

# LIVING AS ENERGY



**Heather Bruce**  
with  
**Julie Simpson**

# **Living As Energy**

**(An Owner's Manual)**

**Heather Bruce**

**with**

**Julie Simpson**

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ISBN 978-1-922065-14-8

Cover design Heather Bruce  
Cover illustration Terry Saleh  
Cover and lotus  
illustrations Andrew Trimmer  
Graphic design Susan Driemeyer  
Printed by Allstate Printing, Brisbane  
Produced by Heather Bruce

[www.heatherbruce.com.au](http://www.heatherbruce.com.au)

## **Dedication**

To all the people who have allowed this book to be birthed -  
particularly the ones whose paths have crossed ours,  
who have assisted in our learning  
by allowing us to appear  
to be  
healing and/or teaching them.



## INTRODUCTION

“Living as Energy” has been designed as an owner’s manual to assist those who find themselves slightly puzzled living their lives framed only within the physical context. It seeks to practically decode the mysteries of living in a physical body, by extending the reader’s framework into the realms of living as points of pure light within fields of energy, encased in physical matter. Spiritual beings having a human experience.

This book is the combined result of Heather and Julie’s experiences as healers, teachers and students of life. It is a compilation of some of the content of the five book series Heather intends to publish over the next two years. It is intended to give an alternative, more conclusive view of all life processes, by adding into our life equations, the energy component.

Julie has written the more medically orientated text, in the form of standard structural explanations, exercises and dietary suggestions. Heather opens with a loose acupuncture paradigm, using her decades of life experience teaching and practising as a healer to shift the picture into the 21<sup>st</sup> century.

The ideas contained within these pages will hopefully inspire the seeker to look beyond the obvious, to walk towards the light shedding the personality cage of beliefs, as they go.

Using mainly the acupuncture model, the reader is taken on a journey through the well body and how it functions. The second part of the text explains with how life creates its own record of events on top of our blueprint. The third part aims to give the seeker the tools to change, armed with information from each side of the continuum of life.

Whilst an amount of the content seems to be directed to the female experience, it is to be remembered that we all are born of woman. We are all shaped within her template, our early lives bound to hers, initially inside her physical form, then encased in her energy as she carries us as babies, toddlers and supports our efforts towards independence.

In understanding the global woman experience, we can glean insight into that which has now been transformed into our own energy patterns, bodies and that which we believe to be ‘ourselves’. By then revisiting, reframing and choosing to let go the past in all forms, we can take our place freely in our futures.

## PART 1

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## NATURAL THERAPEUTIC MODELS

These all aim to restore the person to a state of balanced and harmonious functioning. Using a definition of health as being “the ability to adapt to change”, the entire physical organism can be seen as working through life constantly ensuring optimal parameters are maintained.

When we choose to juggle more balls than we are designed to, we notice that the quality of our lives and the number of things we can do well decreases. We may choose to ignore minor system errors; put up with less than perfect; even forget what true health and vitality felt like, but eventually we drift towards degeneration, often called “ageing”.

Spiritual Life Path, Lessons	Beliefs	* Emotions	Energy	* Physical
Mapped out prior to entry (Birth)	As per this culture, time and space	Governed by our beliefs	Meridians, chakras, fields, polarities	Eventual body breakdown

We usually seek help at the point where we cannot continue as we have been. We tend to ignore the early warnings until we get to changes in the physical. The accepted cultures medical model embraces\*.

When using a more natural healing framework, changes to our blueprint may be noticed well before the physical changes occur.

### **ENERGY**

### **SUBSTANCE**

Perfect Health	Energy Diagnostic Markers	Person Feels Out of Sorts	Medical Diagnostic Tests Notice Changes	Death
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We may choose to live life fast and furious, occasionally wondering why we feel distracted, unhappy and questioning why we are here at all. We may seek assistance, and may be given pills or ‘solutions’ that at best, allow us another time bite before another wheel tries to fall off. Keeping the fog of inner denial intact by mood medication, busy activities and anything else that allows us to ignore the angst we carry inside and within our energy fields, eventually depresses our life force enough that we recognise “depression”.

If we see ourselves as a mental activity centre carried about by a physical shell, a ‘quick fix’ may allow us to meet the next deadline, mortgage payment, or step up a life ladder.

If you wish to continue this script, our culture’s accepted medical model is ever ready with the surgical technique or chemical drug that may allow you to continue doing the very things that your body is warning you to change. In accepting that a condition is degenerative or terminal, you could realise that this opinion is based upon current medical knowledge.

The Western medical paradigm is based upon the physical structure. It focuses physical manifestations. This medical framework is still in its infancy. Even in the past twenty years, massive developments have completely changed its practice. In its preoccupation on the right hand side of the energy/substance equation, it holds only part of any solution.

By focusing in the rational, tangible and apparently scientific realms, it is possible for those who feel safe and logic, not in feelings and intuition to discount that which is not objective or quantifiable as being dubious.

We all carry within us the inherent wisdom to heal. To do this, we need to understand why it is that we have lost our innate balance. The “alternative” therapeutic approaches all focus on assisting the body to correct itself.

Choosing to see our body’s cries for help as a minor distraction that can be silenced by artificial chemical interventions is a recipe for an ongoing battle between its warnings and our denials. Inevitably, continuing to be the person doing the things that have created the internal imbalances will result in a worsening of the overall situation. This may take a few decades. As our blueprint gradually drifts towards severe dysfunction, we may notice that it is also our lives that start to hurt.

If, however, we see ourselves as beings of light here to experience form, in duality, in density, at this time in the planets evolution, we may need to step into a different global view of who we think we are. We may need to revisit and reframe the life we have so far lived. We can easily do this by undoing, in sequence, the record of our lives that we wear as blocked energy trapped as deviations to flow on all levels.

Following laws governing our energy and spiritual bodies may free our attention sufficiently so that we may live out our spiritual mission here.

## SEEING OURSELVES AS ENERGY

Beyond our dense physical structure there are complex systems of energy circuits that run through and around the physical components. These energy lines, vortices and centres provide the oomph for the physical to function, much like the hardware of a computer requiring electricity in order to work.

“Our software” is formed in part by the psychological program that are put in place from the moment we are able to discern messages from all that is outside us. This process starts within our mother’s womb, as we are part of her responses to her perceptions of the world. This continues as we emerge and learn to become independent social and physical units.

The spark of pure consciousness we all carry is the energising force much like a computer needs electricity to be functional.

We are in essence points of light, experiencing “life” within a physical form in this third dimension of duality, in spiritual forgetfulness. Our differing cultural beliefs are dependent on location and time on this plane. They create the matrix for the parameters that we then call “reality”.

As our energy circuits, centres and grids are subtle, they may be indecipherable as being invisible and too high in vibration for our more physically calibrated senses and machines to discern.

### RESONANCE

### STRUCTURE

Spirit	Light	Electro-magnetic, Radiation	Energy Grids & Fields	Biochemical Markers	Physical Structures
	Aura, photo-graphy	Lie detectors, acupuncture point locators, ECG, EEG	Energy sensitive diagnostic tools	Urine & blood tests	X-rays, CT scans, MRI

Our physical mechanics are well understood by the accepted medical model. Our energy circuits being less tangible and harder to validate are, hence often disregarded within the currently accepted physically based scientifically rational culture, hence “reality”. However, it is often our understanding of these energy fields and flows that finally allows us to resolve our apparent physical issues.

## QI

Qi (pronounced chee) is that which animates life. It is the creative flow that is associated with all states of being. It is within all living forms, and as an invisible force has its own movement. Within us it enlivens all physical and mental activities.

The essence of that which we consume as food is qi. Once within our bodies, we use our own qi to transform it. Our qi is used in all aspects of the assimilation, circulation and usage of the products of our having eaten.

Qi is what is coursing through our acupuncture meridians (pathways), it is that which is tapped into at acupuncture points and is that which is empowering our chakras and energy bodies.

The flow of qi through the meridians has been mapped out over the centuries. Qi can be divided into yin and yang aspect. Yin qi is the more nurturing, cooling, lubricating and regenerative forces found within us. Yang qi is that which is more active, defensive, and protective, warming, circulatory and transformational.

Our meridian qi can be seen to flow within an orderly circulatory structure. Our basic building block, jing (another form of qi) as part of the kidney energy complex, regulates all aspects of our being in form, our rates of development, metabolism, reproduction and aging, through the action of the eight extraordinary vessels (meridians)

These eight supply and supervise the regular twelve pathways. These twelve pathways have subsidiary links with their associated organ complexes and element partners, and the different meridians and tissues that are dependent upon their flow.

In any consideration of human functioning, we must look to the eight extraordinary vessels, as they are the conduits of the kidney complex. Their health governs our enjoyment and all aspects of our being.

Pure jing enhanced qi flows internally from the kidney organ complex through the uterus or prostate to the perineum, where it travels up and over both front and back of the body. It connects then internally with all over meridians, directly or via other linkages.

## **PAIN SEEN AS OBSTRUCTION TO LIFE FORCE**

Using the acupuncture model, we can see that pain experienced at any level of our being is caused by something blocking the normal flow of anything and at any level. The “subluxation” the chiropractor feels, the swollen joints, the gnarled fingers, the internal adhesions and external scarring, the cysts, fibroids and other physical growths that find their way into and onto our bodies, could all very well be impeding the flow of nutrients and nerve impulses to apparently unrelated and distant aspects of ourselves.

It may thus become obvious that continual visits to physiotherapists, chiropractors and other physical “fix-it” people may not totally resolve our apparent “health” dilemma. They may temporarily adjust and align the physical structure. If there are however energy blockages hindering normal circulation, there will be a return of the physical misalignment as the physical responds to commands from higher up.

<b>RESONANCE</b>			<b>SUBSTANCE</b>	
Spiritual	Psychic	Emotional	Energy	Physical
Inner-self disconnection as the true point of light is not limited within the constraints of its dimension	Inability to move forward or appropriately due to rigidly held beliefs	Shock Fear Trauma Anger & associated beliefs, eg shame and guilt	Meridian flow block from the presence of extra qi, or lack of qi, including cold and damp	Structure altered from blueprint

Structural misalignment causes physical blockage that may starve the discs and bony structures of blood and other nutrient substances, including nerve impulses and meridian energy. Impediments to energy flow from either inner tension or external climatic input (cold, wind, damp from not protecting ourselves adequately) may cause the physical to alter position.

Living as “civilised” beings, we tend to bottle up, suppress and otherwise hide what we really feel. We choose to neither feel nor express much of what washes over us. The combined weight of these un-lived experiences eventually is felt as “stress”. This store of blocked energy may be palpable to the more sensitive babies, people and animals.

Were we to see our aura, we would find smudges and attachments blocking our natural beauty. We pretend the “nice” mask we put on is who we really are, but it can get very lonely underneath what we are hiding behind. It can also get very crowded as there is little room to truly experience this “now”, as most of our energy is taken up in keeping all the other “nows” from spilling into this present.

Turning again to the acupuncture model, it is the liver energy complex that is responsible for the freely flowing movement of anything throughout our being. The flow of blood and nutrients to muscles, tendons and ligaments, the eyes and by extension our vision, all aspects of the menstrual cycle, and blood circulation to the head are also managed by the liver energy.

### **A Well Ordered Liver Organ/Energy Complex**

<b>RESONANCE</b>			<b>STRUCTURE</b>		
<b>Spiritual</b>	<b>Beliefs</b>	<b>Emotions</b>	<b>Organ Systems</b>	<b>Reproductive</b>	<b>Musculo Skeletal</b>
Vision and planning, unfolding the soul’s journey	Open to change. Reasonable	Calm Peaceful	Digestive system operating as designed	Easy sexuality, periods, pregnancy & birthing	Supple, flexible, easy pain-free movement

### **Stuck Liver Qi**

Disconnection from inner guidance	Rigid, self-justified, always right	Irritable, thwarted, reactive, angry	Disorder, bloating, poor digestion	Irregular, painful difficulties	Tension, spasms, pain & circ. probs
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We can easily create our own diseases by stopping our life force and energy flows. By putting our perceptions of what others would wish from and of us ahead of our own needs eventually creates resentment, regardless of the “perfect” reasons we use to rationalise our behaviour.

By living lives of quiet desperation, hoping that something in the nebulous future will change and we will then feel better, putting on a brave face, apologising for our existence and soldiering on regardless, will all lead us to a condition of stuck liver qi. Our life force then becomes depressed, and if we choose to continue the charade, we become more stuck.

## **YIN AND YANG**

YANG -----	YIN
Energy/resonance	Matter/form/density
Vibration	structure

Along this continuum, all things manifesting in our known universe (duality), can be defined in relation to their counterpart. Everything can be seen as having a more dense, structured and material, or yin component or a more ethereal, vibratory and energetic (yang) aspect.

Night considered as the opposite of day, dark of light, left of right, up of down, male of female and energy of matter. All not so much absolutes but as reference points for the other.

## **YIN AND YANG IN THE BODY**

Within the body, different energy functions also fall into these categories. Yang qi (energy) is more superficial, volatile, active and of high frequency, whereas yin qi is a deeper slower regenerative and nurturing commodity.

YANG qi transforms – especially seen as the digestive processes. It also circulates and moves, warms, protects and holds everything in place. This is more the energy of active metabolism. Exposure to cold in any form unnecessarily consumes the body's yang qi, leaving less available for it to use in its stores.

YIN qi is more regenerative and nourishing. Yin energy encompasses more dense substances, like blood and body fluids; semen, cerebrospinal fluid.

Yin qi provides cooling, moistening, lubrication and the ability to enjoy resting, relaxation and regeneration. Unnecessarily exhausting self, by not sleeping, eating, drinking or enjoying life, or by allowing excessive blood loss or too many children born close together, will all exhaust yin.

Understanding these concepts helps explain how apparently 'doing everything right' can result in less than what would be expected. A classic, common example is that of a person attempting to lose weight.

## **WEIGHT LOSS AS AN EXAMPLE**

Most people when wanting lose weight focus on losing weight rather than becoming more well and vibrant. Most also focus on altering the mix of raw ingredients entering the digestive system, often adding into the equation the amount of energy supposedly expended by exercise, and all expecting to see weight reduction. As not everything having been considered, the desired result may be unlikely. It is much like doing a puzzle without all the pieces.

Well/vibrant (The spirit of the venture)	-----	weight loss (The letter of it)
can the body process the food?		what is put in to eat

In energy terms, the digestion, circulation of nutrients and storage of fat and fluids are all processed by the strength of the yang qi, the kidney yang supporting the spleen yang. If we attempt to lose weight by doing anything that exhausts this, we will be working against ourselves. We may be doing everything ‘right’ from the side of the venture we believe to be all there is.

Consuming chilled and/or raw foods and fluids wastes our body’s yang qi, thus digestive capacity. Skipping meals, supposedly forcing our bodies to burn up what is jiggling up and down, only slows our metabolism down further. Eating large, complicated meals late at night when the digestive and metabolic qi is at its weakest ebb, will ensure that the spleen and yang qi are depleted, thus not able to perform optimally.

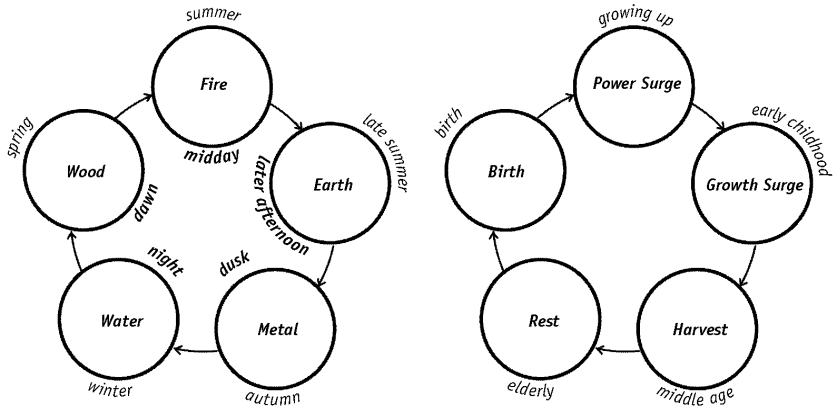
Following the “rules for eating” found in the three heater section may assist in the return to nutrient and energy balance. In itself, this may help correct any blood sugar, metabolic or energy swings that tend to all result from the self-punishment involved in eating weight reduction as a behavioural glitch.

Once a system of small, nutritious regular meals forms part of your life-(and the morning routine is followed (especially the abdominal self massage) the internal organs may reinstate the well running inner you. Being social creatures, we need validation found through relating. In addition to a physical exercise programme, we need to find fun, pleasure, touching and sharing our self-essence, in addition to the more physical exercise schedules we can put our muscles through, will create the foundation for free flowing liver qi, thus harmony throughout the entire being.



## THE FIVE PHASES OF TRANSFORMATION

The process of living involves movement from one state to another. In the universe as we know it, qi (and hence all things governed by qi,) can be seen to follow an orderly and unchanging pattern, in a cycle of transformation in generation and control. The theory of these five phases called in other texts, the law of five elements.

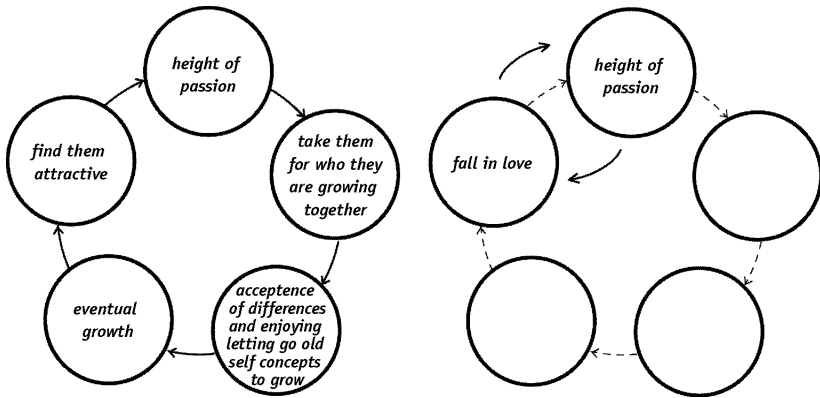


We can see that the pattern of the day, the year and our lives, all follow the seasons of life flowing according to this cycle.

It can be seen that there are different energies associated with each phase. Whether it is of an idea, a new season's apple or a romance, all follow the cycle. We as independent units attempt to adapt our lives to flow counter to the natural orders, and eventually notice that we are, as all manifestations of qi, governed by the laws that govern qi.

Looking at the falling in love scenario, we can see that if we choose to halt the processes that are beyond our little wills, we will live with the consequences.

'Falling in love' we are under the spell of a massive force that propels us onwards to the heights of passion. In that state, we can only see that which we want to. As time goes on, cracks in the illusion may appear, we see the other as a real person, not a god like being. From here, we can choose to exit, falling in love with the next one who appears to meet the criterion, or can stay with the experience, with or without the person, and explore what it all meant to us. In so doing, either as a life long couple, or after the face to face contact has passed, we can choose to experience the personal growth to be found in closing the circle.



We can choose to explore what we found to be nourishing, and assimilate this (earth phase), releasing and relinquishing that which is not helpful or useful to us (metal phase), rest and repair, consolidating, to begin again, at the appropriate time.

If we choose to go around the shortened version, we will not transform, and will eventually recognise that we have done it all before, and feel stuck.

## **BEGINNINGS OF LIFE**

We begin life in physical form at the point in time of sperm and egg uniting.

Personal & family  
energy patterns

DNA

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RESONANCE

STRUCTURE

Our culture, considering the structure of anything as being the only real (tangible) consideration sees genetic inheritance only through the physical manifestation of the “jing”. Jing is a term in Chinese medicine that encompasses that which allows us to unfold our template as humans. The quality and quantity of our jing carries us through our lives. Our life choices and experiences impact upon this. Ageing can be considered a gradual transformation of jing into wisdom.

The resonance/energy component is that which could also be called the spiritual/karmic aspects of self. This also includes the encoded patterns carried down through the ages via our “family” line and our own personal soul history.

Jing is that which we inherit from our parents. This is an energy concept which incorporates the DNA coding.

WHAT IS A PERSON COMPOSED OF?

SPIRIT/SOUL  
STRUCTURE

EGO/PERSONALITY

DNA

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RESONANCE

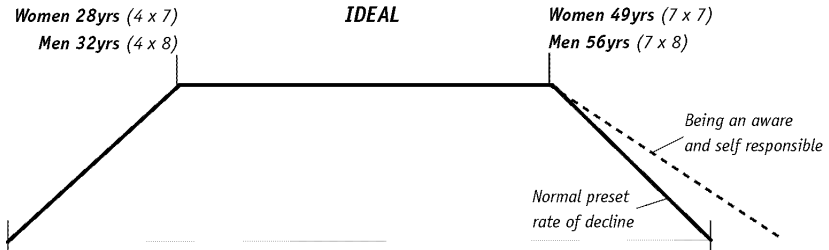
STRUCTURE

CLONING PEOPLE

This explains why the current discussion on cloning human beings is foolish. We are NOT our physical structure. The essence of a person is not tangible, cannot be disclosed using the scientific model, and is not limited in the time/space that science regards as the soul reality.

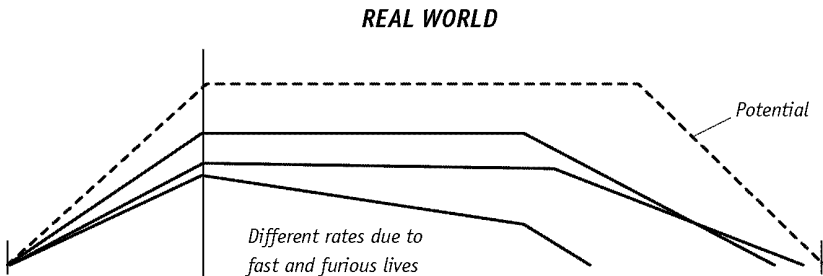
Jing is our essential building block. It is the foundation of our kidney energy which in turn is the root of our yin and yang qi (energy). Our jing

could be considered our life capital. In our very early years its potential is realised in the second phase mentioned above (birth to 10 years), to be gradually enhanced until we reach a plateau. This plateau is based on our 7 and 8 year cycles as women and men, and is dependent upon our life experiences, and whether we life off our interest or squander our capital before we reach our potential life span.



## CONSEQUENCES OF LIFE CHOICES

Beginning life with relatively poor quality jing through having elderly or ill or traumatised parents, all by enduring a difficult gestation may be a gift as we would know to look after ourselves very well as the consequences of not would be immediately obvious as ill health. Those with what could be considered top shelf genetic inheritance may waste this opportunity as they have a large margin of error.



## **HOW DOES JING MANIFEST?**

Jing shows as normal and healthy growth and development. The rate and quality of transformation from one life phase to another is an expression of the unfolding of our jing. Strong healthy hair, bones and teeth, complete and normal brain and nervous system development and a strong constitution that is able to sustain the being through the various life challenges are all indications of healthy jing.

Eventually the strength of our own reproductive vigour and the rate of our gradual decline into ageing are all measures also of our genetic inheritance, as influenced by our life and subsequent choices.

Prior to birth the growing physical form of the foetus is encased in the mother's physical body, and is shielded by all of her different energy bodies. Separate to the aura there are also energy grids and centres.

Once the baby physically emerges from the security of mother's body at the instant of birth, the new born is imprinted by the influence of the cosmic energies. This is read as our astrological signature.

Physically, the task at hand is to independently survive, and grow according to the genetic blueprint. Initially the baby's systems are weakened by their immaturity and need rigid regularity, safety and contentment in order to unfold.

## **7 AGES OF A WOMAN**

By the age of 7 years, relative maturity has been established and physiologically the digestive/circulation/and nervous systems have developed to where they can sustain the individual.

Once the physical body has grown sufficiently to almost adult size, the two most important acupuncture meridians have become filled up and eventually overflow. The Ren (conception vessel/sea of yin) and the Chong (sea of blood) meridians spill over creating the menstrual cycle.

Menstrual blood is excess to the body's own requirements. Regular cyclic production and release should now occur for the next 4 7 year cycles.

The state of relative excess can be hampered by voluntary or situational starvation, over exercise, or shock/abuse, these in themselves impacting dramatically on all other phases of later kidney energy (hormonal) unfolding.

This occurs at around 14 years (slightly younger in our culture due to excess nutrition) depending on the body's previous genetic and lifestyle history, the regular storage and shedding of blood can be either regular, painless and automated or chaotic and disruptive on the girl's life. In a sense each monthly period is a report card of how her body and her are coping with living.

By 21 the girl's body is in full operation very capable of sustaining and delivering many children.

At 28, supposedly with sensible living one has laid the foundation for a healthy long life. Perhaps life situations have intervened and the person has fallen short of their genetic potential wherever they fall on this line they can maintain, by sensible living, until the gradual dwindling that begins after 7 x 7 for women (49) or 7 x 8 (56) for men.

