

Shock & Irregular Energies: The Initiate of All Disease

Presented by

Sara Allen, PhD, EEM-AP



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"Shock is the cause of irregular energies."

---Donna Eden Lecture, my personal notes
Portland, OR -- July 2008

"...every disease is caused by a conflict shock that catches an individual completely off guard..."

---Ryke Geerd Hamer, MD

"Irregular energy is the source of all disease."

---Sara Allen

Can't remember when I first said it, but I have said it a lot...

"If white man continues heading in the direction he is going he will end up spending most of his life surviving instead of living".

---Unknown American Indian Chief

The Energy Anatomy of Shock

Bladder Meridian governs the electrical energy of body

Bladder 67:

- Exit point for electrical energy. - the body's "grounding wire"
- Entry point for shock.
- The Bladder channel enters the brain, whilst the Bladder divergent channel connects with the heart." p. 255 Peter Deadman

Three Yang Toes

1. Baby Toe end point: Bladder 67
2. Fourth Toe end point: Gallbladder 44
3. Second Toe end point: Stomach 45

The end points of BL, GB, ST in the feet -- if regular will hold the body strong in times of shock. The end points of the yang toes are the first line of defense. If there is irregularity in these end points, shock can penetrate and initiate the domino effect of irregularity up the body. Shock instigates irregularity from the feet up.

The Shock Point is the Heel

The heel bone is called the calcaneus and is governed by spleen. It is a porous bone resembling a double stuffed Oreo cookie... hard outside with a spongy porous bone inside. It is a "springy" bone and magnificently designed to withstand impact.



Aging, bad shoes, physical trauma, weak spleen energy, will cause the springy energy of the calcaneus to collapse. Like an old mattress, the boney spongy center of the heel becomes more and more compacted. When spleen is strong the calcaneus stays spongy and absorbs shock. When spleen is weak, the calcaneus bone's capacity to absorb shock, traveling up from Bladder 67, is compromised.

Electrical energy is meant to travel from north to south in the body (top to bottom) and ground into the earth. When shock hits, electrical energy will backwash up the body mostly via the Bladder meridian. A calcaneus bone is the bodies first line of defense against the backwash of electrical energy coming up the feet. If the calcaneus bone is healthy, it will absorb the shock and send it back into the ground. If the calcaneus is compromised, shock will continue to travel up the body.

Calf Muscles

“The calves of the legs are an important meeting ground for several energy vortices, including the Bladder Meridian... The Bladder Meridian’s energy pathway goes directly to the basal ganglia and the reptilian brain. From there it travels to the frontal lobes.” P.98 “We Are All in Shock”

Soleus muscle – The Second Heart Governed by TW

When standing upright, the soleus resides at the body’s lowest gravitational point. These two factors put the soleus in an ideal position to work synergistically with the heart as an efficient pumping system. The heart pumps arterial blood, while the soleus pumps venous blood. But this occurs best when the soleus muscle is healthy and supple. August Point Wellness Center blog 5/25/12

Gastrocnemius Muscle – Governed by TW

Peroneus Muscle – Governed by Bladder

Posterior & Anterior Tibial – Governed by Bladder

All calf muscles are designed to absorb shock traveling wrong direction in body.

Don’t overlook the gigantic importance of Gallbladder NV’s behind knees. Haven’t you ever wondered why GB NV’s were behind knees?

SLK point or “SILK” point

Convergence of Spleen, Liver & Kidney meridians.

Also known as Three Yin Intersection

Approximately 5 cun above Kidney 3

Liver 5

Kidney 9

Spleen 6

The SILK point is deeply embedded in and protected by the yang hug of the calf muscles.

Drums of the Body

Three (3) drums in the body:

- 2 in ear – ear drums – governed by Kidney
- 1 in solar plexus –diaphragm – governed by Lung

“Vomiting, which releases the diaphragm and acts like a balancer and activator of the two rivers of energy above and below it, is the one of the oldest and soundest forms of shock treatment that has proved its effectiveness.” Randolph Stone, “Polarity Therapy” p. 69 & 70

Organs that are hollow and can act like shock absorbing drums:

- Stomach
- Gallbladder
- Bladder
- Large Intestine

The Yang organs are designed to protect the Yin organs from shock.

Yin takes in energy – and the density of the Yin organs makes them exceedingly vulnerable to damage from shock. Yang will take in shock and protect the Yin organs.

Penetrating Flow

“Pathological symptoms of the Penetrating vessel (is) counter Flow (of) Qi...” p. 19 Peter Deadman

The morphogenic resonance of the flow of a disease is liken to a flock of birds, or school of fish, traveling in perfect synchronicity.

Penetrating flow governs the magnetosensory abilities of the cells to find direction.

Penetrating flow governs the tipping point from vitality to disease.

When Penetrating Flow is balanced it will buffer the penetration of shock into the cell and protect the magnetosensory compass located in every cell. (See footnote discussion on research regarding magnetosensory cells.)

