the ingestion of further hard to digest foods is not helpful.

- Remove all of cold nature, internally and externally.
- Warm all foods and fluids, ensuring that they are nutritious: easily digested.
- Have plenty of coloured salt in your diet and eat it with all meals.
- Find a source of Lugol’s iodine and paint it on your skin – daily to help counteract the cause of almost all I write of here – the gradual breakdown of what was – so almost all gut issues – are caused by not having enough thyroid hormones.
- Check out the [Bromide Dominance](#) and other halides are taking us over gradually – and all are watching the areas falling down – not the entire body breaking open.
 - Eat a little, often, bland food only.
 - Ensure all stress factors are acknowledged and removed or are being dealt with.

Constipation

To pooh well, we must have good Qi, and sufficient fluids.

Also enough iodine to run the thyroid that allows normal peristalsis to work – if you have always chased your bowels – now is the time to feel grateful you have encountered this work.

Look also to the [Maya/Arvigo practitioners](#) and/or [Mercier workers](#) in your local area for more practical hands-on direction and also the steaming that is so very restorative.

See also my [Taking Out the Cold course](#), as this alone is a self-help Godsend.

Every life process relies on Qi, and as the Liver Qi's role is to ensure free flowing at all times, whatever slows this down, will also create a bowel disorder.

Fluids are physically reabsorbed in the colon. Insufficient Yin/Blood energy may, either through aging/ overwork or under production or circulation, cause a stopping up of the solid waste disposal. Fluids may also be over used if there is any heat process occurring.

Holding on, rather than letting go of all life experiences, may also be attributable to inability to flow – Liver Qi - flexibility.

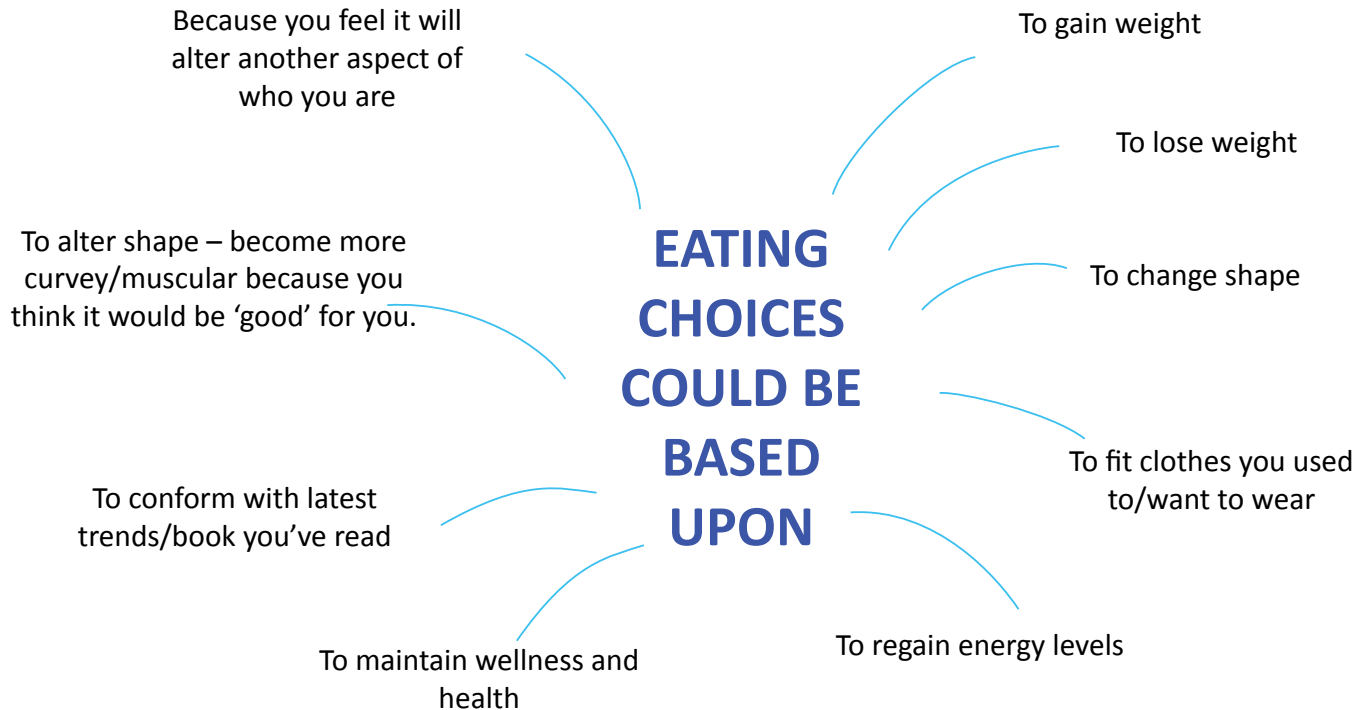
The physical liver/GB may be all clogged up and need cleansing – see the Gall Bladder Cleanse in [“Detox” eBook](#). Any abdominal scarring may require unleashing to allow the true Qi to circulate fully.

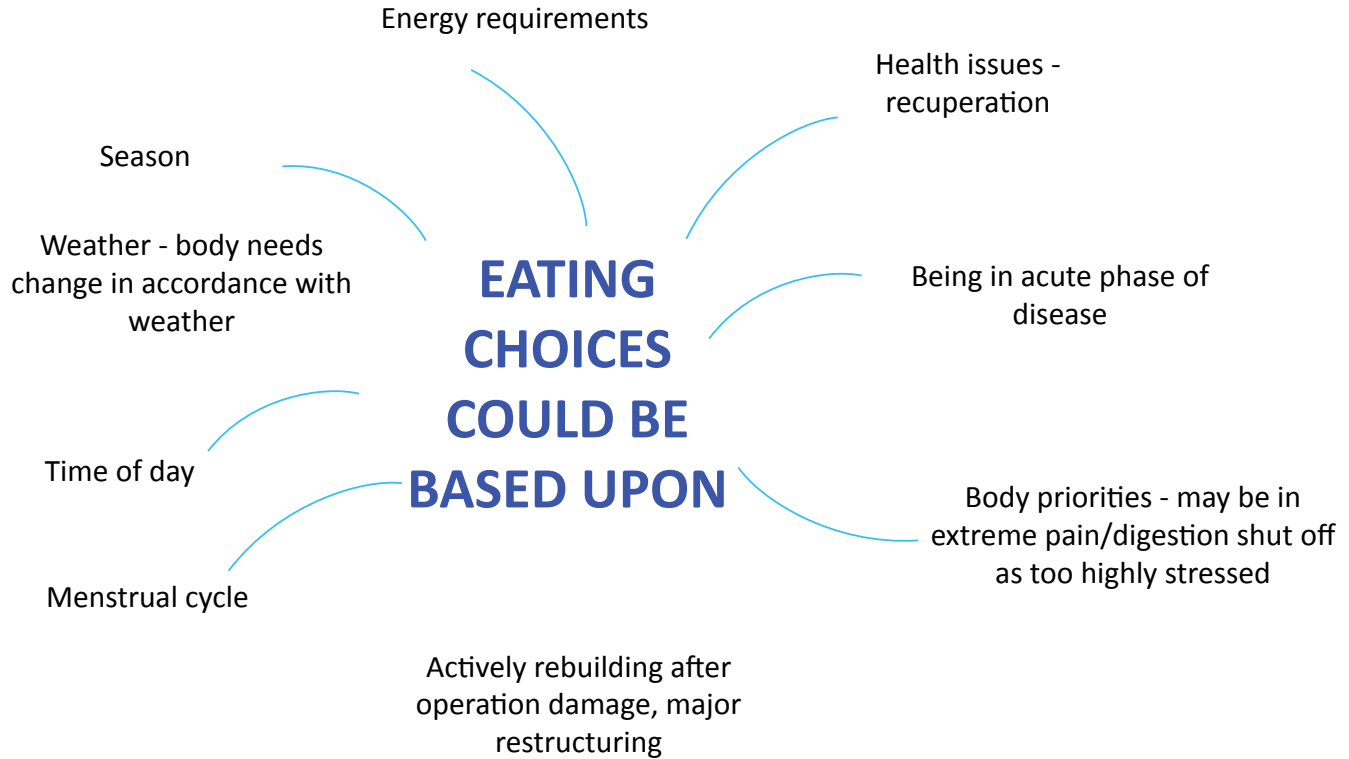
Abdominal self massage techniques, see [Self Massage course](#). See also self care on www.heathersays.com

There may eventually be structural blockages, so nourishment in the form of nervous stimulation, Qi and Blood supply may become inadequate, creating a local Qi deficiency.

Squatting regularly, whilst reading or doing some other task, may waken the pelvic area – try squatting (natural evacuation position), upon the toilet.

Why Would You Change How You Eat?





How to Normalise Eating Routine/Lose Weight by Becoming More Regular

Problems:

Excessive hunger or thirst is a sign of internal heat. Avoid all heating activities and substances.

Desire for sweet – Spleen energy imbalance

Drink freshly squeezed lemon juice in all your water. Look at ways to rebuild/enhance your Spleen Yang

Eat cooked protein for breakfast – especially fish, or lightly cooked eggs. Small, light, very regular snacks, often. Take fat and salt to correct the imbalance.

Need for a sweet at the end of the meal. Spleen imbalance

As above. Clean teeth. Literally suck on a lemon. Exercise, preferably with company, at least your friendly dog.

Never hungry, including being sickened by food. Reassert normal, by very minute though regular amounts of quality, easily digested foods. Treat yourself as a baby – only warm, bland, protein, with some very easily digestible fat. Without fat, our hormonal (Jing) systems cannot function appropriately.

Awakening hungry – in night – (see the appropriate times P 20) to reassert normality, it is important to not train/punish yourself - but look to why the normal blueprint is temporarily out of synch.

Answers:

Return to eating and living as per the Chinese clock

Recolonise your healthy gut flora

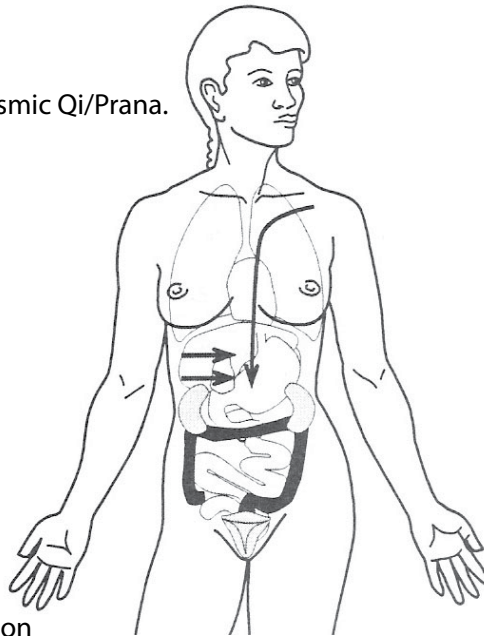
- see [The Human Microbiome](#).

How to Maintain a Well Being

Alive, clean air charged with cosmic Qi/Prana.
Heart chakra open,
Lungs clear of stored grief.

Liver Qi flowing freely.
Regular empty/full cycle.
No temperature extremes,
all ingestibles coming in warm.
Solar Plexus chakra resonating
and in appropriate alignment.

Sacral & base chakras free from
sexual/emotional distortions
Clear & fulfilling sexual expression
(Liver meridian flows through)



Clean air - no pollutants.
Breathing cycle full.
Fully expanding diaphragm.
Posture & structures as designed.

Appropriate choices of quality, type
and quantity of ingestibles.
Sufficient pure water.
No unintended parasitic cohabitants.

'Good' bacteria present.
Regular, complete waste disposal.
Desired sexual pleasuring,
leading to orgasm.

All body systems moving freely, as all Liver Qi smoothly operating - no emotional suppression.
No scarring, physical or in the energy fields, thereby ensuring free expression of natural vitality.

What next?

See what else Heather has produced for your enhancing your own life

There are so many sites all linked from here <http://heathersays.com/links/>

Look to her natural health problem solving apps <http://heathersays.com/apps/>

Take her home help – self empowerment courses

<http://heatherbrucehealing.com/self-help-guides/>

Always people knew what to do – granny medicine kept us all alive.

This was based in the garden,

the kitchen

and the wealth of handed down wisdoms that got us all to here.

Time tested.

Love your life!!

Honouring Our Bleeding Living A Woman's Life



Heather Bruce

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First published in 2002
ebook edition 2016

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National Library of Australia
Cataloguing-in-Publication entry:
Bruce, Heather
Honouring Our Bleeding
ISBN: 978-1-922065-94-0

About the Author



As a senior acupuncturist who had already been working with people for decades, Heather realised in 2001 that the average person had no idea of how their body ran.

This 2016 edit as an eBook is an updated version of the ‘patients’ manual’ she wrote, originally in three sections. You may have one or all of these below.

Honouring Our Source, Honouring Our Bleeding and Honouring OurSelves.

Whilst some may have an understanding of the bits and how they physically work – the actual instructions given to these bits is not in the physical for an energy worker or anyone who delves into acupuncture and natural medicine.

To assist in your journey towards health you need to know why, when you may be ‘doing everything right’ – especially when you feel that nothing seems to be shifting – there is actually a very good reason for your problems.

Your having an appreciation of there being a lot more to be done than just on the physical ‘reality’ (as Western medicine thus orthodox culture sees it) will then alert you to how you may be actually creating your own pain and ill-health. Ignoring what your body needs you to do will create more of what has got you looking for answers.

By looking after yourself the way all farmers, all gardeners and all of the wise elders whose words we tend to ignore, will give you back the rude good health, the emotional resilience and the life that you were meant to have.

Often this is the very opposite to what the current medical profession are telling you.

Usually it is what your great grandparents would have expected you to do to live well . . . thus it is all based on time-honoured traditions of East Asian (including Chinese) medicine.

You will notice also those “old wives tales” that we all may have discounted when young.

Enjoy!!.

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Introduction:

‘Honouring Our Bleeding’ is the introductory part of any women’s life manual.

“What is going on?” you may ask.

A baby nest is being made – constantly renewed.

When not needed, month after year after decade . . .

So many think people that ‘hormones’ are the problem and that taking artificial hormones is the answer.

What are hormones? The body’s messengers. By shutting bleeding off you may apparently (short term) ease some woes. Without correcting what the messengers were saying you run into other problems.

Perhaps it is time to make peace with your being a woman?

Ingredients

– that was in the section [‘Honouring Our Source](#).

Here we have the process of making baby nests, and what it does to a body when in harmony: and when not. When you know the process, you can happily, and peacefully co-exist with your bleeding years.

Even enjoy your cycles!

Flows

– learn about the [Liver Qi](#) and how you can allow it and thus your ‘hormones’ to be in balance.

All in this work is explained in energy not hormonal terms. Perhaps open your mind to allow an understanding that the physical is acting on instructions. You can work with – not against your natural being. Life becomes easy when you allow your being a woman to exert itself. Learn to flow at peace with your bleeding. This will give you a sense of peace and natural harmony - that so far, you may never have experienced.

Learn to work with, not against the flows of life through you.

Honouring Our Bleeding

In this culture and time, women seem to be only valued in youth and beauty scales (which are both actually biological advertisements for good quality [Jing](#)), thus aging has particular negative self images.

As we age, in other places and times we may have been revered as fonts of knowledge and wisdom, a haven for the younger ones to be with. With the loss of woman's ways of knowing, devaluing age-old observations as 'old wives tales', we have as a culture succeeded in losing our inherent tidal wisdoms. Different cultures see women in different lights – one living close to nature would highly value each woman, as she was the key to the continuance of the line, and carried the knowledge of gathering and home making that allowed the tribe to stay together in lean times.

Honour the stages in your own life. Bring back celebrations and rites of passage. Mark them off in their 7 year stages. Have a 49th not a 50th birthday bash – the beginning of a totally separate stage. Be a force to be reckoned with. Respect yourself and the cycles you are progressing through. Acceptance will follow from others as you honour yourself. Start new family traditions: encourage your daughters and their daughter's to see their fertility as a precious gift to their own, as yet, unborn grandchildren, and honour all our bodies as temples of essence.

To be 'as good as', to hide women's functions creates the situation where we do not honour our bleeding. Pretending to be non-cycling, we discriminate against ourselves – were we to rest, nourish ourselves, and provide ourselves with the appropriate resources, all would feel the benefits, as we would radiate calmness.

Blood is a precious resource – it requires much energy for the body to produce it.

Maybe start asking questions - Are we in fact biologically designed to not start conceiving after puberty? Are we designed to have often a lifetime of periods without once conceiving? Are we prepared to allow artificial regulation of our natural moon cycles, and Blood energy that affect the very fabric of our being?

Are we prepared to allow our, or our daughters', cycles to further deteriorate, and then be 'regulated' artificially, as our food chain, and external environment becomes more polluted, as we live lives of greater consumerism / convenience?

Hormones

Hormones are messengers that tell parts of the body what to do and how to do it.

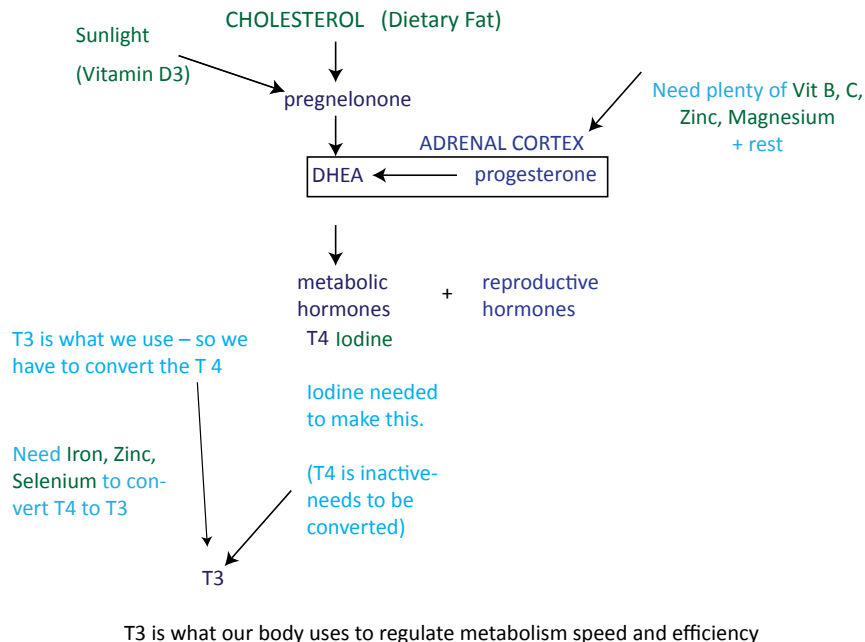
How Hormones are Made (1)					
Vibration					Substance
Life Script	Beliefs	Emotions	Energy	Nutrients	Physical
This life (soul's journey)	Cultural expectations set up what you believe to be 'real'	Freely flowing or dammed up	Extras that clog normal flows (shock, scars, presence of cold etc)	Are they present bio-available or is the body blinded by toxic residues?	Structural incidents and accidents

Hormones are created by the Jing, the gut, the availability of quality nutrients and body flows freely flowing.

How Hormones are Made (2)					
Vibration					Substance
Jing	Gut Working	Emotions	Energy	Nutrients	Physical
The essence bequeathed from our parents added to by our own gut strength	Optimal Qi & Yang needed to ensure the best quality ingredients, including themselves, are made & circulated (see Honouring Our Source & Life Support)	Freely flowing or dammed up?	Flowing perfectly or presence of extras that clog normal circulation (shock, scars, cold etc)	Are they present and bio-available or is the body blinded by toxic residues?	All organs positioned optimally with perfect Qi, nerve, blood and lymph circulation

A two dimensional representation of how a body sustains life. If all to the left is as designed and there have been no incidents or accidents, normal circulation and production should occur.

“Mudmap” of Optimal Hormone Production



Sunlight

Just as the plants need this, so do we, for life. Vitamin D3 is manufactured under our skin in the fat cells.

Fat

A crucial building block for life. The brain and nervous system and all hormones are made from dietary fat.

Going “Fat Free” will ensure ill-health and misery. Reaching for sugar as an alternative energy source will stack on weight, cause inflammation, cholesterol deposits and alter your perception of the world. Eating more fat and zero sugar/foods with a sweet taste will instantly improve every health concern you have.

Vitamin B complex and Vitamin C

Both are water soluble, meaning you need to continually be eating foods containing these as we pee out what we do not need instantly yet they are essential for life.

Zinc and Selenium

Both are micro-nutrients without which life is impossible. These are blocked by the presence of heavy metals within our cells. More on these nutrients is found under “[Raw Ingredients](#)” in Heather’s apps.

Magnesium

[Magnesium](#), is required in all of our body's cells and is used to detoxify stress and chemicals. It is needed to run the heart muscle, all nervous impulses, at least 325 enzymatic activities, feeds our healthy gut bacteria and is lost when we consume sugars, caffeine and other intoxicants. **Magnesium, not calcium, is needed for strong bones and teeth.** Best supplemented by using topical applications of oils/gels initially at least ten times daily on tougher skin such as buttocks and thighs. This usually calms down all pain in the external body. If a prickling or painful sensation is felt, this indicates you have excessive mercury and other [heavy metal contamination](#) that must be cleared. This can be safely, easily and effectively done by using [liquid activated zeolites](#).

Rest

Optimally sleeping within two hours after sunset to reset - recharge -restore our "batteries".

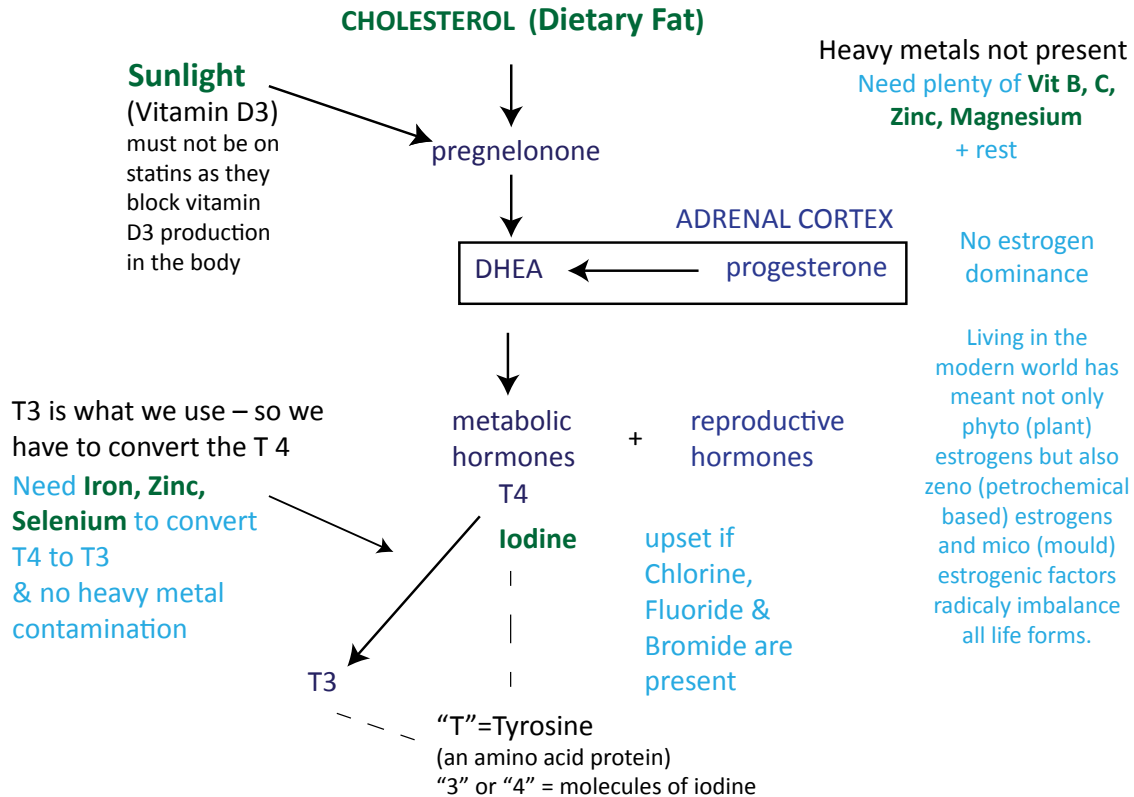
Gut Health

Without salt (never white, always pink or grey) we are unable to manufacture the gastric acid to digest protein. The pH of the stomach should be 1 or 2 or you will feel as though you have stomach acid, heartburn, [GERD](#) and will be taking antacids, (usually [containing aluminium](#)) which do two things: mask your problem and create more. The lack of appropriate acid in your stomach not only prevents perfect digestion, but allows a toxic environment for other disease-creating organisms to take up residence, Helicobacter Pylori being only one possibility. When baking food, we know to keep the oven door shut. Adding [cold into your 'oven'](#) will slow or wreck your own cooking processes.