If we persist in running superwoman/better than the boys (not honouring our bleeding), we will not only fail to reach our intended potential, but sell ourselves remarkably short for our later years. Similarly if we persist in giving our all of ourselves to others, an accelerated rate of decline will reflect us in our 40's and beyond as premature ageing, and difficult menopause.

At 35, hopefully we have worked out that we are the most important people in our own lives. Depending on our genetic inheritance and how we have lived ourselves to date we will be feeling lustrous and zestful or world-weary/world-weary.

At 42 the body is starting to return to self, away from producing and mothering new lives.

At 49 there is now a relative shortage of blood and yin in Ren and Chong meridians, hence menstrual bleeding dwindles and ceases. This should be completed with a minimum of fuss and bother.

## **HEALTHY AGING**

From then on depending on one's original blueprint and life to date, one's store of kidney jing and blood should be sufficient to nourish one without drama until the eventual decline of the physical structure.

In other cultures and at different times, where physical survival was a constant battle against the elements and warring tribes, this ageing process was completed more rapidly. In such cultures, in order to maintain the population, child bearing would have begun at puberty, mothering well established in the 20's, menopause in the 30's and possible death in the early 40's.

In our times, we are well nourished, in safety and comfort, thus our life span is lengthened. It is the quality of our lives that is the issue for us, as living in civilisation gives us the choice to totally go against the natural laws, supposedly with impunity.

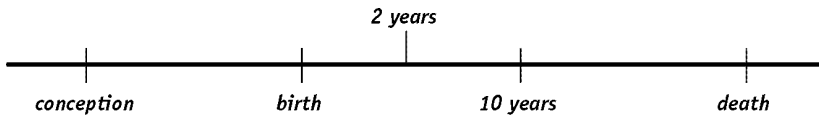
Evidence of physical ageing, that is depletion of kidney jing shows in the deterioration and eventual loss of teeth, hair, bone structure, mental acuity and youthful complexion.

Paying scant attention to our state of jing and blood, especially allowing the over-bleeding and constant non stop activity, without thought of self care, wears us out, giving a much depleted ending, often over decades.



## IMPACT OF LIFE INFLUENCES

One of my teachers, an elderly Chinese herbal doctor, formulated a framework that may assist in the understanding of the importance of our early experiences of life. He maintained that the impact of influences was inversely proportional to our chronological age at the time they happened.



The first third along this line covers the period from conception to birth. As we are developing our blue print at this time, anything that affects us or our mothers impacts upon us tremendously. Awash in our hormonal sea in utero we are at the mercy of her every physiological or emotional response. How she perceives the world is our unconscious template for normal. One which we may find ourselves recreating “to come home to” for the rest of our lives.

The second third covers the time from birth to 10 years, with the midway mark of experiences that impact upon us for our entire life being at the age of 2 years. This shows us the incredible input our early lives, especially our interface with our mothers has upon us. All of baby and young child’s reality is framed through the lens of her perception. If she is of calm demeanour, able to rise to the challenge of distressed babies and difficult life circumstances and if she is able to adapt to her new life as a parent, our early lives may be safe and stable.

The last third of the influence of situations on our lives covers the period onwards from 10 years of age. Hence when a person seeks assistance for a “problem” in adult years, the entirety of the background may need to be uncovered. If coming from a regular, safe happy and orderly background, the individual will probably strive to return to this in their adult life.

Thus the period in utero begins the template, the childhood years will enforce this and supposedly we recreate this in our adult years.

Ideal Situation:

28 for women (4 x 7)	49 (7 x 7)
32 for men (4 x 8)	56 (7 x 8)



## **PIVOTAL TIMES**

The same Chinese herbalist saw that a woman's life can be marked by four life changing events.

Puberty

Onset of sexuality/social and sexual independence

(originally marriage – move away from family of origin)

Pregnancy

Menopause

At these times, our kidney energy/hormonal repercussions create a window of instability. We have, at these stages the capacity to undergo immense healing in resetting our inner calibrations to more harmonious levels, or to undergo massive upheavals and emerge relatively chaotic to ride through the remainder of our lives in turmoil.

Life changes occurring within the internal kidney energy structures at these times create far more disruption than at times outside these events.

For example a parental death or marriage break-up at puberty a shock, betrayal or accident around the time of establishing self within a couple, immense external stresses around child bearing and lactation and at menopause will all disproportionately disorder the woman for the rest of her life.

Conversely, each life marker is a time where incredible inner healing could occur if attention were paid to the inner mortgage, the inner opportunity for re-working self.

To honour self attending to our inner work at these times of initiation of life force changes would give life long benefits.

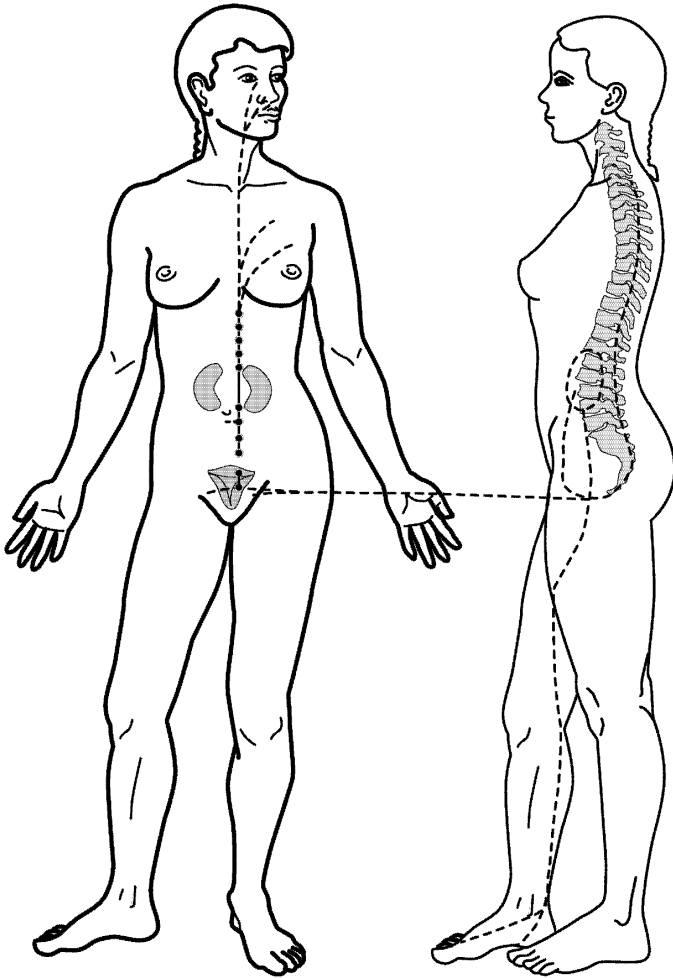
**MAPS OF MERIDIAN PATHWAYS**

**and**

**ORGAN CORRESPONDENCES**

**CHONG PENETRATING MAI**

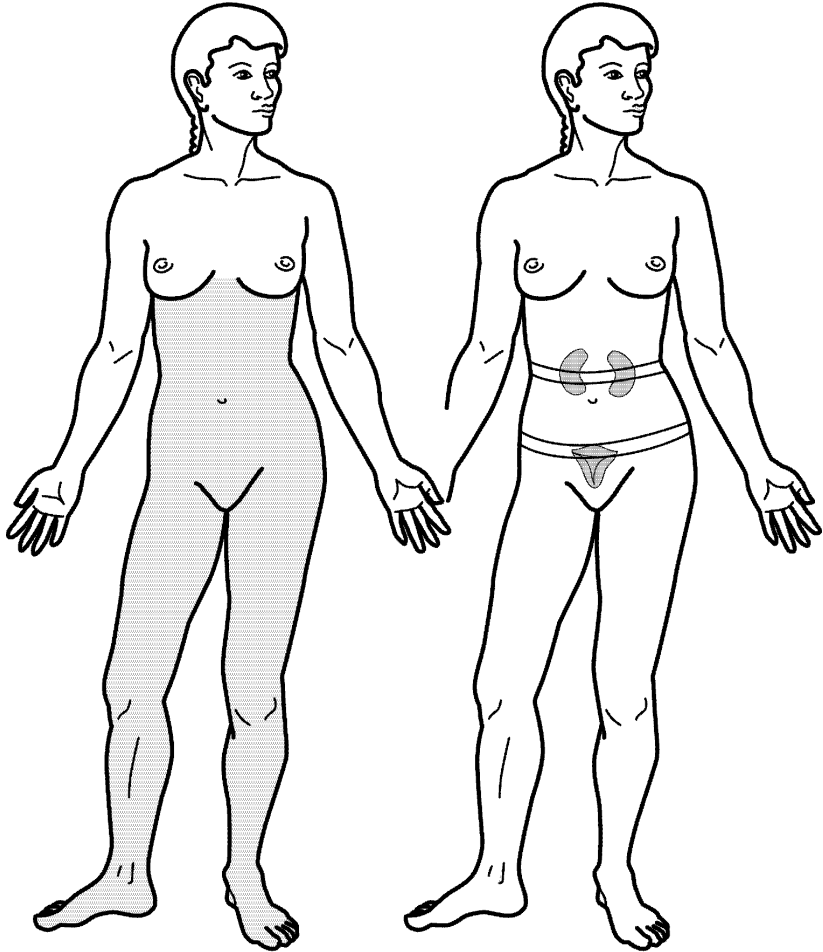
*Sea of blood*



*The Chong is the major blood nourishing and moving vessel.*

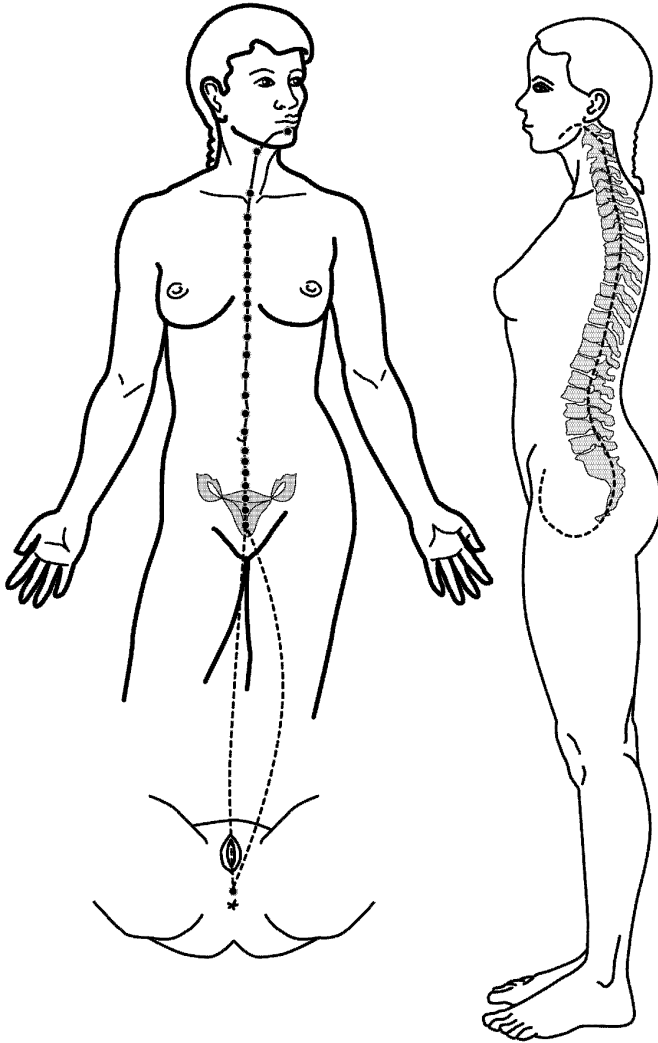
*It forms the basis for our ability to nourish ourselves as it brings together the jing from the kidneys and all of the three heater functions.*

**DAI (girdle) MAI**



*The only meridian to encircle the body, the Dai dominates all circulations to the lower body.  
It influences the waist and gynaecological and liver/gall bladder functions.*

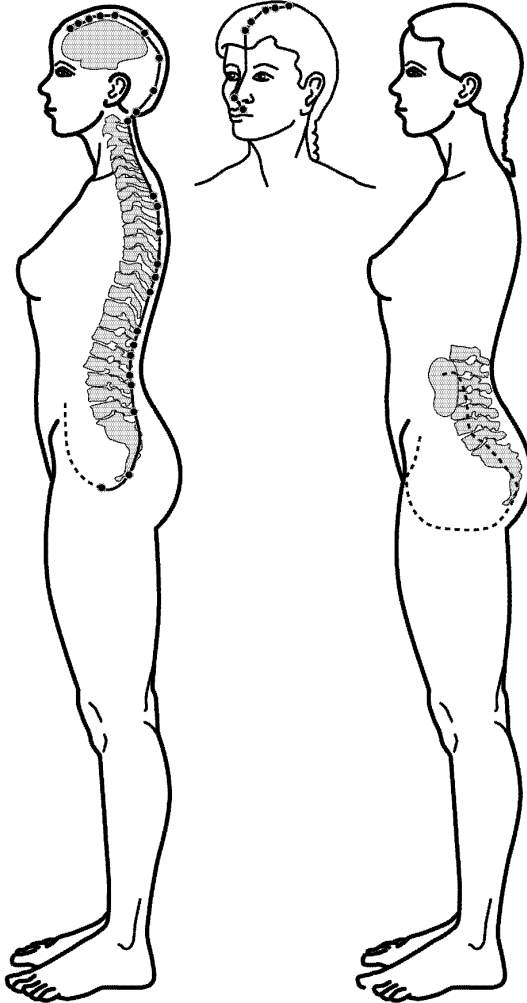
**CONCEPTION VESSEL**  
*Sea of Yin*



*The Ren/Conception vessel governs the supply and flow of yin qi through out the entire body.*

**GOVERNING VESSEL**

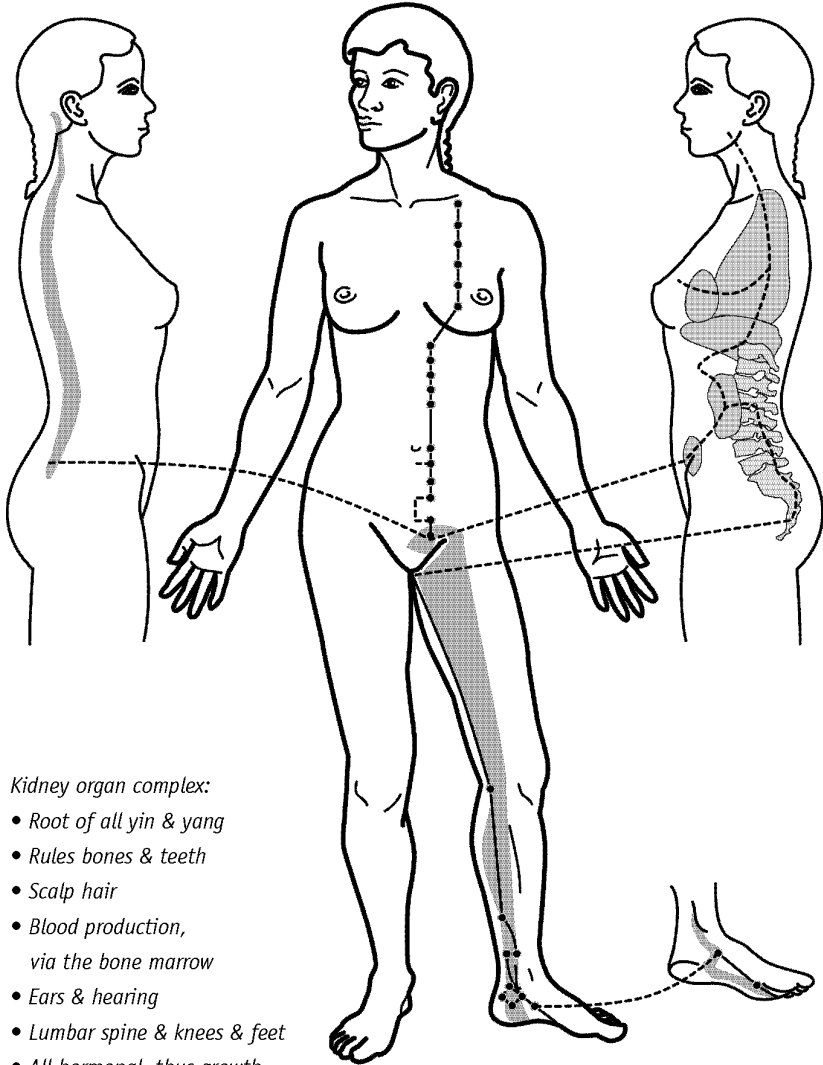
*Sea of Yin*



*The Du/Governing vessel governs all yang functions.  
The brain and neurological and spine integrity, along with all yang circulation and  
protective functions.*

**KIDNEY**

*Kidney Muscle and Main Meridians run on both sides equally*

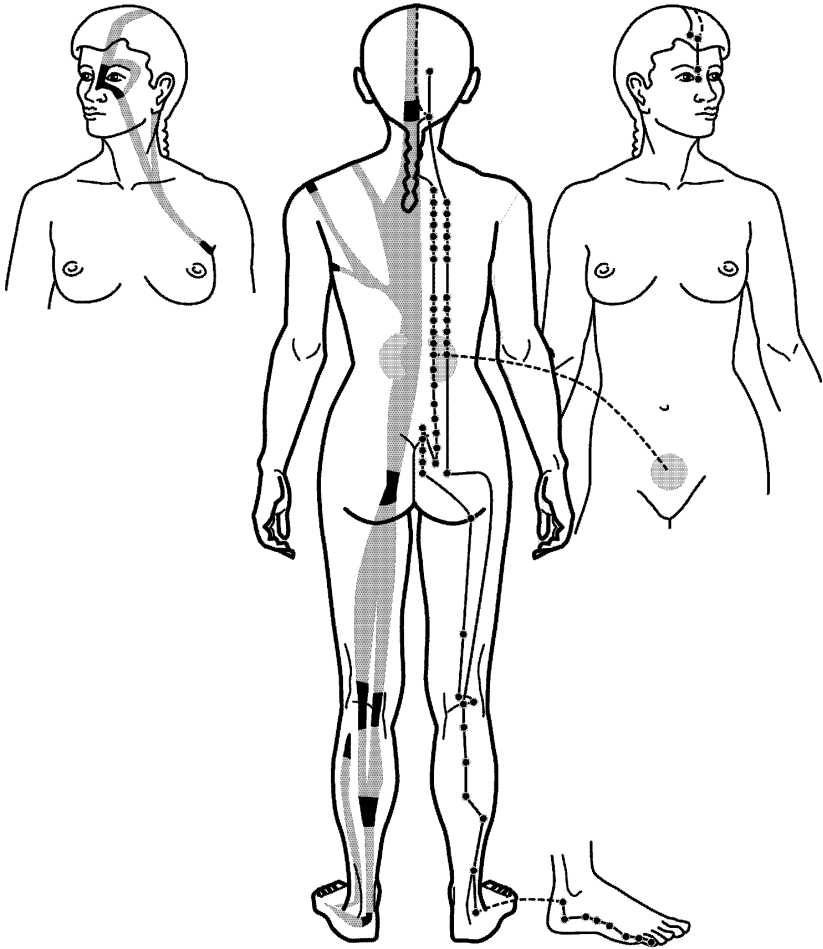


*Kidney organ complex:*

- *Root of all yin & yang*
- *Rules bones & teeth*
- *Scalp hair*
- *Blood production, via the bone marrow*
- *Ears & hearing*
- *Lumbar spine & knees & feet*
- *All hormonal, thus growth, maturation & development & ageing*

**BLADDER**

*Bladder Muscle and Main Meridians run on both sides equally*

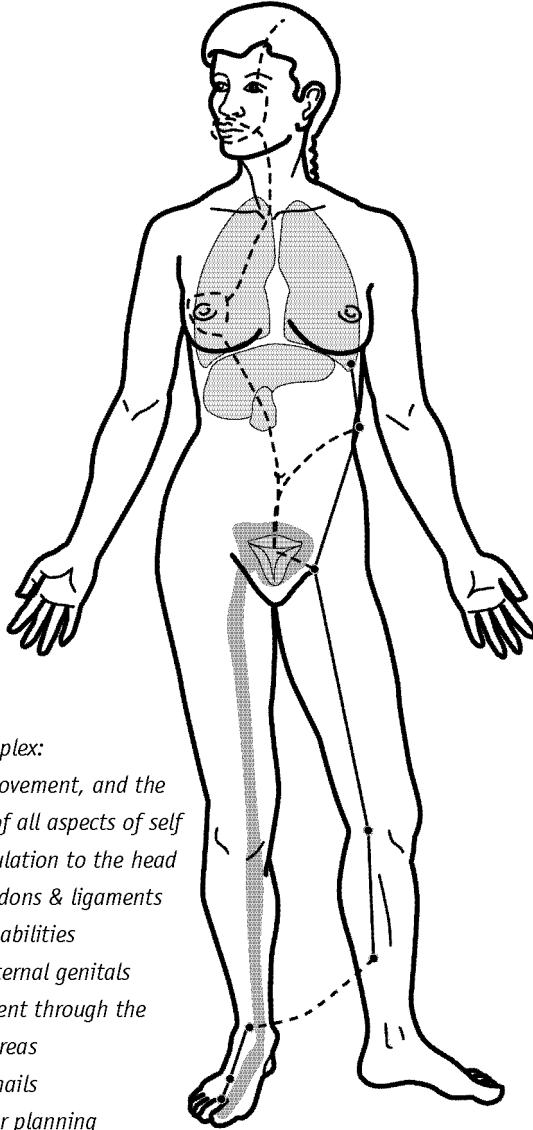


*Stores fluids for disposal. Is the major pathway for heat energy to exit the body via the urine*



**LIVER**

*Liver Muscle and Main Meridians run on both sides equally*

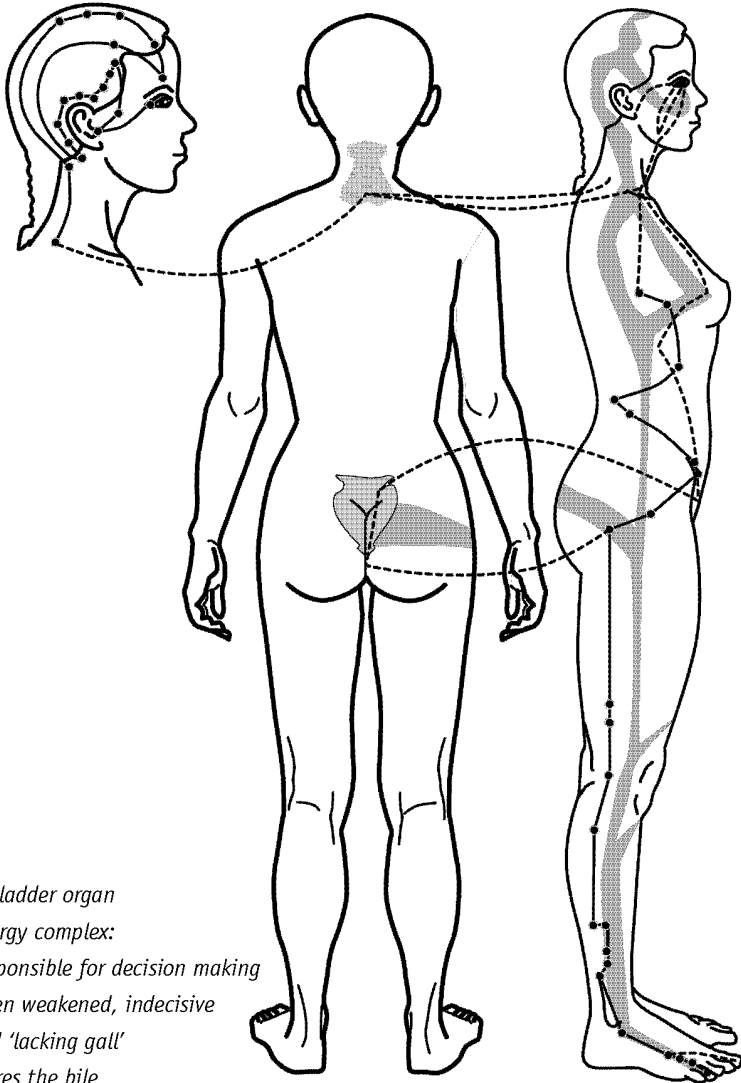


*Liver organ complex:*

- *controls all movement, and the free flowing of all aspects of self*
- *All blood circulation to the head*
- *Nourishes tendons & ligaments*
- *Eyes & visual abilities*
- *Internal & external genitals*
- *Blood movement through the reproductive areas*
- *Finger & toe nails*
- *responsible for planning*