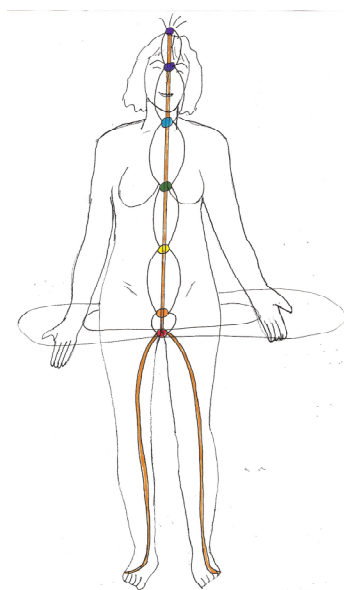
When Penetrating Flow is balanced, the cell will hold steady in the direction of correction.

When Penetrating Flow is NOT balanced, what we want to penetrate won't (medicines, herbs, comfort, etc.) and what we don't want to penetrate does (bad news, bad food, difficult people, etc.).

Circulation Sex and the Electrical Base Chakra

CX flow governs the Pericardium – the “shock absorbing” sack surrounding the heart.

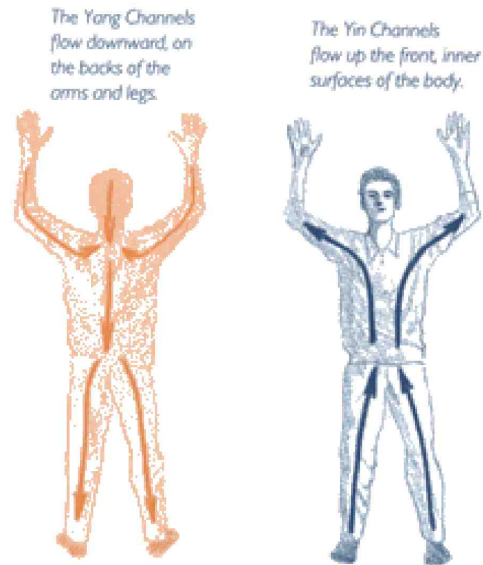
CX also governs the relaxation hormones. When CX is healthy, the loop of stress hormones that are carried by TW begin to calm... CX literally cools a hot electrical system overcharged by shock.



The base chakra energy actually includes the legs and feet.

The energy of the base is much like the St. Louis Arch.

The great yang energy of the body, circulating in the base chakra is carried down the legs to the feet to meet the earth in an arch.



The great yin-- Mother Earth -- is sucked up through the feet into the base.

The concept of outstanding base chakra energy is established on the body's ability to run excess energy into the ground as well as bring substantial energy up the body from earth. This creates a significant foundation.

Healthy chakra energy circulating in the body is deeply reliant on the condition of the base. All the other chakras draw energy up and from the base.

A GREAT ELECTRICAL SYSTEM IS SHAPED FROM A STRONG BASE CHAKRA!

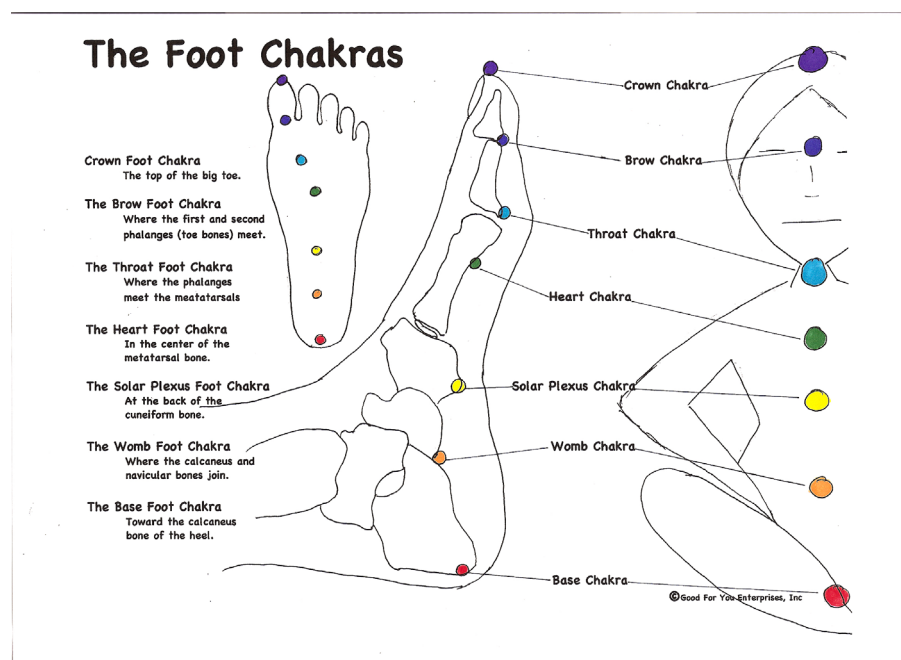
Here's why...