Iodine

A micro-nutrient without which there is no life. Besides being the major ingredient in all thyroid hormones, iodine is used in the body to ensure appropriate cell death, optimal fluid metabolism, brain, ovarian, testicular and breast development and function. Without selenium, iodine cannot be used to make thyroid hormones. Other halides (fluoride, chlorine, bromine) stop the body absorbing and using iodine leading to all common "health challenges". Hormonal issues such as fibrocystic breasts, PCOS and endometriosis flourish without adequate iodine. The corrupting adjuvants in vaccines, the [legacy pollution](#) that burdens all successive generations plus the pesticides and other chemical residue in the fat cells plus all other aspects of [hormonal disruption](#) leave us with a [body burden](#) that we are passing on to our children. GMO and [glyphosate](#) adds another level of contamination.

“Mudmap” of Hormone Production



Hormonal 'Problems'

As you can see, a dance of life happens. If everything is running as designed, the choreography is perfect and all runs automatically, even brilliantly. However, if one or more dancer falls, trips or leaves the stage the imbalances become immediately obvious.

Energy imbalances lead to the physical markers, the hormones being blamed. I remind you, hormones are themselves physical messengers for our Jing, via the Blood. Bodies heal themselves - when given half a chance.

Using the contraceptive pill or hormonal implants forces a flat line/ artificial cycle onto the body's present distorted version of 'normal'. Using any form of chemical castration may over time create far greater Stuck Qi and deficient Blood, leading to further Stuck Blood scenarios, which become apparent only when pregnancy is desired.

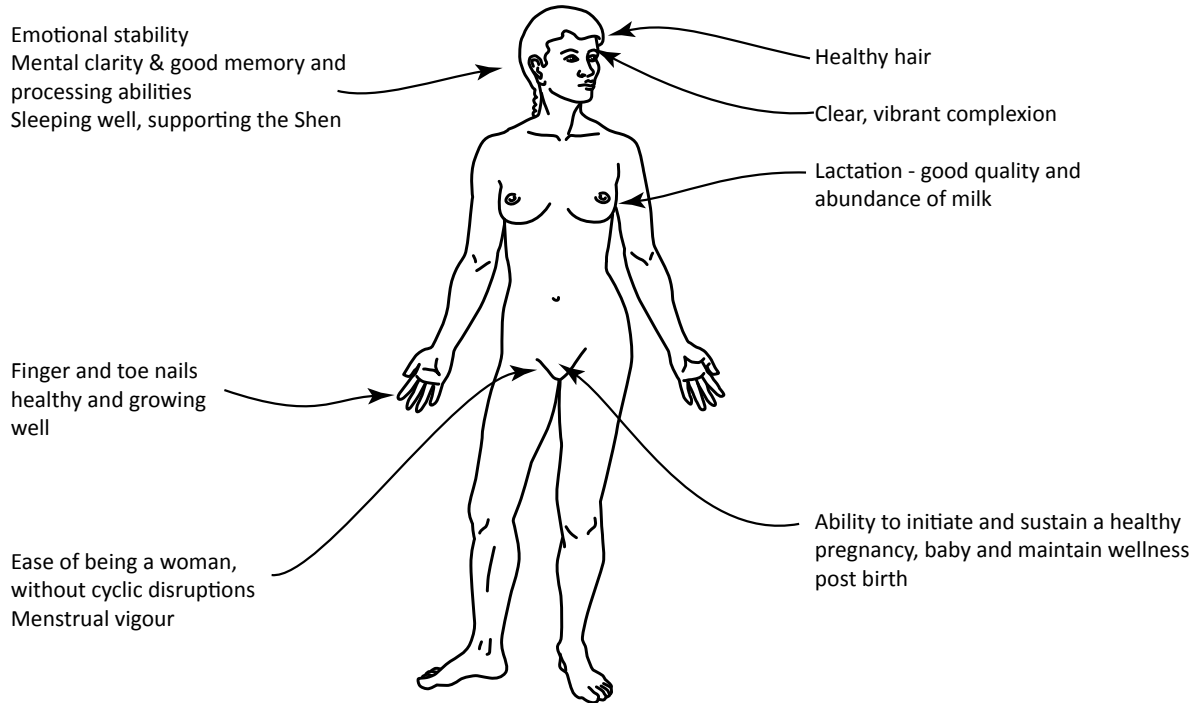
Modern medicine may have further artificial chemical and surgical 'solutions'. Whilst ignoring the body's warnings, using chemicals that force the appearance of normal will have consequences. If you choose to believe those who say it does not matter if you turn off periods until you want them, you run the risk of compounding your already distressed body state.

What tangle will this leave the body in, through to your menopause and beyond?

We may be counseled to take ever more hormones instead of looking at our periods as being monthly report cards of our health and wellbeing. As we age, our Blood energy naturally dwindles and we may be seen to be getting older. We may be seduced into plumping ourselves up, artificially moistening/lubricating and retaining our Blood energy markers – the lustre and youth of our 30's. Likely we may be creating yet more problems.

The liver organ must create and destroy hormones. When we add in those we did not make we are confusing the natural order of life. Suppressing and micro-managing the normal life flows upsets the Liver Qi, causing it to become congested. This gives rise to Stuck Liver Blood which may show up as clotting, overbleeding and emotional issues.

Importance of Abundant Quality of Blood



Ripening of the Jing

Optimal Needs for Each Phase

Baby – can only be made well once. Foundation for life.

Strong potential bequeathed from parental Bloodstock.

- Calm in utero environment to allow this to blossom.
- Safe delivery into independent self-physical mastery.
- All nurturing requirements met, allowing correct early formation.
- Freedom from accidents/incidents that impinge upon orderly life cycle progression.

Young girl – Gradual unfolding of her increased responsibilities as a potential baby creator, as everything she does/ eats will impact upon the health and well being of any children she chooses to bring through. She requires the security of a loving family to unfold as the budding flower that she is - including protection from sexual predation and social harassment, as she matures into womanhood.

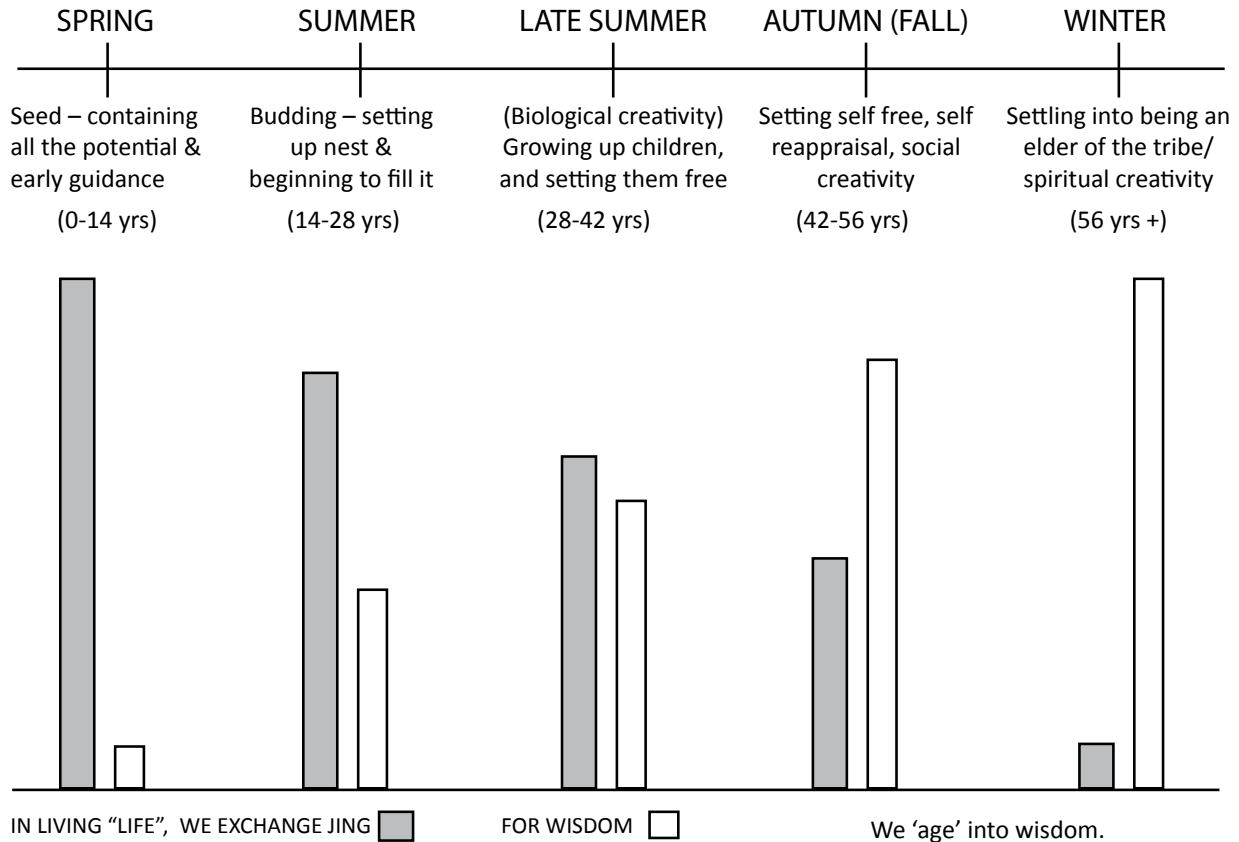
Early adulthood - Partner found, and nest built. Regularity of life, calm, harmonious relationship between, as with common sense of purpose they travel life together. Ability and intention to mutually support self and other's endeavours. Have sufficient resources to complete the generative cycle as monthly her nest empties. Calm flexibility is required so she can bend and grow with the changes throughout her life seasons.

Adult - Ability to integrate, change perspective, redefining self, and her own place within all relationships – with your own parents aging and nearing the end of their life cycle, children maturing and creating their own separate bases. A time of choices – where to place resources to maximise time here.

Freedom to recreate self, as revisiting and reframing the past cycles affords wisdom.

Elderly – The getting of wisdom. Looking within, gradual telescoping the previous wide net that was the life stage. Safety and comfortable surroundings to return gradually to a physically dependent, and possibly debilitated state. Eventual physical departure – hopefully in a state of grace as all is in its own time. **A chance to smell the roses.**

Seasons Within a "Life"



Shen

Our [Shen](#) governs who we are and how we express ourselves. A well nourished Shen allows us to present a consistent countenance to the outside world - it governs our clarity of speech, brightness of eye, coherence of thought, and ability to live in mental and emotional tranquility. To be able to sleep well, hence replenish ourselves on all levels, the ability to think clearly, respond appropriately, and to perceive and react accordingly, are all governed by the amount and quality of our Blood energy, which nourishes our Shen.

What Upsets Our Shen

Loss Of Its Home – in [shock](#), or when another influence has overpowered the Shen, it may seek temporary refuge elsewhere (lose consciousness). An aspect of self may keep the physical vehicle ticking over, as, if the Jing is sufficient, and all other life sustaining raw materials are provided, it can survive, like a car idling in the garage: living in a catatonic/paralysed or in coma/ with extreme loss of consciousness /stroke and on life support.

Loss Of Nourishment – [Blood](#) is the base or foundation for the Shen. If the blood is not circulating, or is lessened in quality or amount, there may be sanity/emotional stability issues. (This may happen over time, with worry, lack of repair/regenerative time out, sleep is not replenishing, just a brain turned off.)

Loss Of Clarity – often as a secondary effect of the two above. Major source of muddy thinking

[Phlegm](#) damp. Clouds of insubstantial phlegm, perhaps wafting up from a turbid digestive system. (A diet of highly damp inducing foods – chilled and cold and raw foods and fluids, overly sweet and /or alcoholic - consumed especially when the body is in a very young/unformed/exhausted/ weakened state, or unbalanced from immoderate and irregular lifestyle/experiences as yet unprocessed. ([Stressed](#)).

Loss Of Grip – either due to heat creating reckless/rebellious Blood energy, or through external invasion.

([Heat](#) creates the Blood energy to become supercharged, and the usual balance and peaceful calm demeanour may be lost. If combined with the effects of stimulants, & the flow-on effects of Spleen Damp forming, Heat and Phlegm energy together may give classic “mad” symptoms, at least pre-menstrually, in preparation for the monthly bleed, when there is a relative abundance of Blood in the body.

Bao Mai

The Shen that resides in the heart can nurture the fetal palace, the source chakras and the pleasure centres through the Bao Mai. This inner channel/vessel meridian /flow of Qi/ energy connects the two hearts: the actual heart organ in the chest – the 4th chakra, and the energy ‘heart’ in the 2nd chakra, the sacral organs.

When Bao Mai is working well, the body and soul are aligned. You need an intact Bao Mai to experience easy relationships with self and others, easy sexuality as men and women, easy periods, easy conceptions, easy births and easy lives. [See more here](#).

Sudden [shock](#), stress and/or severe and/or sustained emotional upheavals may be both the cause and the effect of a blockage of - the Bao Mai inner connection. When the nurturing energies needed to run the body/heart well are damaged or shut off, a troubled soul and angstful life as well as a broken body emerge. [See more here](#).

Besides the obvious loss of joy and inner peace, there may be a now sense of longing: and a deep and penetrating sense of

- not belonging,
- or/and of betrayal,
- or/and of being always disconnected
- or/and of needing to fill a hole – one that we do not even know where it is –
- all of these and more may point to a Bao Mai fracture

Women whose apparently ‘barren womb’ magics a biological baby when her Bao Mai is restored through an adoptive child arriving at her home. We may know of (or be that one) women with grief from reproductive and life wounds whose life has never been the same since. . . were ‘barren’ until they have something to reconnect them. Men who may have been so hurt emotionally may find that they do not have a vigorous sex life until they go into the inner space where they find and heal their inner deep wounds. (The Fisher King mythology).

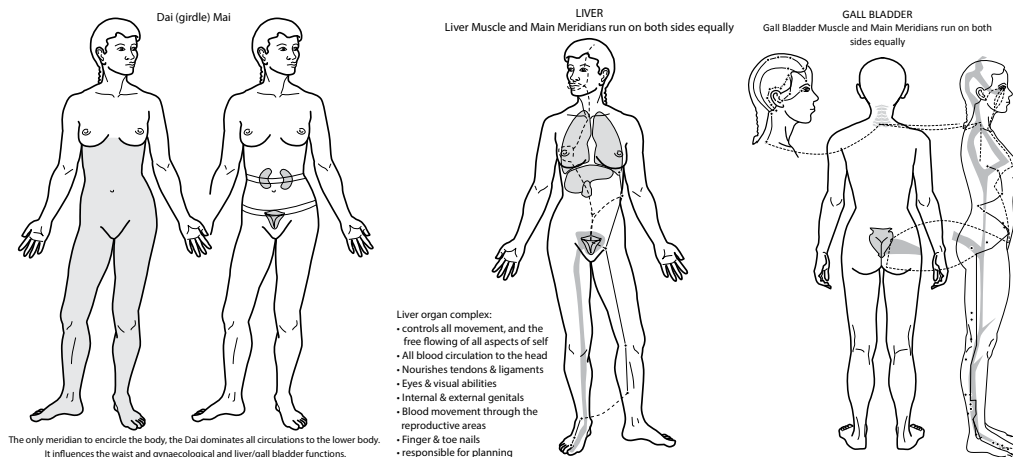
The [Rose of Raphael vibrational remedies](#) are designed specifically to assist your healing on this level.

Dai Mai

Coupling the Liver and the Gall Bladder meridians the Dai Mai is the only pathway that runs around the body. The sacrum – so easily fractured as in women it is hinged for easier child birthing.

The pelvis and surrounding tissue easily becomes tightened with the tension stress and distress that seems to follow some women wherever they go. All emotional angst, past invasions of a woman's sense of self and the continual ebbing and flowing of blood and Qi must be regulated by free-flowing energy.

When this is blocked the physical body hormones and all emotions show it.

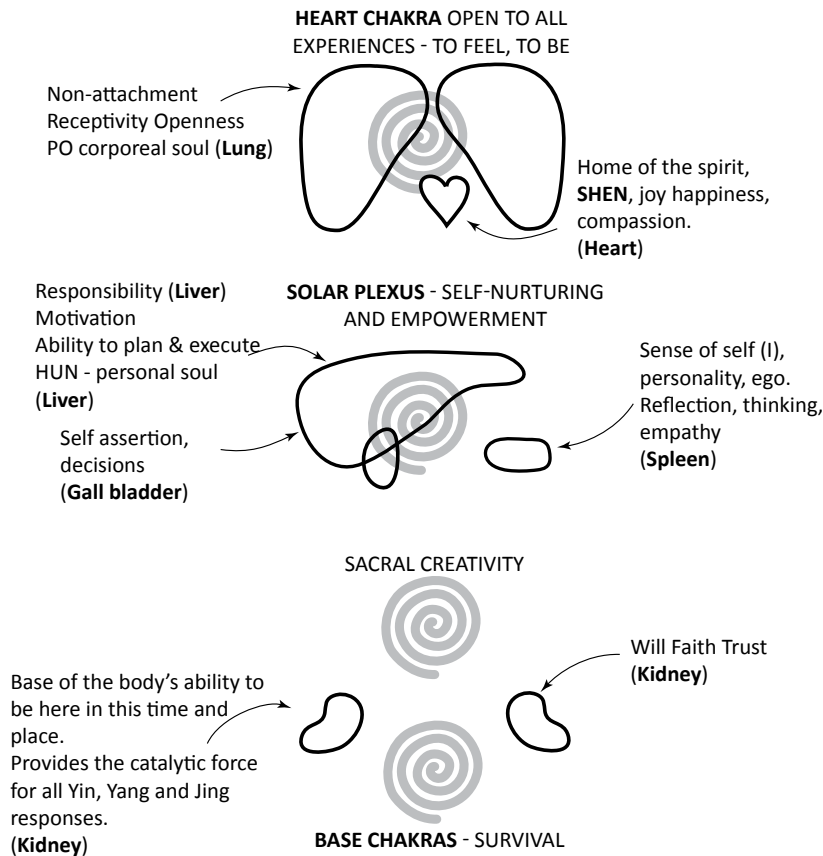


Undoing Dai Mai will allow free expression of self across all tendons, muscles and sexuality.

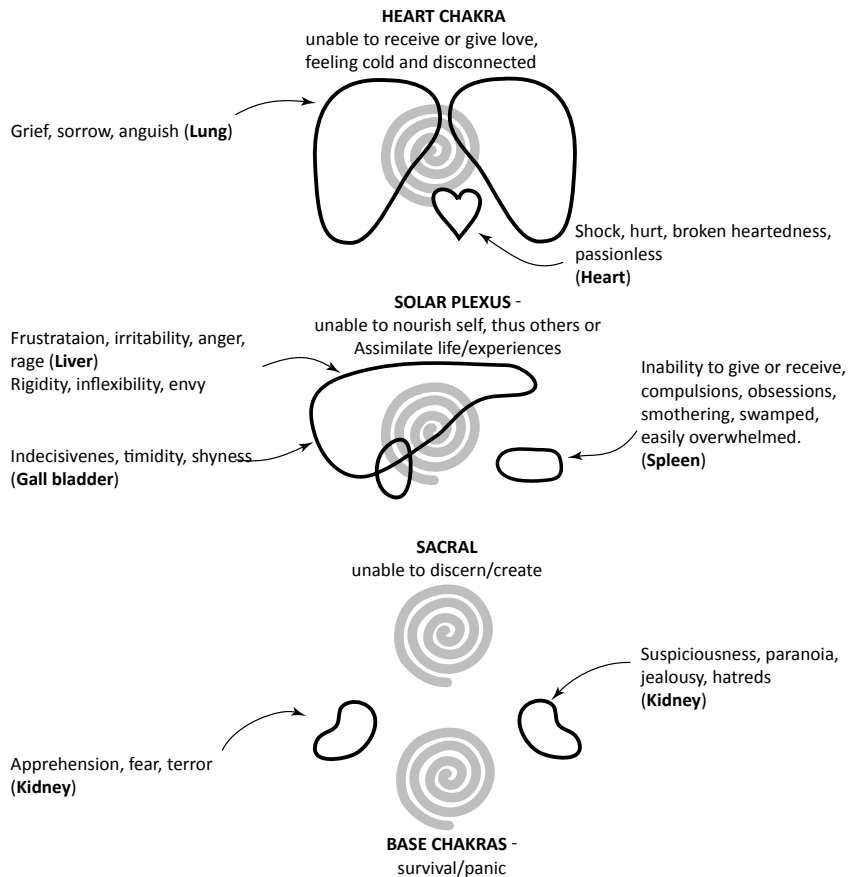
[Massage](#), the [sacral moxa fan](#) and the abdominal massage techniques – Maya/ Arvigo® and Mercier therapies may be of great service here.

You can change your life yourself!

Emotions in Health



Emotions in Turmoil



Breasts and Body Shape

All markers of female beauty are those of sexual attraction, thus maternal ripeness.

The hourglass shape, the long, healthy flowing hair, the radiant complexion, sparkling eyes and long strong nails are all biological markers of strong Jing, Blood and hence genetic health and vigour. [Easy breasts here.](#)

The dewiness/ firmness and suppleness of the youthful bud, are often attempted to be replicated by those whose first bloom is past. As women age, the flesh is said to wither. The Spleen energy governs flesh, and Yang holds everything in place. Aging starts at about 7x5 years, dependent largely upon the rate the woman has spent/wasted/ consumed her inherited capital. ([Jing](#))

The breasts themselves are traversed by the stomach meridian, encircled by the liver meridian, and are governed, as flesh, by the spleen complex. The amount of tissue laid down at puberty is determined by your Jing – a pre-set blueprint, but the amount of artificial hormones, unintended chemicals and extra heat/toxic substances may create much more breast tissue than nature intended. To run the body we need [iodine](#) - and this needs access to selenium and without these - the cycles and the breasts are not formed properly.

See more in the ‘raw ingredients’ section of [Heather’s period app](#).

Women’s bodies are designed differently than those who do not have moon cycles. To attempt to enforce a fitness regime upon a body that is weekly undergoing energy and Blood shifts, is to create potential mischief and accelerated aging.