## **GALL BLADDER**

*Gall Bladder Muscle and Main Meridians run on both sides equally*



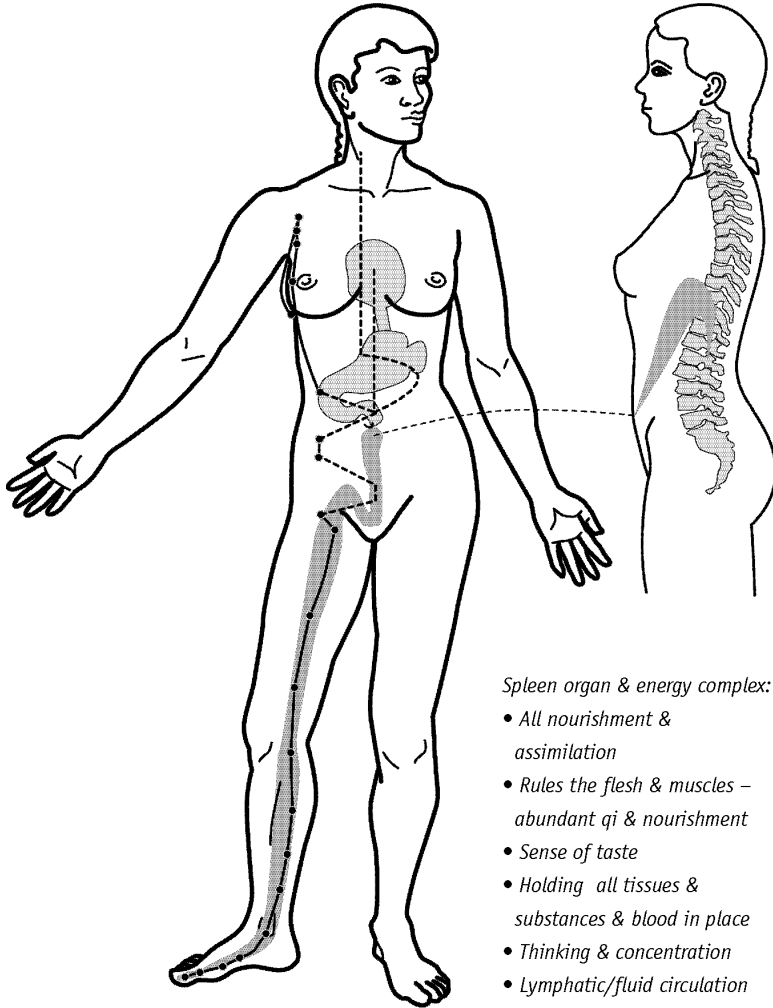
*Gall bladder organ*

*& energy complex:*

- *Responsible for decision making*
- *When weakened, indecisive and 'lacking gall'*
- *Stores the bile*

**SPLEEN**

*Spleen Muscle and Main Meridians run on both sides equally*

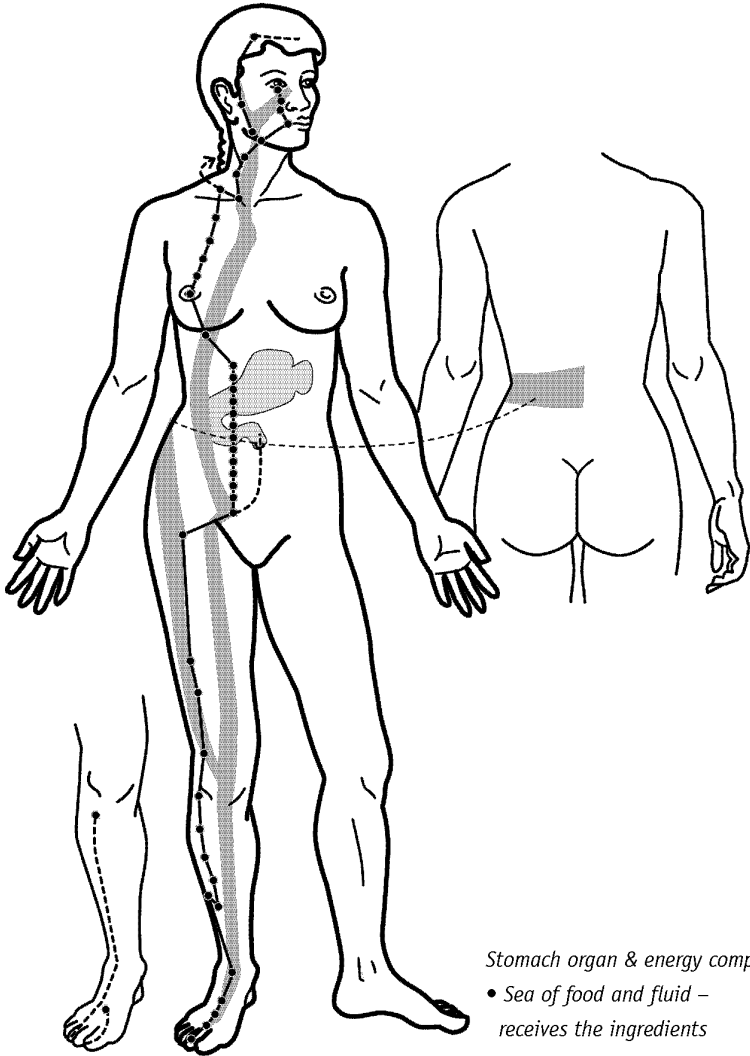


*Spleen organ & energy complex:*

- All nourishment & assimilation
- Rules the flesh & muscles – abundant qi & nourishment
- Sense of taste
- Holding all tissues & substances & blood in place
- Thinking & concentration
- Lymphatic/fluid circulation

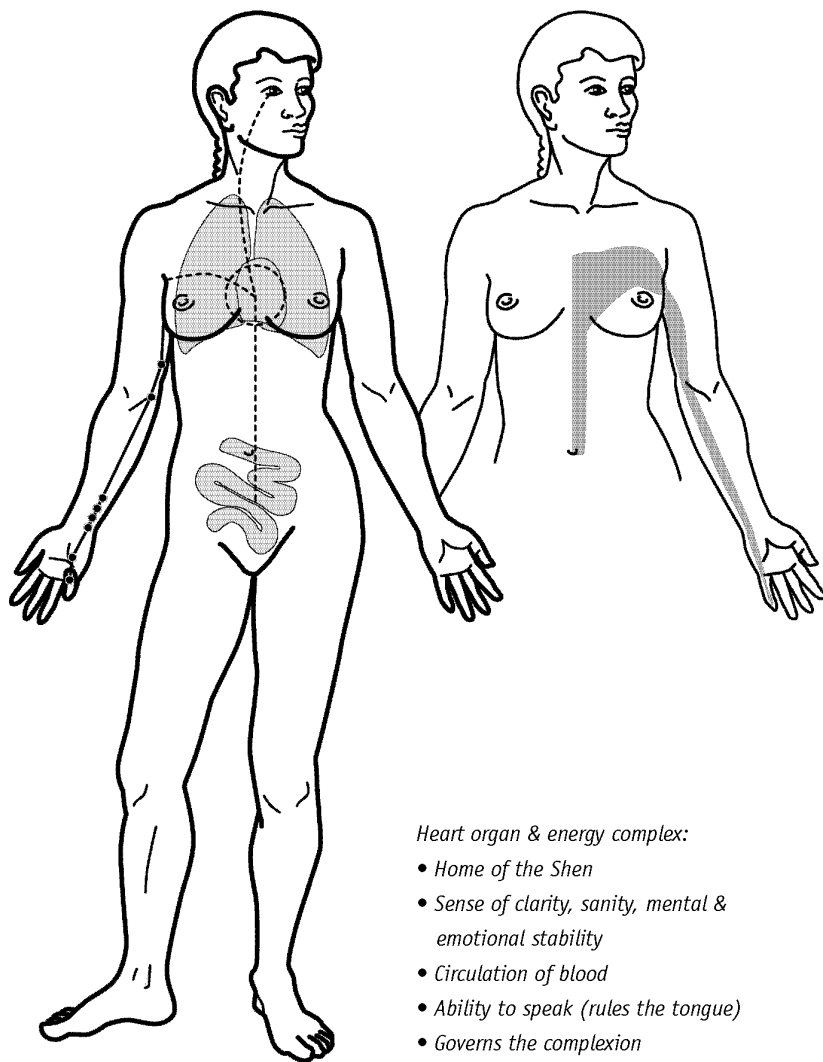
**STOMACH**

*Stomach Muscle and Main Meridians run on both sides equally*



## **HEART**

*Heart Muscle and Main Meridians run on both sides equally*

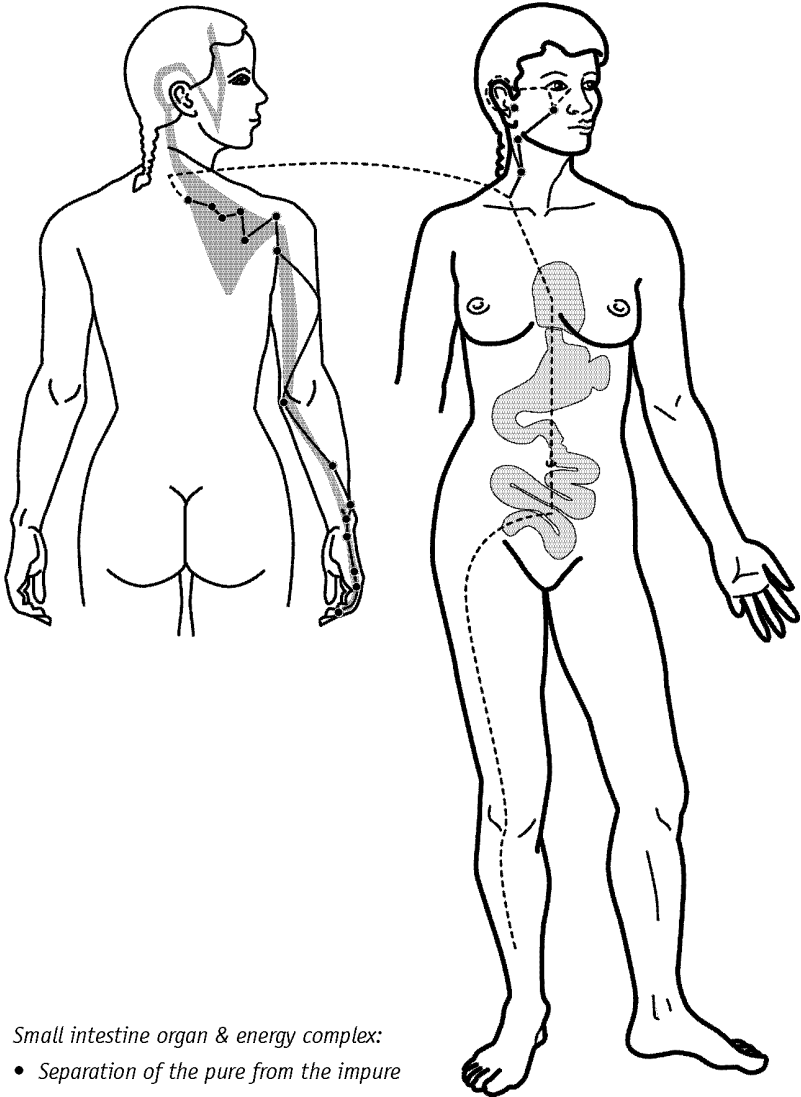


*Heart organ & energy complex:*

- Home of the Shen
- Sense of clarity, sanity, mental & emotional stability
- Circulation of blood
- Ability to speak (rules the tongue)
- Governs the complexion

**SMALL INTESTINE**

*Small Intestine Muscle and Main Meridians run on both sides equally*

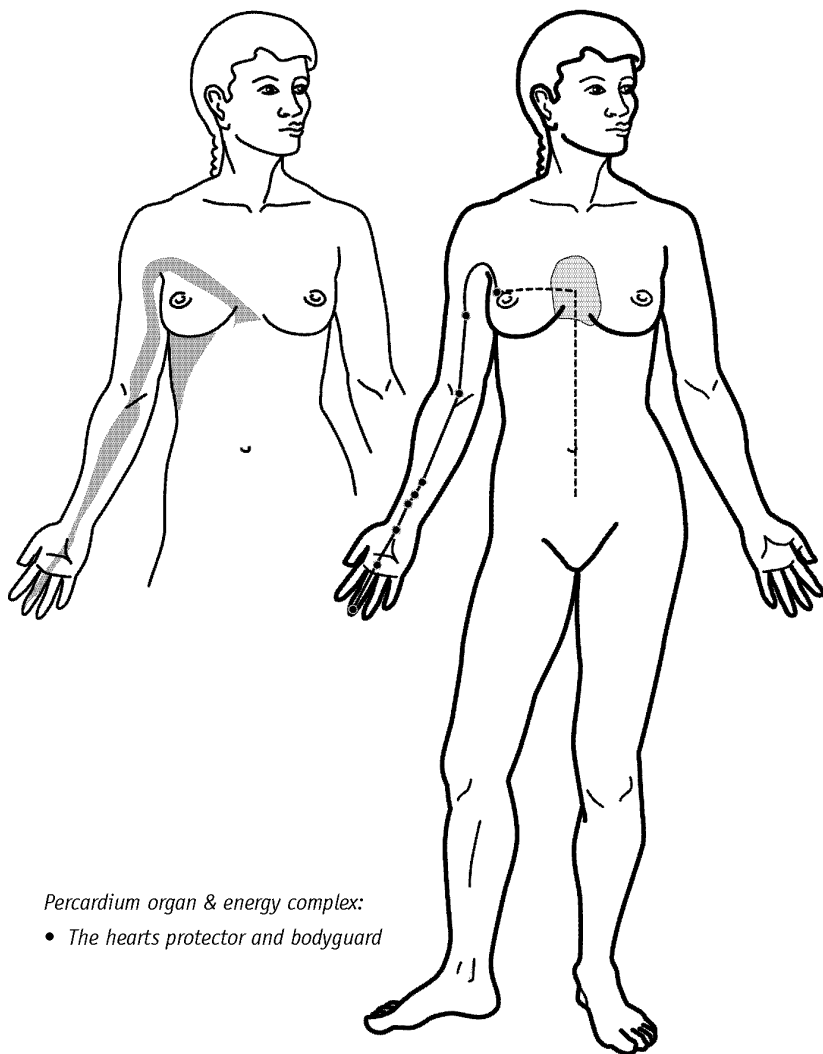


*Small intestine organ & energy complex:*

- *Separation of the pure from the impure*

**PERICARDIUM**

*Pericardium Muscle and Main Meridians run on both sides equally*

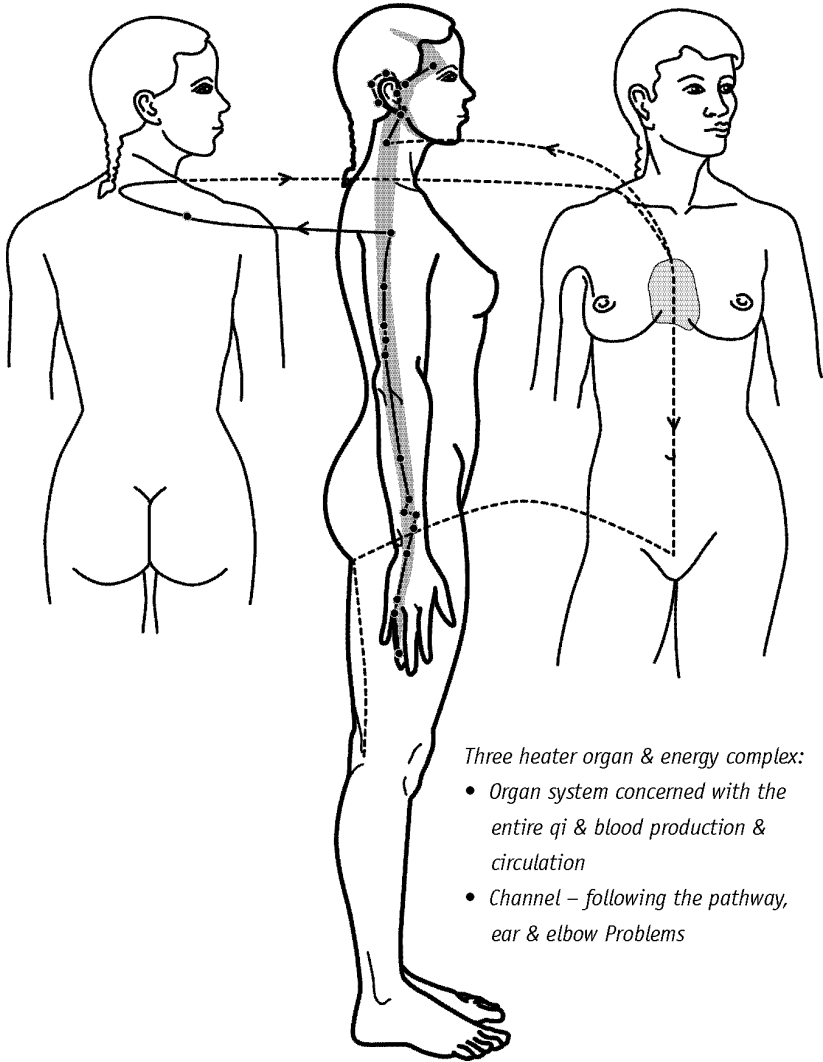


*Pericardium organ & energy complex:*

- *The hearts protector and bodyguard*

### THREE HEATER

Three Heater Muscle and Main Meridians run on both sides equally



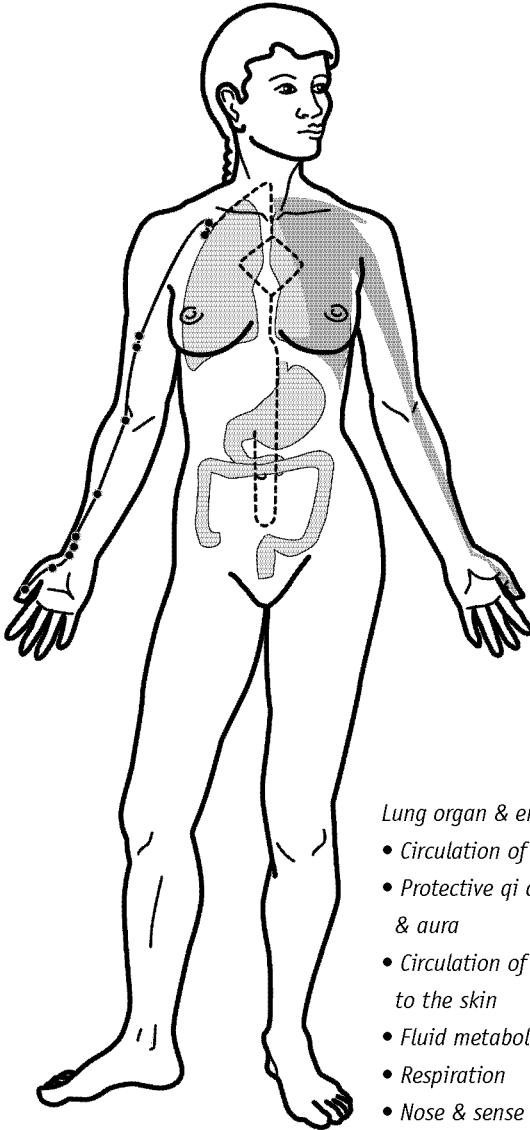
Three heater organ & energy complex:

- Organ system concerned with the entire qi & blood production & circulation
- Channel – following the pathway, ear & elbow Problems



## **LUNG**

*Lung Muscle and Main Meridians run on both sides equally*

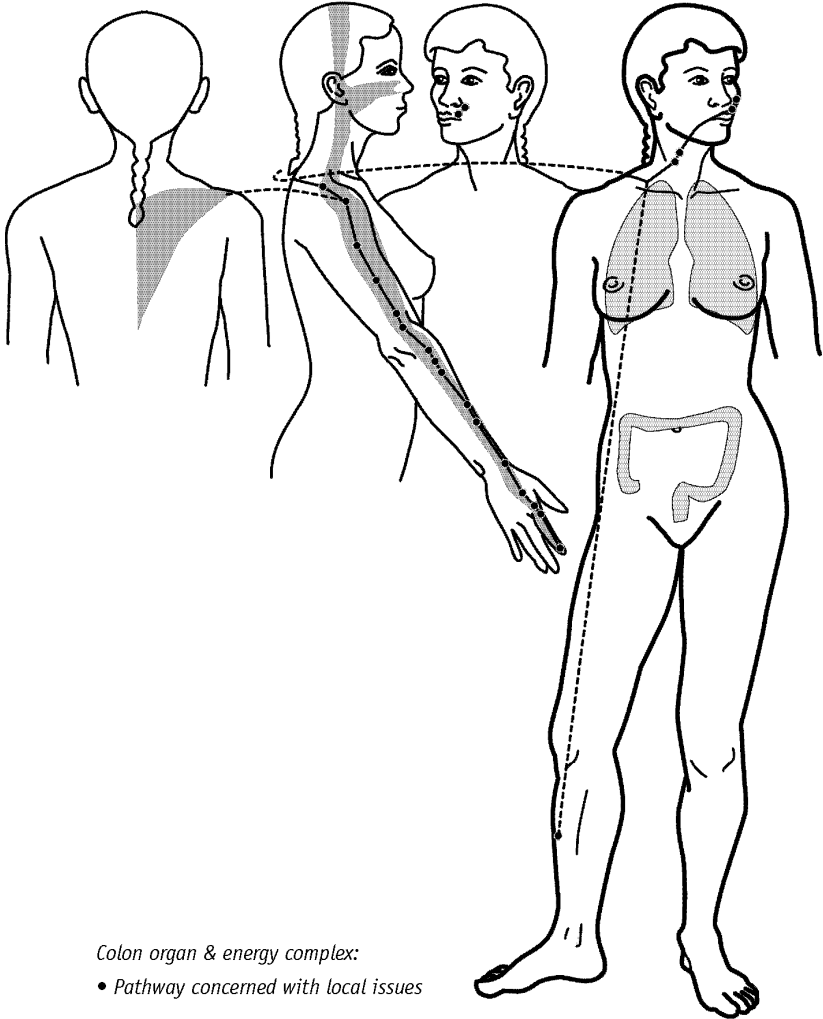


*Lung organ & energy complex:*

- *Circulation of qi in the body*
- *Protective qi circulating in the skin & aura*
- *Circulation of qi downwards & out to the skin*
- *Fluid metabolism*
- *Respiration*
- *Nose & sense of smell*

**COLON**

*Colon Muscle and Main Meridians run on both sides equally*



*Colon organ & energy complex:*

- *Pathway concerned with local issues*

## **A BRIEF JOURNEY AROUND THE BODY**

The upper part of the body contains the heart and lungs. The lungs are open to the outside world, picking up oxygen and releasing carbon dioxide and moisture into the air. 70% of our breathing is done by the diaphragm; the rest is done with muscles, particularly those around the neck and shoulders. The heart sits between the lungs and controls blood flow to all the tissues. While not directly involved in digestion, the heart and lung are responsible for the uptake of oxygen and the delivery of nutrients to every tissue in the body, wastes are carried by the blood to the eliminatory organs for excretion. Energy levels and toxicity are directly related to the health of these organs.

The middle part of our body houses the digestive system – the liver and gall bladder sit around the lower level of the ribs on the right side, just below the diaphragm. The stomach sits at the same level on the left. The spleen and pancreas are tucked between the two, towards the middle. The large bowel circles the abdominal cavity, starting at the lower right hand corner, just inside the front of the hip, rises to the level of the liver, lies across the body at this level and then descends to the rectum on the left side.

When food is swallowed, after being mixed with saliva by chewing (saliva moistens the food to start the release of water-soluble nutrients and contains enzymes which help break down carbohydrates), it is propelled to the stomach. The stomach wall secretes hydrochloric acid which breaks protein into its amino acid components. Amino acids are the building blocks for all tissues and substances made of protein. The liver and gall bladder are involved in the digestion of fats – fats are one of the best sources of energy the body has. The liver stores vitamins A, D, E, K, B12, iron and copper and is involved in vitamin D metabolism (necessary for calcium absorption). The liver is the largest gland in the body and the most complicated organ in the body, it is the only organ that can regenerate itself if injured. It is important in maintaining blood glucose levels (blood glucose is the fuel of all the cells in the body). If the liver is not doing its part in protein metabolism, we would not last 3 days! Drugs and hormones are removed as well as other toxic metabolic wastes.