The feet have a chakra system all to themselves. The foot chakras do not carry all the information that the seven major chakras do. The foot chakras are all about making sure earth energy is pulled into the physical and that we stay suctioned to the earth to ensure that we can pull energy up.

The better the suction to the earth the more earth we can pull into our systems.

Here is how that happens.....

Looking at the Foot Chakra illustration we have seven-foot chakras that correspond in placement to the seven chakras on the trunk of the body.



The foot chakras, while it may be tempting to treat them like “Mini Me’s” of the majors, they really are not “Mini Me’s”. Their primary function is to modulate the body’s connection to earth. They are extensions of the Base Chakra.

Cerebral Spinal Fluid: The Body's Radiant Ether

**Cerebral Spinal Fluid safeguards the spine from experiencing shock
and floats the brain in the skull.**

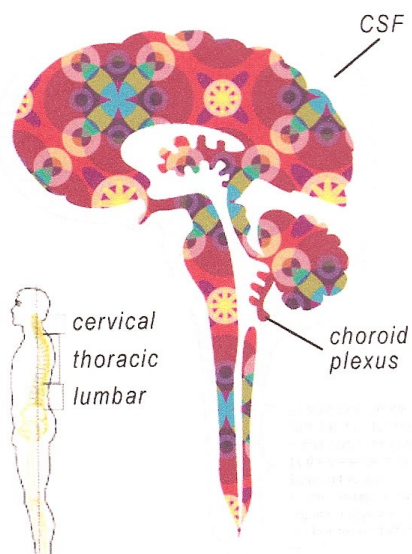
Indulges the brain in electrical energy in a cushy seaweed like fluid.

The Cerebrospinal Fluid, or CSF, is a fluid that circulates throughout the central nervous system. "The innermost part of the human brain (the choroids plexus) produces 1 pint (600 ml) of cerebral spinal fluid a day and is known by yogis as the Sunya Desha, or Source of Radiant Ether" (p. 24 Chakras, Mercier).

Cerebrospinal fluid is a watery solution containing ions, neurotransmitters, neuroendocrine substances, and nutrients. It is a seaweedy almost viscous in texture.

CSF moves up the spine, circulates the brain, flows back down the spine, circulates the sacrum and up again. This circulation from brain to sacrum/sacrum to brain happens several times a minute, 24/7. (Cerebrospinal Fluid Research).

Cranial/Sacral practitioners learn to feel the extraordinarily subtle pulsing of the movement of the CSF.



The pulsing north and south flow of CSF serves as an intracerebral transport medium for these nutrients.

The CSF delivers nutrients to the structures of the nervous system and also removes wastes from the brain and spinal cord, detoxifying the environment of the nervous system.

When the pulsing flow of the CSF slows and stagnates our energies become muted and our ability to respond and process is compromised.

The Back Shu Points – The Body's Fuse Box

UB-8 Declining Connection

Small Luo-Connecting Channels directly to brain

UB-13 Lung Shu: 1.5 cun lateral to lower border of the spinous process of the 3rd thoracic vertebra.

UB-14 Pericardium Shu: 1.5 cun lateral to lower border of the spinous process of the 4th thoracic vertebra.

UB-15 Heart Shu: 1.5 cun lateral to lower border of the spinous process of the 5th thoracic vertebra

UB-18 Liver Shu: 1.5 cun lateral to lower border of the spinous process of the 9th thoracic vertebra.

UB-19 Gall Bladder Shu: 1.5 cun lateral to lower border of the spinous process of the 10th thoracic vertebra.

UB-20 Spleen Shu: 1.5 cun lateral to lower border of the spinous process of the 11th thoracic vertebra.

UB-21 Stomach Shu: 1.5 cun lateral to lower border of the spinous process of the 12th thoracic vertebra.

UB-22 Triple Warmer: 1.5 cun lateral to lower border of the spinous process of the 1st lumbar vertebra.

UB-23 Kidney Shu: 1.5 cun lateral to lower border of the spinous process of the 2nd lumbar vertebra.

UB-25 Large Intestine Shu: 1.5 cun lateral to lower border of the spinous process of the 4th lumbar vertebra.

UB-27 Small Intestine Shu: 1.5 cun lateral to the midline of back, level to the 1st posterior sacral foramen, in the depression between the medial border of the posterior superior iliac spine and the sacrum.

UB-28 Urinary Bladder Shu: Level with 2nd posterior sacral foramen, in the depression between the lower medial border of the posterior superior iliac spine and the sacrum.