‘Low AMH’ and apparent ‘old eggs’ are simply a report card of what is happening presently – and can usually be rescued with paying attention to honoring the process of Blood production and ensuring the circulation happens through free self expression. Blood flow to the ovaries may be greatly improved using traditional natural techniques.

Post birth, the female form is weakened, and vulnerable, as the structure is in the extreme Yin form.

Women are designed for softness, as opposed to the lean, hard muscularity of a male.

Excessive droopiness and flabbiness are indications that the Yang, especially spleen Yang, has been depleted early. Attention to self-care! Check out what traditional cultures did to help themselves – [perineal steaming](#), and often may transform your aging, periods and life!

Hair

Your head hair is flowering of the [Kidney energy](#).

Your hair's health is an indication of the strength of the Kidney Jing, and its messenger, the [Blood energy](#).

A baby may shed its crop of head hair after birth, eventually growing back a finer, blonder version. In utero, the maternal Jing supported the baby's Kidney complex, yet once born, the effort to support independent life may have placed too much of a drain on his/her developing energy, and has prioritised life over a beautiful patch of thatch.

Those whose children were born with dark hair, often notice the regrowth to initially become a very wispy blond. The thickness and strength of the hair, is totally dependent upon the Jing factors, and as the child strengthens, so does its hair. The gut has to work perfectly for the 'extras' such as head hair to be abundant.

As a child's Qi and Blood production matures, all aspects of self become more adult. By the age of seven years, the adult colour and type and fully growing hair has emerged. Sometimes at puberty (a Kidney energy /Jing marker), it may become curly, or straighten, or possibly change colour. The head hair colour is said in acupuncture to, in some way, reflect the inner balance of the being – red lights, or frankly red hair to denote a constitutional liver Yang fieriness, and underlying Kidney Jing weakness.

Hair falls at different times, often when severe stress resets our inner Jing/Blood balance.

Anything that severely alters the Jing will reflect in the head hair – chemotherapy, radiation, and absolute traumas will create possible hair consequences. The lack of quality Blood energy and ingredients such as [iodine](#) are crucial to support the metabolism ([Yang Qi](#)).

Nails

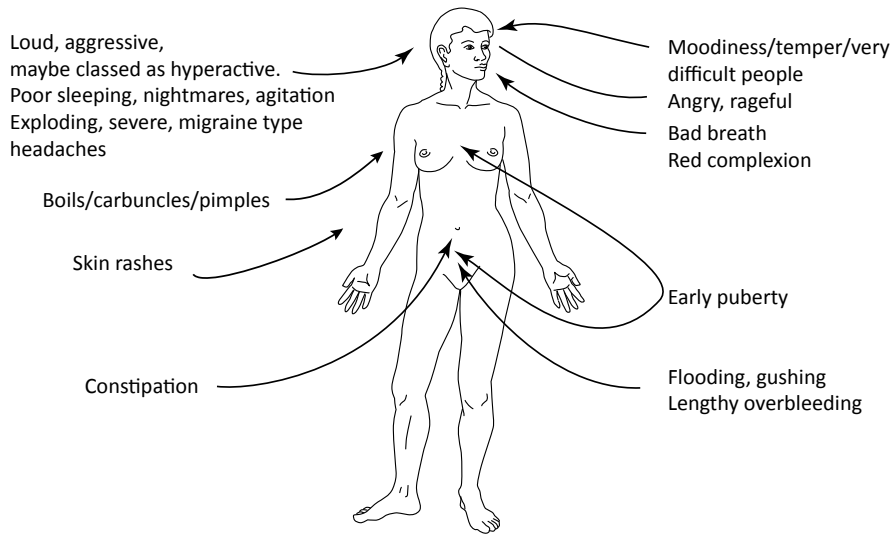
Our nails reflect the strength of our [Blood energy](#), (and the Liver Blood in particular), rather than the state of our Jing.

One of the first changes a person may experience undergoing acupuncture, especially for menstrual management, is growing possibly the best nails (and hair) they have ever experienced.

Improve the ingredients and the flowering of your body will show the world.

Hot Blood

How to get Hot Blood



Be Jing or Yin deficient – through poor gestational history, maternal health or nutrition, exhaustion, over work and over stress, over worry, too many pregnancies, attempts at pregnancies close together.

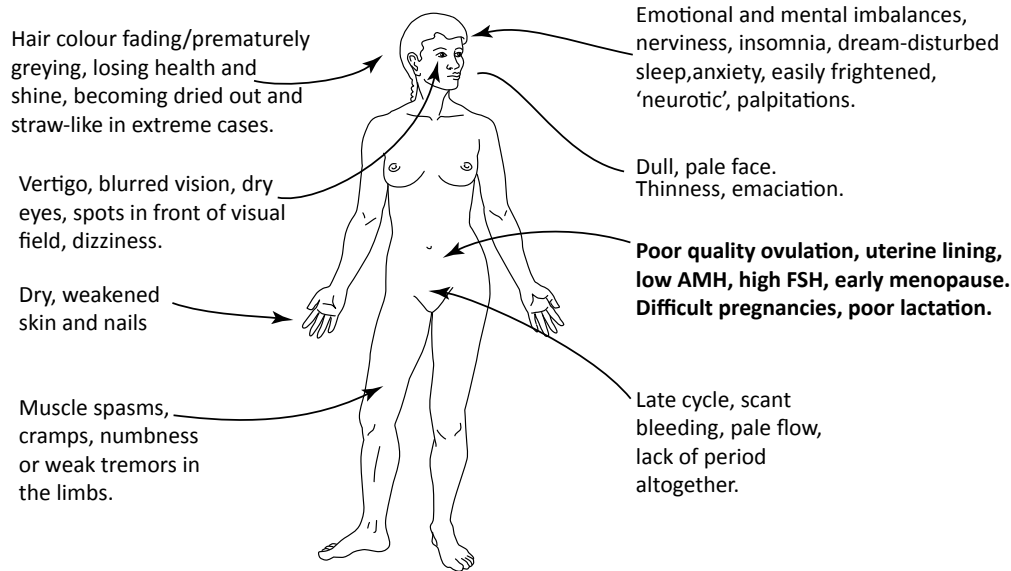
Become Blood depleted – either from above or through over loss of blood, either haemorrhaging, or excess blood loss in continual periods.

Be emotionally upset, irritated, frustrated, and live without resolution of the situation.

Ingest heating foods Anything with a sweet taste or that has any chemicals or that is highly concentrated will require more water to flush this heat and toxins out of your body than you may have available. This in turn will create the condition of Inner Heat and Hot Blood imbalances in your body. Dehydration has happened by the time you feel thirsty. Please drink at least a litre of non-chilled non-tap water before eating in the morning. Aim for three litres daily.

Work or live in hot, drying conditions, or have **a combination of some of these**.

Deficient Blood



Leads eventually onto Yin/Jing depletion and is considered 'aging'

How to become Blood Deficient

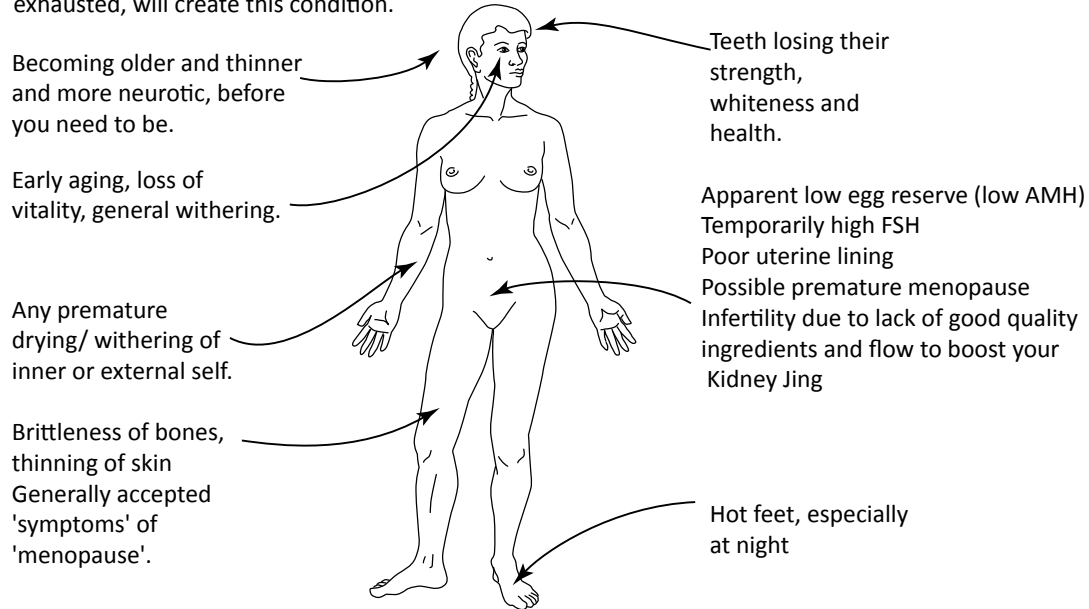
Depleted digestive capacity excessive worry, emotional suppression.

Malnutrition (dieting or anorexic/bulimic early life)

Loss of Blood/Blood – especially as a consequence of [Hot Blood](#), often itself there because of Stuck Qi.

Depletion of Yin/Jing

Heat consumes Yin - body fluids and **Jing** - your inner capital. Anything that overly heats or dries, especially if you are overbleeding and continuing to over-achieve whilst exhausted, will create this condition.



Consequent Life Effects

Any of the period problems lead into complications of life, as losing too much blood weakens the already stressed body that was not able to hold what it had. Overtaxing the body leads in time to symptoms, which are usually medicated against – or called ‘aging’ - as the underlying causes continue to weaken the system.

LOSS OF BLOOD leads onto Yin and finally Jing depletion.

Neurotic, panicky, anxious, obsessed people usually have also many of the other Blood depletion symptoms. Sleeping disorders often follow, giving usually very light, or disturbed sleeping patterns, where the natural regeneration is lessened, and a cycle of degeneration is begun – we can call it aging, but it is actually self neglect. It is usually considered ‘fixed’ in prescribing sleeping and anti depressant and hormone replacement tablets, yet the cause of the disease process is still not acknowledged, and continues to create further lack of self nourishment.

LOSS OF YIN - Heat becomes a constant inner companion.

This may be ignored once the medical conditions of diabetes, rosacea, auto-immune diseases, various degenerative and inflammatory states are medically managed. Anything where inner burning and heat is felt has a very serious Yin depletion component. This requires you to [stop damaging yourself](#) and to reverse this trend.

LOSS OF JING – At this level, severe inner damage is occurring.

Hair and teeth are withering, bone and Blood diseases are occurring, as are structural and neurological wasting.

SUB/INFERTILITY begins when normal Qi and Blood production and circulation have been compromised.

EMOTIONAL AND MENTAL INSTABILITY begins as a consequence of not being able to support ourselves. It is likely that our digestion will fail when our self image and food choices take precedence over nutritional needs.

This in turn has us losing too much and/or not making good Blood energy in abundance.

PREMATURE AGING occurs when we over use ourselves in the quest for more, now – living life full throttle, as though there is no tomorrow, giving what we need to others, not seeing ‘selfish’ as survival.

Factors Affecting Puberty

Too Soon: Over Abundant / Over Nourishing Diet/Excess Sugar and/or Toxins

(During the Depression years, the mean age of puberty would have been set at 2x7, which is the biological standard, 30 years ago, in Western countries, puberty at 10 years was unlikely, now considered normal)

Excess heat causing Blood recklessness. See more on [Heather's Periods app](#)

The excessive heat over-revs the digestive system. The 'sick' heat causes the Blood to exit the vessels, with all other heat symptoms present. Sugar (in any form, including cereals), processed foods and exposure to chemicals and heavy metals create the inner toxins and heat which can drive puberty forward.

Too Late

Insufficient Jing – constitutional inherited factors less than optimum, (Jing insufficient massive insult to them, either through premature delivery, and plundering of future stores to sustain independent life, prior to schedule, or through traumatic severe illness/near death crisis. Maybe just not enough ingredients – again [iodine](#) is crucial.

Insufficient Blood – either not making it, (aspect of Jing quality, and malnutrition – especially enforcing dietary and exercise restrictions and regimes on a system geared to build prospective nests) or losing it too quickly to replenish.

Liver Qi Stuck – severely traumatised event/s being repressed to 'put on a brave face', and soldier on – leading to subterranean consequences as the restrained Liver Qi creates stagnant and distorted energy patterns. Possibly ongoing crisis, long-standing turmoil, or one shocking event, all buried, and like a volcano, festering, as normal life is attempted. Stuck Qi leads to Stuck Blood patterns: interrupted flows, and irregularities, eventually masses, tumours.

[Connection Heart – uterus severed](#), shock, extreme stress, heart break, ongoing unhappiness. [Fix it . .](#)

Anything that interferes with the any of the processes of normal Qi and Blood circulation and production will impact, over time and the changing role placed upon a woman, on her menstrual cycle. Invariably, we do not live exactly the way we would wish to be. Inevitably, someone or something thwarts what we thought was 'our plan', and depending upon our view on change, and what is appropriate, we can either get tied up into the Stuck Liver Qi cycle, or bend and flow with our life path.

Optimal Unfolding Of Life

Jing expression allows the passage of a person through life. Constitutional factors, plus a lifetime of habits and choices impact upon the quality of the Jing available as raw ingredients for life to unfold well.

The [Liver Qi](#) freely flowing ensures that the entire organism is in balance, harmoniously functioning on auto-pilot. What are considered to be 'emotional' or 'hormonal' fluctuations throughout a cycle are only possible if good quality nutrients are biologically available (not just chosen to be eaten), and their circulation is unimpeded.

Your energy flowing well depends upon your free expression of who you are.

The physical liver organ is tasked with the production and circulation of hormones, and forming most ingredients. The liver is our chemical life laboratory. The liver also detoxes the entire body.

However the physical liver organ is now negatively impacted by the additives that have been assumed to be 'safe'. The biosphere is becoming increasingly clogged as we pretend we do not have finite resources. We need to individually [clear these away](#). Our [body burden](#) is increasing with every decade.

Upsets

This upper component of the body energetically manufactures and circulates our Qi and Blood. Emotional shocks, broken heartedness, feeling betrayed and unloved, often stored from the deep past, all affect our ability to freely live in the 'now' moment. These buried, unresolved energy parcels block the normal functioning of the upper region. [Unresolved grief](#) weakening the Qi, creating possible failure to successfully nourish the menstrual process.

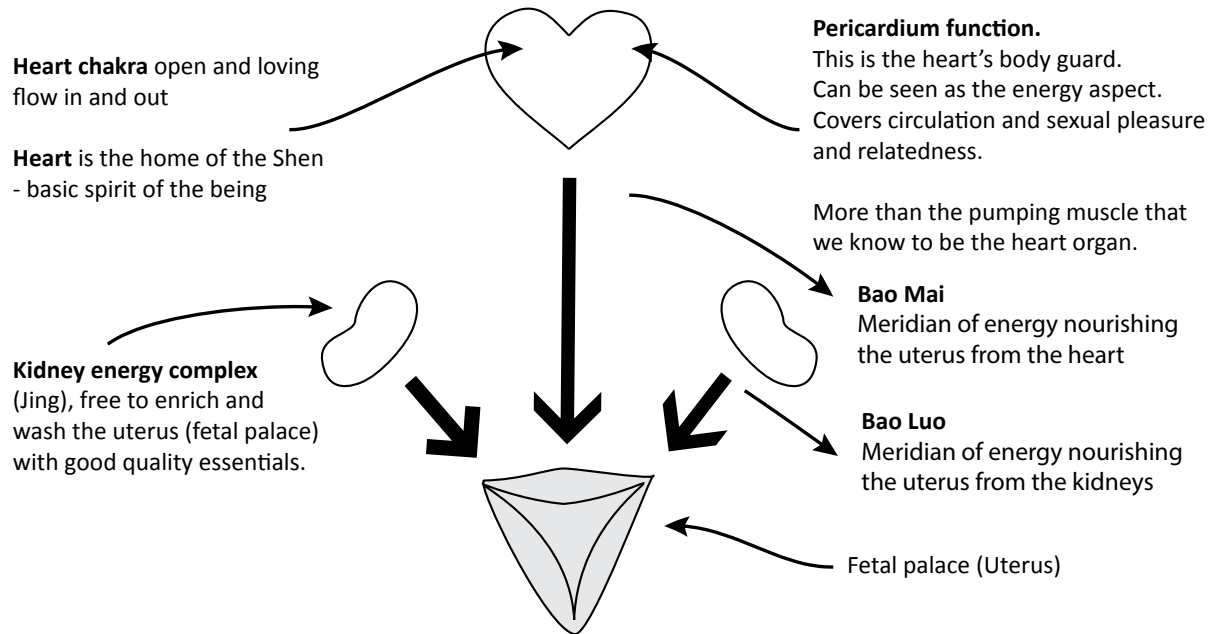
The Liver energy, when upset, can go up, upsetting the diaphragm and/or across to the digestive organs. The heat generated gives you the idea that eating and drinking cold things feels good. Now you are in real trouble, as putting out your digestive fire creates Damp, Phlegm and obstructions.

Various falls and accidents throughout life create structural blockages which further dam up the flow of Qi, blood, lymph and nerve impulses.

Structure does determine function.

Well Woman's Physiology

What Nourishes Your Uterus?

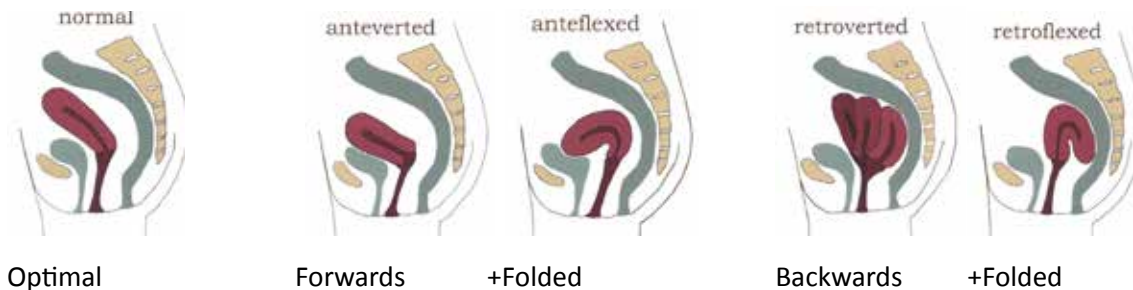


Flows need to flow

All energy disturbances will become physical over time. Through the [cyclic changes](#) that a woman undergoes monthly, the Qi and Blood tides create ever more ripples and stagnations as flows are congested.

For flows to be perfect the organs and the physical structure have to be perfectly aligned. The pelvis needs to be centred and the sacrum intact. Often when a woman or a young girl falls, her hinged sacrum actually cracks.

Over time this creates massive blood and nerve impingement, stopping normal pelvic and uterine nourishment.



Many gynaecological and urinary problems may be simply assisted permanently through repositioning of the uterus. Many traditional cures all over the world had women healers who were adept at this. Midwifery was a skill that centred around women's wellness – not birth crisis avoidance.

Find out more through getting [Heather's Period App](#) – a natural health problem solving navigation tool through her and other's resources all found online. Discover a [Maya/Arvigo®](#) or [Mercier](#) practitioner near you and see what she can teach you about self-care. It is all a matter of time – your uterus is actually in the wrong spot and in this dislocation, nothing of you is now in balance. So simple – and [so profound](#).

Uterine Positioning

If your uterus is not in perfect position your life will also be [imbalanced](#).

Normally the uterus leans slightly over the bladder in the centre of the pelvis, about one and a half inches above the pubic bone. It is held in this position by muscles, the vaginal wall and ligaments that attach it to the back, front, and sides of the pelvis. Uterine ligaments are made to stretch to accommodate a growing fetus inside and to move freely when the bladder or bowel is full.

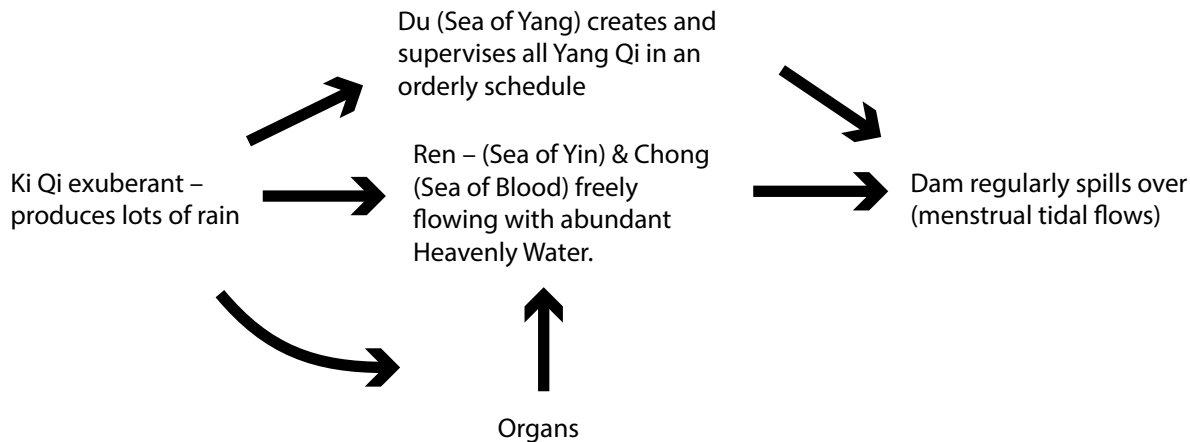
The ligaments and muscles can weaken and loosen, causing the uterus to fall downward, forwards, backward or to either side. A uterus in any of these positions is called tilted or prolapsed. Modern medicine has little or nothing to offer women with this problem. Options may include using the birth control pill, muscle relaxants, or surgery and women are generally told, “your uterus is tipped, but that is normal and don’t worry about it.”

Yet women have many physical and emotional symptoms that can be addressed and prevented with simple, non-invasive massage techniques. All traditional cultures independently relied on their wise women and midwives to reposition their twisted and damaged pelvises and thus disordered organs back into alignment. If this is not achieved as soon as an incident or accident has occurred, the body will try to stabilise through adhering tissues to structures, thus creating further congestion. When your reproductive organs shift, they can constrict normal flow of blood and lymph, and disrupt nerve connections.

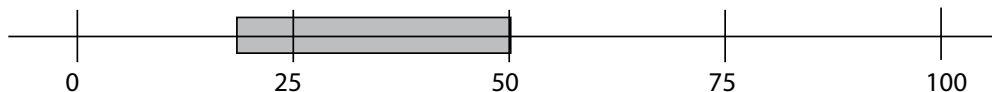
Just over half a kilo (uterus about to bleed) sitting on blood and lymph vessels can cause havoc throughout the different systems in the body. By shifting the uterus back into optimal place, homeostasis, or the natural balance of the body, is restored in the pelvic area and the surrounding organs.

Toxins are flushed and nutrients that help to tone tissue and balance hormones must be restored to normal order. This is essential for healthy pregnancy, labour, and delivery. Old adhesions from invasive treatments to the pelvic and abdominal area, including fibroid tumours, endometriosis, and caesarean delivery can be diminished when addressed by uterine massage. There are many varieties available. [Arvigo®](#) and [Mercier](#) are two that are easily accessed.