The small and large intestine break down and absorb most of the nutrients we ingest. Malnutrition and malabsorption syndromes often start here. It is important this area is healthy, well supplied with blood, appropriate micro-organisms and the gut wall is intact and healthy, otherwise systemic health

will be compromised. The body secretes approximately 7 litres of digestive fluids daily, (the small intestine producing 2 litres) most of which is absorbed through the intestinal wall, carrying nutrients with it. Most vitamins and minerals are absorbed here, with the exception of B12, which needs to be combined with a special enzyme called intrinsic factor that is made by the stomach, and is absorbed by a different process closer to the large bowel. General fluid levels are influenced by the state of the intestines, abdominal bloating and discomfort is a sign all is not well in this area and should be treated before one's energy levels and health suffer.

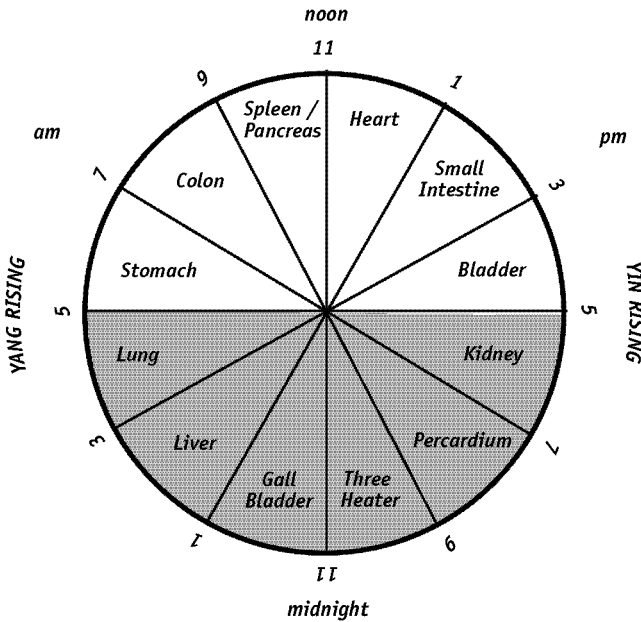
The pancreas is a gland that secretes digestive juices and enzymes to help the body break down starches, proteins, triglycerides and nucleic acids into usable units, it is also involved in regulating blood sugar levels as this is where insulin is made and secreted.

The spleen is the largest mass of lymphatic tissue and not involved in digestion as such from a traditional eastern medical perspective. The spleen is involved in keeping the blood stocked with B cells and free of bacteria and worn out red blood cells. The stomach acid also plays an important role in killing ingested bacteria. The digestive system is an interface with the outside world, as such the spleen helps ensure only the useful and nourishing components of the food and fluids we consume are absorbed.

The kidneys are tucked behind the lower ribs, at the very back of the body and are connected to the bladder by tubes called ureters. The bladder sits at the level of the pubic bone, the uterus sits directly behind it. (Hence uterine prolapses, surgery, etc., can have a direct effect on the bladder.) The kidneys filter blood, regulating volume and composition (including red blood cell content) – reabsorbing necessary substances such as proteins, glucose, etc., and eliminating acid wastes, certain drugs and chemicals and excess potassium, sodium, ammonia, etc. The bladder stores urine and concentrates it until the body is able to void it.

Understanding internal organ relationships can give you insights into the importance of maintenance and care for the body. Diet, lifestyle and exercise all directly affect the body. Nothing in the body is static; everything from cell – tissue – organ level is constantly moving, as are we with our heart beat, breath and physical movement. Growth, reproduction and repair are a fact of life. We need the building blocks (nutritious food and fluids) and the physical fitness of optimal well being to maintain our body.

**CHINESE CLOCK**  
*(body energy surges in response to the daily tides)*



**THE THREE HEATER QI AND BLOOD PRODUCTION MODEL**

To explain production and circulation of qi and blood, the three heater model is used. Physical trunk is divided into 3 sections – each called a “heater”. The whole digestive process is governed by yang qi, all supplied originally by the kidney complex. The spleen yang qi is considered to be in charge of transportation and transformation.

The stomach can be seen as a cooking pot, heating up and boiling off the most pure/least dense by-products, and allowing the passage of the more solid components to sink to the bottom to be eventually discharged.

**ENERGY**

Kidney jing

Kidney yang

Spleen yang

**STRUCTURE**

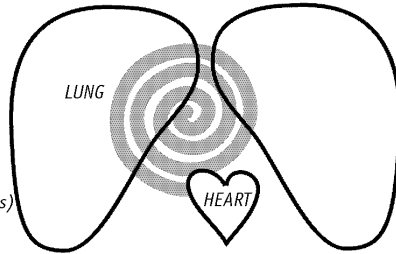
Digestive  
 Acids &  
 Enzymes

Food  
 Broken  
 Down

**UPPER HEATER**

**RESONANCE**

- Heart chakra resonating as designed – absence of the consequences of uncleared grievances, shutting off own love
- Cosmic qi/prana
- Fresh air (charged with ions)
- Lungs free of grief
- Liver qi flowing, allowing the diaphragm to expand properly

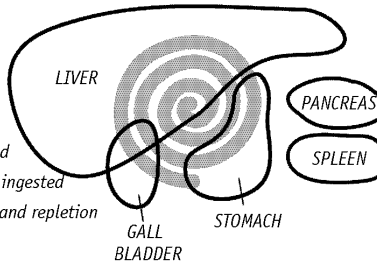


**SUBSTANCE**

- Presence of oxygen
- Presence of pollutants
- Breathing cycle free of all restrictions
- Structure as designed to be - no spinal or organ misalignments

- Solar plexus chakra resonating as designed Free flowing liver qi - if it is stuck, due to unsaid/unfelt/unexpressed emotions, will consequently totally disrupt all natural digestive flow
- Frequency, temperature and energy vibration of the food ingested
- Regular cycle of emptying and repletion
- Availability of yang qi

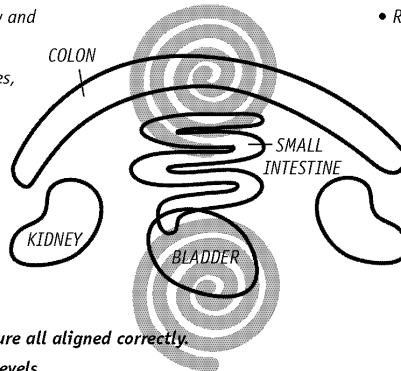
**MIDDLE HEATER**



- Choice of quality, type and amount of flood/fluid
  - Digestive enzymes appropriate to food requirements
- Backlog of toxins in the liver/gall bladder
  - Presence of co-habitants - parasites and their toxins
  - Posture and Structure

- Presence of stuck qi, blood, cold, damp, obstructing the energy and eventually physical flows
- Presence of sexual blockages, fear, shock, rage, entrapped in the pelvic memories and energy fields
- Ability to feel/be here/ let go and experience

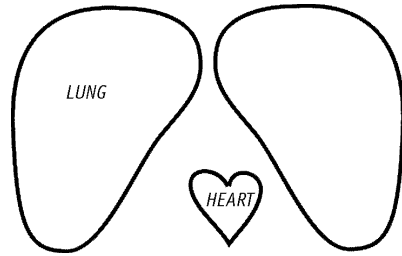
**LOWER HEATER**



- Appropriate waste disposal
- Regular appropriate sexual pleasuring
- Physical blockages as a result of the stuck qi

**Chakra, structure and posture all aligned correctly. Absence of scarring on all levels.**





## UPPER HEATER

In the top third of the trunk, the diaphragm marks the division between the upper and middle heaters. The pure essence of food energy ascends into the chest cavity where it is mixed with the prana/cosmic qi, and in physical terms, oxygen, to form the qi that is circulated in the meridians and the blood that circulates in the blood vessels.

### RESONANCE

Cosmic qi/prana

### SUBSTANCE

Oxygen

The lung organ complex is involved also in fluid metabolism, hence ways of enhancing upper heater function will also improve the quality of all raw materials of the body and the circulation of qi, blood and fluids.

### Considerations

**Structure** – Are the organs and spine aligned correctly?

**Posture** – A well functioning chest needs plenty of room.

**Air Purity** – We are the sum of that which we create from our environment.

**Complete Breathing Cycle** – Often energy and physical blockages impinge upon the full range.

**Healthy Lungs** – Freedom from tar, phlegm, cold, damp and grief.

**Heart Chakra** – Open and resonating as designed to (broken hearts, hurts and grievances stop us from fully living)

**Liver Qi Stagnation** – If there is unresolved, suppressed and/or stuck liver qi, there will be a sense of fullness as the energy pushes up against the diaphragm. This may lead to sensations of breathlessness, smothering and oppression.

Straightening up physically, releasing emotionally and allowing oneself to feel will all allow greater use to be made of the food that is often quite so lovingly and thoughtfully prepared.

**REACH FOR HAPPINESS**



**Step 1**

*Stand in a neutral position with feet shoulder width apart.*



**Step 2**

*Inhale and bring arms in front of body, palms up and fingers pointing to each other – imagine you are holding a ball of energy, keep your arms relaxed and slightly away from your sides*



**Step 3**

*Raise arms slowly in front of you.*



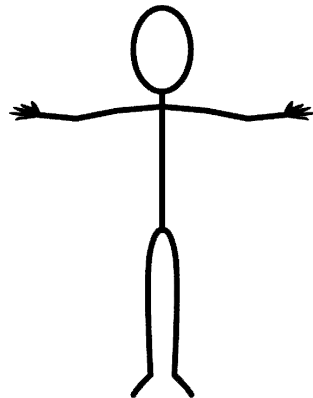
**Step 4**

*Turn your palms downwards, your thumbs closest to your body and interlace fingers. Hold.*



**Step 5**

*As you exhale, lift your eyes and head. Raise your arms above your head, watching their progress. Stretch tall. Imagine you are pushing energy towards the sky. Inhale in this position and ...*



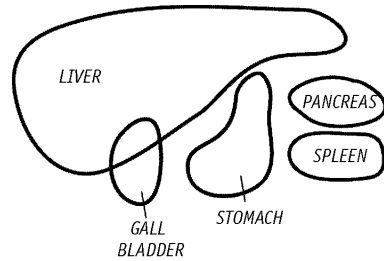
**Step 6**

*... exhale. Unlock your fingers and bring your head and eyes forward while your hands float out and away from your body (at about shoulder height). Repeat.*



## MIDDLE HEATER

The middle section receives the raw ingredients to be processed. Our gut can be likened to a cooking pot. The fire of digestion is supplied ultimately by the kidney yang qi via the spleen yang. The pure essences are driven upwards to the upper heater, the more solid components begin their journey downwards, to eventually being evacuated.



We tend to eat for a variety of reasons, very rarely paying attention to the rules for eating. From the energy framework, these could be seen as:

### **Regularity**

Eat at least every three hours. Not a huge amount, but sufficient to stop the blood sugar dips that create mood and energy swings and sugar cravings. Eating a little often, snacking on high quality foods, will provide maximum opportunity for healing.

### **Temperature**

The spleen/pancreas energy that forms the foundation of our digestive and metabolic strength is required to heat all incoming foods and fluids to body temperature to then begin digestion. If our spleen yang qi is over-taxed, we do not transform foods correctly, creating fat, cellulite and fluid accumulations.

### **Timing**

Our yang qi is strongest in the daylight hours. Our digestive strength is strongest in the morning. Parents of babies are aware that colic is not generally a morning activity, and those with weak digestive systems have greater difficulty with bloating and pain as the day wears on. It is important to eat a small meal to end the day, which then allows one to feel hungry, and not hung-over at breakfast time.

### **Quality**

This is usually where well-intentioned writers give their opinions. It is far more important for the body energy systems to be regularly nourished than to primarily obsess over the relative merits of organic versus microwaved nutrients, etc. Having said that, it is highly desirable that we eat as simply and purely as possible, as we ingest with our food an unknown cocktail of unintended chemical additions.

### **Moderation and Variety**

Filling our bodies with large quantities and/or lack of variation of food choices can create overload and allergic responses.

### **Choice of Food**

The body requires a balanced moderate amount of nourishing substances, particularly as when we have a spleen/pancreas energy imbalance, we rigidly obsesses with we believe to be “right”. Our food choices say more about our personality than the needs of our physical organism.

### **Considerations**

**Solar Plexis Chakra** – This is our key self-nourishing centre. It may become shut down due to shock. This may explain why many diabetics can trace the onset of their disease to a traumatic event.

**Stuck Liver Qi** – Emotional issues left to fester stop our energy systems from correctly functioning. Loosely, this is called stress

**Chronic Stress** – The primary role of the liver qi is to allow free flowing of all substances throughout the body. This is impossible when we choose to not say, to not act, to not feel, or to not acknowledge our own needs and our own truths. Our entire digestive system is at the mercy of our honesty. Inability to Move On – Holding on to an emotional account balance with retribution and payback on any level is guaranteed to block your own life force.

**Gall Bladder and Liver Toxins/Stones** – Gallstones take decades to develop. Our modern styles of eating and living, combined with us being “nice” and swallowing our resentment and bitterness, usually lead to the formation of excessive solid material.

**Rules of Eating** – If these are not followed, any number of digestive disturbances will interface with the other considerations outlined here.

**Co-habitants** – Parasitic life forms besides leeching out essential nutrients may also be creating toxic by-products.

**Posture** – A well functioning digestive system requires room to move. Slouching over computers after meals is unlikely to allow good digestion. Similarly, placing a well-fed baby in a baby capsule, especially with the jarring of a car motion, is likely to create reflux, colic and other baby digestive disturbances.

**Structure** – The correct spinal alignment and integrity of the abdominal organs allows optimum digestive health.

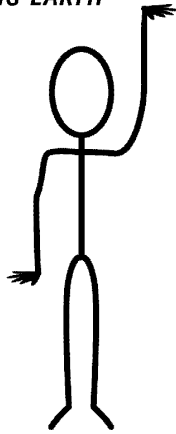
**Breathing** – The diaphragm, when fully inflating the chest, massages the liver and colon. If we persist in shallowly breathing, we do not allow our bodies to work to their potential.

**TOUCHING HEAVEN, TOUCHING EARTH**



**Step 1**

Stand in a neutral position, hands in a prayer position and level with the stomach area.



**Step 2**

**Exhale** and separate your hands. Lift your right hand up to the sky, palm horizontal and push your left hand towards the floor, palm horizontal. (Try doing this raised on tip toes to practice balance as well.)



**Step 3**

**Inhale.** Return your arms to stomach level and place both palms on your body at the ribcage with fingers pointing down.



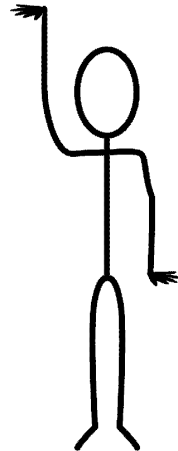
**Step 4**

**Exhale.** Slide both hands down your body towards your thighs as far as you can without bending over.



**Step 5**

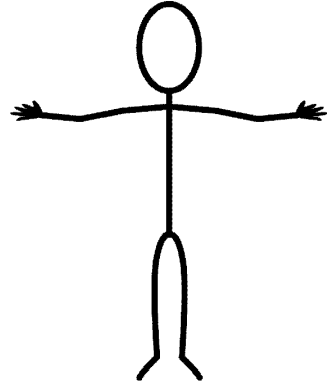
**Inhale** and return to starting position. Repeat using the left hand to go up and the right to go down.



**Step 6**

Repeat using the left hand to go up and the right to go down.

**EXERCISE TO OPEN THE CHEST**

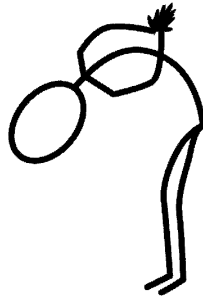


**Exercise 1**

Stand in a neutral position, upright, but without knees locked and tight. Feet should be hip width apart.

**Inhale** and bring your arms to your chest, cross in front of you fingers in a fist.

**Exhale** and stretch arms as far out to your sides as you can, pushing backwards so your chest opens, fingers widely apart. (Don't bend at the back to push your hands out).



**Exercise 2**

Stand in a neutral position, clasp your hands behind you. **Inhale** fully to expand chest and roll your shoulders backwards.

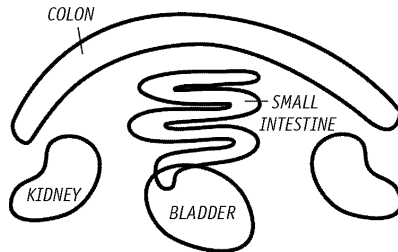
**Exhale** as you bend forward, bringing your arms up behind you and pushing them up as far up as comfortable. Hold this position for one complete breath before returning to the starting position.

**Exercise 3**

Play Tarzan! Beat your chest all around the rib cage, front of the chest, side and as far around the back as you can. This exercise stimulates the lungs and the lymphatic system – singing is optional!

## LOWER HEATER

In energy terms, the assimilation of nutrients is conducted by the action of the spleen/pancreas yang qi. If the spleen qi is weakened, everything and anything has a tendency to fall down and out. Within the digestive context, this is seen as poor digestion, leaky gut syndrome, food intolerances and allergies, Candida overgrowths, diarrhoea, prolapses and haemorrhoids.



The more solid components of the digestive process gradually fall to the bottom. The integrity of the liver qi (see Considerations above), and the availability of yin qi (lubricating energy seen physically present as fluids) are the key points in ease of solid waste exit. If the reproductive and sexual organs, the pelvic girdle and the lower back area contain energy or structural blockages. These will impact upon the lower heater's smooth functioning.

### Considerations

**Actual Spinal Alignment** – Correct spinal alignment allows correct flow of nerve, blood and energy circulation to the appropriate organs.

**Posture and Movement** – Being more solid, the physical wastes need physical movement to assist their downwards passage.

**Breathing** – Full abdominal breathing cycles assists in the release.

**Sexual Expression** – The liver meridians pass over and through the inner and external genital areas. Stuck liver qi in the form of sexual frustration can further add to the unresolved and blocked liver qi.

**The Root Chakra** – This is responsible for survival issues. Any fear felt and stored creates blockage here.

The ability to let go, to experience and to truly be here in this now moment is a gift that is present in all of us when we begin our journey as babies. For all of us, at some point, some aspect on some level shuts down. The body attempts to recreate its blueprint. If we listened to the early warnings and sought to find the cause of "the problem", we might actually heal.

Using the definition of health as "the ability to adapt to change" we can see that whilst we carry the shocks, energy splinters and blockages of our past experiences, our present and future is less than it could be.

**BENDING FOR HEALTH**



**Step 1**

Stand in a neutral position, arms hanging loosely at your sides, feet hip width apart.



**Step 2**

**Inhale.** bring hands up along the sides and then in front, close to your abdomen at waist level, palms facing your abdomen.



**Step 3**

**Exhale.** Slide your hands to the back of your waist, over the kidney area, thumbs to the fronts, fingers pointing to the spine and down. Keep your legs straight.



**Step 4**

**Inhale.** Stretch tall, then lean back as far as comfortable, stretch and bend your whole spine. The goal is to lengthen and strengthen your spine.



**Step 5**

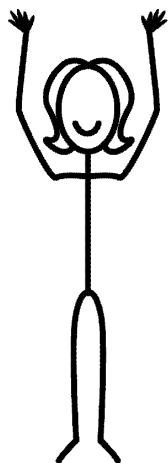
**Exhale.** Bend forward as far as possible, hang your head down and relax your neck. **Inhale** and return to standing position.



**Step 6**

**Exhale.** With your hands still on your back, stretch up and then back as far as comfortable.

## *Energy Blueprint*



### **Step 7**

**Inhale.** Return to to an upright position and raise your arms above your head.



### **Step 8**

**Exhale.** Bending forward this time, sweep your hands down in a relaxed way – just let them fall. If possible hold your toes or touch the floor (knees or thighs are okay too).



### **Step 9**

**Inhale.** Return to an upright position with your arms by your sides.

## POOING

As part of the digestive process, solid wastes gradually drop to the bottom for exit. If people find themselves blocked up they tend to look for the obvious – more fibre, more fluid and eventually something to chemically stir up their colon to release its load.

### Factors involved in colon health from medical physiology

ENERGY			PHYSICAL		
Calm nervous system	Active peristalsis	Sufficient bile & enzymes	Sufficient fluid	Sufficient fibre	Physical Health of colon

### Factors involved in colon health from energy framework

ENERGY			PHYSICAL		
“Holding on” on all levels. Inability to feel or breathe into the hidden & stuck energy masses held in the pelvis.	Stuck liver qi (stress & tension)	Lack of yin qi to moisten	Lack of actual fluid	Stuck blood, phlegm & cold masses in pelvis	Structural blockages esp. organs & tissues out of alignment

### Suggestions for Easy Pooing

- Resolve outstanding deeply held stress to allow liver qi to flow.
- Consume adequate fluids.
- Ensure your yin qi is not overtaxed in over-bleeding, excessive jing loss through too many pregnancies and breast feeding cycles close together. Overwork, not looking after yourself and over-worrying/ thinking will all reduce your three heater capacity.
- Eat small regular amounts of nourishing food in calm surroundings.
- Seek structural realignment.
- Re-establish normal qi flow through the entire pelvic cavity.
- Ensure you breathe fully into your lower belly.
- Spend some time every day squatting, to assist the lower abdomen to relax.



## **BLOOD ENERGY**

Blood is classified as being a yin energy within the body as it functions to nourish, cool and lubricate. Blood energy nourishes all aspects of all physical, mental and emotional well being. The quality of our blood energy is seen in the lustre of the skin, the shine, strength and colour of our hair, the easy transition throughout the month as our levels of blood and energy change with the menstrual cycle, and our ability to sleep well and stay well balanced throughout the life changes we experience.

### **RESONANCE**

(Blood energy)

Shen (Spirit)  
Sleeping & Sanity

All menstrual, reproductive, breast feeding & ageing issues

### **STRUCTURE**

(Red liquid)

Finger & nails  
Toe nails  
Eyes & Vision

Muscles  
Ligaments  
Tendons

Any problem we can perceive in any of the above areas will have a component blood energy imbalance, often as the actual root of the whole condition.

As women, it is vital that we do not allow excessive leakage of this foundation, by buying into the apparent fact that we will replace whatever we lose. The extra effort could be better spent in our mature years, keeping us vibrant, lucid, tranquil and unencumbered by chemicals.

### **WHAT DOES BLOOD DO?**

The state of our blood energy dictates the quality of our lives. As a nourishing substance the blood energy works on every level of existence. On a more physical level it controls the flexibility and suppleness of our form by enriching the muscles, tendons and ligaments. Blood energy is circulated by the liver qi, and as such is greatly influenced by our levels of “stress”.

Blood energy keeps all body tissues vibrant and healthy. The hair, skin and nails are all dependent upon good quality blood energy being circulated to them. This is achieved by the free flowing action of our liver qi. Our liver qi is that which becomes very easily frustrated when we do not say, do and feel what we need to.

How we feel and the amount of integrity we have to maintain a steady and calm demeanour, our ability to sleep well and regenerate and to be present as a sane and confident person is ultimately governed by the quality of our blood energy. So too our ability to think clearly, to perceive and respond appropriately.

This helps explain why if we allow ourselves to bleed too frequently and or too heavily we start to feel and act “neurotically”. Separate to being physically exhausting, our Shen (spirit) becomes under-nourished and we “lose the plot”.

### **IMPROVING OUR BLOOD ENERGY**

The constitutional inheritance passed to us from both parents, their early choices as to our rearing, our resultant experiences, perceptions and habits, and our body’s responses to all of these form the tableau of our energy and blood production and circulation.

Ideally choosing calm, mature yet young parents should create a strong blood foundation. Having an ordered early life, uneventful yet happy, with few shocks and disruptive influences, is likely to consolidate one’s beginnings.

Once being in charge of our lives and following the owner’s manual we can easily set an appropriate course to allow a return to vitality, using the ‘three heater’ production model.

Key concepts here include conscious breathing, and the release of stored and blocked energy and emotional charges, to undo the cumulative effects of a life of scrapes and bruises on all levels.

The entire organ complex, and related energies are a dynamic team. It is designed to function despite handicap, and regardless of circumstance. It is very possible to massively improve one’s state of being by the application of both sides of the equation –

#### **ENERGY**

Life force, vibration  
& temperature  
(Resonance)  
Absorption & assimilation

#### **STRUCTURE**

Ingested nutrients  
Including supplements  
(Biochemical facts)  
Raw ingredients eg. iron

## **TIME AND BALANCE**

Time has sped up. Finding your own relationship with your life is a priority now. Belief systems that seem to work in the 80's and 90's do not fit the earth changes that are coming.

Do you feel fulfilled having little of yourself left over at the end of the day/week/year/life? Do you measure "expense" in dollars, in time or in quality living?

The courage to change  
Fear of financial/social survival

When your life equation becomes a whole number rather than a fraction, you will have no difficulty in making remarkable forward progress. By wishing to heal, that is to restore your whole system to balance, it is always necessary to change how you have been running your life and/or who you think you are.