“The Back-shu are the points on the back where qi of the respective organs is infused. They are located on either side of the vertebral column, in close proximity to the spinal ganglia and their respective organs. Each of the organs has a Back-shu point... a total of twelve... They are the places through which the qi of the Governing Meridian communicates with the Bladder Meridian and then infuses into the specific internal organs...” Li Ding, “Acupuncture, Meridian Theory and Acupuncture Points”. (p. 43)

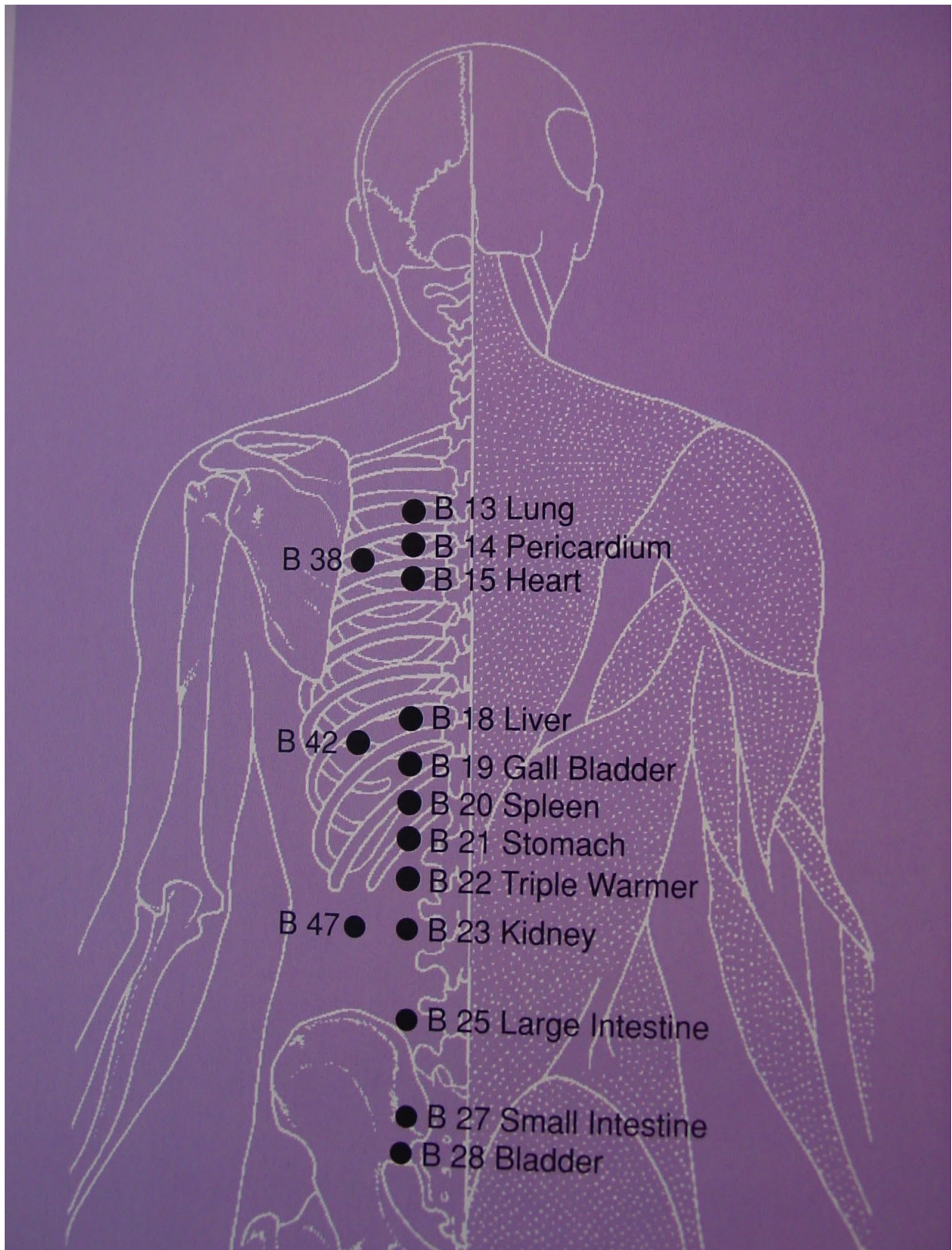


chart by Michael Reed Gach, PhD www.acupressure.co

The Nature of Shock

Shock is a subjective experience.

Shock is personal. What might shock me – you may not find shocking. Some can endure a lot of shock and trauma. Some of us are more susceptible. Some hold strong under great strain... only to have a seemingly slight incident trigger huge amounts of reaction in the body. What might seem ridiculously trivial to one, will throw another into hysteria.

Shock travels through our bodies according to who we are. Your Rhythms and your control Rhythms appear to direct the movement of shock.

Irregular energies are cells that have lost their internal compass. The inner compass or magnetosensory component found in every cell has lost the correct polarity. It is shock that alters the charge in the cell.

It can be an actual shock, such as touching a toaster with an electrical short, or hearing that our significant other has betrayed us. It can be as trivial as opening a huge credit card bill or as creepy as having a big spider land on our nose.

Whatever shakes us, and then penetrates us, can shock us and cause irregularity at the cellular level.

... and how it moves through the body

Electrical energy is managed by Bladder meridian. It travels from the top of the body down to the ground to – well to actually GROUND us.