Menstrual Flow Is Excess To Body Needs



Qi and blood sufficient quality and amount produced and circulated to fill

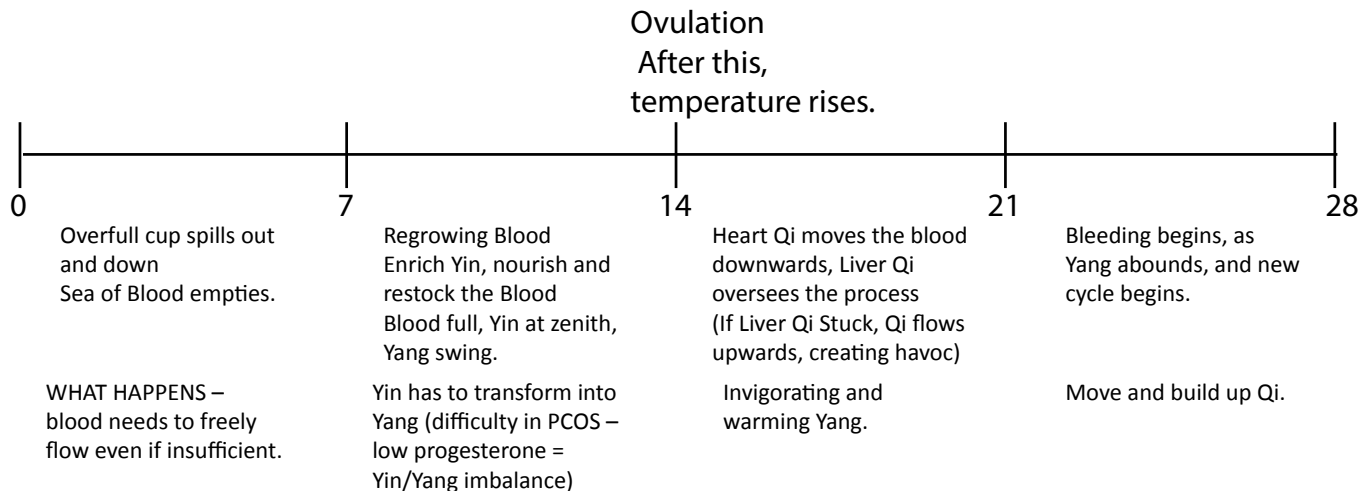


When the body has reached the adult size, and is functioning well, there is plenty of excess Jing and blood being stored, the cup spills over, starting the menstrual tidal flow.

Puberty – 2x7 years

menopause 7x7 years

Actual Qi and Blood Monthly Changes



You need to nourish self well, to assist your body in rebuilding the blood lost.

Rest and be thankful. (Give serious exercise a break, as your **uterus is twice her usual size**. She doesn't need to be tethered better - as with extreme exercise you are creating great organ stress.) You need to respect her process of making a baby nest.

AVOID exhaustion & all instances of cold, overlifting, over exertion, as this is the most vulnerable time of the month.

Getting very stressed, upset, not expressing self, as if Liver Qi is constrained, may have mid-cycle symptoms of Stuck Liver Qi, or from now on – if heat is present through long time, &/or severe Liver Qi turning to very stagnant Liver Blood (endo/fibroids etc).

Leading to crankiness through to outright rage, and possible personality swings. A product of long standing unresolved issues, heat in the system, and blocked normal energy flows.

If heat severe, and/or Liver invades Spleen, Qi will be overcome, and the blood will bust its banks earlier, cascading forth in a gush, wasting precious resources.

Menstrual Self Care – Post and Pre Menstrual Changes

Week 1 – Let the flows flow out. Safely. Rest. Body is in a state of vulnerability. Stop excessive exercise.

As bleeding continues, warm, nourishing regenerative foods to be eaten.

Definitely no dieting restrictions, as the body will take from Jing reserves, which are meant to enhance our later years.

Week 2 – Breathing and exercise, freely expressing one's heart-felt emotions, allows the upper heater to make best use of quality raw ingredients chosen.

Week 3 – Free expression of sexually, as Stuck Qi along the course of the meridian will lead to menstrual disorders.

Say and do anything that frees yourself, as [Stuck Qi creates PMT](#).

Stuck Liver Qi always adds into worsening life leads onto [Stuck Liver Blood](#), known medically as endometriosis, cysts, fibroids, ectopic pregnancies and eventual tumours.

Week 4 – Move your Qi.

If you are emotionally blocked, (depending how severely) – pain may start up at the instant of ovulation – the bottling up/ festering of self makes your, and others' lives a periodic nightmare. Stuck Qi turns in time to inner heat. The inner volcano rumbles, often for years, all the while wasting the Yin/Jing in the process, especially through causing over bleeding scenarios. Apparent hormonal storms are simply your not expressing your own truth.

The Stuck Qi rages upwards, creating headaches, tension, migraines, and creates the well known 'normal' pre-menstrual disturbances, that may be managed, not removed. Fluid collects, as an attempt to put out the fire in the Liver meridian pathways. Watch what Heather has to say about [Causes of Disease](#).

Discharges, usually damp and hot occur – smelly and often itchy, herpes and other inflammatory conditions may appear – pimples, acne, fluid retention (sometimes 4-5 kg before a period) are all due to having an unhealthy body.

Look to what traditional cultures always showed their women to do (in their initiations into being women) –take care of your bleeding yourself. The [Maya/Arvigo®](#) and [Mercier](#) work along with [perineal steaming](#) as examples: such gentle, easily accessed home help you can do for yourself.

Heal yourself through being respectful of the process of being woman.

Process of Bleeding

Sometimes growing into being a woman may also trigger some or all of these:

<p>Soul intention - to cover these issues this time</p>	<p>Beliefs experiences, - all preprogrammed to ensure maximum effect – can't possibly miss the message, THIS time. including maternal biases and expectations, handed down through her lineage. Eventually this message gets TOO LOUD and you have to pay attention as your body demand action.</p>	<p>Emotional responses – assured due to the beliefs, educational framework, and 'reality' the person believes that is running. These may include guilt, shame, revulsion, disgust, fear of pregnancy, memory of past enforced encounters and unwanted attentions.</p>	<p>Reactions to having to perform as others expect a 'good' woman to, perhaps upsetting others as you choose to not be packaged in a comely manner, ensuring male attentions.</p>	<p>Energy responses – Liver Qi is stuck, not flowing, rage inadequately expressed, thus blowing inner energy circuits. Artificial hormones altering the normal bleeding cycles, creating Stuck Blood, libido and mood changes.</p>	<p>External cold staying in the body, Qi and/or Yang depletion, circulatory problems, trauma stored – in pelvis, in the structure, or in your ability to be sexually happy.</p>	<p>Physicality – period pain, irregularities, sexual dysfunctions</p>
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Leakage of past life experiences into this now

A Normal Period

Normal Qi (energy) and Blood production and circulation create a healthy cycle. It comes and goes unannounced. Having a period regularly is not a disease process. Menstruation is not a curse.

Being a woman is not supposed to be a challenge or in any way intrusive.

Every 28/9 days, there should be a show of fresh red, clean blood. Starting slowly, building to a steady flow, not clotted, not gushing, not stopping and starting, not changing colour or texture. Periods should happen with no trouble - no mood swings, no headaches, no bowel changes, no fluid retention, no breast soreness, no abdominal, back, thigh, leg discomfort or pain - just bleeding that is turned on and off.

Cleanly. No dribbling – just red flow on and then off. No pimples, no massive weight or life changes. Just regular, uneventful bleeding, over four to five days, without hassle. If this is not you, it can easily be.

Problems Pre Period

Any changes pre-menstrual are the result of Stuck Qi, as in the pre-bleeding phase. Your Qi must move, to allow the relative damming up of the extra blood to not mess with the normal bodily functions. If the [Heart Qi](#) is not able to send the Qi downwards, much counter flow symptoms will be experienced – nasal bleeding, rushes of heat, and possibly Blood energy, up to the head. This when added to the Liver Qi Stuck, Liver Yang rising situation might produce dazzling migraines, exploding headaches, and immense life disruptions.

Fullness in the upper body will be felt as tender and swollen breasts (see course of the Liver meridian), and extra fluid in the brain, giving classic pre-menstrual mood swings.

Excess heat generated through the unexpressed emotions may result in hot red face, acne, pimples, constipation, cyclic bad breath, agitation and, with Stuck Liver Qi, temper outbursts and rages.

[Stuck Liver Qi](#) results in all energy and Blood moving erratically. Swelling, vague distending feelings, bloating, fluid retention, digestive upsets and feeling totally out of sorts will result. Emotionally, unexplained irritability, leading to cranky behaviour and contrariness, and depression. The severity of your apparent ‘hormonal’ issues is dependent upon the amount of heat present and continually being generated.

Problems at Period Time

Menstrual bleeding should be a simple matter of a moderate tap turning on and off every 28 days, with no fuss, or life disruption, past the need to wear [menstrual aids](#).

At this time, the Qi has to move the blood, out of the body. Whatever interrupts the flow of Qi, and thus Blood, will create what we feel as ‘menstrual problems’. All symptoms we experience at the onset of bleeding are due to the Blood energy being unable to move, as intended – being called ‘Stuck Blood’, by acupuncturists - endometriosis, dysmenorrhea, fibroids, cystic ovaries, by the medical profession, and being experienced as possibly late and definitely clotty flow, and severe period pain. This includes ‘hormonal’ issues which are actually [Stuck Liver Qi](#).

Rather than ignoring a body’s warning signs by using pain killers or artificial hormones, we could choose to undo that which is blocked, allowing all aspects of being a woman to become easy again.

STUCK QI – Not enough Qi to move the Blood, including the Qi not moving correctly – blocked by emotional turmoil, cold invasion (with possible Yang Qi depletion constellation of symptoms), being on the artificial hormonal products, which, over time themselves create Stuck Liver Qi, and [deficient](#) and [Stuck Blood](#). Gives conditions of - swellings, bloating, digestive upsets, distension, fluid retention, irritability, moodiness, vague pains and aching, worse with emotional and sexual stress, irregularities in cycle, including stopping it.

STUCK BLOOD – From Stuck Qi above, and /or from trauma – actual physical, sexual, surgical interventions, leaving old accumulations of Blood, scar tissue, accidents, physical obstructions. Gives conditions of – severe, stabbing pains, in fixed locations, possible relief with passage of clots, dark, lumpy flow, bad acne, purplish tinge, cold hands and feet, circulatory problems, severe headaches, and possibly all of Stuck Qi symptoms above, plus cold invasion/ Yang depletion, of pains better with heat, worse if cold. Check out what [Arvigo](#)® and [Mercier](#) practioners can do.

HOT BLOOD – is created from any stagnancy situation, or overheating due to emotional (back to Stuck Qi), or ingestion of heating substances, insufficient pure water consumption, and Yin depletion through over work/ worry /living with unresolved issues (back to Stuck Liver Qi again). This gives rise to over bleeding, a short cycle, lengthy bleeding and a woman being very irritable, angry, hot and bothered, with poor sleeping and agitation.

(This is not either/or – you can have bits of all.)

Safe bleeding - why care?

1 – Use only [safe intimate care products](#).

This alone may alter all the ‘problems’ that you have had when bleeding. The majority of store bought products are not useful, practical or safe.

Too many products will show up as changing colour if you add tap water to them – try it yourself – see the [discolouration and wonder](#) - what chemicals are coming back up inside me?

Is this part of my [apparently broken reproductive process](#)?

2 – **No chemicals** – the vaginal skin is highly vulnerable and has its own pH and self cleansing ways.

3 - **Allow the flows to flow out.** No blockage on the way through.

This means the cups and the sponges and the tampons are all impeding the natural order and may create backflow. All traditionally based cultures banned sex when bleeding. Flow is to be out of the body at the bleeding times.

4 – **No cold additions anywhere at any time.** Flows need to flow. This will create congestion, leading to pain. All Asian cultures, Indian and most other traditions all [banned all cold](#) and cool activities and foods, fluids forever around girls – as this addition would be stored in the body to mess with her flows of bleeding.

5 – **Ensure that you have enough ingredients to actually run a women’s body.** Blood energy comes from a combination of the good resources you were bequeathed with ([Jing](#)) and the orderly ways that you were raised to respect and revere your food factory and what it does for you – make great [Blood energy](#).

6 – **Please respect the seasons of your month and life.** All things happen in their time. A period is the report card of the last month. Menopause is a report card of the bleeding years. You are in charge and can change all.

Hormones carry messages. They are only as balanced as the nutrients available and circulation freely flowing. Adding in extra chemicals to pretend they are your own messengers is bound to create, at best, a state of inner confusion.

Commercially available menstrual care products often leak minute quantities of [known hormone disruptors](#).

Self Care/ Self Rescue

1. **Become conscious.** We arrive alone, and will leave so. Look after yourself, as you are all you have. 'Rescuing' others allows them to not grow and mature and keeps us from looking at our own issues.
2. **Learn to prioritise for self.** Learn how to mean 'no', without guilt.
3. **Shut off external judgments**, fuelled by inner expectations, and take time out to discover self, and what your true path is. ("Selfish" programmes installed throughout history are there to ensure our children's survival – we all put mate and children before self). In today's social climate, being both mum and dad: with women overdoing everything is wearing them out. Others may choose to stand back and let this happen as it suits them (sloth/their path of apparent least resistance).
4. **Reset yourself** - return to normal functioning – need to truly rest to regenerate.

Rescue your Blood. Do not listen to anyone who tells you that over bleeding is normal. If you feel weakened after menstruating, it was too much for you. If this means getting a hysterectomy done, after attempting to 'go natural', please remember that it is NOT natural to flood/gush/bleed more than 5 days every 28, and to be dragging yourself around exhausted. Neither is it natural to be pumped full of the latest new miracle hormonal preparation – far simpler to rescue yourself. Please [see Heather's self-help courses](#).

Seek assistance to correct and restore Yin/Blood depletion/imbbalances.

Sleep more and eat for life, not taste. Simple, natural life habits that everybody had in the past, such as walking in the sun and spending time with your extended family, just 'hanging out', maybe gardening, will help to rest your sanity.

Stop trying to reverse/halt the aging process. Our Jing is spent on the getting of wisdom. Once we have adolescent children, it is important for both them and us, that we nudge them gently towards independence – we have the cycle of self discovery to wise woman ahead, and they need to live through their lives.

Gently accept self – time moves forward, with it new gifts, if we have made room for them.

'Mother' yourself - give to self, not them. Be more kind to yourself and follow your own seasons.

Hurting?

Pain anywhere reflects a blockage, either at that level/area or elsewhere.

Stuck Qi –vague sensations, moving location, feelings of fullness or distension, aggravated by emotional upset ('Stress').

May be resolved by passing wind, massage, exercise, deep breathing, sexual orgasm, emotional release, or apparently (short term) eating chocolate and/or drinking alcohol/caffeine.

Stuck Blood – actual pain, piercing, stabbing, knife like, fixed definite location, worse with pressure

Cold – may feel cold to touch, is worse with cold, better with application of heat.

Damp – maybe numbness, full, possibly moist feeling on skin. Dampness is seen in the body as cellulite and any excess fluid. It worsens with humidity changes, results in collections of material – cysts, discharges, also deformities on joints.

Wind – moves about in location in the body. Also present may be itches, which are worse in windy weather, or in very changeable circumstances.

Heat – may have a fever, the local area is hot, possibly reddened, heat aggravates it, and the application of cold may relieve. Body may place fluids there (inflammation) to try to protect tissues from scorching.

Qi depletion – relieved by pressure. Looking or feeling unanimated, listless, with sinking feelings.

Blood depletion – Bloodless complexion, dragging pains, may come on during the bleeding, afterwards, dull aching, possibly with other Blood depletion signs

Yang depletion –you may have embedded [cold](#), and some of the other Yang functions may also be dwindling – digestive and [Qi and Blood holding is incompetent](#), all extremities may be cold. You may require warmth constantly.

Yin depleted pains –are far more severe. Locations deep within the body, tissues are becoming starved of nourishment.

Jing pains – at deepest levels of the body – life is being endangered.

When Does it Hurt?

Before period

At start of period

During/after period

Qi Stuck

Blood Stuck

Blood depletion

Stuck Liver Qi

Flows must flow. Emotional disharmony creates [Stuck Liver Qi](#).

Anything that triggers off the 'hard done by' button, that starts us feeling unappreciated, overlooked, thwarted, or not getting what we feel we deserve, will start this process – and it then impacts on 'hormones' - they tell the tale.

- Depression, frustration, anger, irritability Sighing, feeling of something caught in throat
- Full feelings in chest, need to take conscious breaths, feeling as though being stifled.
- Poor digestion, appetite, nausea, belching, acid stomach, abdominal bloating, discomfort and pain. Bitter taste in mouth. 'Need' to have coffee, including not being a 'morning person'.
- Pre-menstrual symptoms – turning into someone else (being a bitch), with or without breast lumpiness, tenderness, swelling, mastitis. Swelling and full feelings in lower abdomen, Vague, crampy, full feelings.

Oddities in your period – irregular schedule, interrupted flow, (starting, stopping and starting again) darkish in colour, period pain, classically prior to Blood flow. Sometimes ovulation symptoms, especially pain then are all Stuck Liver Qi.

If heat is also involved – (likely) - there will also be pimples and constipation.

- Nightmares, feelings of heat, Rages, violent headaches,
- Possible gushing and flooding, with over-loss of Blood.
- Vaginal itching, smelling, discharges, with or without apparent diseases (e.g. herpes).
- Possibly painful, burning sensations in vagina, even with apparently sufficient lubrication.

With Blood depletion

- Dried out, hot feeling menstrual flow, possibly purple/black, with dried out clots.
- (Plus all mentioned previous symptoms, plus very easily upset, quick to anger, headaches with dizziness and possible heat, dried out feelings, scant flow, muscular cramps and spasms, tension, neck & shoulders.)

How To Liberate Stuck Liver Qi

BE
YOUR
SELF

SAY IT

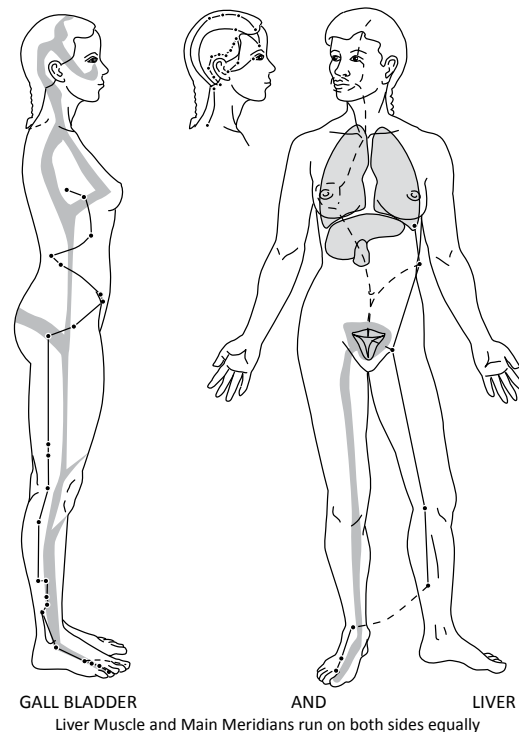
Hiding yourself is not 'nice', but dishonest, and whilst 'not hurting anyone, may be a programme our parents were given, this is a different century and what is being less than who you are costing you?

FEEL IT

Allow yourself to enter the areas you have previously had out of bounds and explore all of who you are.
(If not now, when?)

MOVE IT

(General exercise - group sports, running, anything except sitting about feeling as though it is all too hard).
Sexuality - liberate it.
It is your Stuck Liver Qi creating your Stuck Blood/period problems/unhappiness - why wait for Mr/Ms Right? - pleasure yourself)



Stuck Blood

This is an acupuncture term for any condition where normal circulation has been altered, and masses are creating blockages, which result in classic ‘Stuck Blood’ pain. Stuck Blood usually results from compromised sluggish Qi flow, often from old traumatised sites from past injuries, bruises, accidents and surgical interventions.

Stuck Blood pain is in a fixed finite location, is stabbing and knifelike, and usually is severe

Medically, the terms, ‘**endometriosis**’, ‘**cysts**’, ‘**fibroids**’, ‘**tumours**’ and ‘**blocked tubes**’, all explain the actual physical end results of not flowing/blocked up/stuck energy (Qi), that have congealed into something that can now be ‘proved’ to ‘be’ there. (As if the intense pain, often throughout the month, or with sexual contact is only a believable condition, once it is ‘proven’ to be there.)

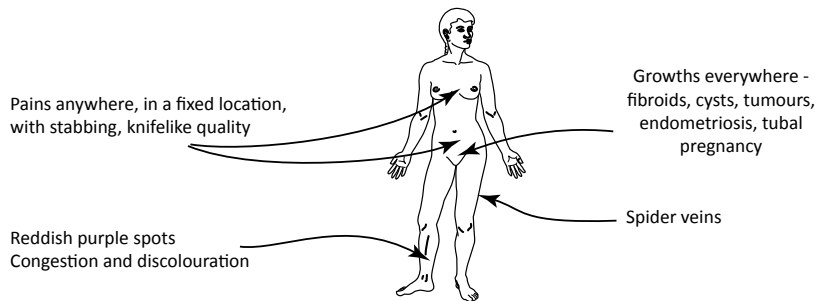
YANG (more energy aspect)
STUCK QI

(more physical aspect) YIN
STUCK BLOOD

“Stuck Qi” may be at the level of the meridians, flesh, organs, skin level, emotions – it may be mixed with cold and damp that has entered and stayed on, it may be enhanced by non desired and/or non orgasmic sexual contact.

This may be further dammed up by the medical scarring left through exploratory and therapeutic surgery.

“Stuck Blood” eventually becomes physical masses, before which, it may be seen as red/purple spots on the tongue, over the body, unsightly broken capillaries and veins, especially on the lower legs and feet.



'Stuck Blood' is the beginning of a lifelong battle with Blood clotting and serious diseases.

'Stuck Blood' is often a continuation of long-standing Stuck Liver Qi (not being 'happy with'). Solid manifestations take shape over a long time span. Prior their formation, the disordered energy disturbances may have been felt by the woman as changes in her normal menstrual flow - emotional, mood and physical variations from what she has been accustomed to.

The final presenting solid masses may come in a variety of shapes, sizes and degrees of severity. They will be named medically, depending on their location and physical shape. The physical manifestations may be removed, but the energy instructions/reasons behind their appearance are still there. To grow all over again.

Something is blocking normal circulation and production of Qi and Blood for you to have Stuck Blood.

Whatever causes changes in you may also cause deviations in your menstrual health. Temporary answers, for your period and 'hormonal' problems as 'quick fixes' can be manufactured. Artificial hormones may be administered. Surgical procedures may appear to be solutions. Distortions and inner imbalances will continue to recreate the masses or even newer conditions than those that were supposedly 'fixed'.

Maybe you need to ask instead ...

Why did the body grow them there?

Under what perfect conditions was this process encouraged?

What needs to be altered to avoid its reoccurrence?

Switching to a drugged state 'auto-pilot' may short term make life seem controlled, even more comfortable, but what will be the price, long term – or when possible pregnancy is desired? What would have happened in a different era?