By buying into the accepted western medical model which divides each different body part and system into a different speciality, you may be less likely to see the connection between how you live and the consequences wrought on all levels of your being.

Life may prod you through incidents, accidents and ill-health, gently at first, and if you pay no attention (it will go away by itself), more forcefully. How you choose to see life events and then how you then choose to respond to these will often determine whether you slide into chronic degenerative life force depression, or grow into a new self.

## **SELF-HELP**

- Return to Owner's Manual's suggestions for well-functioning.
- Clear out blockages wherever you find them (it takes less time and much less hassle if you do that which you resist the most first).
- Acknowledge and encourage life force to flow enthusiastically.
- Become attuned to your own life cycle.
- Go within to connect with Self.
- Open to relate as all of who you are. In vulnerability is vast strength.
- Become a channel of light to enhance your essence and that of the planet and its inhabitants.

## **SUGGESTED MORNING ROUTINE**

Allowing our bodies to awaken naturally, giving all systems a chance to switch on and clear out, will greatly enhance our state of well living. Being mindful of the rising of yang qi with the dawn, the optimal time to awaken and arise, is also, with the sun. This is of course difficult if we choose to follow a path of willful disregard for the natural cycle, staying active into the regenerative phase of night - time.

The Chinese Clock diagram shows the times when the different organ systems experience their energy surges. It can be observed that morning is both the time of peak yang/metabolic/digestive vigor, and also the time the stomach and spleen/pancreas energy is at its peak.

Eating a small, nutritious and easily digested meal early in the evening will allow the sleep cycle to regenerate your inner energy, hence jing storage, thus assisting your continued good health.

1. Stretch luxuriously, allow your consciousness to fully return here.
2. Whilst still lying in bed, abdominal self-massage to help heal the inner organs, ensuring they can properly support you.
3. Half a glass of warm water with half a lemon squeezed into it, to help the liver to wake up, and to thus activate the colon .
4. Dry skin brush to assist the skin in its elimination of toxins from the inside out, and to waken the senses.
5. Ten “Salutes to the Sun”, remembering to slowly breathe in on the stretching up and expanding movements.
6. An enjoyable walk, or other exercise.
7. A guided meditation, lasting between twenty to thirty minutes.
8. A shower followed by a good body moisturiser, and a good cooked protein breakfast.

To look this over and laugh at the absurdity of it in your life is to exactly point out to you the issues to be faced in returning your system to optimal functioning.

## **STRESS REDUCTION**

Unresolved emotional issues are the most common cause of all health problems. We load ourselves up with unsaid, undone and unforgiven energy charges, carrying them about as extra energy appendages, eventually feeling their presence clogging up our life flow. We all it “stress”, eventually being labelled as “depression.”

- The first thing you could choose to do is to let go all that is weighing you down. Letting go the balance sheet that keeps score meticulously of all the slights, hurts and broken promises/dreams is a good start. To do this, you may start to live unconditionally. That is, act as you would wish others would. Be the first one to smile, hug, back down graciously or drop your mask, and be the real you.

(As a consequence of even reading this, you may observe an aspect of self arguing to stay where you are. It may be useful for you to explore what it means to you to carry the old belief systems that hold you stuck in this spot where you feel so uncomfortable).

- Besides making the necessary changes and adjustments to the way of life that is triggering off reactive emotional sites, it is also important to learn to consciously and deliberately relax. Allowing yourself the first bite of the day might take a bit of practice.

Daily, programmed deep relaxation can be the single most important factor allowing the body to heal itself at all ages. One of the most likely spinoffs being your awakened ability to factor yourself into any life equation.

- A daily routine, every day will feel refreshing. There will be a marked progressive and cumulative benefit, with regular deep relaxation practice. It needs to be a non-negotiable part of every day – as vitally important as eating and sleeping. It is a gift from you to you.

Each day’s deep relaxation should last at least twenty continuous minutes. More than thirty minutes may give no further health gains for that session. A morning and an evening spent inner processing may greatly benefit all in your life. You will become calmer, finding yourself more organised, seeming to fly through what used to bog you down.

To argue the lack of available time, is to miss the point that in spending quality “down” time, you are allowing peak efficiency on the “up time” phase.

The deep relaxation should result in complete physical relaxation, in addition to the mental respite. The whole body, inside and out, will become relaxed, pliable, soft, and at ease. Using a guided mediation CD, such as “Healing Breath”, you will be able to follow the prompts, allowing an orderly relaxation of the tension trapped in your structure.

- Centering your attention in the lower abdomen, focus your breathing there. As you do, it is possible that previously trapped energy and emotions may surface. Using a CD such as “Healing Breath” will allow you to revisit, reframe and release the past and its attachments.

Factoring in self healing as a daily practice, it is likely that the quality of your experience of living will improve. You will become more present, less involved in being ‘right’ and more likely to find fun and laughter as an outlet. The physical markers of well being will also improve, the digestion, elimination and appetite will normalise, and sleep, mood and energy will also return to a happy equilibrium.

In acupuncture terms, the tension we accumulate impedes the circulation of qi (energy) and blood, and leads to conditions of both heat and stagnation in the body. In choosing to release our own inner trapped energy (tension)we release all aspects of ourselves from bondage.



## **ABDOMINAL SELF MASSAGE**

Studying the three heater information, we can see how vital the health of our abdominal organs can be. Our entire being depends upon an abundant supply and subsequent circulation of qi and blood. To assist this, it is possible to spend five minutes every morning, whilst still in bed, lovingly massaging our inner factory.

### **STEP ONE**

- Lie on your back, with your knees drawn up. Feet slightly apart, the knees will fall into each other, without effort.
- Press the flats of the fingers of both hands under the bottom of the right ribs.
- Begin pressing as you breathe out. Continue to press, and exhale to the count of six.
- Whilst breathing in, move the fingers down, and over to the sides of the rib cage, breathe out, and press again.
- Do this three times, until you end up pressing under the floating ribs at the sides.
- Return to the bodies mid line beneath the ribs, and repeat this process under the ribs on the left side, starting with light pressure, with each stroke becoming more firm.
- It is possible that there may be pain, resistance, or tension in this region. Over time, this will ease, as you help your body heal itself.

### **STEP TWO**

- Position your hands on the lower right abdomen, next to the pubic bone. With each out breath, press down for a count of six. With each in breath, move up the abdomen until finally under the ribs again.
- Make three passes up the right side travelling upwards in ever closer lines to the centre, following the course of the ascending colon.

### **STEP THREE**

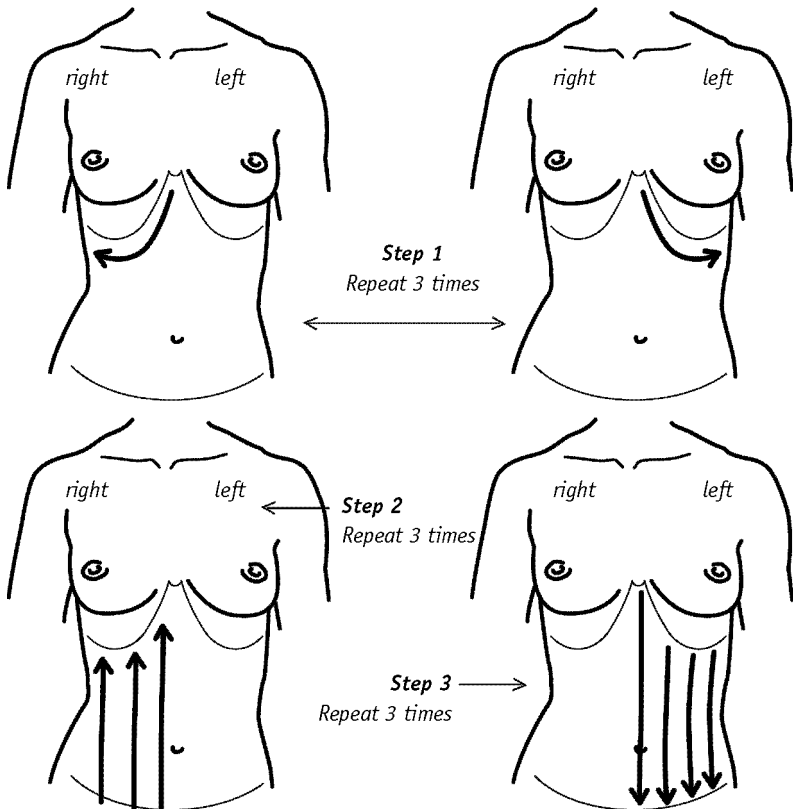
- Beginning at the solar plexus, press down the mid line, until you reach the pubic bone. As before, make three other lines down the left side of the abdomen, following the course of the descending colon.
- Repeat this process, one wave from right to left, three times in total, each time exerting slightly more pressure.
- Return now to any places where you felt pain or discomfort. As you exhale, exert pressure on the periphery of such spots, gently moving

whatever is under your fingers, in a general circular movement, clockwise towards the bottom left abdominal quadrant.

Practising this daily will gradually reduce the intensity and existence of these areas. Typically, it may take four weeks of daily routine to be free of any reactive spots. Moving the physical obstructions will allow the work you are doing on your stuck liver qi to really make changes within.

The time invested daily initially for a month will create a supple and healthy abdomen, that will reward you with regular, easy bowel movements, a healthy appetite and more abundant energy.

### **ABDOMINAL SELF MASSAGE**





## **DRY SKIN BRUSH MASSAGE**

Your skin is a living vital organ with many important functions. From the acupuncture framework it is seen to be an extension of the lung energy. When our lung qi is healthy, our skin is soft, supple and lustrous. The lung qi is also in charge of our defensive energy (wei qi).

The wei qi governed by the lung qi controls the normal opening and closing of the pores of the skin in response to body and external temperature changes. Ensuring the health of the skin layer thus assists our protective qi.

Approximately one third of all body impurities are excreted through the skin – daily, almost half a kilo of waste products is discharged this way. Taking a spa, creating sweating and brushing your skin will all assist to rid yourself of toxins.

An inexpensive natural plant fibre mitt or skin brush (often found with a long wooden handle) works best. Try not to choose nylon or synthetic bristles, as they are too sharp and they damage the skin.

Starting with the soles of your feet, brush vigorously using circular motions and gradually work up the body massaging all of it with the bristles. On the more sensitive areas of the face, inner thighs abdomen and breasts, apply less pressure. Brush until your skin feels warm and glowing, which usually takes five to ten minutes. Finish with a shower to wash away all dead skin particles.

### **BENEFITS FROM REGULAR DRY SKIN BRUSHING**

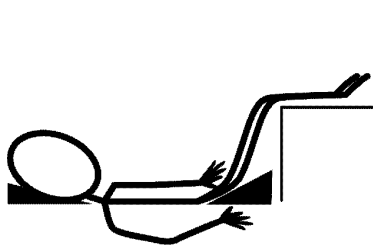
- Removes the dead layers of skin and other impurities, keeping the pores open.
- Stimulates and increases blood circulation and all underlying tissues.
- Revitalises and increases the skin's eliminative capacity.
- It has a powerful rejuvenating influence on the nervous system by stimulating the skin's nerve endings.
- It contributes to healthier muscle tone and a better fat distribution (especially good for cellulite).
- It rejuvenates the complexion and strongly enhances the circulation of the wei qi to and on the surface of the body.

## PROLAPSES AND THINGS FALLING DOWN



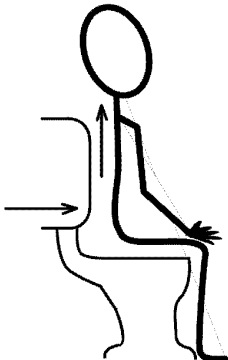
### Exercise 1

Lie on a slant, of at least 25%, for 20 minutes every day. Support your back and hips as firmly, and as comfortably, as possible with pillows or a board. Take your time in getting up, be careful with your back, and allow enough time for the blood flow to gently normalise away from your head so you don't feel dizzy. Make sure your neck is not being compressed and your hips are definitely higher than your chest. After 10 minutes, slide your hands under your pubic bone and gently push down to contact skin and underlying tissues, pull towards your belly button with a scooping upwards movement. Repeat several times, then relax.



### Exercise 2

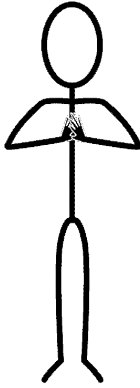
Traction your lower back and support your pelvis by lying with your lower legs over the seat of a chair and your pelvis supported on enough pillows to be off the ground. Make yourself comfortable enough to stay for 15-20 minutes. Practice your pelvic floor exercises while you are in this position.



### Exercise 3

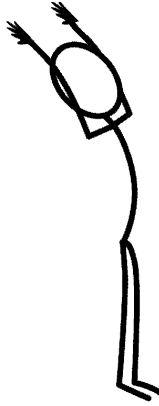
Always sit upright over the toilet to ensure your bladder has no undue pressure on it and can empty properly. Sit well on the seat so that your weight is on your thighs. Sit with your shoulders over your hips in an upright manner, not bent forward, and push your tummy out slightly to extend your lower back. Practice trying to stop the flow of urine in midstream by tightening the muscles of your vagina. Lean forward slightly to ensure your bladder drains completely before your race off.

YOGA - SALUTE TO THE SUN



**Step 1**

Stand upright with your knees and feet together. Place your palms together and hold them against your chest, with your fingers pointing upwards.



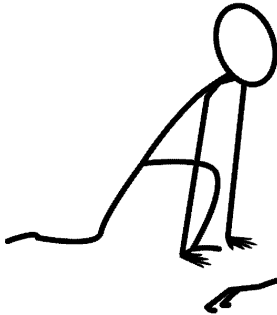
**Step 2**

As you **inhale**, raise your hands above your head and bend gently backwards, Your palms should be facing upward and your head reaching back.



**Step 3**

**Exhale** and lean forward without bending your knees. With practice you will be able to touch the floor with your finger-tips or even rest your palms on the floor.



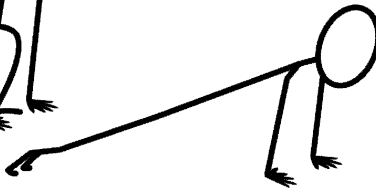
**Step 4**

**Inhale** bending your knees and putting your palms flat on the floor. Push your left leg back and rest the knee on the floor. Look up and push your hips forward.



**Step 6**

**Exhale** and move your body backwards, keeping your hands in the same position until your buttocks rest on your heels and your forehead on the floor.



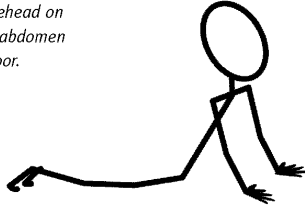
**Step 5**

**Holding your breath**, put your right leg back, next to the left. Use your arms to keep your body raised, with your palms still flat on the floor.

## Energy Blueprint



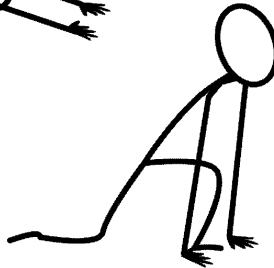
**Step 7**  
**Breathing in and out,** come forwards taking your weight on your hands. Rest your knees, chest and forehead on the floor. Keep your abdomen and pelvis off the floor.



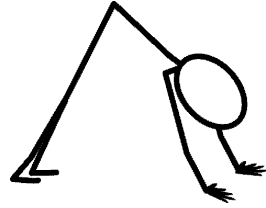
**Step 8**  
**Inhale** fully and straighten your arms. Stretch your head up as far as you comfortably can, arching your back.



**Step 10**  
**Breathing in and out,** bend your knees, resting your buttocks on your heels and your forehead on the floor.



**Step 11**  
**Exhale,** bringing your left knee up between your hands and stretching forwards and upwards. Keep your palms flat on the floor.



**Step 9**  
**Exhale** and push up your buttocks keeping your hands and feet flat on the floor. Straighten your legs and your back so that your body forms a triangle with the floor.



**Step 12**  
**Exhale,** bringing your right foot up to your left. Straighten your legs and bend from your waist. Then breathe in and stand erect.  
Now you can stop or repeat the salute once or several times if you like. In successive salutes, alternate the leg you take back in step 4 and forwards in step 11.

## **SLEEPING**

The cycle of waking and sleeping follows the flow of yin and yang energy (qi) in the universe reflected back to us through our own natural rhythms. The daily ebbs and flows of yang and yin qi give us, in health, the ability to do and the tiredness to rest to rejuvenate - to be 'out there' and then to retreat back into ourselves.

When we live naturally, according to the passage of the sun, as is the case without the trappings of 'civilisation', the dawn brings a changing from the nightly regenerative yin phase. The replenishing/topping up of the batteries done, the body mind is ready for its discharge through living all day with vibrancy and metabolic vigour. If this is not you on awakening, it is likely that the "Owner's Manual" is not being followed.

**Yin qi** is the nourishing, moistening, cooling replenishing presence/energy that allows us to feel tired and to wind down and to easily switch off from activity, mental and physical, into the resting, regenerative phase, to recuperate.

Yin energy gives nourishment to all aspects of self. If there is a weakness in our body's self nurturing, we will gradually weaken. This weakness may be from general overuse through over-worry and general self-neglect, illness that we almost recovered from, or from our less than ideal early start to life.

A yin depleted state creates the scene for irritability, short temperedness and an inability to relax, unwind, turn our minds off, and sleep well and deeply. We may eventually end up with a fuzzy head, feel slightly feverish, and just know sleep is the answer (if we could). This state of being will be well remembered if you have had wakeful very young babies.

An adequate inner supply of the nourishing yin qi allows the harmonious interplay of the spiritual resources that are said to reside in the different major organ complexes. Thus, the peaceful co-existence of emotions and their appropriate flowing (not blocked up in circulation) give the person the calm disposition allowing the wake/sleep cycle to flow on.

A state of insufficient yin, or feeling generally over-tired and 'run down', may create imbalances that fail to trigger the sleep cycle. An exhausted person will then lie awake getting more and more tense and cranky.

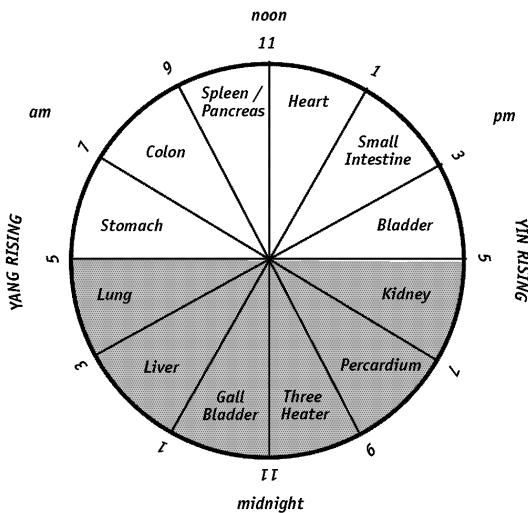
The irritation of feeling stressed physically can cause a worsening of the emotional agitation that often leads on the ensuing neck and shoulder tension, creating headaches. The person then reacting by taking situations more personally than usual and become stressed out further.

From here, we have a tendency to reach for something to help us feel better—often stimulants, which in themselves create further yin qi depletion, by their toxic and heating effects on the body. Coffee, chocolates, alcohol, cigarettes, drugs (eventually the prescription variety) anti-depressants and sleeping tablets are resorted to.

A more natural way of breaking this cycle is to stop. No system can be abused indefinitely. Attending a therapist to “fix” your body, when it is only complaining about your life, is unlikely to give the results you wish for.

Those who have had young babies know that if the child is over-stimulated just before bed, it can't get to sleep. However, we often expect to race around, eat very late, have very, very busy minds and not switch them off, watch charged-up television programs, and then go to bed to magically sleep.

**CHINESE CLOCK**  
*(body energy surges in response to the daily tides)*



## *Energy Blueprint*

Looking at the diagram entitled “The Chinese Clock”, we can see that the different ebbs and flows of body energy, if utilised correctly, can make the difference between whether we’re living well or just coping.

Taking the time just before sunrise as being the beginning of a yang energy flow, we can see that as yang energy determines our ability to be active in the world. It is particularly translated as our metabolic energy.

Between 5 am and 7 am is the colon time. Ideally, in health, we arise and we have a good clean out. Between 7 am and 9 am, is when our stomach energy is at its strongest, if we have followed the natural course of the cycle, and eaten early and small, the night before. If not, feeling like eating, on a tank of partially processed food, is unlikely to happen.

Around 5 or 6pm, depending on the season, the sun goes down and at that time, our yang energy should be relatively exhausted. At this time, we need to replenish, however, most people take this opportunity to sit down and socialise, cooking and eating large quantities of food. This is exactly at the time of day when our stomach energy is at its weakest and when our metabolic energy, thus our ability to assimilate is at lessened

That means we go to bed with a full stomach and can’t process it properly. Hence, awakening in the morning is an unpleasant experience and so the day begins anew.

Paying attention to the natural order of things, once the sun has gone down within an hour two, ideally we should also be asleep to arise when the sun rises. With the advent of electricity, we can pretend we are outside the laws of nature. If we are experiencing sleeping problems, the first rule may very well be to go back to the blueprint, that is, sleep happens when the sun goes down. Eating happens during the day time when we are needing that energy from our food.



## THINKING

Using a computer analogy, we can see that our ability to think is reliant on more than the physical structure we call the brain. In Chinese medicine that physical structure is said to be governed by the kidney energy, as is all nervous tissue.

	<u>ENERGY</u>		<u>SUBSTANCE</u>
(Computer)	Electricity	Software	Hardware
(Human brain)	Shen	Life experience/ thoughts/ memories	Brain

If we see ourselves as being more than the social/physical being our culture identifies as being a person, we may free ourselves from attempting to place a multi-dimensional consciousness within a linear construct in duality.

### **(Heart Energy) SHEN (Consciousness)**

Seat of the Spark of the Godforce  
(the aspect of self that is attuned to the  
creative intelligence/source of all light)

### **(Spleen/Pancreas/Stomach Energy) EGO (Personality Structure)**

Sense of Self – (“I think, therefore I am”)

### **(Kidney Energy) PHYSICAL BODY**

That which roots us in this time and place  
(the physical shell we call our body)

Stepping outside our cultures accepted medical model we can lose the division between head over body diseases. This affords us the freedom to explore energy and balances without judgement. It also allows us to see how alterations in one aspect of our being can have far reaching implications in others.



## *Energy Blueprint*

In the acupuncture model, each organ energy complex is considered to have a spiritual resource. If we pretend that time and space are linear, the diagram below can be said to represent our beingness in this dimension.



(Of our physical shell, and by extension,  
the social identity we construct for this “life”)

<u>SHEN</u>	<u>SOUL</u>	<u>EGO</u>	<u>ANIMA</u>	<u>PHYSICAL</u>
<b>ENERGY</b>				<b>SUBSTANCE</b>

The Shen component is the overall guiding spirit of a person and is said to reside within the heart energy. On this plane it governs our state of consciousness and hence our ability to inter-act in a social, emotional and intellectual sense.

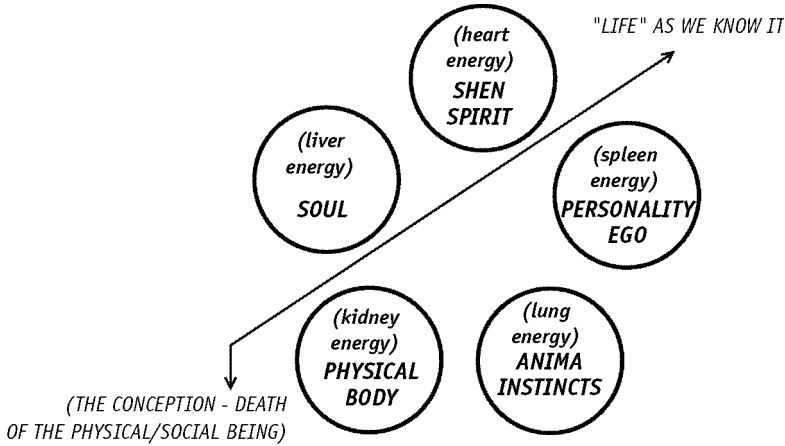
The Shen forms the connecting thread between this realm and those beyond. This aspect of self is that which we read when looking into another's eyes, as the clarity of a persons Shen shines back out at us.

The soul component is that which resides within the liver energy complex. Together these form the more ethereal aspects of self. These could be considered to exist outside our physical life, and can be considered to have set up this current existence. Pre-dating this space/time being here to experience through the identity and challenges set up.

The ego/personality is constructed as a consequence of our time here in physical form. The anima component is that which energises the physical form, allowing the more basic mammalian programs to continue regardless of the existence of higher brain activity.