When we have a shock, our electrical energy backs up the wrong direction moving up bladder meridian.

If those toe end points on Stomach and Gallbladder and Bladder are holding strong -- with good polarity -- the direction of the electrical energy will self-correct and run back down and out the baby toe through Bladder meridian and ground the body.

If the cushy heel bone is in good shape, and Spleen energy is whole, the irregular electrical energy will not get past the heel.

If the calf muscle energies of Bladder and Triple Warmer are in good shape, and the Gallbladder NV's on the backs of the knees are happy, the shock will most likely be resolved in the calf muscles. That critical SILK point – the meeting point of the foot Yin energies -- would be protected.

If the energy of base chakra is basically sound, and the legs are not homolateral, the irregular energy, when it hits the perineum, will just spin back down the other leg, and go back into the ground. The shock will not get picked up by Central or Governing.

If all those “firewalls” fail, there is the cushion of the cerebral spinal fluid to shield the spine and brain and there is the pericardium that will shelter the heart from shock. There are the drums of the diaphragm and the ears to protect the lungs and the brain. There are the ‘open organs’ – the Yang organs – that will absorb shock and protect the dense Yin organs.

Here's the rub

If all those firewalls are stressed and strained -- the shock will invade the system via the Back-shu points. The shock travels up Bladder meridian and begins to infect the Back-shu points. The shock hits the magnetosensory cells for that organ system and alters the polarity of the Back-shu point. The Back-shu points will confirm this corruption by testing irregular.

When the irregularity hits the electrical entryway (Back-shu points) into the organ system, the polarity of the cells -- in the kingdom of that organ system -- will begin to tip irregular.

The most vulnerable Back-shu points will be those organ systems that:

Are at low tide due to our primary Rhythm

At low tide due to a vulnerability to the emotion that triggered the shock

At low tide due to a vulnerability in the Control Cycle of our Rhythms

If we are very Fire and we have stressed and drained our primary element, the electrical shock may enter the organ of Small Intestine at the Back-shu point of BL 27. Therefore: BL27 would test irregular.

If we are very Water and have a terrible phobia of small places triggered, the irregular energy may pass all the firewalls and enter the Kidney system at BL 23. Therefore: BL23 would test irregular.

The Tipping Point

Irregular energies beget irregular energies.

Malcom Gladwell in his book: *The Tipping Point: How Little Things Can Make a Big Difference* defines a tipping point as "the moment of critical mass, the threshold, the boiling point." p. 12.

That is how irregular energies begin the descent into a diseased state... the magnetic pull –a literal pull-- draws the other cells into irregularity, and those cells magnetically draw other cells into irregularity, and those cells magnetically draw other cells into irregularity and so on... eventually tipping whole organ systems into moving in the wrong direction.

When more cells become irregular, we become more and more vulnerable to shock because our BIG polarities are having trouble holding the correct polarity *and we start to pull apart = homolateral.*

Homolaterality is a precursor to big disease. It is a sign that we are of “two selves” so to speak... we are not in sync... we are not aligned... we are being pulled apart and our bodies will make a decision which way to go depending on the stimulus and our perceptions of the stimulus and the overall sturdiness of the other elements.

It is a magnetic field thing – like watching a flock of birds fly in sync. The cells begin to follow each other--for better or for worse.

The sensation of getting better and better is the flock of all those inner compasses aligning with each other in the direction of health.

The sensation of slipping away is the flock of all those inner compasses

aligning with each other in the direction of disease.

All of us have irregular energies at play somewhere in our bodies. It is when irregular energies, those magnetosensory compasses located in every single cell, have lost their way, IN MASS, that is the tipping point. The irregularity begins to dominate massive amounts of the cell's polarity and that is what we call disease.

It is shock that alters the magnetic frequency in those cellular compasses. Those inner magnetic compasses have been shocked in some way to turn the polarity from health to disease.



A Digression...

The case for shock as the initiate for disease, and the spread of disease, from the German New Medicine (GNM) perspective.

Dr. Caroline Markolin introduces a massive scientific catalog of research known as Germanic New Medicine or GNM for short. All research presented by Dr. Markolin was originally documented by Dr. Ryke Geerd Hamer, MD. Dr. Markolin's personal mission is to introduce to the world the Dr. Hamer's oeuvre and the GNM paradigm of disease and the progression of disease. www.learnngnm.com

Dr. Hamer, over almost 40 years, painstakingly and single handedly established that diseases are initiated by a subjective emotional shock “...which is a serious, highly acute, dramatic, and isolating conflict shock that occurs simultaneously on the three levels: PSYCHE – BRAIN – ORGAN” p. 1 Hamer.

Dr. Markolin, in an article first published in EXPLORE magazine in November 2007, discusses the very puzzling weaknesses in allopathic medicine's explanations of how a cancer spreads. She holds a fascinating magnifying glass over what is thought to be common and accepted beliefs surrounding metastasis.