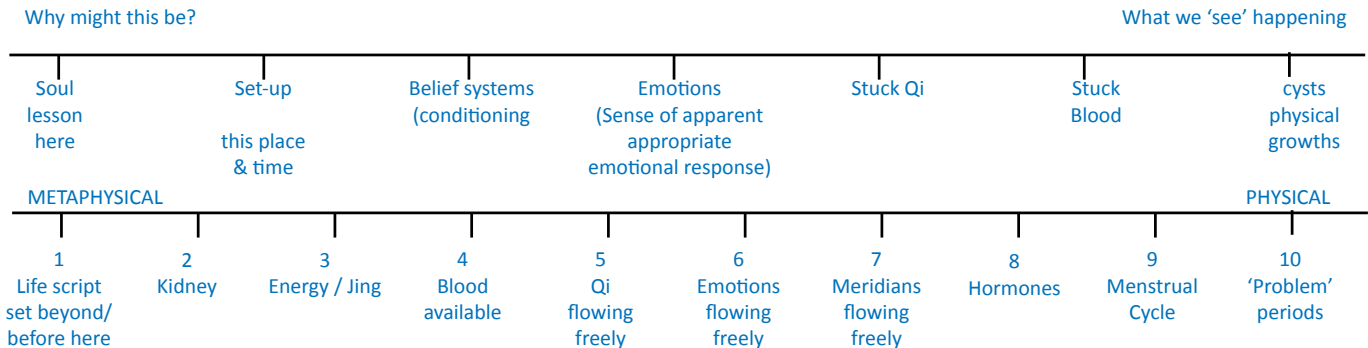
Stop trusting those using any medical or other **model that plays with your natural life flows and rhythms.**

Hormones are only messengers. What messages when there are not good quality ingredients to make your Blood and keep you working perfectly? Chemicals (pharmaceutical drugs) are poor substitutes for nourishing food.

Seek help from a holistic and respectful integrated self empowering system of self care.

Pelvic, vaginal, sexual or [birth trauma](#) may create diabolical menstrual conditions which, regardless of efforts to resolve, may continue to re-establish themselves, until the underlying energy disruptions are untangled.

Stuck Blood is a long-term problem in the actual physical body. Natural assistance may need to be enhanced with more gentle traditional ways of healing. You may need to consider many modalities plus dietary changes, also pulling out what is blocking your life flow flowing. Investigate [Arvigo®](#) and [Mercier](#) therapies.



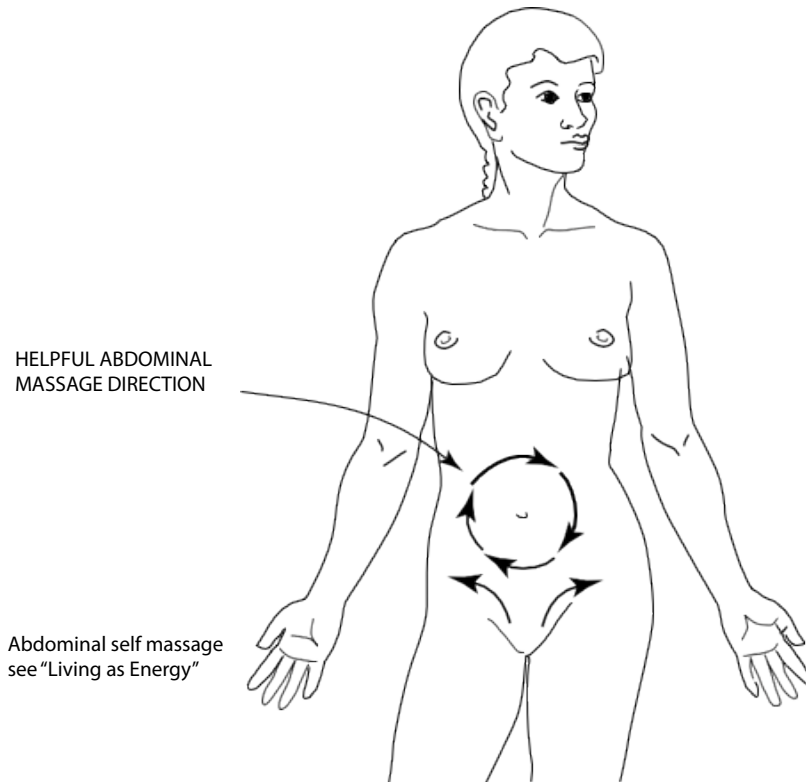
Period pain/menstrual/menopausal disturbances (10) are temporarily eased by taking a pill (8).

Eventually the creating forces - blockages found in (5), (6), (7) - burst through the artificial cycle, setting up different related body dysfunctions.

The originating issues - constitutional factors (2), (3), (4), have not been attended to, and you are still battling on, under difficulty - hence impacting directly down the chain of command.

Further body imbalances are wrought through having artificial cycle imposed.

Self Help



Exercise regimes that respect the female form and its tidal nature.

Breath work will help you get back in touch with yourself.

Visualisation and meditative work will allow you to settle down, and thus restore your ligaments and flows to their normal positions.

Integrated ligament normalisation in the form of [Maya/Arvigo® Mercier](#) work may surprise you and are worth seeking out before exploring more orthodox women's health solutions.

Physical options – Pilates, Callanetics, Feldenkrais, Bowen and Alexander techniques, osteopathic and chiropractic manipulations, lymphatic massages, any physical assistance to passively realign.

Tai Qi, Qi Gong, yoga, any Eastern exercise form, encouraging the union of the breath, body and intention.

Bladder And Prolapses

Few understand the pelvic bowl and the role of the ligaments as the [Maya/Arvigo®](#) or [Mercier](#) practitioners do.

Please seek someone in your local area, regardless of what else you also do. Straight physical prompting may not be helpful. Please also see [Barbara Loomis' insightful work](#) and download her free eBook when you visit her site.

It is the function of the bladder organ to hold the urine that is transformed by the Yang Qi, and held in place by the Kidney Qi. Anything that weakens the overall Yang may target this holding function, especially if the person has already [weakened Spleen Qi](#). (This is evident in a history of prolapses – see below, haemorrhoids, haemorrhages, varicose veins, and possibly flooding with periods).

Heat is discharged by the body through the urine. If Stuck Liver Qi and emotional heat are excessive, this may give classic urinary tract infection symptoms, often without bacterial presence. (Being irritated/'pissed off').

Obstructed urine, cloudiness, dripping, weak stream, and incomplete voiding, are all symptoms of a [Damp](#) accumulation. Damp creates heat, and together these give the energy of infection. Stuck Liver Qi may create both the Damp, by insulting the Spleen energy, thereby weakening it, and/or providing the heat, as stored up unexpressed emotional charges. Is not being yourself worth all the drama?

A weakened bladder function is often rectified with generalised acupuncture treatments. Chinese herbs to strengthen the Kidney Qi, and Spleen Yang may also be helpful. Yoga and various physical therapies – good osteopathic or Feldenkrais practitioners may be additionally helpful. Living with this forever as though it were 'your lot' is unnecessary.

Find a [Maya/Arvigo®](#) or [Mercier](#) practitioner to help you help yourself. So easy when your uterus is realigned.

Again, excessive Blood loss will not allow your body to repair itself, and is often at the root of the accelerated aging processes. Structural damage from child birth may have been exacerbated through the [use of cold packs](#), or any cold entry, post baby or surgery, through the weakened Yang state that created the difficult birth scenario originally, or by the presence of the scarring which is blocking normal healing, nurturing Qi. [Take the cold out for good](#).

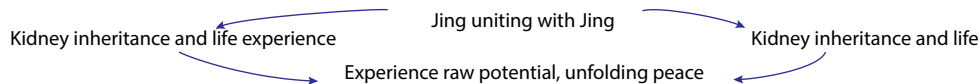
Treating yourself with respect by following older wisdoms about being in a woman's body even by just wearing a [faja](#). Do take 40 days 'off' after having a baby; leave adequate space between babies for you to recover, take time off to rest when bleeding, and generally honouring your bleeding may guarantee you do not end up with a drippy, drooping inner life. All 'old wives tales' implored you to look after your inner core, not getting cold.

Please pay attention.

Conception/Gestation

The growing fetus is naturally shielded by the maternal energy fields and her physical body.

The union of the male and female Jing seeds another being's foundation.



Hopefully the fetus is also respected sufficiently to be in a clean environment, with sufficient Blood energy to nourish it until it is ejected to begin its own life path. See thenaturalpregnancycoach.com. There is no need for prenatal testing in the form of blood tests, fetal scans, or any other interruptions if you are following a natural, conscious life.

Listen to the wisdom of the Jing. Sleeping away the day may mean that the prior maternal health problems are corrected as part of the pregnancy package. Pregnancy is one of the pivotal times when we can either repair ourselves, or create huge energy rifts within.

The first three months place an enormous strain if the mother has started with less Jing (older, or in weak health initially), or expects to continue working full time whilst her body restructures to allow her to manage a healthy full term pregnancy.

Pregnancy temporarily creates a state of imbalance for the mother's body. There is more Blood energy, and actual blood in her body. This means there is more heat, more dampness and more Liver Qi circulating. There is also a lessening of Kidney energy for her use, as it is very busily creating new life. These factors combine so that any pre-conception imbalances may possibly create pregnancy health problems for her. The 'usual' normal ones of tiredness, morning sickness, and aches and pains, including "ligament stretching" and 'baby brain' are all actually warnings that more and better quality ingredients are needed. A [natural pregnancy](#) is one where there are no symptoms – just a growing belly and breasts and no period.

Threatened miscarriage, bleeding in pregnancy, premature membrane rupture and premature delivery are mainly created through maternal Blood and Jing depletion. (Lack of Qi, [Hot Blood](#), and [insufficient Jing](#) are major worries). By insisting on carrying on, regardless, is a perfect recipe for the depletion states and whilst believing we are beyond the energy limitations, we may forget that baby suffers. And that it is our twilight capital that we are spending in advance.

Birth

Birth is a pivotal time, for all participants. It is highly important to create a safe, relaxed and happy environment, energetically, for the entry of the new being. The imprinting that occurs then is primal, as for all mammals. A flowing, joyful energy exchange between the two who physically created the baby, at the time of its independent arrival often gets lost in all the fear and terror that seem to surround such a normal event.

Ensuring the baby exit (pelvic/sacral area) is ready to open is crucial. Look to the [practical, safe and effective work here](#). Download and start at any stage for more comfy pregnancy and afterwards. Having sufficient good quality ingredients all through the pregnancy will come in handy now and for breastfeeding. All of [these posts](#) are there to assist you.



Pain may also be as there is less Blood/nourishment getting to the tissues = is reaching the uterine muscles, and they are responding to this with pain messages. [Also see fingertip rescues](#) as it will assist dad/partners to relieve this.

Much care must be taken to ensure that [no cold is present](#) – no bare feet, sucking of ice, air conditioning with no clothes on, or eating or drinking anything cold at any stage. Cold energy invading causes hardening and contraction, and thus creates stagnation, giving more pain, especially post natally, during breast-feeding. [Cold is not a mother's friend](#).

[Cold remains lodged in the body](#), especially if very weakened at the time of arrival, and may, at birth, alter the woman's entire medical history from then on. If you revisit your own health time frame, you may well find in factoring in external climatic invasions, that mischief has been visited upon you.

Postbirth

Even the easiest birth with minimal Blood loss, and with no invasion of cold or draughts, can create a huge drain on a woman's body. The fetal palace, newly empty, is to be cleansed of residue, restored to its pre-pregnancy state. At the same time Mum's body gears up to nourish her baby ([4th trimester of pregnancy](#)), the Chong Mai (Sea of Blood) is to instantly create nourishment for the new baby from the same resources the maternal Blood is made.

New mum needs to restore her equilibrium, replenishing herself, regardless of the sleep interruptions, and life adjustments necessary. She may need debriefing, as the experience of becoming a mother can be a shock to the previously ordered and self absorbed life most had created for themselves, prior to baby invasion.

Eat well – not to quickly retain shape, but to nourish the new one. Even if not able to breastfeed, the immediate post natal period is still pivotal in regaining a possibly new post pregnancy healthy balance.

No lifting more than the new-born's weight. This means not the baby, in a capsule, at an odd angle. Her recently stretched body needs time to recover, the Spleen Qi and Yang require careful attention - prolapses, incontinence and over bleeding post natally all stem from incorrect care and attention to the state of the mother's presently weak Qi.

All cultures gave mum at least a 40 day 'lying-in' period of grace – where all others looked after her as she gradually and gently healed after the exertion of making another person. Get your copy of '[The Golden Month](#)'.

Avoid all cold activities, foods and fluids. After birth, cold can penetrate easier and to a much deeper level.

Sleep – is the way we all heal/regenerate. Babies need a lot of it to develop and grow. If they are [unsettled/ screaming](#), there is a reason. It is possible this is not yet immediately apparent in the tangible world of the medical framework, yet may be very obvious to a good chiropractor or osteopath. Maybe spiritual bathing is appropriate – definitely vibrational healing drops benefit all – see the [Welcome Baby Kit](#). Best to [not to break your baby](#).

[Birth shock](#) will ensure the nervous, hence digestive, hence everyone's systems are on edge, and help is needed.

Please look to other traditions of mother centred care and gently [transition out of being a maiden into a mother](#).

Lactation

(See [Heather's extensive breast work](#))

For breast-feeding to be easy, as with menstruation, Qi and Blood production and circulation must be excellent.

Qi not smoothly flowing. Being resentful/angry about anything around the birth will impact upon the lactation ease. Anything not expressed, and resolved about anything, especially the birth, and the new life, will greatly affect flows. If the birth created massive Qi depletion (exhausted), shock (weakened Shen), or Blood loss (worsening both previous conditions), there may be extreme lactation difficulties, even in an otherwise extremely healthy mother.

If Qi is stuck, tension felt along the course of the Gall Bladder and Liver meridians will possibly stop the let down response. Along with consciously breathing and relaxing, getting someone to massage the upper back and arms may help. Even pressing the tight spot [mid shoulder muscle](#) yourself may help release milk that isn't flowing. Confronting yourself and expectations not met, and realising what you are doing is having what amounts to an inner tantrum, as a new mother, may be also beneficial. Stuck Qi at breastfeeding, plus exhaustion, leads into the loss of her sense of humour, perception, and then easily into [mastitis](#) and possible breast abscesses.

If Blood energy is depleted, especially if the usual pre-pregnancy food selection is continued, poor Blood quality for both Mum and child will result in maternal emotional, mental and sleeping disturbances, and cranky mum and baby. And Dad. [ACTION watch all breastfeeding footage here.](#)

Enlist sensible, practical, non-invasive assistance. Women need to learn to become mothers. All cultures provided a ['golden month'](#) to allow mum to repair and to bond.

Supplements of good quality B Complex, topical iodine, vitamin D3, Magnesium, and Chinese herbal Blood tonics easily restore abundant milk and maternal well-being.

Sitting down to feed, with at least 3 glasses of fluid, a good protein snack, and possibly a good book, to distract one, may work wonders. Meals must be warm and nutritious: cereal and sandwiches do not make good Blood, although they may quickly fill Mum's stomach, and are easy. Plenty of fat, veges and lots of protein are needed to make milk.

Avoiding all 'windy' foods, caffeine, stimulants, chilli, curries. **Varying your diet** (you are no doubt addicted/allergic, and will recreate this in the child, via the milk) may be all colicky babies need to recover.

Living past Our Middle Years, and Gracefully Aging

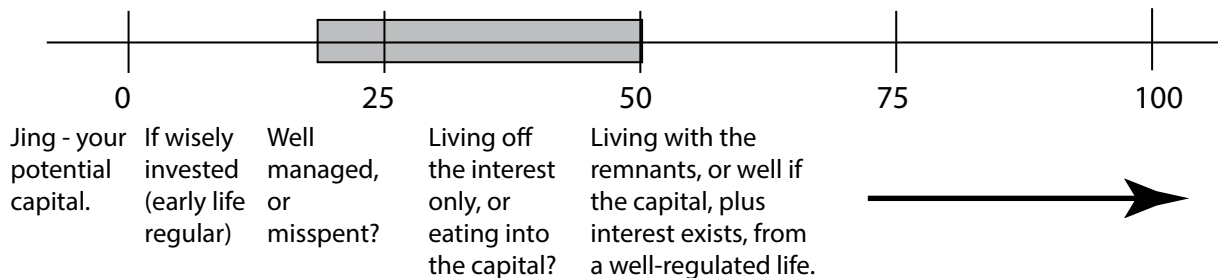
Menopause is one of the four pivotal times when we may correct previous imbalances, or create vastly new and riotous ones within our Jing template. At this point in our lives, women are often juggling adolescent children, straying mates, and aging parents, all of whom are going through their own initiations.

Women may see that it is time to move focus, in their own lives, living for self, rather through others.

Attempts to redefine self may be met with resistance from those who were very comfortable with mum 'helping out'.

How we have tended ourselves over the years will now show in the quality of our life as we age. If we had been dieting/ partying/over- bleeding/over functioning and generally being superwoman, this may have worn us out early.

Returning to the pre-cycling days of our childhood may well be the best years of our lives. If we resolve the experiences we created in those years, reframing 'our lives' and then live according to our current season, we may well become the wise women that this time affords us.



What next?

See what else Heather has produced for your enhancing your own life

There are so many sites all linked from here <http://heathersays.com/links/>

Look to her natural health problem solving apps <http://heathersays.com/apps/>

Take her home help – [self empowerment courses](#)

Always people knew what to do – granny medicine kept us all alive.

This was based in the garden,

the kitchen

and the wealth of handed down wisdoms that got us all to here.

Time tested.

Love your life!!

Honouring Ourselves

Remembering Who We Are



Heather Bruce

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First published in 2002

ebook edition 2016

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National Library of Australia

Cataloguing-in-Publication entry:

Bruce, Heather

Honouring Ourselves

ISBN: 978-1-922065-95-7

Dedication

**To everyone who has allowed this book to be birthed
- particularly those whose paths have crossed mine,
who have assisted in my learning by allowing me to
appear
to be healing and/or teaching them.**

About the Author



As a senior acupuncturist who had already been working with people for decades, Heather realised in 2001 that the average person had no idea of how their body ran.

This 2016 edit as an eBook is an updated version of the ‘patients’ manual’ she wrote, originally in three sections. You may have one or all of these below.

Honouring Our Source, Honouring Our Bleeding and Honouring OurSelves.

Whilst some may have an understanding of the bits and how they physically work – the actual instructions given to these bits is not in the physical for an energy worker or anyone who delves into acupuncture and natural medicine.

To assist in your journey towards health you need to know why, when you may be ‘doing everything right’ – especially when you feel that nothing seems to be shifting – there is actually a very good reason for your problems.

Your having an appreciation of there being a lot more to be done than just on the physical ‘reality’ (as Western medicine thus orthodox culture sees it) will then alert you to how you may be actually creating your own pain and ill-health. Ignoring what your body needs you to do will create more of what has got you looking for answers.

By looking after yourself the way all farmers, all gardeners and all of the wise elders whose words we tend to ignore, will give you back the rude good health, the emotional resilience and the life that you were meant to have.

Often this is the very opposite to what the current medical profession are telling you.

Usually it is what your great grandparents would have expected you to do to live well . . . thus it is all based on time-honoured traditions of East Asian (including Chinese) medicine.

You will notice also those “old wives tales” that we all may have discounted when young.

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Introduction

Part of the book 'Living In It' written in 2002 for patients to understand how a well body works, "Honouring Ourselves" the final section in the trilogy departs from the standard acupuncture theories and takes the reader into a model that may help them reframe/'make sense' of their lives. That reality we all carry in our heads may not be all there is. Enjoy your journey!

I suggest we widen the 'goalposts' a little, to question the beliefs that run the energies that allow us being here in a body. Please do not expect to sit down, and 'get it' all the first time. You may – it may be as the answer to a prayer. If some of it challenges what you believe – please be aware that I am trying to do this. Reacting to our lives gets us what we have – a need to change.

If we think we can just pay someone to 'fix' us – we eventually come to the realization that we are the creators of our own lives – here is maybe the beginning of your own sense making. After standing and hearing myriad stories, usually from those who could not cope, and in living in my own interesting times as an acupuncture teacher and practitioner, I got to thinking.(I didn't 'get it' overnight, either).

Some parts may totally mystify you initially. Sit back, and just open where you will, and start reading.

'Living In It' written as a reference manual - for when you feel you have tried everything else, done your best, and still nothing seems to work/make sense.

["Living In It"](#) is a sister edition to ["Living as Energy"](#), and is designed to be read in conjunction with it.

Three posters ["Inner Alchemy"](#), ["Unfolding Jing"](#) and ["Reunion"](#) are tied into each of the three sections of this book, and are also available from the author .

A [guided meditation CD](#) (now MP3) was devised to be another step in a searcher's quest to assist themselves.

(2016 addition)

We live in interesting times.

It would seem that the voracious novel reading: the science fiction that I consumed as a teenager was to set me up for this life now. We could be forgiven for thinking that we seem to be living in a 'B' grade movie.

This is becoming more of an interesting challenge as parents become less 'at one' with the orthodoxy and less amenable to being controlled. Watch the vaccination bullying/loss of real science into what is essentially a religion, and a form of mass thought control as a great example. This divisiveness - much like the Middle Ages and flat earth like arguments, may set older, wiser parents up against their adult children's need to feel as though they belong to their own 'tribe' of peers.

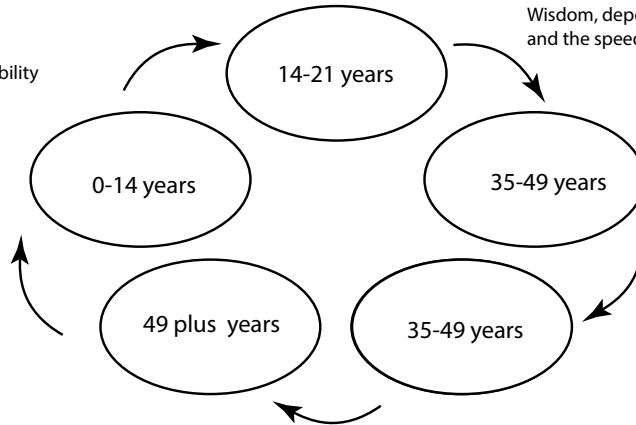
We may discover too late that being 'good' got dangerous/unsustainable.

Here I present a way that the more conscious people may wake up - and light up their own lights.



How We Play "Being Here"

Lots of Jing potential
No memory of human
experience, although possibility
of much inherent wisdom.



Jing developing dependent upon early life, and inherited potential. Some life experience, though most stored, to be uncovered as the cycle of 'life' unfolds.

Wisdom, dependent upon the calibre of the being prior to entry, and the speed human tasks set, are completed.

Jing variable upon the pace and life experiences. Much life experience gathered.

May still be 'full up' with people and busyness, to appreciate the need to reframe, in order to pass through life's initiations.

The quest for inner knowing may have begun, due to the need to 'make different sense' of life to date. Wisdom may thus be percolating through the past programmes.

Jing becomes exhausted, as the years here in form draw to an end.

Life's tapestry woven, but possibly tangled or unravelled, experiences surround the one as a massive resource library.

Wisdom may be vast, or still the one may have laid unaware, throughout the life passage.

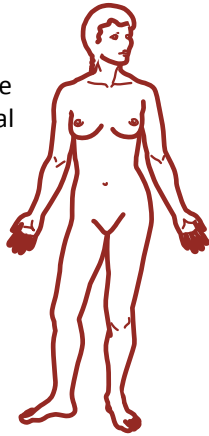
Levels of Jing will be dependent upon how wisely 'life' priorities to here have been managed. Life experiences now obviously thematic, and by now physical complaints are creating the need for change.

The need for reframing the recent 'life' may still be ignored as bodily complaints are patched up and seen as nuisances rather than gifts, as yet unwrapped, hence for some, seeing the point to their having lived at all may be still mysterious.