The physical body is the part that our accepted medical culture can view through its scientific paradigm. Our physical structure is itself present through the interplay of our constitutional potential (jing) and our life experiences and opportunities.

<b>ENERGY</b>		<b>STRUCTURE</b>
Jing	Availability of nutrients circulation and	Physical shell
Blueprint	production	that is palpable



The act of thinking relies on the balanced communication of all aspects shown in the above diagram. The basic ability to think, to reason and to interact with the outside world is governed by the quality of the brain matter and its wiring. If there is a shroud between the physical structure and/or the wiring and/or the spark of consciousness, the clarity of information in and hence responses to external stimuli will be compromised.

To BE conscious is a heart energy/Shen ability. To have the necessary substance to think with is the domain of the kidney/jing complex. To have the clarity for these two to combine into thinking requires our spleen/pancreas energy to be well nourished and nourishing us appropriately.

The energy of dampness can pervade our lives when we have weakened our spleen energy to the point where hypoglycaemia, candida and food intolerances and allergies cause bio-chemical and energy hiccups.

**RESONANCE**

Shen Heart organ complex (houses the shen) intact – absence of trauma & shock

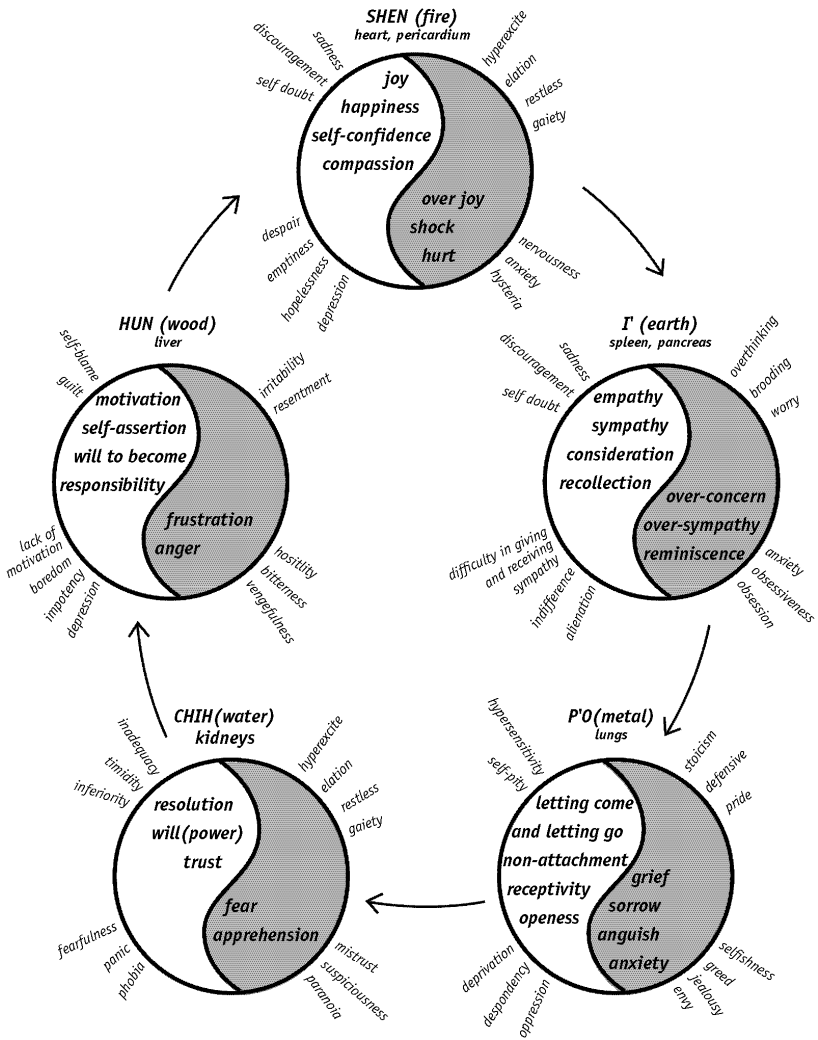
**Clarity – no damp/phlegm/misting the consciousness**

Circ. of blood & qi through meridians

**STRUCTURE**

Quality Jing to provide → Actual brain

THE EMOTIONAL KALEIDOSCOPE



## RELATING



In essence being here as people we need others. To feel connected, be related to and with, and be included in other's lives gives us a sense of belonging in the world.

It can be seen that there are three levels on which we may relate.

<b>RESONANCE</b>		<b>SUBSTANCE</b>
Spiritual	Emotional	Physical
In a connected knowingness	Being run by one's belief systems	Going through the motions
The point of light we could access	"The mask" we construct	What it looks like we're doing

Often when relating with people we can feel something that is different from their words or their actions or their stated intentions. It is often that our feelings and intuitions penetrated underneath what the other person intends us to believe of them.

In relating emotionally/sexually, we often find an interesting situation.

CHAKRAS		MEN	WOMEN
Heart		Tend to be closed down	Tend to be over-romantically programmed
Sacral/Root		Hormonally ready and able	Tend to be shut down

Our culture tends to create the situation where women's socialisation punishes them for feeling fairly sexual. Men seem to be punished for being vulnerable, open, compassionate and able to feel.

Thus, the dance of relating male to female each within themselves attempting to balance the inner disconnection of their heart-sacral chakras, and with each other as a couple, trying to balance so that both feel fulfilled.

## **SEXUALITY**

The expression of our sexuality with others is, in energy terms, an exchange of energies and body fluids. Just as a healthy menstrual cycle is dependent on our well functioning qi and blood circulation and production, so too is our ability to enjoy ourselves as sexual beings.

Anything that has disordered our emotional and physical health will have also altered our energy pathways and chakra balances, whether we are aware enough to perceive these or not. Resultant energy deviations will have created imbalances that we may choose to see as being psychological in nature, having us thus trying to solve a puzzle without all the correct pieces.

In energy terms, the male sexual response should be strongly yang – hot and hard. This is also how an erect penis should present – strong and proud. Yang qi is volatile, active and insistent, quick to arouse and to extinguish.

The healthy female sexual response mirrors her yin nature – soft wetness. Yin, like water, is slow to boil, yet able to simmer without finale.

Hence the mystery of heterosexual union – how to meet in the middle, to allow the hot rod to deliciously stir up the hidden depths, without burning too brightly, too quickly. (There are books to lead interested men past our cultural insistence on form and technique, into relatedness and intimacy, where both can merge as we are designed to - across all dimensions of self, into union.)

The kidney energy complex is the root of yin and yang qi, and thus the basis for all life. The kidney yang allows sensations to be desired and felt, and the ability to orgasm. The kidney yin grants the juiciness of the experience.

### **The relative nature of the kidney energy complex**

<b><u>RESONANCE</u></b>			<b><u>SUBSTANTIAL</u></b>
Qi	Yang	Yin	Jing
Kidney qi	Kidney	Hormonal	Renal
Complex	meridians	(metabolism growth & reproduction)	function

## CONTRACEPTIVE USAGE

In a state of perfect health, regular sexual activity will result in a pregnancy. As we usually wish to enjoy our playful adult contact without constant baby making, our attempts to hamper normal reproduction as a result of this generally creates disturbance in our energy and our hormonal levels.

All natural medical systems aim to restore the body's optimum efficiency. Thus any natural treatment to improve any aspect of self will as a normal bi-product will enhance fertility. Once highly fertile, preventing contraception can be seen as a blockage to normal flow and as such is problematic, often creating unwanted imbalances.

Using **barrier methods**, the energy and fluid exchange between the couple is hampered. Using **chemical hormonal substitutes**, the normal monthly tides are placed on auto-pilot as a false cycle is inflicted upon the body. The different energy systems and organ complexes respond to this depending on their own inherent strengths and imbalances.

If the system worked very well prior to the pill usage, it may not interfere dramatically with the return to normal going off the pill allows. If however the contraceptive pill was prescribed originally to control or normalise any aspect of the cycle, the causative factors leading to the original symptoms can continue masked by the false cycle.

Physically the contraceptive pill and any other artificial hormones must be broken down by the liver organ. It is the liver energy and the liver blood energy that are constrained and stagnated, as the body's "normal" is not allow to occur.

Using an **IUD** as a physical presence, maybe the most efficient and least problematic answer, *as long as there is no metal impregnated in the device*. This is because all of our constitutional energy passes through the uterus to be circulated over the body. Any metal, be it in an IUD or as clips placed to close the tubes, will alter the frequency of our life force. If considering using an IUD, all menstrual disorders should be corrected first, naturally.

**Being "careful" and charting normal ovulation** may be considered to be a version of Russian roulette. Our blue print perfect cycle is dependent upon a variable group of factors and fate and life can provide the interest challenge factor, especially if actively attempting to become more healthy.

## WOMENS' SEXUALITY

Healthy kidney yang within the context of women's sexuality allows us to feel and enjoy the four aspects of libido (feeling like it), arousal, actually feeling sensation fully as pleasure and the ability to orgasm.

Kidney yin allows us appropriate quantities of lubrication. If we have balanced kidney yin and yang within us, we have neither excessive or non-existent libido.

### RESONANCE

Kidney qi  
Complex  
(includes jing  
Pituitary/thyroid/DHEA  
& blood energy)

### STRUCTURE

Hormones  
Oestrogen/Progesterone/testosterone

In our culture, it is usually assumed that women's inability to feel desire or to enjoy themselves sexually is in perhaps some way a reflection of their psychological health, needing only to loosen up to "fix" "the problem".

### ENERGY

Kidney  
Qi well  
Circulating

Beliefs  
& conditioning  
Past  
shock,  
grief,  
guilt,  
shame,  
fear etc.

Stuck  
liver &  
Assoc.  
Energy  
pathways

Presence  
of cold,  
damp,  
physical  
scars etc.

### SUBSTANCE

Hormones  
present in  
sufficient  
quantities  
&  
available

Any activity that compromises our internal programs to store away jing as capital for our later years, especially dieting, with no regard to our body's menstrual needs will ensure hormonal deficiencies in later life. These blood and jing impacts usually show as early menopause and premature ageing.

*EXHAUSTION* of life flow, due to a myriad of factors, especially not taking the time out to reconnect with self, will almost guarantee a waning of sexual interest, or in the case of a harried wife and mother, the total loss of its importance in her life. Her biological imperative is to keep the children, or their substitutes, safe and well.

Incomplete regeneration at rest, due to wakeful children., domestic pets, possums in the roof, poor sleep patterns, the inability to leave work at work, or the day behind, or that last argument-out-of-the-bedroom, all conspire to ensure enjoying THIS now moment is unlikely.

*OBSTRUCTED LIFE FORCE* can wreck sexual pleasure. The energy trapped within the actual physical scarring from operations, combined with the unattended energy imbalances that lead to the original surgical interventions, the repercussions of uninspired birthing, contraceptive and sexual practices, and the women's responses to all of these do little to enhance sexual freedom.

Disappointments, grievances, old and unresolved hurts, slights and repressed anger, rage and hatred all tangle the liver qi and thwart its ability to freely flow through all tissues, especially the sexual areas. Added to the weakened state of most who live too fast, it is small wonder women may wonder 'what is the point?'

Artificial hormones may block normal response, especially if they were themselves prescribed to magically "normalise" a deranged cycle. Feeling out of touch with self inner connection allows little opportunity for the vibrancy of one coming to union with another. Healthy sexual response and release is a gift from a well body/mind.

## **QUESTIONS**

- Qi flows where the shen directs it.  
Is this partner one you trust and wish to merge with?
- Qi flows when it is sufficient.  
Are you exhausted, running on empty?
- Qi flows when it is able to.  
Are there energy or physical blockages to flow?  
Are there emotionally unresolved past issues that are affecting you still?



## *Energy Blueprint*

### **SOLUTIONS**

- Love flows when you allow it to.  
What has previous vulnerability given you?
- Love is.  
    We are.  
        Often stuck in the belief that love is conditional upon.
- Open to all of yourself.
- Find someone who is at a similar point of their own life path.
- Ignore the magnetic lust attractants, and look for companionship, respect and fun.
- Watch yourself grow as you explore union.

### **SUGGESTED EXTRA READING**

1. *“Cultivating Female Sexual Energy”*  
Mantak Chia & Maneewan Chia
2. *“Multi-Orgasmic Man”*  
Mantak Chia & Douglas Adams
3. *“Sexual Secrets for Men”*  
Kerry and Diane Riley

## **HEALTHY PERIODS**

A healthy period is one that comes and goes unannounced. It should be completely symptom free involving a 5 day bleed of bright red flow every 28 or 29 days.

<b>RESONANCE</b>			<b>STRUCTURE</b>		
Jing & blood energy sufficient	Emotional balance	Meridian flow unimpeded	Liver qi freely flowing	Hormones	Signs & symptoms

Having a period is not a disease process or a curse. In its healthy state a period is neither intrusive nor life altering. The flow should start freshly red, slowly building up to a steady flow. There should be no clots, gushes, floods, pain, interruptions to flow, spotting and dripping before or afterwards, or lumpy, stringy or odorous material discharged. Bleeding should turn on, reach a peak and gradually turn off cleanly like a tap.

There should be no bloating, fluid retention, nausea, bowel changes, mood swings, headaches, pimples, back, leg or breast symptoms or any other cyclic body changes.

The monthly period should just be regular, uneventful bleeding – not leaving the woman exhausted, weary and depleted. To have a cycle that differs from this signals imbalances in your qi and blood circulation and/or production. Accepting them as your lot may appear to be heroic, but sets the stage for later health problems as you are ignoring early warning signs.

Old patterns, habits, and reactions that we have carried forward to the present interact with our daily lives and perceptions, creating the report card of our inner and outer worlds – the menstrual cycle.

We can then argue that we are experiencing our family patterns – as we are.

<b>ENERGY</b>		<b>STRUCTURE</b>	
Karmic & soul lessons to be experienced	Expectations based on living as our mothers' daughters	Life experiences acting on our blueprint	DNA (“genetic”)

## **MENSTRUATION WEEK BY WEEK**

The menstrual period can be divided into four separate phases.

### **Menstrual Phase**

Starting with the first day of bleeding this should last about 5 days. During this time, the blood energy is moving, relying on the free flow of liver qi and liver blood energy. Any stuck liver qi or stuck liver blood energy conditions will create clotting, pain, flow disorders and all pre-menstrual symptoms. Flooding, gushing, short cycle and lengthy flows are all the result of hot blood energy. The most common cause of blood heat is internal liver qi stuck, also giving rise to the rage and immense mood swings. Hormonally, it can be seen that there is a sharp drop in oestrogen and progesterone as the endometrium is shed.

### **Post Menstrual Phase**

For approximately a week after bleeding, the body's blood and yin are relatively empty, as are the chong and conception vessels. At this time, it is totally inappropriate to be dieting, as your body will prioritise for reproduction (some would say foolishly) over your continued good health. This equates with the follicular phase during which time the ovum grows and oestrogen levels rise under the influence of follicle stimulating hormone.

### **Mid Cycle Phase**

For about a week during this phase, the blood and yin gradually replenish the chong and conception vessels. This corresponds to the ovulatory phase when the egg is released from the follicle and the corpus luteum develops under the influence of the luteinizing hormone (LH).

### **Pre Menstrual Phase**

Lasting about a week, this is when the yang qi rises and the liver qi moves in preparation for bleeding. Most are familiar with the energy changes, feelings of fullness and bloating and sometimes general "bitchiness" that emerge due to our already over-full stuck liver qi. Using alcohol and other drugs to feel better at this time will create much more liver qi stuck and blood heat.

If you are currently using the contraceptive pill to control your dreadful periods, it may be important for your future fertility that you seek natural therapeutic treatment to re-establish the normal flow of your life forces.

## HEALTHY PREGNANCY

A healthy menstrual cycle is dependent upon normal circulation and production of qi and blood. Any factors that upset any of these over time create menstrual disorders. The major pre-requisite for a healthy pregnancy is to have a totally trouble free menstrual cycle. Attempting conception whilst experiencing major hormonal imbalances maybe seen to be a recipe for disaster, every 'hormonal' mechanism is under the control of the kidney complex and thus our jing.

<u>RESONANCE</u>		<u>STRUCTURE</u>		
Kidney jing	Maternal blood energy	Free flowing liver qi	Well functioning three heater system	Egg & sperm

Attempting to over-ride the body which is communicating its distress by a disordered menstrual cycle will only create further qi and blood production and circulation imbalances. These may not become immediately evident, or may show themselves through other body systems. The energy imprints of any surgical or chemical intervention stay within the body.

<u>RESONANCE</u>		<u>STRUCTURE</u>		
Karmic/ soul intentions	Shock & trauma	Liver qi & blood stagnation	Cold blocking normal qi & blood circulation	Physical scarring & toxic drug residues

At the point of conception, the developing baby's jing is equally derived from both parents. From then on this template unfolds according to the environment it is placed within, that is, the maternal "fetal palace".

A healthy pregnancy unfolds in its own time to an inner clock as an indication of the strength and vitality of the mother's jing and blood energy. The appropriate development of the fetus and the easy birthing, breast feeding and maternal health and sanity are also indicators of these.

Initially the first sign of pregnancy should only be a missed period. If the mother is in a well and vibrant state prior to conception, she should have none of the "normal" pregnancy symptoms. Nausea, lethargy, back ache,

## *Energy Blueprint*

ligament and tendon problems, blood pressure and fluid retention, haemorrhoids, varicose veins, excessive weight gain, irritability, mood swings, constipation, heart burn, sciatica and anything else that will apparently disappear at birth are all indications that the body is actually out of balance and needs assistance.

In energy terms the pregnant state creates a particular pattern that is superimposed upon the woman's normal life. At any other time, any of these alone or in combination would be re-aligned. In pregnancy there is a relative abundance of blood, heat, dampness and liver qi, and a relative depletion of circulating kidney qi.

If the woman started pregnancy in a less than healthy state, with any of the above imbalances, she is far more likely to experience the physical symptoms normally expected of pregnant women.

The energy disturbances creating these deviations from well functioning are easily recognised and remedied when visiting health care practitioners whose frameworks allow enhancement of normal, rather than crisis management.



## **BIRTH**

Using the acupuncture model, pain can be viewed as an obstruction to normal flow. A line in the Chinese classics states that “when the Shen is peaceful, the pain is minute”.

<b>RESONANCE</b>				<b>SUBSTANCE</b>
Beliefs	Emotions	Meridians	Muscle	Result
Expectation	Fear, anxiety Shock, anger from own or others past experiences	Stuck liver qi creating stuck blood (hence more pain)	Tension causes muscle spasms	Physical pain

The actual process of the uterus drawing up, allowing the cervix to widen to then release the baby into the external world is natural as is having a poo. If we as birthing mothers have no stuck cold/qi/blood/physical obstructions and are able to ride out the intense surges of life force as they wash through us, it should be possible to experience much less trauma than is usually the case.

The accepted medical model is fear based. Child birth can be seen as a potentially fatal event, requiring constant monitoring from conception to ensure nature gets it “right”. Those thinking that they are protecting themselves and their families by focusing on the possibility of the worst scenarios could do well to re-study the chart above.

An easy vaginal delivery is far more likely if the woman is surrounded and supported by an expectation of birth being a normal bodily event. Anything that triggers off maternal emotional distress will impact upon her body’s energy systems, which in turn dictate the physical mechanisms of birthing.

Previous back and abdominal components and their associated energy and emotional blockages may impact upon the birthing process.

Remembering that pain is due ultimately to obstruction to normal flow, the more movement, freedom and opportunities to allow the body (rather than the mind and its beliefs) to get on with the job, the more likely the energy will flow unimpeded, resulting in a quick and easy delivery.

## **BIRTHING ASSISTANCE**

From an acupuncture framework a crucial time in a woman's life is during labour. At this time it is possible for her qi and blood to be wasted unnecessarily. This is because our accepted medical model reveres "facts" as being only those within the tangible scientific paradigm.

<b>RESONANCE</b>				<b>STRUCTURE</b>
Previous energy blockages stored in all levels esp. lower heater	Fear, shock, terror (old or new)	Presence of cold and physical blockages including scars creating obstructions	Lack of qi circulating due to a combination of the proceeding factors	Slow and/or very painful ineffectual contractions, eventually causing fetal and maternal distress.

Within the current medical model, disease causative factors do not include adverse climatic incursions, and other energy disruptions. Throughout the Asian cultures it is unheard of to allow a birthing or post-birthing mother anywhere near cold, draft of any description.

Cold energy in the body wastes the yang qi. At the time of birth, much maternal energy is expended, often to the point of severe exhaustion, much blood is lost, and much shock and trauma and joy are experienced. In this volatile time it is very important to be aware of the invasion of cold into the vulnerable maternal energy circuits.

Cold energy stays in the body especially in the uterus indefinitely. Once there it creates contraction and hardening, lessening normal circulation of qi and blood, hence setting up massive future gynaecological problems. The current medical fashion of the application of frozen condoms onto the highly traumatised just birthed maternal perineal area, as if it were a footballer's ankle is a travesty.

The other major preventable maternal birth injury is that of over bleeding. After birth it is important that as little blood as possible is lost. If flooding or constant ongoing bleeding occurs past 1 week, do not be complacent, do not allow your medical advisors to be so. The mother's ability to stay sane to be able to sleep well to replenish herself, to breast feed well and to enjoy her new baby are all dependent on her blood energy's ability to nourish her.

## **POST BIRTH**

One of the key periods in our lives when we are able to re-make ourselves or conversely to completely waste our constitutional inheritance is during pregnancy up until the end of breast feeding. As our culture places such high regard for the appearance of perfection rather than paying attention to the energy side of the equation, it is usual for the new mother to attempt to do everything as though she were superwoman.

The most important thing the father can do for the mother is to change his attitude about her inherent maternal instincts and her abilities to soldier on regardless. If he wishes to have a sane, happy and healthy mother for his child/children the post-birth period is the window of opportunity to enhance or destroy the future health.

The shock of not having a minute to call your own often after living a highly structured orderly existence is compounded by sleep deprivation, body image issues and the unresolved, untreated and unrecognised after effects of undergoing the birthing experience.

Most women lift and carry washing, inhabited baby capsules and toddlers because they feel they need to. They may be physically capable of so doing but the internal physical and energy structures have been weakened and require time to return to the pre-birth state.

Whilst breast feeding the mother's body remains soft. Attempting to return to pre-baby shape by attending gyms, doing workouts and other muscular pursuits can cause long term damage. Women's bodies require toning, touching and time to heal.

Many women, often decades after birth know that their current health problems began after or around the birth of one of their children. One of the most important things a new mother can do is to rest when the new baby sleeps. The housework, cooking, nappies and other children always seem to take priority over her own body needs. This is a recipe for difficulties in the decades when the children and often the husband are long gone from the nest.



## **BREAST FEEDING**

Breast milk is manufactured from the same energy source as menstrual blood. Many women forget that their baby is using them as the soul source of all food and fluids. Some women can only see the extra that has not magically dissolved from their frames after the baby has exited from their body.

Consciously losing weight whilst breast feeding may create much strain upon the maternal energy reserves, as the body is geared into producing sustenance for two. As stated previously after birth is one of the rare times when the body is able to renew itself. It is unlikely to be able to do this if the mother believes that her major focus is to be able to fit into her pre-pregnancy clothing.

Sufficient good quality breast milk requires a strong maternal digestive system to process all the raw ingredients into good quality blood energy. As her blood energy must also be used to nourish her skin, nails, hair, muscles and tendons, emotional and mental balance and her ability to sleep, these may be sidelined as the body may give priority to producing breast milk.

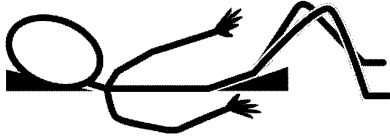
The key ingredients for good quality breast milk are:

EMOTIONAL SECURITY		PHYSICAL REQUIREMENTS		
Calm & Peaceful life	Well functioning digestive system	Good quality blood energy	Relaxed muscles, esp. trapezius	Large quantities of fluid (H <sub>2</sub> O), protein, B vitamins

It may be possible to successfully breast feed even after prior to conception blood energy deficiency and/or excessive birth blood loss and/or a previous history of insufficient lactation and/or breast operations. It is a normal natural mother's experience to provide the energy and the physical nutrition that breast milk affords.

Chinese herbs and acupuncture, preferably prior to conception or during a pregnancy may strengthen the woman's body sufficiently to create a well, healthy and happy family unit by enhancing the mother's blood energy.

## EXERCISES FOR PREGNANCY AND POST-PARTUM



### Exercise 1

Lie on the floor with your head supported by a pillow and the lower half of your hips and buttocks on a low pillow so that your pelvis is tilted slightly upwards.