I have included short snippets of Dr. Markolin's article. The article, in entirety, can be found at www.learnngnm.com/EXPLOREARTICLE

"Metastasis" tests under scrutiny

Pathologists claim that they are able to detect the origin of a secondary cancer through the analysis of tissue samples (biopsies). The current practice is to use stains and antibodies to identify proteins that are typical of a specific tumor. This method is called the "immuno-histochemical technique". A critical look at this method, however, quickly reveals that this procedure does *not* identify metastasizing cancer cells but only *proteins*, released from a tumor. A comment on the UCLA educational website admits to this obvious discrepancy: "Although the analysis may be simple, it often suffers from low sensitivity or specificity, and does not provide adequate functional measurements concerning tumor cell behavior."

From the GNM point of view, the release of proteins from a tumor is a natural part of the healing process ... The immuno-histochemical technique is *only tracking these proteins*, and yet we are given the impression they are tracking live cancer cells.

The metastasis theory proposes that cancer cells travel through the blood stream or lymph system, however, there has never been an observation of live cancer cells in the blood or lymph fluid of a cancer patient. Only *antibodies* have been identified, and these do not prove the presence of viable, "metastatic" cancer cells...

Cancer cells from a primary tumor have never been observed naturally attaching to another organ or tissue and growing a new tumor. Again, only "antibodies" or "proteins" have been traced to a secondary cancer.

In experiments where researchers inject millions of multiplying, "malignant" cancer cells from a growing tumor directly into the bloodstream, secondary tumors rarely occur. "Using a model in which human breast cancer cells were grown in immuno compromised mice, we found that only a minority of breast cancer cells had the ability to form new tumors." (Dept. of Internal Medicine, Comprehensive Cancer Center, University of Michigan Medical School, Ann Arbor, MI 48109, USA.).

Source: Proceedings of the National Academy of Science of the U.S.A.

Common-sense questions we should ask:

If it is true that cancer cells travel via the blood stream, why is donated blood not screened for cancer cells, and why is the public not being warned by the health authorities of the risks of coming in contact with the blood of a cancer patient?

If it is true that cancer cells migrate via the blood stream, why are cancers of the blood vessel walls or of the heart not the most frequent cancers, since those are the tissues that would be most exposed to cancer cells traveling in the blood and lymph?

If it is true that cancer cells metastasize to other organs by way of the lymph system, how is it possible that a "metastasizing" cancer develops in the lungs or in the bones (statistically the most frequent sites of "metastatic tumors"), although these tissues are not supplied with lymph fluid?

If it is true that secondary tumors are caused by cancer cells migrating through the blood or lymph system, why do cancer cells of a primary tumor rarely travel to adjacent tissues, for example, from the uterus to the cervix or from the bones to neighboring muscle tissue?" Markolin, EXPLORE ARTICLE.

It is the position of the GNM student that disease is spread by additional shocks to the PSYCHE-BRAIN-ORGAN.

It is my position that *an unexpected, intense, and distressing experience that has a sudden and powerful effect on someone's emotional body, physical body and energy body is the source of irregular energies. It is also my position that enough shocks – to an already shocked & vulnerable system -- will create a turning of the polarities of the cells in mass.*

Liken to a flock of birds, changing direction in mass together in flight, irregular energies change the polarity direction in the body. This alteration of the cell's polarities is the formation of fertile ground for the initiate of disease and the spread of disease in the body.

A GNM example of how shock spreads disease...

When someone is presented a diagnosis of breast cancer
the diagnosis itself is shocking.

Despair and the fear of death reverberate through the
body following such a frightening diagnosis.

The stunning news of the diagnosis may
instigate a secondary shockwave through
-- say lung -- (lung shock in GNM is called 'death fright')
energy.

This shock would cause an irregular polarity to spread
through lung energy and initiate what is commonly
understood

as a metastasis or a spreading.

In the GNM model, the secondary diagnosis of cancer in
the lung would be considered a separate disease and a
separate shock – not a spreading of the disease.

There are no breast cancer cells in the lung.

For breast cancer to spread the lung...
a breast cell would have to morph into a lung cell.

The study of GNM is a captivating correlation of this investigation into the role shock plays in the disease process.

The intention of this paper is not to argue the validity of GNM's theory on metastasis. GNM theory is an important correlate in the concept of shock and irregular energies, but it is not necessary to agree with the GNM metastasis research. It is important to learn how to correct irregularity in the Back-shu points. Correcting irregularity in the Back-shu points ensures that the electrical energy that is infused into the organ systems -- via the Back-shu points -- stays corrected and directional in times of great stress and shock. That is the intention of this paper – to learn to shock proof the body and consequently, prevent the spread of disease within a shocked body system.

Anyway.... Digression over...

Why Spleen energy is so crucial to the immune system

Within the Eden Energy Medicine Paradigm Spleen energy is central to healthy immune function. Spleen energy governs blood and spleen energy feeds every single system in the body via the blood. It is all carried by Spleen.