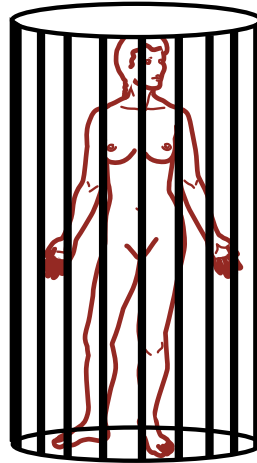
START _____ FINISH
of the human race - jing into wisdom

Who Do We Perceive We Are?

Tangible
(physical
body)



Social
creation



We arrive in form

We are wired into it
to be able to use it

We learn to be 'here',
manipulating the
environments.

We may turn our attention
inwards, reconnect with self,
rather than operating at the superficial /
constructed level.

Coming home to be
all we really are.

Conception

Birth

10 years

Death

A human being whilst here, still connected to all we are outside this game of 'life'.

Who Is "I"? -What Is A Person?

ASPECTS OF SELF

POINT OF PURE CONSCIOUSNESS

HIGHEST CENTRES OF THE BRAIN

EARLIEST PARTS OF THE BRAIN



**SPIRITUAL
(SOUL FAMILY)**

**SOCIAL
(TRIBAL PLANE
HUMAN)**

**BIOLOGY
(HERD)
(MAMMALIAN)**

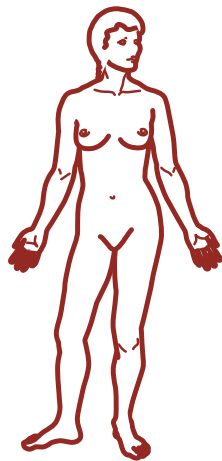
GUIDANCE FOR TEMPLATE

Inner knowings/ personal script that is encoded to be triggered, and emerge at a specific point

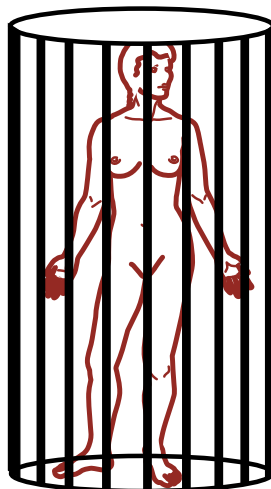
Rules - Taught how to be "a person" in this place/time, as a part of role of family, extending into ever widening influences as we master each level (pass through time, and expected concurrent developmental phases)

Body reflexes/instincts – are general at birth, and baby could probably be socialised/taught to live within any human context.

How Do We Perceive The Externals?



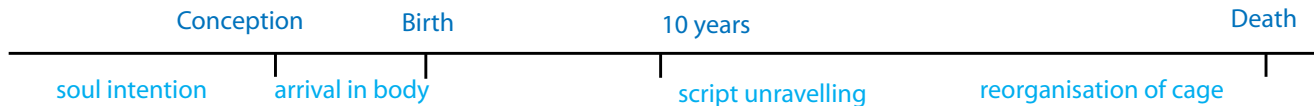
senses



what we were told
(expectations/meanings given our
inner library of experiences)

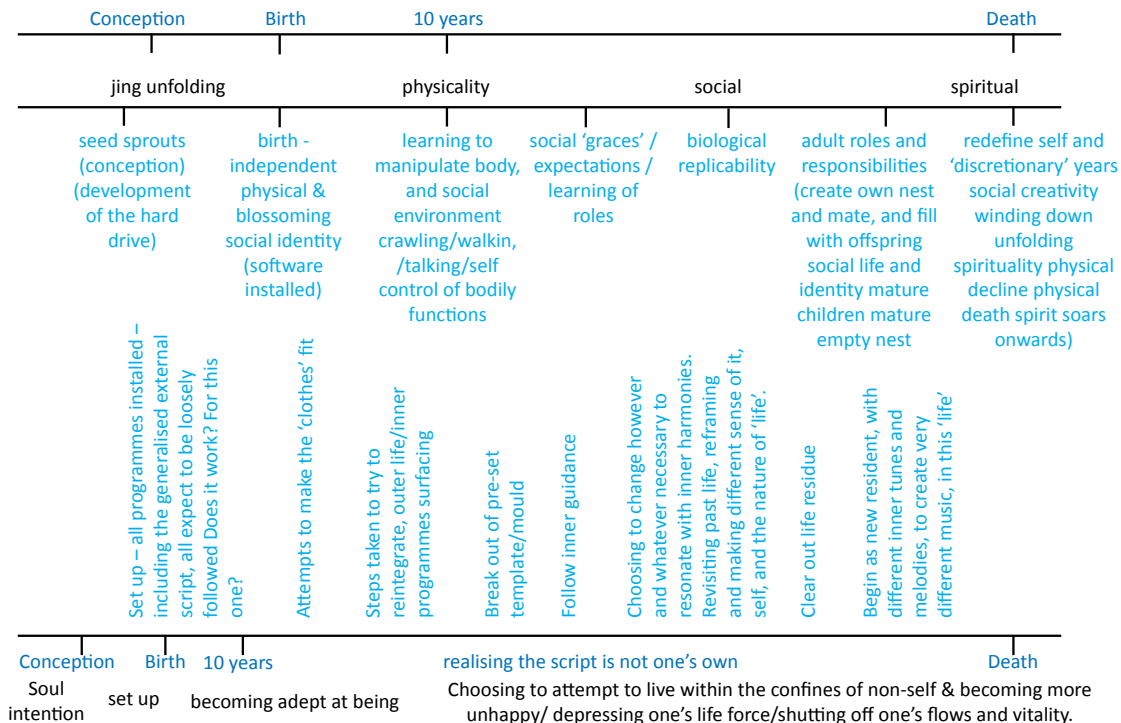


inner knowings percolating up.
(different sense made)



PHASE TWO.
Living as a connected being.

Life as a Movie



Those We Select to Guide Us Through

Please realise that this is a 'what if it were so' version of 'life'. As though we were here temporarily to learn and then to be elsewhere as a Self /being - not only here as a 'human animal' and that is all – ever.

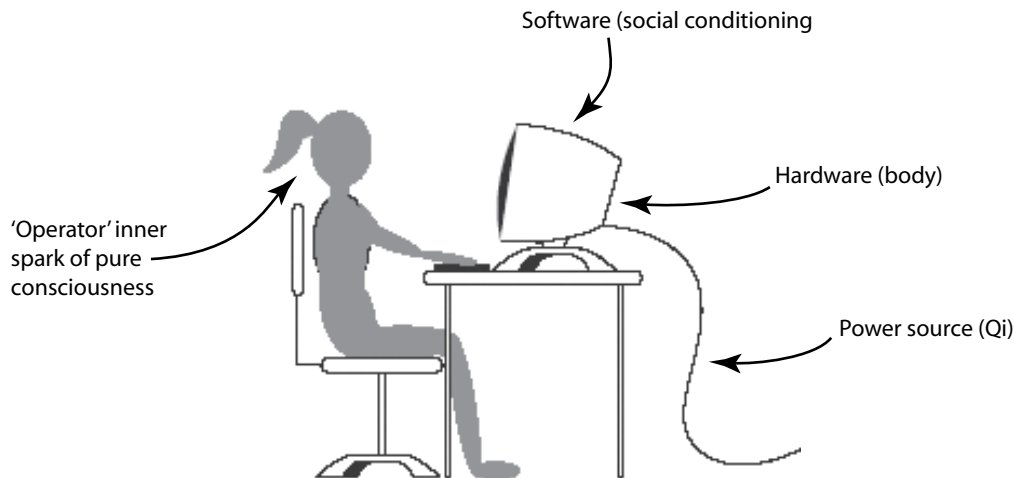
Parents initially are actually specially qualified. For the 'branding' that you need to be here in this now, and in this form. All contracted already elsewhere. Please do not judge. Undo. They do their assignment to the utmost of their current restrictions (all pre set) thus and abilities. Who are we to judge this, from within the 'problems' they 'gave' us, as not being exactly what we (elsewhere) ordered?



Becoming Human

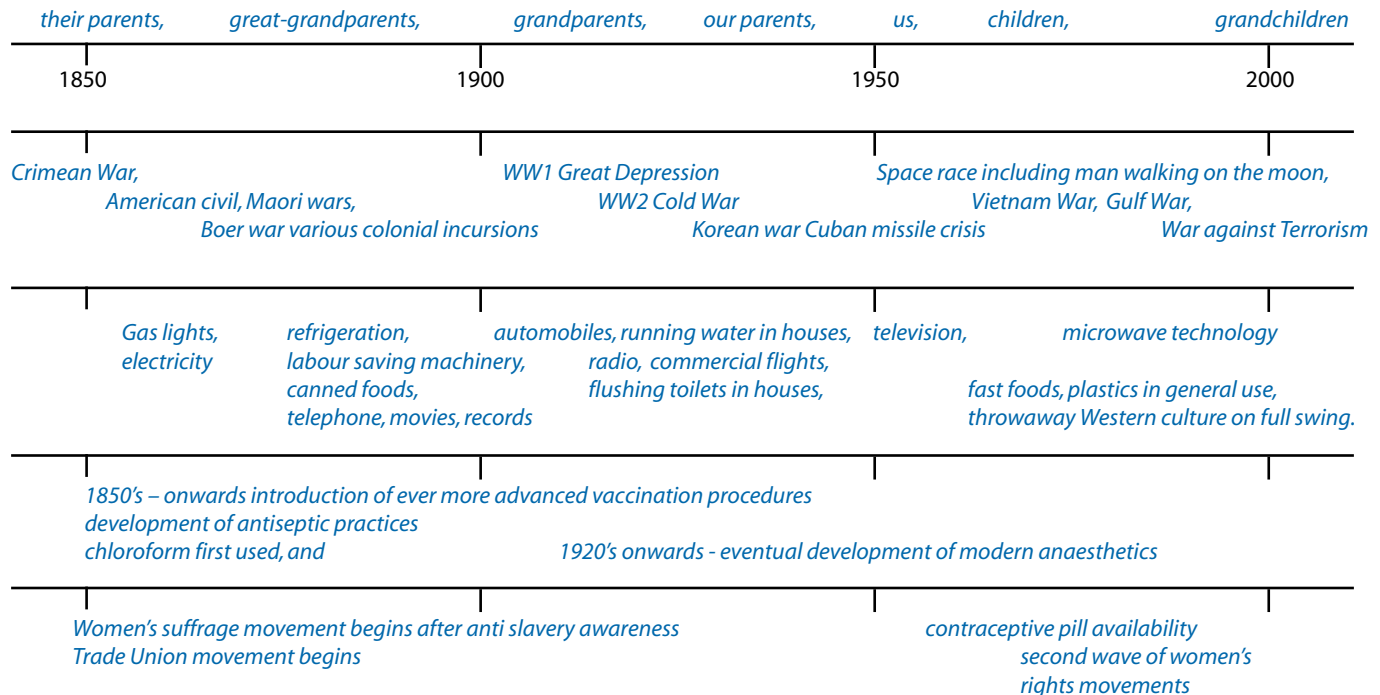
/Laying Down Our Personality Webs/Orbits

As we are more than the physical shell that houses us 'here', more than just a consciousness carried within in a flesh and bone wrapper, we may recognise that we exist within a complex system of energy circuits running through and around the more tangible components. These energy lines, vortices and centres that provide the 'oomph' for our physical to function - much like the hardware of the computer requiring electricity to work. Our software is laid down in part by the psychological programmes that are lovingly installed from the moment we are born, providing us with the template with which to use.



As we emerge in form, we merge with the computer, eventually seeing self as others seem to – living within the screen, rather than playing its game.

Where Did the Programmes Come From?



A Cosmic Board Game

(Major entry qualification – forgetfulness of anything other than this ‘here’/‘now’).

What if our personality’s identity was based on the likely reactions of experiences that were chosen and monitored from another place/time? (Why do we listen to the tapes/scripts imposed upon/within us?)

What if our main goal was to learn that we are playing in an outsized board game? (What is ‘reality’?)

What if we can either choose to continue to play the game in this here/now as we have been brought to think the rules are, or discover different ones? (1st assignment on ‘waking-up’, - deconstructing “self”).

What if we already hold the key to learning what these new rules are? (Start by reframing ‘self’s’own ‘history’).

What if we are rewarded by ‘life’, by stepping out of the box we thought we were within? (Explore/grow)

What if it were a measure of how far we had travelled prior to entry this time around, that some of us are not able to live by the rules we are given? That the mismatch between the inner set we hear within and those written on the side of the accompanying box [life script](our acquired rules set in motion through the “growing up” process) is too great? That whatever the price, we can’t play this game/life, that way?

That we have, as players, ‘here’ at this time, been granted ‘free will’ to continue as though the life/ game taught after birth/entry were “real”, or to question all aspects of ‘self’, and thus what we believe to be “the game”.

Which pill do we swallow/reality do we run when made aware of our own Matrix?

What if another aspect of Self has set all of this in motion, establishing through careful discernment, a perfect ‘life’ placement to ensure what was required to be experienced would be? (End of the ‘victim’ game. Take back the reins that Self intended in the object of this self responsibility section of the game).

What if ‘life’ here was also an exercise in frivolity, and we have become so serious in doing it right, that we have forgotten to enjoy it? (Lighten up and play life/self, rather than work the process).

What if some of us chose triple multiples of some characteristics, (via astrological, numerological, family configurations), thus ensuring we hear very loudly that which is only a whisper in other’s ears?

What if we are unaware of this pre-programming? (And assume our ‘reality’/rules are standard/‘right’).

These make for an interesting ‘life’/game – much like playing “Scrabble” with everyone speaking a different language.

To Play The Game

(Entry Requirements)

Please look to what is also [online here](#) – and the [guided mediation](#).

The state of forgetfulness. Of only being conscious of that which has been installed within the confines of the dimensions we believe to exist. As though that is all there is. All there will be. To have only the myths conceived within the game as guides for that which is outside this place.

The illusion of separation from source. Each one forgetting that all have sprung from the One. That all are on a journey to eventually be One again. That all are thus precious beyond measure, regardless of outer wrappers, regardless of apparent story-lines and seeming nastiness of circumstance/“luck”.

From separation, the illusion of difference. Within the context of duality, separated arbitrarily into “good” and “bad”. Having forgotten the nature of Self-divinity, each living in the belief of discreet human identity – perhaps here look to this site. All as Soul infused personality structures, each calling themselves “a person”. ‘Here’ separate within the duality game. Each exploring a part of their own (Soul) journey, from a state of deep Self forgetfulness. Each one uncovering in its own perfect time and sequence, that which allows the spark of soul force to be strongly imprinted with the next piece of the puzzle. (Maybe see this in [visual representation/creative expression](#).)

What puzzle?

How to reunite with the totality of the original spark - step by step, ever reaching further aspects of Self, to return eventually to the source - within the One.

The thirst for knowledge of all aspects of every form of existence and expression of self, until then. Schooled in the illusion of differences. Being attracted to one’s apparent complement, as a completion, a homecoming.

Similarities and differences alternately highlighted, depending whether ‘falling in love’, or ‘falling out of love’ is the phase of being. Light and dark appearing to be on different sides. Often other expressions of the One being seen through ignorance of the grand plan, and the connectedness of all, as somehow less than self.

See [how we are constructed in energy](#) and then overlay this with experience – that then leads to reactivity.

How We Play “Being Here”.

What if we are more than a physical body, and a social creature of habits?

What if the entry qualification to being here, is to forget that there is any other “here” or “now”?

What if, once here, we forget we choose the assignment, the course content, sequence of events?

We learn separation, initially as discreet physical beings



We learn to run the same programmes,
however uncomfortable we found them to be.

Then as separate from our apparent source – mother.

We learn how to stay within the safety afforded by following their expectations,
or incurring their conditional love/acceptance.

We learn to be part of the tribe.

We try to live out the rules.

Possibly an inner collision begins,
as our pre terrestrial encodings are triggered.

Using the tools we gave ourselves – astrological/numerological etc
flavours of personality, life experiences to allow the awareness to
sink through – we question and reframe who we are.

Breaking out, to begin a different
version of the same game, different rules.

Picking Up Energy

Other more arguably civilized cultures ([in the etheric ways](#)) may have ceremonies, traditions, and apparently 'quaint' beliefs - all to ensure that the trappings and glammers of others are not taken board as our own.

In our cars and houses, when the mirrors and windows get grubby, [we clean them](#). Yet we in a body, we all go through the days, weeks and years of our lives, washing our clothes and physical bodies, yet ignoring our energy fields, allowing the merging of our purity with all manner of pollutants, eventually owning them as ours, by default. Over time, **the scene outside, viewed through the overlay, looks different to what is actually there.**

Through the personality interpretations, what is said and meant is often only what we can acknowledge. We act on the distorted material and our resultant perceptions, just as we can't help but misjudge distances and colours through filthy glass. We all become as though **we were** the smears and stains on the windscreens of our souls. We forget we are only visiting, and may take off **that** persona, and put on another, any time we choose to explore the fastenings.

Our energy layers protect us. They also attract and repulse similar and different frequencies, and in turn pulsate with the colours and feelings, the vibrations of all that we have experienced. If we choose to continue to carry all the shocks and traumatic reactions of ourselves and others, misconceptions and blockages to acknowledging our own truth, we will be responded to by others, through their own cloaks of worn out and reactive energies.

We then all play the game of being 'people', rather than beings of light, visiting 'here' to experience the lenses only forgetting our true selves, and setting the duality game can give us.

In possibly never cleansing our energy fields, we may gradually become unrecognisable as our true inner light spark, eventually merging with the density of this 'here'. We may ourselves forget our inner purity.

The (temporary) personality can become so wrapped up in being busy, being 'right', and being virtuous through the seduction of material acquisition, that stopping to listen to Self may seem to hold no value.

Seen from the ego filters, pausing to reconnect with Self, removing all vestiges of every 'before' and starting each new day, in fresh energy is a waste of precious (limited) time.

Construction Of Personality

(Webs Of Being Human)

A basic personality framework gets laid down, as we as babies learn the ways to elicit responses from the others that seemingly control our lives here.

By ensuring we stay within the boundaries they set, we are allowed the freedom to be who they wish us to be.

We need the personality web/cage, as it allows us to know how to be a person as expected in the social context of this set of space/time co-ordinates.

Our parents, as our soul choice for this rerun, are /were exactly as required, to ensure the exact type and shading of filters and lenses were laid down, in the right sequence.

This allowed maximum adherence to the recipe we chose, prior to the physical conception of the vehicle we currently inhabit. So too, the incidents, accidents, one events, that irrevocably altered our everything – were they 'accidents/horrible/or on time, to ensure we deviated sufficiently to end up as we find ourselves?

We can pretend that these things are now "behind us", yet usually this means as a shadow.

Shadows always appear, once light is present.

Perhaps if we brought out all our wounds/hurts and grievances, and like tidying a long abandoned house, went through all the contents of our inner cupboards, we may discover the gifts. we thought elsewhere (different time/space co-ordinates) to give ourselves.

To sort through the panic/terror/shame and guilt and undo the energy we created/distorted we may begin our true healing.

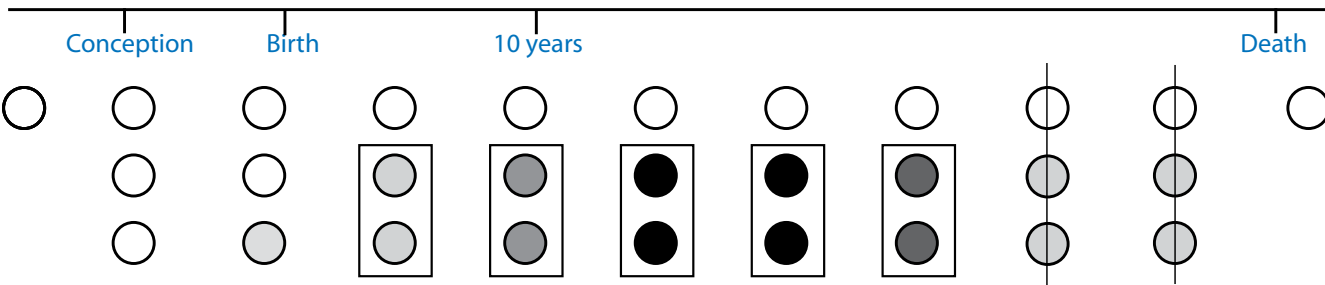
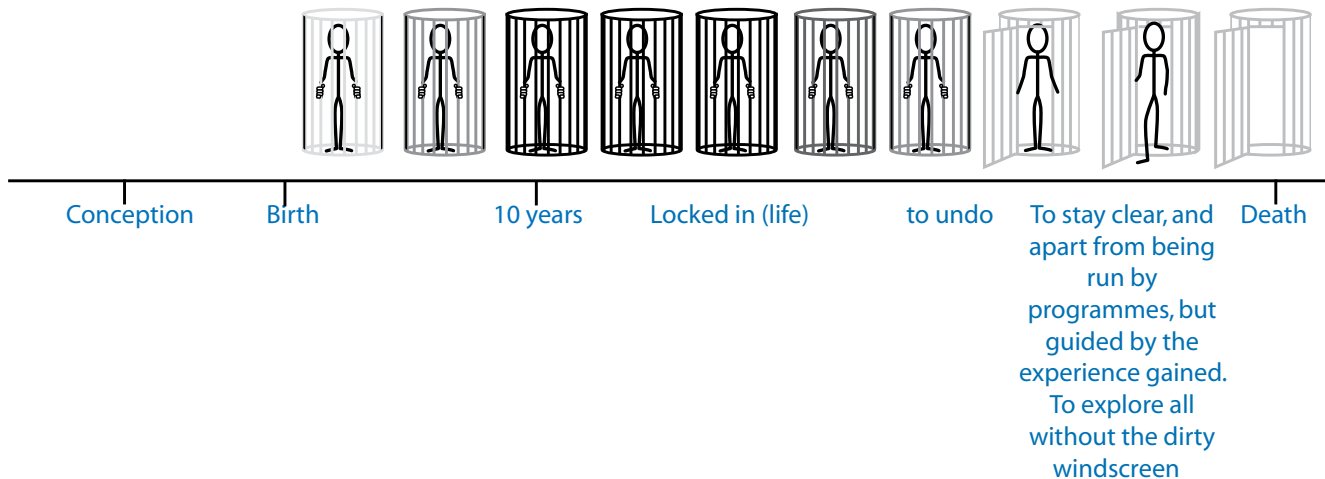
We then COULD move on, with the insights gained as the gifts they were always to be.

Always planned, perfect timing, and perfectly sticking us to the people and situations only we can release,

when we ourselves uncover just what we set the experience up for.

The Web Can Solidify to Become a Cage

If We Never Sift Through to Re-Sort



How the Cage Operates

Our language, behaviours and expectations are all stored in this. These are also evident by the continual unconscious self-talk we set up, and with this, the judgements we must carry, in order to continually self harass.

The rules learnt are installed with emotional charges, as original pain/pleasure responses, and later as good/bad sides of the account balance. We discover these as they unexpectedly pop up – often when “things were going so well”.

The meanings we have made of these in turn are re encoded with energy in the form of more emotional charges. We get totally immersed in living as though we were bodies and minds, rather than points of light within energy fields.

FEAR-BASE

Sense of helplessness and impotence as there is less we seem to be able to negotiate, without inner reactions, and censors, and saboteurs.