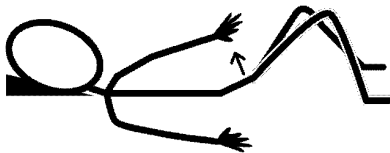
Rest in this position as there is less strain on the pelvic floor and hip girdle.



### Exercise 2

Try to contract your abdominal muscles by tilting your pelvis upwards, keep your neck relaxed and your lower back firmly on the floor.

Repeat in series of 10.



### Exercise 3

Lift your buttocks gently off the floor, hold and lower slowly to the ground. Keep your neck relaxed and tummy muscles tight all the way down.

Repeat in series of 10.

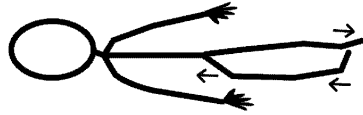
Pelvic floor muscles can be exercised in 1, 2 and 3, by squeezing the walls of the vagina tightly as if trying not to pass urine. (Try not to squeeze your buttocks together!) It is a good idea to check your progress while passing urine – if you can stop the flow in mid stream, great, if not your pelvic floor muscles need to be worked on. Remember they are internal and no-one can see you squeezing them together, so practice as much as you can – sitting, driving, walking etc.

**EXERCISES FOR PREGNANCY AND POST-PARTUM**



**Exercise 4**

*The hula is a great way to stretch your back. Lie on the floor with your head supported on a pillow, keep your lower back firmly pushed into the floor (you may have to put a pillow under your knees to do this).*

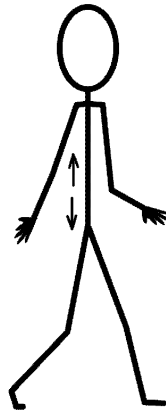


*Push one heel away from you and pull the other up by bringing your hip closer to your shoulder. Keep both legs as straight as possible. Aim for movement at the hips like a hula swing.*



**Exercise 5**

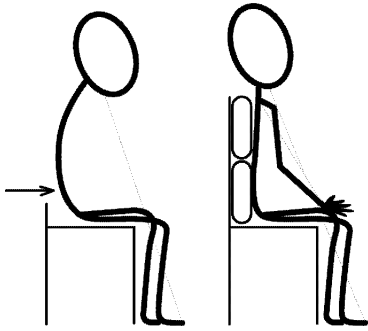
*Lie on your back, with your lower back flat on the floor, knees bent, head on a pillow. Bend both knees together and tip to one side as far as possible, this will stretch your sides and buttocks. Repeat on the other side.*



**Exercise 6**

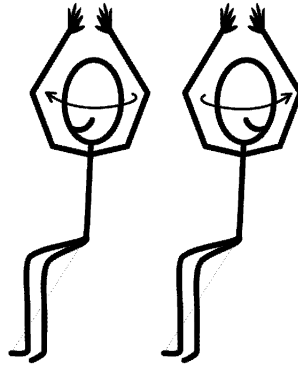
*When walking, stand tall. The book on the head posture lengthens the whole spine, stopping collapse and back and neck strain.*

**EXERCISES FOR PREGNANCY AND POST-PARTUM**



**Exercise 7**

*Sit tall. If you are tired, prop your back all the way up to mid chest level and lean back so you are well supported. Slumping puts pressure on all the internal organs including the lungs. It is hard to regenerate if your oxygen levels are low.*



**Exercise 8**

*While sitting tall stretch both arms above your head, keep your neck relaxed as far as possible to one side and hold for one breath, return to normal and repeat on the other side. Really stretch your back so you are sitting as tall as possible.*



**Exercise 9**

*Lying in the position for stretch number 5, place a large folded towel between your knees and squeeze tightly. Keep your lower back flat on the floor. This exercise takes the pressure off the front of the pelvis.*

## WHAT MAKES US SICK?

Anything that alters the body's ability to function within a narrow range of optimal operation and/or which stays long enough to weaken the body's ability to adapt to any further changes is considered within the acupuncture model to be disease causing.

### ENERGY/RESONANCE

Acupuncture model

### STRUCTURE/SUBSTANCE

Western Medical model

Under the energy banner, we can see any number of apparent intangibles can disrupt our well functioning. The major categories here are considered to be from either the external environment or from our internal landscape.

The *weather factors* are just as important to us living in moderate climates, although we tend to consider ourselves outside their influence. We are only rarely inconvenienced by sudden shifts in the weather, with the 'civilised' conveniences of electricity, heating and well protected housing. We are however inclined to leave ourselves open to invasions of weather qi, as we ignore the possibility of danger. Those concerned with 'catching cold' and staying out of draughts may be seen as 'wimps.'

The *internal factors* are considered to be emotions not freely expressed or which are over emphasised. Weakness in organ energy systems may lead to tendencies towards one emotional charge being favoured over another, expressing it to excess.

Other *incidental factors* include geopathic and magnetic stress, accidents, parasites, epidemics and overwork and over usage injuring the body.

Our defensive energy (wei qi) is governed by our lung qi, and circulates superficially over the skin, being responsible for the actual opening and closing of the pores. It is also, on more energetic levels, responsible for our aura and psychic strength. We may enhance our own defences by ensuring our breathing and posture allowing for strong lung qi flow.

Our physical immune system responds to our state of well being. Chronic diseases somehow manage to short cut the body's ability to overturn it. This is most likely to happen when the total organism is not able to work as designed. Hence the suggestion to follow the Owner's Manual.

## **MODERATED PANIC (medical model)**

The sympathetic and para-sympathetic systems are the body's 'on/off' switch for the panic buttons. The sympathetic system winds us up and the parasympathetic system winds us back down again. A healthy body will reflect the dynamic balance of us and the world, reacting appropriately and then relaxing to rest into 'normal' mode.

The alarm reaction is a fight or flight response to stress. The immediate physiological responses being to preferentially shuffle huge amounts of oxygen and glucose to the organs that help ward off danger – the brain, skeletal muscles heart and lungs. General circulation is increased, energy production is sped up and nonessential activities are slowed down.

The brain and senses are switched on, the adrenal glands are stimulated to pump out adrenaline (our rocket fuel), the liver speeds up the production and release of fatty acids and promotes heat production via fat cells. The kidneys slow down the rate of filtering the blood and secrete a hormone that helps raise blood pressure. The entire digestive system slows down, both in motility and production of digestive juices. Blood circulation into the area is reduced, as it is re-routed to assist in active defence elsewhere.

The lungs dilate and blood flow is increased to allow for optimal oxygen uptake. The gall bladder and bladder relax in tone allowing the collection and storage of more fluid without stressing the body further. Most of the blood flow to the organs and the skin is reduced and the spleen contracts to eject red blood cells, sweat glands contract and the skin surface stays moist because of this light layer of sweat. All this happens instantaneously

When these changes are maintained due to the presence of long term stressors (unresolved awkward home/work situations, taking everything said personally, not liking your job/husband/children/life), the system stays jammed on the "on" position. One feels tense, and nothing feels, or works as it should. The normal blueprint has been interfered with. Liver qi cannot freely flow, and its angst creates a war that spills on into our life.

This shows up in any number of digestive complaints, eventually getting so serious that irritable bowel, Krohn's disease and bowel cancers may result. Most are well aware of the discomfort, bloating, colic, constipation, nausea and heartburn that result from living in a private war zone. Over time, many degenerative conditions result from our inability to nourish ourselves.

## **COLD**

The results of the climatic factors are easy for an acupuncturist to observe - cold consumes the yang qi, causing contraction and hardening, blocking up normal flow. Cold characteristically creates stagnation, setting up situations which are worse in exposure to cold and temporarily better when heat is applied. It may be felt as any aching, often felt deep in the tissues.

Cold energy trapped in the skin layer shows often as blanching – particularly on the back of the neck. Pressing the skin will leave a finger or palm print, and the skin surface may also feel cool to the touch. When the cold energy lodges in the skin level, it slows the external circulation, allowing the pores to work less efficiently than they usually do. This creates a situation where temperature changes are registered differently than before. The skin, not only being may be cool to touch, may appear slightly mottled in colour, and may become slightly painful with any further exposure to cold.

If cold is lodged in the flesh, circulation of all nutrients on all levels is slowed down, resulting in relative malnutrition to the area, with attendant degenerative changes. In the joints, and bony structures. The cold lodges gradually creating degenerative changes that are eventually termed 'arthritis'. If there is also damp energy involved, there will be swelling and often with heat generated, hence created gross structural damage and malformation.

If wind energy is also involved with the cold invasion, there will be a worsening with weather changes, especially windy weather, with possibly different locations being affected, as wind energy allows the qi to travel, rather than target specific joints. These energy splinters once in the body, create different patterns of circulation, as the body attempts to correct the changes wrought upon it.

If the cold energy has weakened the protective energy (wei qi), the defensive functions, including the immune system will be affected. Diseases may now be easily 'caught', as the person is doing a constant inner battle with internal invaders, (although invisible and intangible to external medical measures). The cold energy over time may weaken the yang qi, hampering digestion, circulation, protection, temperature regulation, and the ability to hold tissues, organs and blood in place.

## UTERINE COMPLICATIONS

Pain is felt when there is blockage to normal flow. In situations where cold has lodged, circulation slows to create a damming of all energies, causing contraction, cramping and pain, all easing temporarily with the application of heat. The presence of the cold, slowing normal qi and blood circulation can lead to the formation of fibroids, cysts, endometriosis, all being physical manifestations of stuck qi that congeal into stuck blood energy.

If the cold is not removed, the person's yang qi is lessened gradually. Over time, they will be less vital than they were. The circulation of energy in the abdominal area will be compromised, allowing further deviations from normal to occur. The abdomen may actually feel cool to the touch, and may feel very uncomfortable after consuming cold and raw foods.

As yang qi is also that which gives us our libido, sexual enjoyment and yearnings are likely to dwindle. Sexual contact without orgasm release is another pathway to stuck qi and blood, further exacerbating the already compromised region, adding more stuck qi and hence more likelihood of stuck blood energy. Adding chemical blockages in the form of hormonal contraception to mask the period pain, or bleeding irregularities, is a recipe for gynaecological and obstetric disasters in later years.

*A young woman came for treatment of her faecal incontinence and uterine prolapse. On questioning, it was revealed that nothing in the lower abdomen had been the same since the birth of her child, two years before. Her energy and libido were very weakened. She had trouble with excess weight, and had tremendous period pain, and generalised aching and dragging down sensations, including violent anal pain, especially after pooing. Many acupuncture treatments and herbal mixtures later, all symptoms were lessened, yet still present.*

*On further questioning, in a complete debriefing of the child's birth, it was discovered that a water filled condom had been applied to the perineum after birth, to soothe the swelling. She told me that the relief was wonderful. So it may have been.*

*At that highly vulnerable time, the penetration of the cold energy went straight into her internal organs. The primary factor, the presence of cold then completely altered her ability to live*



## *Life Impacts*

*normally. Over time, besides the extreme debility, pain and distress, the cold and its energy blockages would have possibly created further yang qi problems.*

The penetration of cold into organs is especially noticeable in the stomach, intestines and uterus. It is for this reason that the old wives' tales exist - to warn us of the dangers observed over time, of allowing cold entry.

In our present times, any cold that is allowed to contact the inner surfaces of the body, especially in times of huge trauma, as internal operations are to the body, will create stuck blood and qi that require removal. A lot of post-operative pain could be avoided if the basic tenets of Chinese medicine, and the Asian cultures, were followed.

Sucking ice or sipping anything chilled after an operation will also allow cold to enter. The body tries to evict this unwanted guest, which wastes the yang qi in the process. This may then in turn create nausea, as an invasion of cold is one of the major causes of stomach upsets. Anyone with a poorly functioning digestive system may discover assimilation, fluid circulation and weight loss all improve once the source of the cold is removed.

The presence of cold in the uterus may stop menstrual flow. Cold energy in causing hardening and stagnation will give clots, often large and very dark in colour. The blood energy may not be strong enough to move easily past this energy invasion, possibly giving rise to extreme period pain as the result of the physical masses that have accumulated in response to the cold.

### **WHERE DOES THE COLD COME FROM?**

Whilst developing, our digestive systems are immature. If we allow our children, especially daughters, to indulge in cold foods and fluids, their yang qi will be weakened, and in the immature, weakened state, the cold arrives, to stay, to announce its presence with the very first period.

When adult, attempting to diet, or eating and drinking cold raw foods and juices may weaken your available yang qi, allowing cold energy free entry. Swimming in particularly cold water, even once, may be enough to create a intense period pain, that graduates into a life time of gynaecological misery.

Paying attention to the qi of each situation may enhance your life, explaining previous mysteries.

## **WIND**

Wind is usually caught in the body in little doses. Small draughts, exposure to fans and open windows, (especially when our defensive energy is also resting and regenerating at night) added to the cold energy that slips in with it, can show up as unwanted movements, spasms and tremors. Chills are usually driven into the body by wind, and it is usually the cold energy manifestation that dominates - itself creating contraction and spasms (the wry neck or Bell's palsy that 'magically' and inexplicably appear overnight).

An uncomplicated 'wind' invasion is characterised by shakes, tremors, and spasms of muscular tissues. It also is indicated in sensations of movement under the skin like insects crawling, itching of the skin with rashes (usually also with heat energy, hence reddened and hot to touch) moving location with no specific site targeted, and possibly a general feeling of wind aversion. Wind invasion is usually felt in addition to cold or damp, and occasionally heat.

Wind is often generated internally by the vast repression of intensely felt emotions, usually frustration and anger. The bottling up of self-expression over time, especially being "nice", always accommodating, can create inner wind over time. The body may respond to the inner war with high blood pressure, feelings of explosive anger, headaches, migraines, reddening of the eyes and complexion, and an eventual blowing of the gaskets, causing intra-cranial bleeding and strokes.

These conditions where sudden change, shaking, tremors, and maybe loss of consciousness result are all wind related. Seizures fall into this category. The inner wind may respond to the outer environment. The person would be unsettled, or even have a history of intensely disliking windy weather. Strokes and other shaky neurological conditions may be worsened by sudden extremes in the inner or outer worlds.

As the inner wind is incited and inflamed by an inability to express intensely held emotional charges, a solution to corrupting yourself with the bottled up rage, may be to transform it, by working on you and your beliefs. The need to set the balance sheet straight, to even a score, often held over throughout your life, may be the very thing that is slowly killing you.

## **DAMPNESS**

The energy of dampness is heavy and very obstructive. When it invades the body, it slows circulation, creating lethargy and blockages. These are more substantial in nature than stuck qi problems. Dampness is pervasive, seeping and clogging the usually clear channels creating sluggishness, especially in the digestive process, as the spleen/pancreas energy is especially targeted.

Once the spleen qi is compromised by the presence of dampness, nutrients may be reacted to, rather than assimilated. Food intolerances creating allergic reactions, Candida overgrowths, mucous formation and a slowing of the whole digestive and lymphatic networks can result.

Fluid, cellulite, fatty growths, cysts, lumps, tumours, discharges and plain fat accumulate as consequences of the breakdown of the transformation and transportation functions of the yang qi.

Damp conditions are worsened by overcast, humid or wet weather conditions. The lethargy, foggy thinking, lack of clarity and inability to get out of your own way are all manifestations of internal dampness, worsened by the external climate. Eating foods that are damp in character - especially dairy, fatty and gluten products will guarantee mucus is produced, with a worsening of the digestive problems, hence phlegm accumulations.

These foods may be comforting in nature, setting up a cycle of apparent reward, and resultant weight gains. As damp energy tends to sink, it often lodges on the hips and thighs. No amount of dieting may remove this imbalance. As a damp manifestation, it needs the appropriate spleen energy tonic, in addition to the banning of any damp forming foods and fluids.

In a condition of internal damp, it is often difficult to digest water. Adding a squeeze of lemon juice in it may assist you. Any inclusion of excessively sweet tasting, or cold vibration or temperature in the diet will further weaken the yang (digestive) energy, thus creating further dampness, masquerading as mucus, allergens and Candida.

Dampness in weakening the spleen qi, will possibly also then create the energy of phlegm, which is not visible, yet is also highly disruptive.

## **INSUBSTANTIAL PHLEGM**

This is an acupuncture term for the energy that clouds our ability to utilise our senses, or being, appropriately. The clouding of our senses can be seen in the grossest form in autism, where the messages received by the autistic person's brain are very different from the ones we receive. This is also the case in schizophrenia and other 'delusional' conditions

Using the acupuncture model, anyone not able to live in the world we loosely agree upon, is considered to have their consciousness clouded by insubstantial phlegm. The treatment is to provide whatever cuts through the damp energy (the insubstantial phlegm), to solidify it into actual phlegm, (often to be coughed up), thus clearing the senses allowing the sane person to re-emerge. In a severe case, it is unlikely the appropriate Chinese herbs for such a dramatic 'cure' can be easily found or administered.

Almost all with "Chronic Fatigue Syndrome" have an aspect of insubstantial phlegm. This creates, or is created by the digestive weakness, that was in turn created by the lessening of the yang qi, an aspect of which is concerned with protective duties. An aspect of many neurological disorders, such as Multiple Sclerosis, where there is a lessening of clarity of the nervous system messages is also one of dampness.

Mild strokes, where the brain clarity is unaffected, yet the muscles will not respond, is another example of "insubstantial phlegm". Here, the logical solution, to a therapist trained in energy medicine, is to remove the phlegm, and restore normal qi circulation. Any other condition where there is numbness and lack of normal sensation may also have a component of insubstantial phlegm.

When present in a mild form, we may be able to clear the inner confusion, lethargy and procrastination, and fluid or mucous problems through dietary exclusions. Often naturopathically inspired food selection (cold, raw and damp forming foods and juices) lead to these situations. It is important to not be too rigid and obsessive with yourself.

All conditions where there is a lessening of clarity, and a fogging over of previously normal brain function, may be assisted by a radical dietary change, often in addition to herbal formulas that cut through the phlegm, and strengthen the spleen yang's ability to digest and circulate appropriately.

## **SCARS**

The physical scarring that we undergo by being in the physical form usually has energy trapped as a consequence. The lines of energy that form acupuncture pathways are often disturbed by energy blockages. These disruptions to normal flow then create their own deviations, which over time result in their own consequences. As with a river system, a blockage downstream creates a damming up behind, and just a trickle downstream.

The blockage can be a result of the physical healing correctly but the energy flow, for whatever reason, being different from the original. This will then result in a change of sensation, possibly of numbness, tingling or pain.

At the time of trauma, cold may have been introduced as an attempt to restrict swelling. The after-effects of this cold will be a decrease in normal flow of energy through the area, as a cold energy stays in the system unless it is actively removed. The cold presence wastes the body's yang qi, eventually leaving to that area possibly aching in the external cold, and gradually becoming weakened due to the lessened energy flow. Eventually, this may lead to physical changes that are discernible within the physical structure.

Also at the time of the trauma, emotions were felt. The shock, anger and fear tend to be repressed as we pretend that we are beyond what we felt or chose to hide at the time. Our inability to let go creates energy blockages that, over time, interfere with our energy flow blueprints.

*An elderly gentleman who 60 years earlier had smashed the first joint of his right index finger. He mentioned that the whole finger became cold in winter, and all through the year he was unable to feel with it. In looking at the digit, there were no apparent scars yet as a rock had completely flattened it very faint white lines were visible below the joint creases. Many needles were placed in these lines and gradually more became visible as blood started to flow up into the fingertip. He started to jump about and complain as he could now feel the needle insertions. After the needles were taken out, he had total sensation back in his fingertip.*

This may sound like a trivial matter, but not to him. He had spent his entire adult life not being able to feel with his fingertip, having a weakened finger, and hence hand, all of his life. As the colon meridian services that finger, it is likely that there were also internal repercussions.

*A young woman had had an emergency appendectomy 20 years before. There was a massive purple rope like mass in the middle of her abdomen, stopping her from bending over properly. After appropriate scar treatment, the colour normalised and the scar flattened and normal sensation was restored.*

In this instance, the entire central meridian system and the organs underneath would have had less than perfect circulation until this secondary disease process (energy blockage) had been resolved.

*An elderly gentleman who had survived a horrific car accident had had facial reconstruction. He looked as good as new but was greatly humiliated by having to hold a face washer under his mouth every time he drank. This was because he was unable to feel where his lips were and everything spilled out. If he ever complained, he was reminded that he was alive and looked normal again. After three acupuncture sessions with many needles inside his nose and mouth and behind his ears (very good plastic surgery – no evident scars), everything returned to flowing normally.*



## **HEATHER'S PERSONAL OBSERVATIONS**

Over the past two decades, as I have worked with the life consequences of many people's choices, I have become aware that as an acupuncturist, the real trick is for me to educate, rather than eradicate. What brings a person in for attention is usually masking a deeper disquiet.

Since the early 80's, I have noticed people have started to see the connection between what they choose to eat and their health, or perceived lack of it. Since the 90's, the general trend has seemed to be towards accepting that what we think, do and choose to suppress having some bearing also on our well being.

Now as the new century dawns, the age of Aquarius is upon us and the Earth changes and accelerations have begun in earnest, it is time for us to realise that what we perceive as real may in fact be a shroud of illusion. That possibly the most important reason for our being here may be to work through the issues we set up, rather than try to ignore them in a flurry of activity and distractions.

Over the past 23 years, as I have observed people in my capacities as a healer and teacher of healers, I have noticed a great sense of life urgency and rush taken over. There is no longer time to be spent "non productively". Even the little children are scurried from one stop to the next. Reflection and contemplation seem to be are lost arts.

What with the television, the home computer and the Internet, the art and pleasures of social intercourse seem redundant. The resultant sense of separation from a source of connectedness, inclusion and comfort can be seen to run our actions, regardless of how Big, Strong, Grown up and In Charge we pretend we are.

Often what bothers us is the awareness of lost connections as a person with others, on the level that really matters. Not as a nameless face or faceless voice, not as a productive unit, or a cog allowing the smooth running of a system, but as a discreet and important addition to the lives of others, all being interrelated and interdependent to each other..

Now may be the time to explore what it is that has severed our own love, our own sense of all we really are. To do this, first we might undo the "life" we think is ours - the stored crud on our inner windscreen.

## MOVING OUT OF STUCK LIVER QI

The liver energy is that which keeps everything on every level moving freely in and around the fields, which we call “us”. The liver qi is that which also provides us with the “oomph” to do to create and to act.

When our liver qi is freely flowing, we have a sense of well-being, plenty of energy and motivation and feel full of life. When our liver qi becomes obstructed, we start feeling out of sorts with nothing specific wrong and nothing specific right either. As our liver qi gets further stuck, our different body systems, depending on their inherent strengths and weaknesses, and our previous life experiences, start to work differently than they used to.

### Spheres of Liver Energy Influence

RESONANCE			SUBSTANCE		
Spiritual	Emotional	Qi	Area of Influence	Meridian Flow	Physical Organ
A sense of peace and order	Ability to plan and act on decisions	Free flowing all through all levels	Eyes, vision Blood circ., esp. to head Tendons & ligaments Finger nails	See page (esp. circ. around genitals, abdomen & breasts)	Liver

Wearing the “nice mask”, smiling and apologising a lot, all create:

### Consequences of Stuck Liver Qi

Spiritually Stuck	Emotionally Stuck	Stuck Qi	Stuck Blood	Physical
Unable to see the game, that the personality thinks is “reality”	Irritable, thwarted, “pissed off”, depressed, covering up, anger and rage	Bloating, digestive discomfort, wind, vague acts, sensation of fullness	Cysts, tumours, fibroids, stabbing fixed location pains, blocking, normal	Sore, Tense, Spasming Muscles, esp. neck, shoulders, headaches, migraines

The depression of our life force is taken in our culture to be a psychological disease that can be “cured” by taking various mood enhancing pills.



## *Taking Charge*

### **DEPRESSION**

When our life force is unable to freely express itself on all levels, eventually we feel less than alive. Most of our energy becomes tied up in sites that we want to pretend to not exist. By keeping our internal cupboards shut, even when the contents start overflowing, most of our life force is engaged in stopping our inner volcano from erupting.

Thus, we wake up in the morning not feeling vibrant and happy to get in amongst it, but spend much more time than needed sleeping our lives away and procrastinating further. Our energy is not in circulation, it is ensuring that we continue to keep ourselves locked inside our cage of beliefs.

<b>RESONANCE</b>			<b>SUBSTANCE</b>	
Spiritual	Emotions	Stuck Qi	Stuck Blood	Physical
Disconnected to higher purpose & self & role & mission	Personalising, feeling put upon, victim, blaming, reactive, rage, poor sleeping	Poor energy and digestive flow	Cysts, endometriosis, cancers, angina, heart attacks	Gall stones, bowel probs, all period problems, joint and muscle pains

### **Tools for Undoing Stuck Liver Qi**

#### **DO IT**

The strength of the liver energy is in its planning. Sit down with a piece of paper and write down everything that, at this moment, annoys you. Examples are things you can't get done, things somebody else hasn't done, people who you wish were not in your life or had never been in your life, things that you would rather be doing, qualities that you wish you had.