Blood is magnetic. It is full of iron. So, when the polarity in the cells is shocked and damaged that shock and damaged blood cell “battery” is delivered by spleen to the organ system. Bladder’s hearty influence in the shock process is not diminished by spleen’s influence. Triple Warmer is the shocker. Triple Warmer is the trip wire.

When we reset, on a daily basis, the course of Spleen in the direction of correction and at the same time we soften Triple Warmer’s outlook, we are shock proofing ourselves.

The purpose of this paper is to understand how shock moves through the body, and Bladder meridian’s front and center role in shock, but this paper does not diminish the importance of the Spleen/Triple Warmer model. It actually reinforces it.

SOME of the Solution...

Here lies the genius of what the Eden community knows as the Daily Energy Routine.

We spoon our feet to keep the North and South polarity corrected.

We do Cross Crawls to keep our energies crossing so we do not get pulled apart.

We do Spinal Flushes to make sure the energies of the spine and the Back-shu points stay clean and clear.

We do Wayne Cooks to keep our minds clear in our thinking and processing. It is hard to shock a prepared mind.

We do Crown Pulls to make room for CSF in the brain.

We sedate TW and strengthen SP to establish a base of safety and well-being in the world – great buffer to preclude shock.

We do the Three Thumps to make sure our energies are running forward, and our immune systems gets clear direction.

We do Figure 8's and Celtic Weaves to hold our energies together and buffer ourselves from subtle energy injuries.

Any and ALL of the Eden Electrical treatments contribute to shock proofing the system.

Shock Proofing from the Ground Up

Test polarity on ends of Yang Toes

If irregular:

Hold 2nd toe with 2nd finger

4th finger with 4th toe

5th finger with 5th toe.

Hold both feet simultaneously for about 3 to 5 minutes.

Hold Bladder 67 with Kidney 1

Sends electrical influence all through the system via the water element.

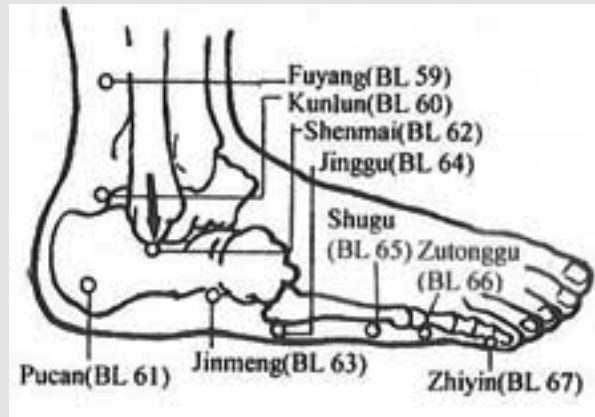
Slap test bottoms of feet:

Figure 8's

Counterclockwise circles

Test Bladder 61 for irregularity

Bladder 61 – acupoint in heel.



Bladder 61 is the meeting point for the

Yang Regulator Radiant Circuit...

When this point is irregular yang begins to dominate in the body.

Press, massage, and or rub

north side of magnet on this point.

Bladder 61 is a critical point for maintaining and restoring heel bone cushiness.

Working this point will also strengthen Spleen

Calf muscles:

Test calf muscles for irregularity.

If irregular, 3-point Bladder and/or sedate Triple Warmer.

Tape north side of magnet on SILK point for 3 minutes or up to 12 hours. Off for 12 hours and then back on for 3 mins or 12 hours if not corrected.

Hold the Gallbladder NV's. The GB NV's behind the knees will probably not test irregular... but will need to be held and have blood flow brought to them if the calf muscles are not testing regular

Base Chakra:

Test base of sacrum for irregular energy.

If irregular:

Sedate CX

Rock base Chakra

Do Mein Mein stretch – pick skin up on MM point like a mama cat picks up a kitten to stimulate Penetrating Flow.

Cross legs back and forth at knees.

Penetrating Flow Inch Worm Test and correct by holding front at Dan Tian and sacrum and rock.

Rocking moves congested Cerebral Spinal Fluid up and down the spine cushions the spine and brain from shock.

Back-shu Irregularity

If a Back Shu Point is irregular, and a profound disease is at issue, bilaterally test and correct for irregularity in those Back-shu points. Then test and correct each point on the entire meridian bilaterally. Also, test and correct for irregularity in the muscles that meridian governs as well. Last step is to re-test and possibly re-correct the Back-Shu

Example:

1. If Back-shu on Lung test irregular, correct the Lung Back-shu first.
2. Then test and correct each point on Lung meridian. You can test and correct as you go... or test all at once and go back and correct.
3. Also test and correct each muscle Lung governs.

Leave no irregularity in the Kingdom of Lung!