SOUL
GROUP

Anger – thwarted beliefs

Uncover underlying fear



TRIBE

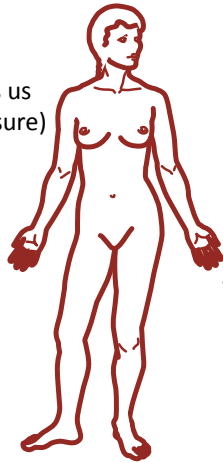
Judgement - including self doubts possible through the inner programmes, intersecting with the outer ones, others give us. it clinging to us – we do emotionally and psychically all our lives.



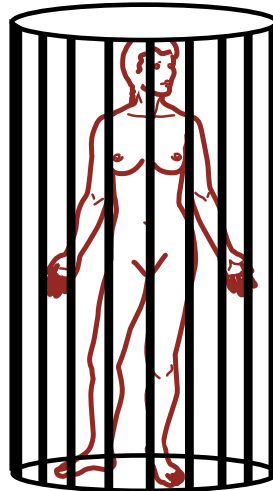
HERD

How We Sift Through the Experience of Being

Body tells us
(pain/pleasure)



We can sort out
how to respond -
we feel safe, as
we are part of the
rules.



We uncover the game we call "life"
Inner knowings

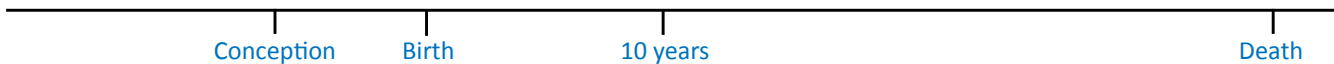


Cage tells us (good/bad)

As part of 'growing up' that is, into being here as human, we learn the duality rules – everything must be sorted into one or the other side, of good or bad. Once we know – like how to respond to a baby appropriately – first question – boy or girl? we feel safe, as we know what to do. To assist us in staying on 'the right side', emotions are resorted to, and we store reserves of memories.

These unattended, retain the intensity we felt at their beginnings, regardless of how irrational they would appear now.

In order to hide these, more and more layers of self/qi bury them
Eventually resulting in 'health', and definitely 'life' problems.



How Our Cage Works - Life Happens

We are wandering about on our particular stage, in our 'life', and someone may say something. Something happens. Something doesn't happen. We are thwarted in what we wanted/had planned. This may set off a past memory – a light of reference switches us out of the apparent present we thought we were in, into another, parallel existence within ourselves - like a train is switched onto a different track at a switching station. Maybe we do not even notice.

We probably look the same. We may however feel different to those who are sensitive enough to pick it up.

We now take on the energy distortions and emotional patterns that have been left in that storage space we just dropped into, within our personal (this time around) library of life. Now though, we may no longer be truly engaged in the 'current' present, (it no longer fits the new consciousness that has become/arrived).

We are now in one that we may have revisited any number of other times, with different dimensional understandings to bring to this 'here' and 'now'. Are we really the one who was a while ago Have we swapped drivers?

Each time triggered down the same slot, into an event that was perceived at its inception as being traumatic. Will we resolve the reason it is still there to fall into? What did we set this up to learn from it? Will we yet again attempt to escape, and lock that door behind us, all the while missing the absolute ease we could have simply gathered the missing part of ourselves, recreate an alternate meaning for the entire episode, and wander out, enriched, enlivened and empowered?

Keeping these moments frozen requires great energy reserves. As we 'age', or gather more of the same, there is less of us to contain them. We may start looking frazzled, stretched, and may even be given the helpful label of having had 'Stress', be it Post Traumatic, or common garden variety. We may be medically offered little pills to help us forget that we have stashed away something that needs airing. Eventually this will 'pong' enough for us to notice.

Like wet clothes on the floor, these important parts of us are getting richer and riper the longer they are ignored.

The longer we try to find alternate ways out of falling back into these rents in our being, (ignoring them) rather than repairing them, and us, the less of us there is to do whatever it was we planned, by having them there at all.

Waking Up

It may be that these inner rules we personally live by are the very parts of who we believe ourselves to be, that we need to alter, in order to heal our selves/lives. When we rattle some of these walls (or someone inadvertently does this for us), we may feel as though our very existence is being threatened. We may become highly reactive/upset/distraught, and not know why. Please see this [visual representation](#).

We may have forgotten that we are not the hardware (physical body), we are not the soft-ware (human programmes that allow us to go about our business in this here/now), we are not bound to our default settings (emotional charges laid out, as saboteurs and viruses), and we are not stuck in this forever – we have the power to change it when we DO wake up to the game.

We may have lost connection to our template - our spiritual point of pure consciousness. We may be so bound tightly within the fields of unclear energy smears, that we need a total defragmentation. This inability to clearly shift from one frame of life to another, without scrambling, may create the immense pain we feel whenever we get caught again in whatever it is that is judged as being ‘silly’, illogical, and simple to our rational adult minds. Revisiting our sites of emotional blockage, these inner land-mines we all carry, requires us to then release the energy felt at the time of its installation.

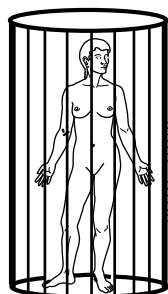
Once we move past blaming another for ‘making’ us feel a certain way – we may start to pay attention to OUR side of the interaction, rather than theirs. We may see that by being responsible for our reactions, we have the power to change them. To help us, others likely stand on these land mines unwittingly, with us often unleashing remarkable floor shows, as we unconsciously revisit and relive deeply held convictions that cloak/protect us from deeper held memories, and the energy stash that has been tied into keeping this locked away, till later. (Now?). Is it time yet to do that which costs nothing but self, but that is most resisted as there is the most to gain/ move/heal/ change?

What is to heal? Why do we seek someone to take the pain away, like a Mum to run to, to kiss it all better? We might go off and look for someone to ‘fix’ us. Or give us a different way of viewing ourselves.

At some point, we may ‘give up’, we may stop and realise that it was us that set the whole show in motion, and as such, we hold the controls, and only need to stop and re-evaluate, to alter life course.

How the Cage Constrains Us

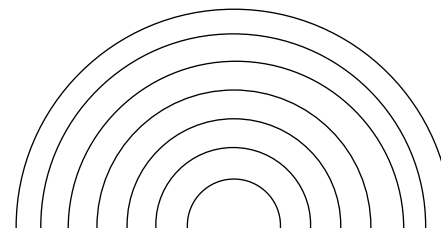
When we get 'triggered'. Please avoid calling it 'their' fault. These are your layers of self to undo.



Direct hit

(Layers of denial
coverup (side
view))

Layers of denial



Walls contain
active sites,
when buttons
pushed –
fireworks.

If very self controlled, may be hidden reaction – the body registers another hit, and energy distorts further to accommodate the shock, eventually altering how the physical can operate. One day making its displeasure known as "a problem".

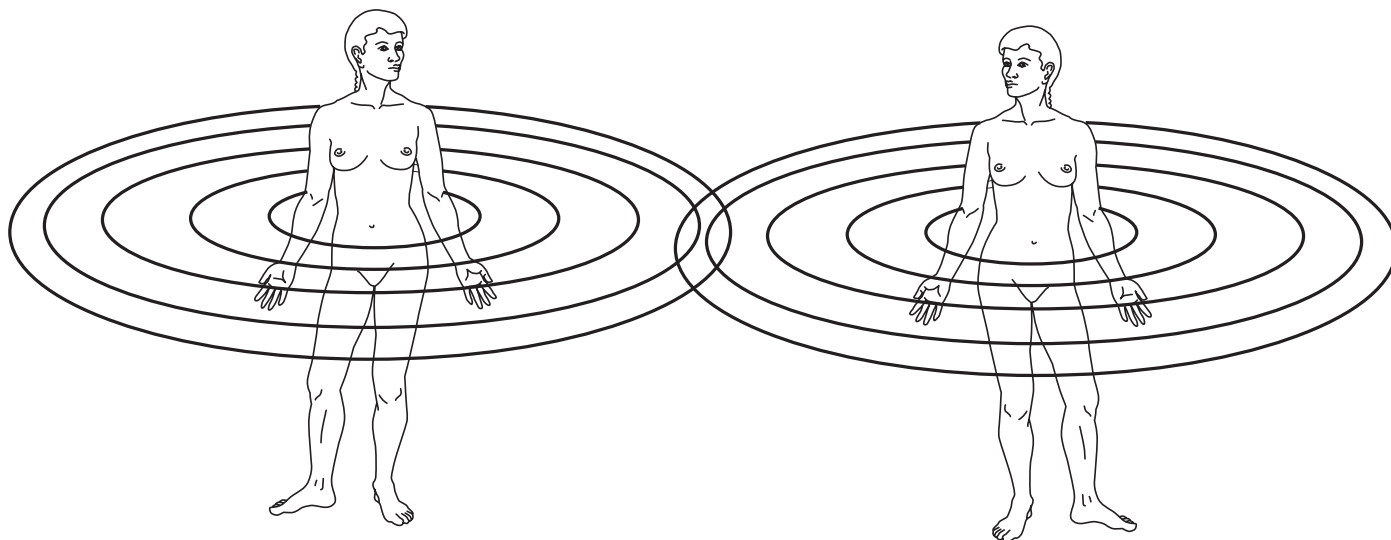
All this control takes energy out of our circulation.

We start registering this as "stress".

We rationalise more denial behaviour – especially as its unraveling will detract from the distracting external busyness.

We run the good/bad number, and try to get patched up, cover up, smother the angst, to do 'our own thing', forgetting that the inner disquiet is trying to wake us up.

Does anyone see that we are here to learn, not just 'live'?



EXCUSION - FOE

Reaction – they appear not to be like us

They appear not to like us (their own sites have activated, and they are seeing us standing in for someone else also.)

We don't like them

We blame them for our feeling

We avoid their presence, as it triggers that which we have not processed yet in ourselves.

INCLUSION - FRIEND

Sites intermingling

They seem to be like us

They like us

We feel validated

We feel better about ourselves – someone else thinks we are OK – we must be OK

We stay with them whilst they feed our need for bring filled.

What If Our Life is Perfect, Just as it Is?

All ready for us to undo it – no judgment, just inner recognition of the need to clean out the inner cupboards.

What if we dropped the good/bad balance sheet, and were to see ourselves as covered over with the energy consequences, as yet undone, of our 'lives'? To see ourselves rather than 'broken', 'diseased', 'stupid', 'poor', a 'victim of circumstance', a 'sufferer', but as absolutely where we need to be to start the inner journey we intended this time to be?

What if we stopped being the story?

We chose our family as the perfect setting. The family itself was part of a wider community. This community itself is placed in a time/space warp, where its own 'reality' is dependent entirely upon the 'now' and 'here' all within it believes to be happening. And life changes. The external world constantly shifts and moves forwards.

The rules to survive and prosper in the wider context are given along with physical and emotional nourishment.

Without a family world view, a cultural heritage that allows us to be anchored in a lineage, a tradition of understand in the nature of birth and death, a 'fairy story' to some – a way to understand even being here as a human – with some form of belief in Higher Purpose, being here may become remarkably hedonistic and not tempered by service, not allowing the potential we all have - that spark within – **to shine past the mire that was added on** to allow us to suffer – to experience to gain compassion and to be lead past reactionary being here.

In our wide eyed innocence, impressionability and vulnerability, we may confuse the three of these, believing that our physical continuance is dependent upon our pleasing and emulating our caretakers. They may also expect this, the intensity of this energy shaping the degree of **emotional charge** we carry, the social programmes/conditioning through time along with us, much like default settings, that trip us up, just when we thought we had it all 'sussed'.

We choose others whose inner and outer world views loosely match our own, and within a game, we play living together in this place. The passionately felt 'reality' of our beliefs, determines how difficult it is for us, as adults, to attempt to undo some of the very programmes we run ourselves by. The intensely held convictions, and apparent consequences (all fear based), of non compliance may be found to be what drives us throughout all our human endeavours.

The “Good/Bad” Stage of the Game

Within of the set of rules we all inherit is a sense of what is appropriate (good), and what is not (bad).

Along with these discriminations are also consequences to be caught on one or the other side. When we were young, if we were considered to be “good”, we were given more of what we felt happy with (pleasure and safety). We all experience conditional loving acceptance. When we were deemed to be “bad”, uncomfortable things happened to us.

We may have consciously forgotten the separate instances, yet have been trained as well as any circus animal, to ‘behave’ ourselves. We were and are constantly being tamed by those around us. As parents we are all aware that we are providing the inner structure that the current societal mores demand for our children to be accepted.

In changing the perspective of “being good/nice” and behaving as our parents thought was expected of us, into an optional event, we may liberate ourselves from a lifetime of pain and torment, as we release what was never ours – like handed down clothes that never fit. The consequences of being naked without these beliefs is also part of our heritage – to explore the fears that bind us, as we become bolder, spiritually.

What would it mean to us, if we let go what was a key assumption?

Lose the pain and suffering you thought was your lot? Let go the dramas and crises that you thought were part of ‘being in love’? Live for whatever the next day brought, rather than salting everything away, for a rainy day?

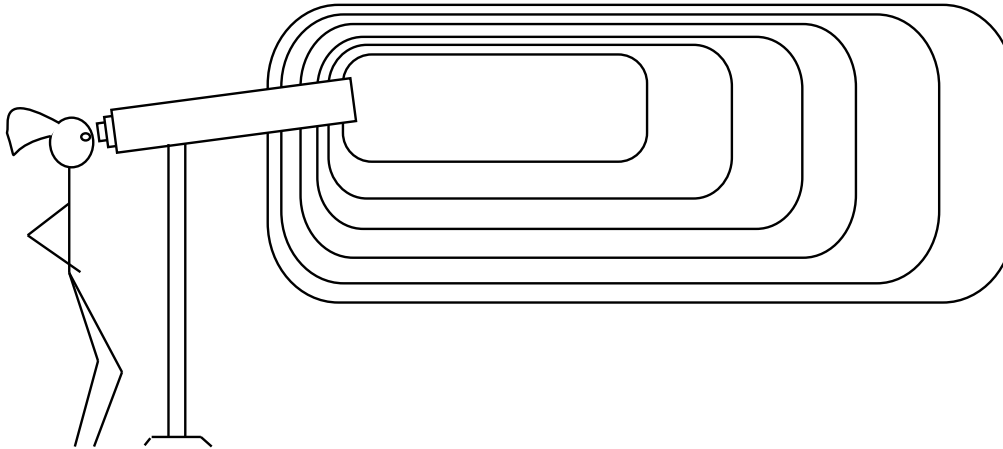
What if, we, in acceptance, just let go of these old clothes/beliefs/constraints?

Allowing our spirit to soar, ourselves free from the ‘should’s’/musts and have to’s, we may liberate self judgment. We all hold our own keys in our own pockets. We just have to recognise that we are in a cage, find the door, then the key, and face what it would mean to us to begin the journey out. Without what has become very comfortable and safe - smothering all light/creativity/joy and sense of freedom and free choice.

By altering our belief structures, the emotions that appear to rule our lives can shift focus. The enormous intensity, with which we judge, (self and others) thus hold grudges, bear an unforgiving, closed heart, and demand retribution, is often the very prison that keeps us locked into our physical pain.

How to Break Out of This?

Recognise that by our personality cages' existence, "reality" is personal, not general. We all live in our own worlds, with our very own special codes of 'this' means 'that', replicated for every nuance of meaning, every perception, every possible situation – we will take as being what only we can, through our own personalised set of filters and lenses.



One day we may realise that we are viewing "the world" through a telescope, with a fixed focus, and immovable, so we see a fraction of what we have realised is possible on the screen we call 'life'.

How special it is that day we arrive at the point where we know there is more! When we begin unravelling what we thought was true for all. Our life education begins! The cage is perceived, and we know we are in it.

Through persistent efforts, many tears and changes, often fuelled by external people and circumstances that rile us, eventually we may realise that we are the only ones we can change. And that is all a matter of exploring that which we would rather not. Why do we? Because eventually 'life' as we believe it to be is too uncomfortable – and finding a 'fix – it' person/therapy/answer is less possible than changing ourselves.

What if?

One magic moment the shutters came off?

Gradually, as each “Aha” moment is uncovered, relished, and integrated into the whole new world, the telescope may move, so we can view any of the screen. With more self-reflection, we may discover that there are also lenses, and beyond that, filters that distort and garble the actual external show. Over time, we may also notice that if we cleaned the glasses we wore, or adjusted the settings on the telescope, we could more clearly ‘get the picture’.

One memorable day, we may discard the telescope, and opt to go naked – viewing the world without preconceived notions, actually being in the absolute now moment, each one as though a new born – no expectations, or desired outcomes – just experience – no good/bad account ledger – all just experience. To just be. Present. Now.

As we continue our inner quest, we may allow the screen to expand – we may realise that what was on show, on the little black and white monitor, can be enhanced by allowing another screen – that of a full size, colour, possibly state of the art model.

Then one day, it may dawn upon us, that the video we see through the television, was actually shot for a wide screen, and then maybe an Imax, and if we are open to sufficient internal reorganisation, in three dimensions.

It may take many evolutions through the cycles of duality before we realise that in fact, it was ‘the directors’ version of what our soul Self wanted to portray anyway, and as such, has been edited unmercilessly – till we ‘get this’.

That ‘reality’ is whatever we wish it to be.

That who shares ours, is partly our resonating with their own beacons (beliefs/world views), receptors (magnetic sites that pull us in and/or repulse us), and the setup that placed us exactly where we would be most likely to experience as needed, to grow through the time we all share together.

Possibly we rerun everything in order to finally break out of our soul’s Ground Hog Day, and after a succession of wake ups, become able, and willing to assist others, who are (as we were), are further back along the path we all tread.

What to Do?

Start with any incident.

(This might sound constructed or false, but it really works.)

Ask yourself what it meant to you (the cage of beliefs/ the part that reacts), when this happened.

Explore how you felt before the migraine/abdominal bloating/back went/whatever physical problem laid you out.

Not the story line – who said, or is what, but under all your responses, how you felt.

Got a word?

Write it down.

Forget how/why you started this process – who/what is irrelevant.

The word/feeling – what does that bring up for you?

Write that down. What would you also have to give up, to let this go?

Forget the context – who and how this started is a huge gift, though not seen so at the time.

Follow the track down inside yourself through all the layers you have secreted throughout the years.

Your body may give you symptoms/warnings. Be brave enough to know that the more distress this causes the more on the right track you are. Our inner saboteurs will do anything to keep us “safe” stuck in our secrets.

Once a major memory, or bottom line is uncovered, start the writing process (see next page).

Complete with a meditative washing/cleanse ([“Reunion - Healing Breath” MP3](#)).

Give yourself the space to explore yourself, remaking a new person takes time, patience and lots of self-care.

Revel in the beginnings of you rediscovering /remembering who you really are/came here to be.

How Do We Deprogramme Ourselves?

Recognise that it is us that is holding the matrix in its current setting, and it is us thus that has the power to change... To let go that which we resist the most.

Take A Big Breath (So much the better if you are feeling put upon, irked, irritated, upset, angry, generally feeling hard done by). These "IT'S THEIR FAULT's" states help the process below, as there is less of the 'nice' veneer to get in the way. If you are feeling calm, at peace with all the world, and have happened to be reading this, you can chose to pretend, or imagine that a person or whole bunch of people who you are attempting to think 'nice' thoughts about have just 'upset' you.

Very Important -Please Do Not Miss This Step

Surround yourself, and others involved, with love and light, so that your outpourings will in no way effect the ethers. Energy fields are as powerful as the physicality we believe to be 'reality'. Sit quietly, and say to yourself "I (YOUR NAME) AM IN A BUBBLE OF LIGHT, AND ONLY LIGHT CAN COME TO ME, AND ONLY LIGHT CAN BE HERE It may also be a thought to repeat the process on behalf of the 'recipient' of your angst) "YOU (whoever it is) ARE IN A BUBBLE OF LIGHT etc

Letting Go/Giving it Up/Forgiving

1 -Write A List of all the people who are in some way incurring your wrath.

2 -Chose The One That At This Moment Stirs You Up The Most

(do not do this exercise with them in your physical presence, or if you are severely pre-menstrual).

***3 -Write A Long Letter To Them** Go into as much detail as possible.

Get all the energy you have store up on this issue, down on the paper. It is then out in the open. You can see all of it. Do not judge it, or yourself. By starting releasing what was stuck, you are beginning to let go that which in time could initiate a series of chronic ill —health states in your body/mind. This is about YOUR healing. This is not about them 'getting what is coming to them'. This is not a retributive exercise. This is a journey of personal and private self-discovery. This is not to be disclosed to anyone.

This is private.

The point of unleashing the “icky” bits is to discover what lies underneath. Uncovering the anger is the first step. If you can not access anger, and think this is all a “head trip”, go through the motions, just to clear the air for yourself. You may tap into that which is beneath the menstrual/digestive/headache/neck and shoulder tension that has been plaguing you recently.

At some point in all of this, a feeling or realisation may come up. We may have a core belief that has been set off (and we react massively, as someone has just stepped upon one of our inner land mines). If we can give ourselves the gift of a question that lies beyond the reaction/hurt/justified retributive action, and answer it, probably in awe, then, we are beginning the journey home. The whole point to this exercise is not to heap vitriol upon another. We have lovingly and very carefully found the most perfect people to assist us in our own self discovery journeys. They would respond far better to thanking, and releasing rather than abusing.

***4 - Once Written, You May Feel Emotions**

If you start to cry, know that this is likely to really be frustrated anger. Acknowledge that the energy needed to be ‘good’/put on a brave face, or continue to look well and happy in the face of chronic and debilitating illness, may be the every energy you need to activate yourself.

Once written, you may spontaneously feel a release. If you decide that it is time to go forward in love of life, in light, the release of the self-righteousness is as good a place as any.

You may feel is anger. WOW Is this energy! DO something with it. Run, if that is your thing. Clean all the cupboards/floors.

Roll up a towel, get down on your knees and beat the floor, find a punching bag, and go for it. Yell.

There is nothing ‘enlightened’ about hanging onto your stuff. It has a tendency over time to merge further with who you are, making the eventual release that much more eventful. Hopefully, in the process of lifting some of the residue, and airing your vulnerability, the voicing of who you are and what you want may become spontaneous in the real life occurrences. Perhaps watch some of [Dr Gabor Mate’s work](#) (When the body says ‘no’!)

Once the anger begins to lift, the joy IS underneath.

***5 - Re Read The Letter**, or start another.

Add bits you forgot about. Next day, or after an emotional response, reread it. Add more. Put it aside, rewrite. Repeat steps *4 and *5, as often as necessary, until you either can no longer see the point, or are ready for Stage 2. (see below).

Step Two

***6- Throw All Evidence Of Your Release Work Away**

Maybe burn it ceremonially, imagining the energy trapped within taken forth to the Light, and dispersed.

***7 – Listen To Track Two Of “Healing Breath” Meditation CD** To enable the accumulated released emotional charges and other debris to be cleared away, leaving your outer energy fields cleansed and renewed, as you now see the patterns, the gifts and the clarity offered through the reframing process. Clearing our side of the tangle may give them the freedom to move on in theirs.

***8 Write A Gratitude List** Write a list of all the benefits that have come from interacting with the person you have just focused upon - their contribution in having being in your life. If this were the last day in their lives — possibly run over by the proverbial bus, gunned down in a shopping centre, by a random hoodlum — what would you regret not having said? What stops you from saying it now?