*Choosing one such situation, write down step by step how whatever it is can be achieved. Post this somewhere obvious and do not go to bed without having crossed off some aspect, however small, on (one of the many) lists.*

*Watch yourself find reasons why something is better done some other time. When you catch yourself procrastinating, push yourself into action. You are probably so weighed down with old jobs that that in itself is making you feel tired (STUCK).*

## **SAY IT**

All of us hold (sometimes lovingly nursing) grudges, resentments and a store of reactive sites. These are often reactivated by seemingly innocuous triggers. It is our cache of stored unfinished business that releases the energy of our often intense, reactive interchanges with others, particularly those close to us.

Rather than freely expressing all that we believe is coming to the next person who crosses you, it may first be appropriate to understand why it was that you chose to not say what you wanted or what you thought, and why it is now so important. It is quite often that what we thought we would get as a pay-off was never likely, and it is a disappointment in apparently being thwarted that causes us to feel anger.

Being mindful of this, please read on. By agreeing to take on others issues, we have little time to live our own lives. Others, no doubt, can feel your hesitancy, your reluctance and, in essence, your dishonesty. As adults, we become masters of pretence. The mask we construct, supposedly to make ourselves more attractive, and easier to be with, stifles us.

Start practising in small ways saying “no” instead of “yes”.

An exercise to show you how precious your time is

- Divide a page of paper into 8 columns – 1 for every day of the week, the extreme left hand one to write down the 24 hours.
- Using different coloured fluoro pens, colour in each activity in the hours spent – sleeping, driving, working, shopping, preparing food, self-grooming, housework, whatever.
- List the things you wish you had more time to do – more quality time to enjoy your children, partner, garden, life.

(By now, it will become very clear to you that when someone suggests an extra activity for you to fit into the day/week, and you feel “put upon”).

If you are living with a partner, suggest that they do the same exercise, or you may do it for your purposes as a comparison.

- See if you can find “free” time.

## *Taking Charge*

Start observing yourself. Notice how guilty you may feel in wanting for yourself, rather than trying to fit in to what it is that you think others would want of you. You may start to see why it is that your liver qi is so stuck.

Imagine if someone, who you have unresolved business with, died in an hour. What would you wish you would have said or done to clear the air? What might you clear within yourself to free the connection that may be not limited to the physical?

If this person, from where you currently stand, “deserves” condemnation, imagine them as a tiny baby. What could have happened to them that they became the one that thought it appropriate to do or say what it is that you have carried forward in righteous indignation, unable to forgive?

Write a letter, not to be sent but burnt after it is written. Allow all your rage and hurt to gush out as a tidal wave, releasing all of the stuck force that you have kept deep within you to destroy your body’s free flowing energy. Once this is written, it is likely that you may feel a great deal, and remember far more than you have before.

Keep writing more letters and burning them, noticing how the story may change and how you may start to see your part in all of this. How would they write their side of this? It may be that against your previously held position, you start to feel compassion for the one who is also locked into the story line.

By releasing all of this, reframing and letting go, you will gain back into your circulation more of the energy that has until now kept this tide, hiding this incident, under control. You will thus feel more energetic and more in control (less reactive).

## **FEEL IT**

- Look back to the page that shows the route of the liver and gall bladder pathways. By fully expressing yourself, by enjoying your life, and by ensuring that your social, sensual and sexual needs are met, the areas serviced by this energy will remain in perfect health.
- Explore yourself, and what you want.
- Let go anything that stops flow to any of your being.

## **ENERGY**

## **SUBSTANCE**

Spiritual

Beliefs

Emotions

Qi

Physical

Anything that is not freely flowing especially if held in with fear, shock and trauma, will create energy blockages whose consequences ripple out to all.

## **MOVE IT**

Qi is volatile. Liver qi must move. In releasing the memories, words and the emotions, the previously stuck qi needs to be freed. Run, dig holes, clean energetically, make passionate love, move with life.

Stretching (see the exercises in this booklet), moving around hourly, if in front of a screen, consciously breathing, choose walking rather than driving and using lifts, become an active part of your own life.

## **BE IT**

Being free from the inner psychic land mines (and their connections across all time and space), that previously ran your emotions, your energy and thus your life, natural order and flow can return to your blueprint. Allowing your energy fields and physical structures the luxury of having total access to all the creative currents will ensure that you feel alive and happy.

In a state of health, where your inner being can adjust to the changes as they occur, your outer body and its reflection, your life will be in balance, From here, the true nature of your time here may become obvious.



## **GALL BLADDER CLEANSE**

Apple juice	6 – 12 litres
Epsom salts	4 tablespoons
Olive oil (cold pressed and pure)	1/2cup
Fresh grapefruit (pink is best)	2 small (enough to squeeze 3/4 cup of juice)
Black walnut tincture	10 drops (to help inactivate any bacteria that comes out with the stones)

### **Preparation**

Drink 1 to 2 litres of packaged, preferably organic, apple juice a day for 6 days. This is to soften the stones, and make their passage easier through the bile duct. It may cause some bloating and discomfort in the first few days. Please do not drink it cold out of the refrigerator, or at all, if your system objects to it. Please also ensure that you continue with your normal water intake.

The main part of the cleanse can be done over a weekend, or when it is possible for you to rest. Preferably when the moon phase is either waning, or full, not just before, after or during a period and not at all during pregnancy or breast-feeding.

On the sixth day of drinking apple juice, either fast all day, or eat extremely lightly, with plain steamed vegetables and rice. After 2 pm, do not eat or drink anything. It may also be helpful to use castor oil packs the day of the cleanse, covering the whole of the abdominal area.

### **Doing the Cleanse**

- *Evening 6 pm* Mix the 4 tbsp of Epsom salts in 3 cups of warm water and keep in a jar. This makes 4 servings of 3/4 cup each (185 ml). Drink the first portion now. You may take a few sips of water to get rid of the taste, or perhaps drink it through a straw, to bypass the taste buds. It is possible to mix a little Vitamin C powder in water to drink afterwards (2 mouthfuls) to get rid of the taste.
- *8.00 pm* Drink the second serve – you will not feel hungry. Get ready for bed. Timing is crucial. After the next mixture, you have to go immediately to bed.

- *9.30 pm* If you have not had a bowel movement, take a water enema.
- *9.45 pm* Squeeze the grapefruit. You will need 3/4 cup of juice. Remove the pulp. Pour the juice and 1/2 cup of olive oil into a jar. Add the black walnut tincture, if available –it is not imperative. Close the jar tightly, and shake hard about 20 times until watery.
- *10.00 pm* The drinking of this can be delayed for 10 minutes, if bowel movements are still happening. Stand next to your bed (do not sit). Drink the concoction in one go, or sip through a straw. You may use brown sugar to chase it down between sips. not take more than 5 minutes.

### **LIE DOWN IMMEDIATELY**

- ❖ If you do not, you may not be able to release the stones. The sooner you lie down, the more stones will exit.
- ❖ Turn the lights off and lie flat on your back, with your head propped up on 2 pillows.
- ❖ Focus your attention on your liver, visualising the mixture moving the stones out of the numerous bile ducts in your liver. You may feel the stones releasing. There will be no pain, as the Epsom salts have opened the bile ducts.
- ❖ Keep perfectly still.
- ❖ If at any time during the night you feel the need to go to the toilet, do so. Use a torch to see if you have passed any stones. They will be either green or tan coloured, and floating in the water.
- ❖ You may feel nauseous during the night, but this will pass.

### **The Following Morning**

- 6.00/6.30            Drink the third cup of Epsom salts mix. If nauseous, wait still this passes.
- 8.00 am             Drink your 4<sup>th</sup> cup of Epsom salts. Rest.
- 10.00 am            You may drink a glass of freshly squeezed fruit juice (not orange).
- 1/2 HOUR LATER 1 or 2 pieces of fruit
- 1 HOUR LATER    You may start very light eating.

### **On the Energy/Emotional Level**

The stones represent the deeply held resentment, bitterness, unforgiveness and non-acceptance of any aspect of your life. Ultimately, to rid yourself physically of these toxic vibrations, a change of attitude at a heart felt soul level is needed.

## *Taking Charge*

### **What to Expect**

You may have passed a number of bowel movements in the form of diarrhea, consisting of gallstones first mixed with food residue, then with water. Look for gallstones floating in the toilet. You may see mainly green ones of varying shapes and sizes. Some pea shaped, and others as big as 2 or 3 cm across.

There may be hundreds coming out at once. Also watch for tan coloured and white ones. Some of the larger tan ones may sink, as they are calcified, and carry heavy toxic substances, and little cholesterol. All the green ones will be soft as putty, thanks to the apple juice.

You may also find a layer of white or tan coloured scum or foam floating in the toilet. The foam consists of millions of tiny white, sharp edged cholesterol crystals, which can easily rupture small bile ducts.

It is most likely that some of the stones will get caught in the colon. If they remain there, they can cause irritation, headaches and abdominal discomfort. It is vitally important that these are cleared through colonic irrigation.

To rid yourself of your chronic health problems totally, it may be necessary to repeat this cleanse up to six times, leaving at least two and possible three weeks between cleanses. You will need to lose at least 2,000 stones before the liver is clean enough to rid you of allergies, bursitis, fatigue, upper back pains and headaches permanently.

The cleanse may rid you of toxic wastes for a couple of days but then the stones from behind will move forward and you may see a return of the original symptoms.

**Never undergo this process if you are feeling ill, having a period, are pregnant or feel as though a migraine is threatening. If in doubt, please seek the advice of a natural therapeutic practitioner. This information is not given to be in any way a substitute for medical treatment.**

### **Why would you put yourself through this?**

Ridding yourself of a life's worth in accumulated toxins, stored in the liver and gall bladder, will allow these organs to work as designed. A gall bladder cleanse is a major adjunct to any weight loss programme. Having a well functioning liver and bowel enables you to feel more alive.

## **REFRAMING**

If we wish to see our lives as having more meaning than being part of an ongoing human production/consumption line, we could seek a different framework to make a different sense of life events. We may be prompted to do this by ill health, or challenging life events, or an inner knowing that there is more to being here than going through the motions.

To step out of our usual behaviours, and to move past being the same one predictably reacting in similar circumstances, we could start to undo the life consequences that are still with us.

Using the acupuncture and allied metaphysical frameworks, it can be seen that the physical body carries the record of this life's experiences as impacts all levels of being. It stores this information away in different systems to be accessed later. But, often what has been stored is so potent and so highly charged with meaning, that it is locked out of conscious awareness.

The energy fields store the past as memory in many forms. In time, we become aware of these, as they may eventually create secondary significant obstructions to normal circulation. It is at this point, we get messages, subtle at first, drawing our attention to its existence. The point of apparent dysfunction may not be the original source of the imbalance.

If the people we choose to assist us use a system that is limited to only acknowledging a world view that encompasses the right hand side of the life continuum, we may become frustrated at the apparent lack of resolution. We may need to seek further paradigms, at the same time, letting go our often rigidly held beliefs and assumptions.

### **“THE PROBLEM”**

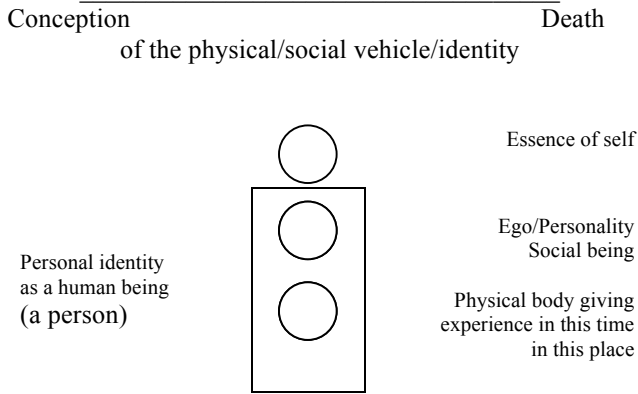
If we redefine 'the problem', (that thing that brings us in for a service), as a being a point of soul dilemma, expressed in a way that is guaranteed to get attention, we can then see beyond the physical aches and pains. We can then look at the whole situation differently. We may see that the actual issue is of having been seduced into a script that has over-stayed its usefulness.

That our beliefs are no longer serving us.



## RE-DEFINING “SELF”

If we see ourselves as coming into existence at the moment of conception of our physical shell, and as being eliminated at the point of physical death, we have limited our concept of self to our human form. If we see that ‘we’ as light beings temporarily inhabit this plane, we can drop the notion of there only being this time and space, bordered by the physical laws of matter.



The personal identity is that which is having what it considers to be “a life”. In our society at this time our group consciousness does not allow for the existence of parallel, multiple or other dimensional realities. To take steps to exit the limitations our upbringing gave us will create discord with those who are still happy bound within those constraints.

We may thus as individuals connecting with our inner guidance, appear to be out of step with our parent culture, and may be seen by those we choose as friends and acquaintances as being slightly unbalanced, even a little ‘mad’. This may lead others, and our internalised social template, to attempt to correct us back to the fold.

We may however find that we can no longer sit in the script, acquiring status, possessions and external responsibilities to the detriment of our inner spiritual life.

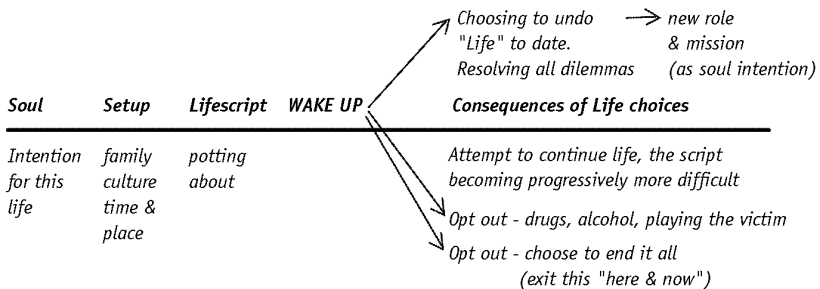
## LIFE AS A MOVIE

Once we start to observe ourselves, rather than be in constant reaction mode, we may notice that our lives, and those of others around us, seem to be constructed in definite phases. We may especially notice that the apparent rules that we thought were ‘normal’, are dependent on situations. That the beliefs we hold are ours only, and form a barrier between us and others of different beliefs/gender /religion /ethnic affiliation.

We may wonder how it is that we are on one side of a divide, yet past the social constructions, we are all part of the same large group. We have enough resources on this spaceship, and if goodwill and compassion abounded, could be living as in paradise.

Once awake, the disconnection between what we take as being ‘normal’, and what we now perceive, will be very obvious. As though having taken the pill to drop the illusion of the game (see the movie “The Matrix”), life is never to be the same.

Going through the motions of life may no longer appeal. Becoming aware of the inner void, the sense of separation, loss, grief and possibly even betrayal (“how could I be left here, alone?”) may be intense. Whilst still attending to the physical body and the demands of a terrestrial existence, choosing change, completely re-evaluating everything, may be necessary.



### STEPS ON “WAKING UP”

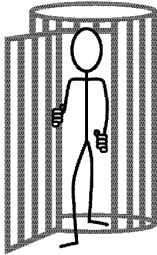
- Return life habits back to the blueprint (acknowledge life & qi flows).
- Simplify and let go
- Change who “you” think is “you”

**UNDOING THE PERSONALITY CAGE**

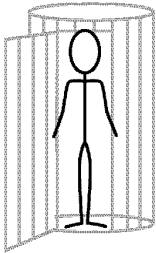
*Totally breaking out of the mold of "you" means knocking down some structures just as when renovating a kitchen, garden or whole house.*



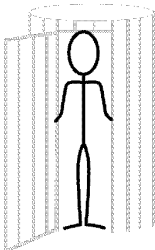
*1. Early conditioning.*



*2. Acknowledging the existence of your personal walls, and the context of your reality being only as seen through the bars of your cage. Hence, the possibility of your release.*



*3. The cage walls becoming transparent with inner spiritual development and subsequent growth.*

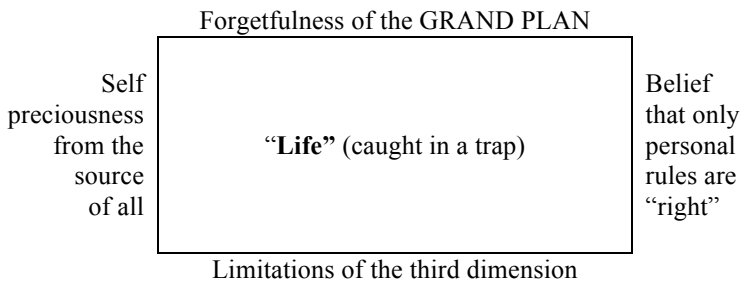


*4. The top and bottom gone, the now semi-structure glowing. The transparent cage acting as a base with which to anchor you here as a light being.*

## THE GAME

Knowing that there are always many layers to any position, we may choose to redefine the process we call “life”.

“Set up”	Personal Script	Life as we know it
To ensure we definitely work on what we chose to, this time.	Our very own lenses and blinkers.	The rules as determined by this cultural setting.



Within the box, we try, often almost killing ourselves in the effort, to live by the rules as they appear to us. Often never stopping to question what would happen if we let them go.

### RELEASING YOURSELF FROM THE CAGE OF BELIEFS

- Accept that ‘life’ is like a board game, and that you willingly signed up for it.
- The first rule was/is – you forget that it is only a game.
- Free choice to believe anything is yours.
- See the apparent limitations, challenges and dilemmas as gifts.
- Accept that the tools you on setting up your version of this game surround you – your astrological, numerological and other apparently random idiosyncratic
- Gratefully acknowledge the perfect “default” setting (all your “family stuff”) you can not escape, as it forms your starting point for change. All those “problems” have formed the tools for you to exit your cage.

Early life imprinted into your template

Conception      birth      10 years      death

## **WASHING OUR ENERGY FIELDS**

Our energy layers protect us. They also attract and repulse similar and different frequencies, which in turn pulsate with the colours and feelings, the vibrations of all that we have experienced. If we chose to continue to carry all the shocks, traumatic reactions we register, these misconceptions and blockages will become part of our energy fields. As such, they will form part of what we present to the world, as “ourselves.”

## **PICKING UP ENERGY**

In our cars and houses, when the mirrors and windows get grubby, we clean them. We all go through the days, weeks and years of our lives, washing our clothes and physical bodies, yet ignoring our energy fields. This allows the merging of our purity with a host of pollutants, which we eventually consider these to be part of our ourselves, by default.

Over time, we believe that which we think we see, viewed through the lens and filters our overlay of unresolved life experiences has created. The stored emotional charges behind the experiences that have shaped us run our responses, the emotions we feel and our reactions. We become as though we were the smears and stains on the windscreen of our souls.

## **LETTING GO**

What if we all woke up, and saw the game we have subscribed to? What if we all chose to tidy up, simplify and begin each new moment as if there had been none before it? New eyes and a clean slate, as we see the innocence of babyhood. What if we began to really be as we wish others to be?

What if we let go the irritations, the anger and the fears that are based on past experience? What if we saw our past as a movie, and realised that we are often stuck in a frame that is only in our own heads, continually being projected up onto our own personal screens, interfering with our present and thus our future?

What if we started to create our own living energy, by freely releasing that which is being held in our personal inner energy structures?

- To start, we might take the time to be with ourselves, for at least one session of 30 minutes a day. You think – “No time”! That is the point - when is reflection, contemplation and clearing to happen? When do you get to undo being busy? Wait until life halts you with a wrecked back, broken knee, cancer diagnosis or heart attack? Staring vacuously in front of the television is not allowing your thoughts and inner life to percolate up to be discharged.

Perhaps an activity like watering the garden, embroidery, doing a jigsaw, walking, or some other repetitive pursuit can take precedence over the present 'winding down' in front of a box or screen. Maybe lying in a soothing bath every night, in candlelight, listening to gentle music, maybe sitting in a secluded spot in the garden, or bush. Being with yourself. The time spent alone with your thoughts, to just be, may become the most powerful part of your day.

Topping yourself up, filling your own cup, before attending to the demands of the day and those in it may return you to a state of humour and fun.

- In addition to the time out above, washing away the day, clearing your energy of the everything that has surfaced for you as part of being in the world with others is as important as cleaning your physical self. The meditation CD "Healing Breath" has been designed exactly for this purpose. The first track allows the clearing and releasing of the physical sensations stored, the second, the detachment from emotional bondage into freedom to be.

Once having chosen to move out of misery, out of being apparently controlled by the actions of others, you may then see that you were the active ingredient in another's story. If you get out of their way, then they have no need to be in yours.

## **IN SUMMARY**

Clean out your life. Start with possessions. Clutter be gone! Move onto the "friends" and acquaintances. The less than inspiring and uplifting, leave to find other sounding boards. The relations - what games have you been up to? Do they really know you? Be real. Do you let them in? That special person or person in your life - are you allowing them to really be with you?

## LIVING LIFE ALIVE

Is life a dance, you playing out a role? What if you let all the pretence slide, and appear as naked as you could be? What do you have to lose, past the loneliness, pain and suffering your past actions are now playing out through your holding on? It is very lonely behind the mask. Like old clothes - drop the old you. Experiment with being real and vulnerable.

Then watch everyone about you open up, and the sun come out in your life.

### A WAKE UP CALL

At sometime we may awaken to  
find that our lives no longer fit:

That we may have become so attached to our little wills:  
that we may have lost ourselves within the confines of separation,  
the glammers of being better than, and of being not connected, of  
pretending that we are in control...

Shoring up self in the little victories, climbing over the backs of others, even tearing  
them down, in an effort to appear more than them – assisted by the apparent divisions of  
gender, age, race, religion and material attachments.

We even may seem to have forgotten that we are all, in essence, of the Light.

That we are all here to experience all that there is, especially in the meanings we place on those  
judgments we allow to run any current state we call "reality"...

That we are all more than the cage our beliefs create around our essential spark – more than other's  
perceptions of "ourselves".

All here with our unique scripts, our own assignments, our inner tunes, however deeply embedded within us,  
which may eventually percolate up into consciousness, from the realms of Self.

To realise we can deconstruct these shells of limitation, by simply retuning to our Source, realigning with our  
essence – hence changing present alignment...

By turning our own lights on and up, we can then become a source of strength and inspiration for those who at  
this moment appear to be more asleep than we now find ourselves...

**All points of light within a greater light.**

**All strands of loving energy within the stream of Love Divine...**

And once awoken,

**All sources of strength enabling other to stand,**

**All beams of light, shining upon their way...**

And, in seeing self reflected in others,

In seeing the mask, the cage, the ego's identity

Reaching within ourselves,

Reunite with Self,

Seeing all other similarly camouflaged,

all other possibly equal lost within this game we call life

And on awakening, remember also that all are at the point of union, One...

**And standing thus resolve, and tread the ways of "now",**

**And Know, and live, the ways of One.**

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**Heather Bruce**

Heather opened her first acupuncture/naturopathic clinic in early 1979 in central Brisbane. In 1981 she co-wrote and presented the original acupuncture course for what is now the Australian College of Natural Medicine. Over the past two decades she has taught all levels of acupuncture, both students and practitioners, privately and within teaching institutions.

Heather has always been interested in women's health issues, especially birthing and mothering, attending many home and hospital deliveries, training many in this specialised field.

She concurrently produced 4 children over 18 years, one of whom was massively brain injured and autistic. The challenge involved Heather in many years of active rescue and rehabilitation, delving into the realms of 'helpless', 'hopeless' and on into the 'inspired' and 'miraculous'.

Heather brings to her work a depth of understanding and experience that encompasses many different frameworks. She has recently produced a meditation CD, informative web site, and has many books currently under construction.



**Julie Simpson**

Julie is an osteopath and acupuncturist, who combines nearly 20 years of practical experience, with a wide range of therapeutic tools. She has a particular interest in treating abdominal and pelvic disturbances. She has a background in kinesiology, homeopathy, Bowen therapy, shiatsu, stress management and counseling.

Having raised three children with wholefoods, she is currently co-writing a cookbook aimed at improving children's health. Julie is presently also involved in writing curriculum for two different training organisations, and teaching massage, lymphatic drainage, shiatsu and acupuncture therapeutics.

"Healing Breath", a guided meditation CD, has been designed for those who seek healing beyond conscious reprocessing of the past, who recognize an inner yearning to reconnect with Self. It is simple enough for those who have not meditated before, or who have experienced difficulty in quietening the physical, stilling the mind, harmonising the physical, and perhaps even visualising.

Complete with a 12 page booklet of illustrated prompts, the soothing harp, water and bird song from a backdrop to TRACK 1 – gradual physical release and TRACK 2 – emotional cleansing towards spirit reunion.



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ISBN 0-646414-94-1



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