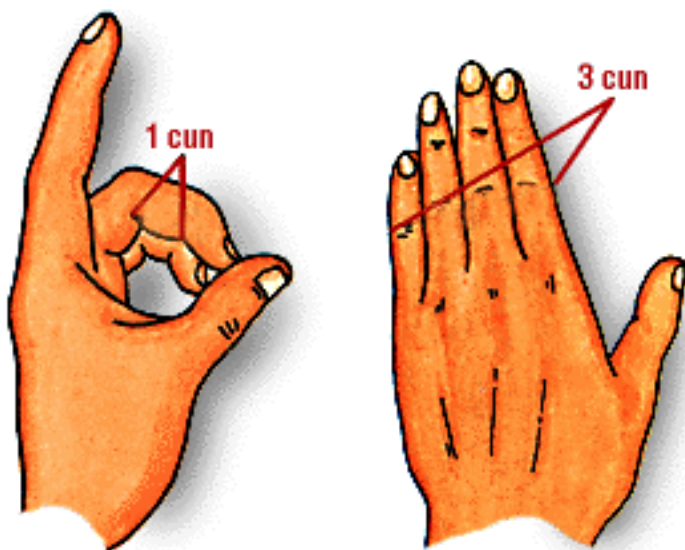
4. Then re-test & re-correct, if necessary, the Back-shu for Lung again.

The Back-shu is the first and last test and correction.

Homework for client would be to spin the magnet daily over the 1st and last point of the corrected meridian to hold the corrections throughout the entire meridian Kingdom.

Foot notes:

What's a cun?



.....

What's a Magnetosensory cell?

Scientists from the University of Munich, led by geophysicist Michael Winklhofer, say they've located and identified "internal compass needles" in the noses of rainbow trout. These are called **magnetosensory cells**, and they turn out to be far more sensitive to magnetic fields than anyone previously thought.

As TGdaily.com reports: (<http://www.tgdaily.com/general-sciences-features/64572-source-of-anim...>)

The cells sense the field by means of micrometer-sized inclusions composed of magnetic crystals, probably made of magnetite. These inclusions are coupled to the cell membrane, changing the electrical potential across the membrane when the crystals realign in response to a change in the ambient magnetic field.

"This explains why low-frequency magnetic fields generated by powerlines disrupt navigation relative to the geomagnetic field and may induce other physiological effects," said Winklhofer.

Some humans also have an uncanny ability to always know which direction is North, even when lacking obvious environmental cues such as star configurations (at night) or patterns of sunlight (during the day). Is it possible that some humans possess magnetosensory cells and unknowingly use them to "feel" which way is North?

.....

How to find an acupoint?

www.qi-journal.com

For interactive point finder -- It's cool and very helpful.

~~~~~

## What's a Tipping Point?

### ***The Tipping Point: How Little Things Can Make a Big Difference***

Gladwell defines a tipping point as "the moment of critical mass, the threshold, the boiling point". The book seeks to explain and describe the "mysterious" sociological changes that mark everyday life. As Gladwell states, "Ideas and products and messages and behaviors spread like viruses do."

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Cool site for all kinds of stuff:

Michael White at www.breathing.com

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## Helpful charts and descriptions of acupressure info:

Michael Reed Gach, PhD [www.acupressure.co](http://www.acupressure.co)

# Bibliography

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Foot Chart on page 26 from Qdex publication.

Cover Pic: Junji Takano.

# About Sara Allen, PhD, EEM-AP



Dr. Sara is a doctorate level holistic health practitioner. She has studied extensively food as medicine as well as supplemental & herbal medicine. Her specialty is a particular self-brand of energy medicine – best described as a combination of ancient Chinese and East Indian modalities that are systematized via energy kinesiology. She is deeply skilled in Eden Energy Medicine, Pranic Healing, Touch for Health, EFT, Advanced Psych-K, Animal Energy Medicine, and she just cannot stop talking about the fascinating world of German New Medicine.

Dr. Sara is a certified trainer in Leadership Effectiveness Training, better known by its acronym L.E.T., with Gordon Training International. LET is a Rogerian based system of communicating and understanding the complex world of feelings and needs. It is a beautiful and versatile tool that enables practitioners to gently tease out and discern the root emotions

causing conflicts within the psyche and in relationships. Dr. Allen also teaches LET skills in the corporate world to ease conflict and enhance productivity in the workplace. She also teaches P.E.T. – Parent Effectiveness Training to anyone raising humans. PET teaches skills to parents and children to create peace, cooperation and individuation between parents and the children who are raising them.

Dr. Sara has a private energy medicine practice in Asheville, NC. She is senior/founding faculty at the Eden Energy Medicine School. Dr. Sara also sits on faculty at the European Energy Medicine School in London. She is the Educational Director for the Central Region Eden School in Chicago and runs the Eden Fundamentals Program in Asheville, NC.

Dr. Sara's training, and over 20,000 hours of clinical experience, have resulted in a masterful blend of skill and intuitive understanding of the client's needs. She also understands the practitioner's needs. As a result, she is in high demand as a mentor to the advanced energy medicine student. Her experience and success create outstanding classroom experiences for both the novice and advanced student/practitioner.

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

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

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