In the understanding that all we really have is this minute, possibly a card of appreciation or a phone call to let them know that you value their presence in their life may completely alter the tide for both of you. Synchronicity being as it is, it may be that at that moment, they were at their lowest ebb, and this token of appreciation may be the one thing that unlocks, for them, the next chapter in their lives.

As part of the clearing process, the thankfulness of the effort put into our lives by others, regardless of whether we at the time acknowledged their input, or not, at the very least will give them a warm feeling.

What does it cost? What does it impart?

Would we not feel warm and fuzzy that someone had taken the time to respond to our input in their lives? What if we all started making the first move? What if we all started to ‘pay it forward’, rather than waiting for the other? What have we got to lose, by freeing the old ‘wounds’?

Need for Space

As we travel along the journey through the different life cycles, time for private reflection and contemplation, to allow the sifting through, and re-cataloguing would ensure we retain and review our sense of self.

To spend all of every day doing, rather than being, busy every second, unravels our inner harmony.

Regardless of the calls upon self, studying the hours available in a day, week, year and life, and planning their expenditure affords the luxury of purposeful and enjoyable living.

Giving the first hour of every day to Self, allowing nothing to interrupt Self, regardless of the hour you must arise to have as your own, will immensely enrich your whole day/life.

Sitting in quiet solitude, with a journal, recording the events of your sleep cycle, the dreams, feelings you awoke with, plans that were there when you became conscious, will very soon show in your experience of your daily life. Become important in your own life.

Setting aside private time again in the middle of the day, even if only ten minutes, to centre and realign as all of who you are, rather than all everyone sees, and reacts to and with, will grant you an inner peace that will give rich rewards.

Purposefully become aware of the part of you that is precious, the essence of Self, and consciously realign, particularly when feeling yourself being thrown up against old self beliefs, yet to be reassessed.

Inner land-mines and cage walls may reverberate around Self.

Coming home within will allow you to connect with the inner aspects that set this 'life' in motion.

The keys required to loosen the past's bondage are held within the library contained in the energy fields you radiate, the time lines you can access, and the other aspects of Self that are able to communicate as you shed your tightly held convictions.

Through your increasing shedding of the notions of separate self, you will come closer to self-connection.

Perhaps also see the story that you carry does NOT define you, but shackle you.

What comes up when you think of letting it all go?

How Precious is Your Time?

Get a piece of paper and divide the page into eight columns - one for each day of the week, the extreme left hand one for the twenty-four hours of the day. Or of course you can do a spreadsheet . . .

Place each time, hour by hour down the page.

Get different coloured fluoro pens, and colour in each activity, according to the time spent. . .

In sleeping, driving, working, shopping, food preparation, self grooming, housework, washing and ironing, whatever. . List the things that you wish you had time to do - more quality time with children, spouse, meditation, leisurely walking rather than power striding for exercise. . . .

If with a partner, either get them to do the same exercise, or do it for their life, as a comparison, especially if you feel as though you are holding too much of the sky up.

See the discrepancy of each ones' 'free' time.

See, maybe for the first time in your life, the race that living has become. Take a deep breath, pause to make a calming drink and a protein nibble. Is this how you wish to continue?

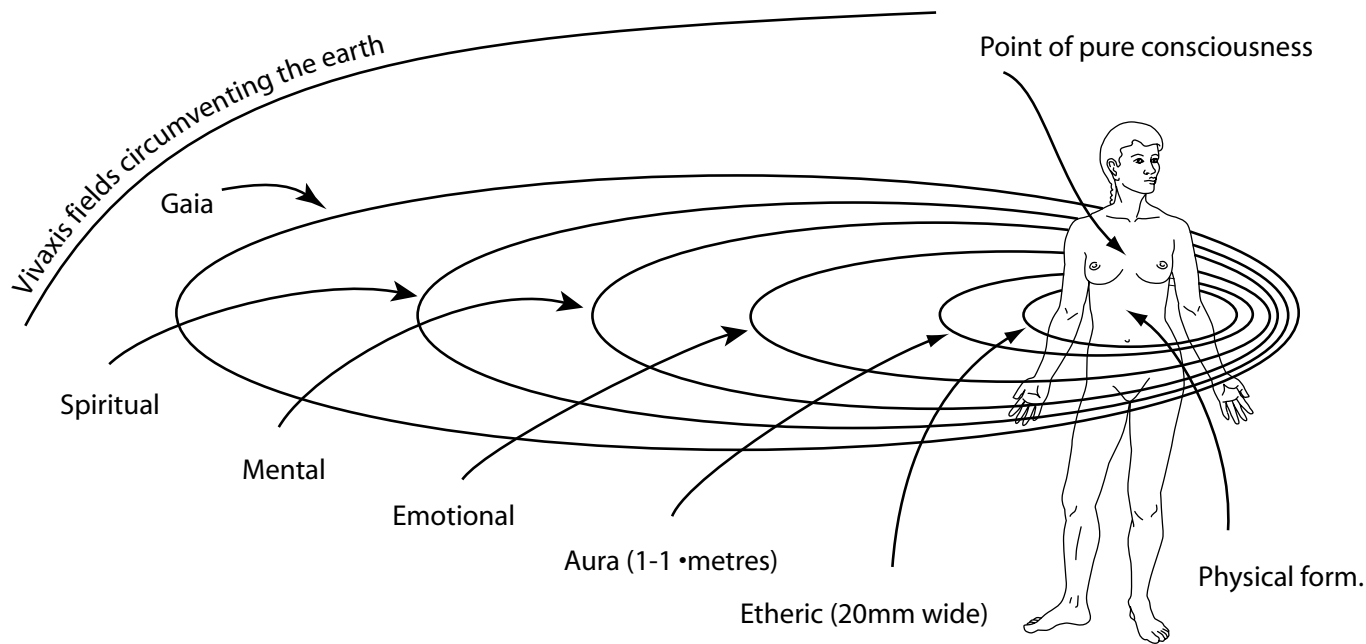
What may be shed/reorganised that you may create a balance more as you would wish to spend your time here.

What is really important to you, and what is being done out of habit, or because another wants it of you, and you feel obliged? Freely given, or conditional upon what you get in return?

Now you can see how you can feel so pent up and resentful over not so much . . .

People are busily spending your only 'free' 5 minutes. .

We Live Within Fields of Energy



All of these fields pulse in response to our thoughts – constricting when we are unhappy and downcast, and expanding with our elevated mood.

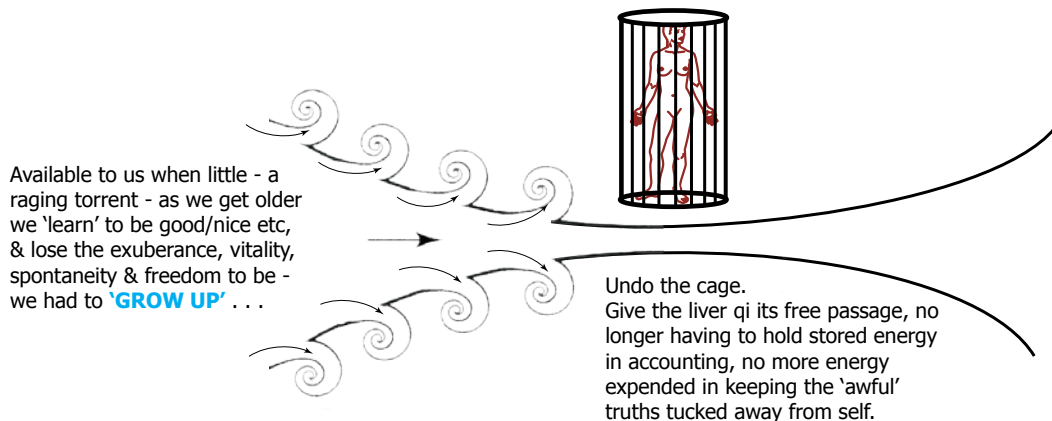
We are Energy

The Qi, or prana or energy that flows in, around and through our flesh and bones is that which the Eastern martial arts, yoga, and acupuncture, all utilize - tapping into it, strengthening and thereby enhancing our perception and sense of self.

Our energy fields are affected by what we eat, by how we live our lives, and by how we resolve, or hide, our emotional and spiritual dilemmas.

We thus hold the keys ourselves to completely alter how our physical being presents itself, by altering our own 'software' – the self-beliefs, our environment, our interactions, and thus, our limitations. We, by taking self-responsibility, can change (heal).

We could start by releasing ourselves from our cages.



Energy stuck – little to mark time in one spot, let alone propel self forward.

Blockage of Self, as Eventual Stuck Liver Qi

Stops the free flowing of any sense of individuality, freedom and joy of being – there are consequences tied to any action, and our inner landmines are too reactive to let us do anything in peace – we forgot to clean ourselves off after every encounter.

Not that we would walk through mud, and leave it on us . . .

Washing Our Energy Fields to Gain Clarity and Self Sovereignty

(Rather than being run by what happened . . . what might happen). General lack of faith of abundance, born of judgement of the existence of a 'good' and a 'bad' outcome, hence the need to stay on the "right" side . . . or else.



Person with inner 'stuff'



To allow . . . recataloging, and washing away



Action time aside each day –for self reflection/contemplation
To allow the events of life to randomly arise to our outer screen, for revisiting.

How to Deconstruct the Cage/Personality?



Perhaps drop all judgment. See that “good” and “bad” in ALL instances depends on the values of the one observing. By judging we are trying to guess the finished picture of a jigsaw puzzle by looking at just one piece.

Connect with your Self, your essence.

Connect with your soul star. Centre within, unite with your Soul Star, to activate your higher self.

Connect with your Earth Star to ground you.

Allow the silver cord, the Antakarana to flow unimpeded through your physical form via the soul star, straight through ‘you’ to the centre of the planet via the earth star below your feet.

Allow the light to stream through, to cast Light upon the inner shadows, to activate aspects of self that lie beyond who ‘you’ thought you were.

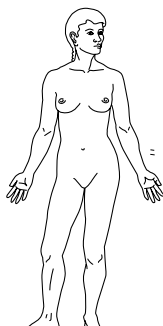
Activate a series of spiritual vortices to flush out all that is ready to leave you, and take it all down to where it can be purified and re-circulated.

Now, merged with Self, play with the walls (beliefs) that allow your specially constructed, perfect cage (personality) to fade into the light to

truly become the light that is all of who you are.

Attraction

Self ignored by outer persona being too busy keeping up appearances.

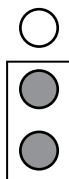


Mask deployed to ensure we present 'our best foot forward' – as if the inner self was unacceptable.

The magnetic attraction of the other, whose wounded sites fit into ours, giving both a sense of wholeness/completion (can't live without him/her)

ARE WE JUST THE FIELDS AND SITES WE HARBOUR?

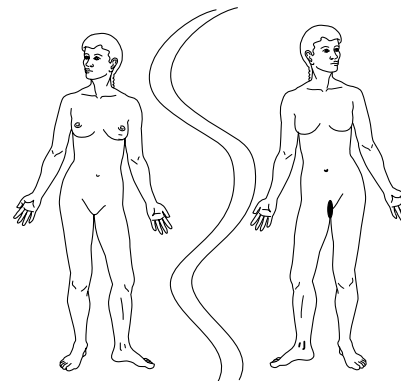
Who is "I"?



or



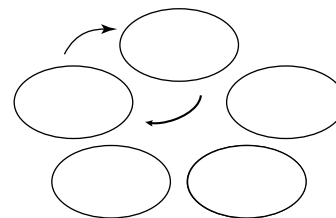
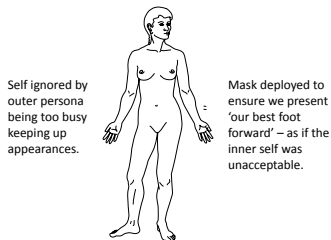
Repulsion



Their sites set ours "on edge" We can't stand them. They make us feel . .

Falling in Love

(please see 'How the Cage Constrains Us' again first)

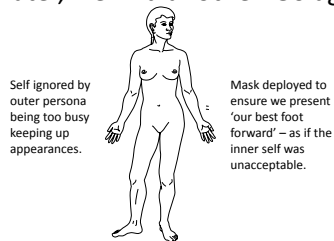


We are drawn to another whose presence (sites in resonance).
 They are delicious.
 We live and breathe connection.

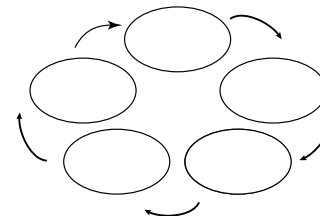
Over time (unless we are on a path of self-awareness) we see the warts and find another one who is irresistible.

Incomplete: no growth.

We cannot resolve, at present state of self. We have to look inside, not out there, for answers. No blame, but we all stuck until someone makes the first move (inside themselves, this matters).
 We may have previously set up shared property/territory/children to ensure we have to continue to revisit our own stuck sites, as nobody does it for us quite like them. We may spend large chunks of time stuck at these inner battles. Later, we find another. Go again. Forgetting why we have attraction – to transform.



They are delicious.
 We live and breathe connection.



We choose to grow within presence of another: inner transformation as intended

Landmine Trodden On

There we were, (apparently) minding our own business
 Inadvertently someone, (for best results – previously believed to be ‘safe’), stands upon a sacred site.
 Waiting for the unwrapping, to return the energy needing to separate it out from consciousness, and the revisiting
 and dusting off new meanings and new possibilities for the original incident

(What treasure did we bury below?)

Reaction:

***Deeply rebury – judge self ‘beyond’ the need to reframe, as this was in the past.
 We get swamped by the feelings and charge that is released.***

We lose the sense of the previous “now”,
 as we grapple with the surge of sensations/memories, and possibly body symptoms encountered.
 We may blame the person who uncovered the site as being the cause of our distress.

Response:

Becoming more in denial

Become more ‘busy’,
 Leave that job/mate/friend/family that trigger you so well.
 Take tranquillisers/antidepressants/sleeping tablets/alcohol/another cigarette/more drugs to escape self We may
 realise that they were the perfect one to go where no one else could.

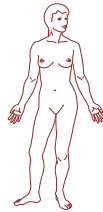
We could chose to stop and defuse ourselves.

Before our own volcano blows

What Do I Do With My Anger?

Do you even feel it?
Is it a myriad of body problems, known as
STUCK LIVER QI?

Perhaps in recognising that you are feeling depressed/trapped in your life,
you may realise it is you that holds the keys,
just as it was **you** who set it all in motion.
(Who do you believe yourself to be?)



OR



CHANGE

At some point of a dilemma, it might pay to stop to re-evaluate.
What if the 'unthinkable' happens, and I do not get what I want?

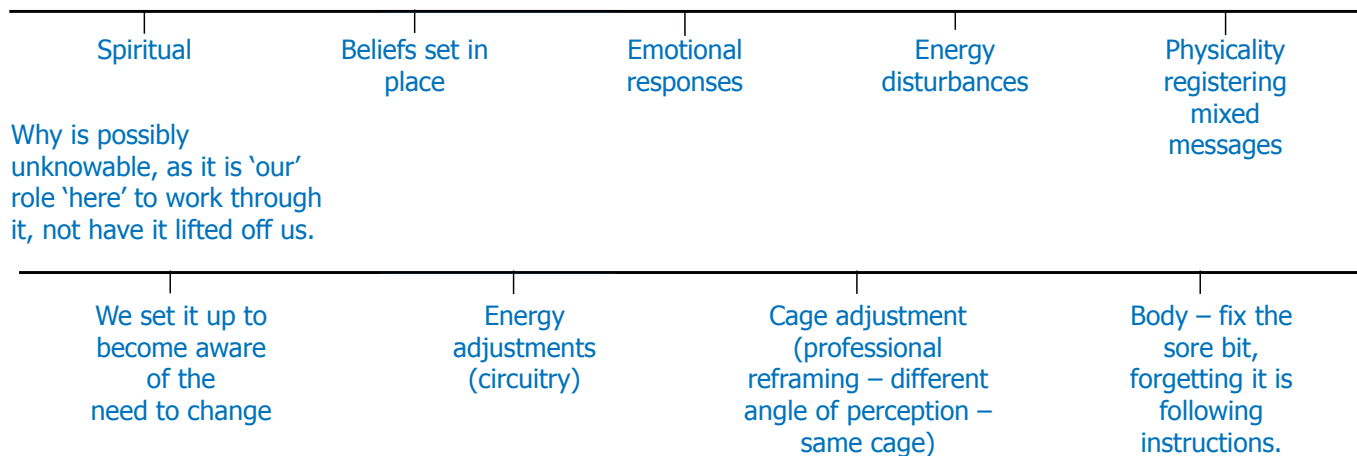
What is important to me?

Do I want to be right or happy?

What is 'life' about?

Looking For 'Help'

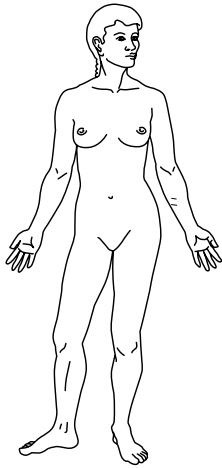
We are . . .



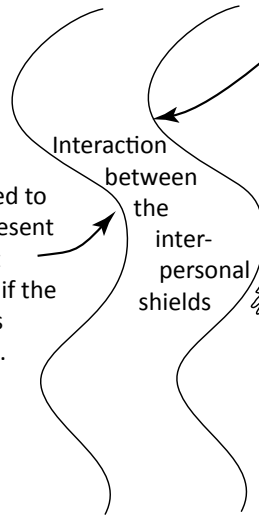
No short cuts to enlightenment, as the journey is the point. The destination is the carrot, to keep us questing.

We Called the Players into Our Lives

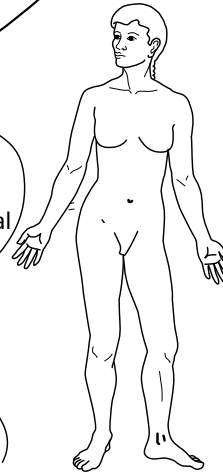
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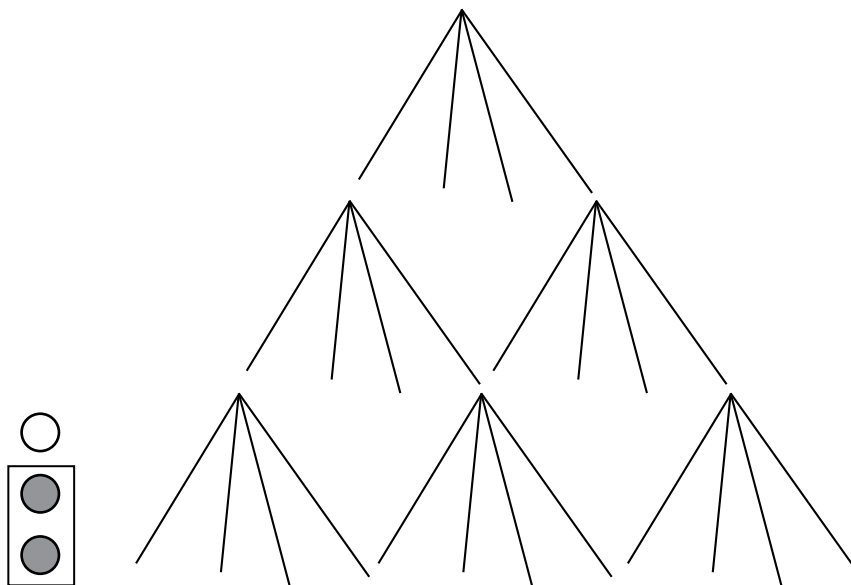


We project what we think the other would want.



Inner self alone, not in connection, outer self too busy to pay attention..

What this Does to 'Us'



We forget that we are not

It all

diverts us, as our reactivity and inner angst blows outwards, and we play the retribution game, usually with a higher source backing us up

– God is a favourite.

We forget that we are one, across all dimensions of time + space, ever seeking experience, ever oscillating across all dimensions, ever expanding and contracting in consciousness.

What if this Were the Last Day You Had Here in this Form

. . . no ticket to the endless horizon

If this were your last day here, who would you ensure you created harmony with/for before leaving?

Which connections would you wish to not revisit?

Which situations do you acknowledge now you would handle very differently?

Are the pride walls of your temporary home feeling less important?

Are they stopping you from freeing the parts of you that are stuck to **their** energy fields?

Do you not need them back?

Will you otherwise ensure you set up, relive, and possibly STILL avoid the same lesson, as you and they are now intertwined?

(Think who do you NEVER wish to meet again, and do this process with them first). (Why were they otherwise here in your staged play as your daughter/father/workmate/ rapist /godmother, if not to ensure connection.)

Who would you express gratitude to for their presence, and contribution?

(Not who made life simple/easy, but who always pressed the button that opened the door right back into where you were trying to hide from).

If the one you feel to connect with is no longer in this reality (this 'here' and 'now'), continue as if they were, as you and they are not only dense physical forms, but also beings of light, joined by cosmic gossamer.

As though they were there with you, open your heart, let them in, and share with them all that you were too scared/proud/afraid of, when they were here, "with" you.

Those who are here in form – is the mini war you wage really how you wish to leave each other, were one to depart? Are you so sure that the left-hand (fear based) path was your intention to follow?

Which Programmes do we Run in Our Lives?

Fear Base

BETRAYAL

At some level, we feel abandoned/rejected/judged, as being inferior
Even if it is just a response to the sense of loss of connection, in being here, as a separate unit.



RETRIBUTION

Retaliation as 'self' identity rejects this.
Setting up webs of intrigue, all based on the notion that self is separate, and is best suited staying like that. Needing to do and be everything for self, and the small number of others one marks as being special/same enough to share self and resources with.



CONTROL

Sought by self to keep everything as constant, especially within the confines of where 'safety' is felt.
Doing whatever it takes to stay there, and to try to keep the outside world, and those sharing one's space, in line also.



(A recipe for lots of frustration, as we are not separate – that is just the illusion played out here.
We are not alone, and nothing can stay the same, as energy is alive, dynamic, and moves.

When we try to stop it up, we experience within our bodies – STUCK LIVER QI ANGER RAGE
We are thwarted in trying to control the world.

Doubt/lack of faith and mistrust in abundance enhanced through the fear/mammalian survival programmes
JUDGEMENT THAT WHAT IS, IS NOT 'RIGHT'/GOOD ENOUGH

Love Base



CONNECTEDNESS

As we are all ultimately one, we could drop the belief we are discreet and alone.



INCLUSION

We could chose to see and respond to the apparent separate others as though they were all our most favourite people, rather than have them pass tests of likeability (based on our conditionality).

We may forget that we all bleed when cut.

We all hurt when invalidated/treated less than we see ourselves.



RELATEDNESS

We chose the ones we were born to, to ensure we could not escape their involvement in our every move – we carry them within us. Beginning physically as part of another, though their blood and genetic heritage, we are part of them, and their histories.

COMPASSION for all, especially self , as self plays in the duality game, recognized and set up by Self for the journey.
In human form Jing transformed into wisdom.

To go home, back to the One.



What next?

See what else Heather has produced for your enhancing your own life

There are so many sites all linked from here <http://heathersays.com/links/>

Look to her natural health problem solving apps <http://heathersays.com/apps/>

Take her home help – self empowerment courses
<http://heatherbrucehealing.com/self-help-guides/>

Always people knew what to do – granny medicine kept us all alive.

This was based in the garden,

the kitchen

and the wealth of handed down wisdoms that got us all to here.

Time tested.

Live in your life!!