

HEALING FROM THE CORE



Ellen Farrell

Healing from the Core

By Ellen Farrell



Other Books by Ellen Farrell
(Poetry)

Stories from my Heart

Pregnant Poems

Merging with the Divine

~~~~\*\*\*~~~~

*In the works...*

*Healing from the Core 2 -  
how I healed the past & auto-immune dysfunction,  
and how you can too!*

*This Is My Normal -*

*stories from an Intuitive-Empath, Psychic & Metaphysical Mama...*

*Chakra healing stories, past lives, mk ultra /alien memories, and other bizarre tales*

# Healing From The Core

Copyright © 2025, by Ellen Farrell, MA, NCC, LPC, EEM-AP

All rights reserved. Always credit the author if quoting any part of this book. No part of this work may be reproduced, stored in a retrieval system, transmitted in any way – electronic, mechanical, photocopy, recording, or otherwise copied for public or private use – other than “fair use” such as with brief quotes, or in an article or review, without express prior, written permission of the publisher and/or author. Thank you! For information regarding permission, contact the author, at [ellen@ellenfarrell.com](mailto:ellen@ellenfarrell.com)

*In addition, Ellen Farrell does not prescribe or give medical advice as treatment for physical or medical issues. Always confer with your medical professionals to treat individual needs, or to discuss any medical concerns. One must take responsibility for doing research and taking care with new techniques or supplements. The intent is to offer information to help enhance your spiritual and emotional well-being. It is your constitutional right to use any information in this book for yourself, however, the author and/or publisher assume no responsibility for those actions.*

**Internal Art by Doug Farrell**

*I dedicate this book to my husband,*

*Doug – and to our children,*

*William, Sean, and Ray. I'm thrilled to share this journey with you.*

***I'm excited to introduce you to how I work with energy*** and how these insights have helped me. This book explains a new way of understanding how our energy systems are all connected - a unified system initiating through the Core Star. As I've worked with clients, I've always been curious about why certain things appear in their Chakra stories and in their lives, like songs, art, totems, or other images that have had pivotal impacts for them. I've also wondered why a client's age or emotional state seems to match certain things in the energies. I've always asked Spirit better questions, like, 'What is needing to heal?' and 'Is there anything else I need to address?'

*When I worked with the highest level of Peace, Love, Wisdom, and Joy (as Spirit defined the Core Star in its deep, dark void), and the energy systems since 1987, I noticed similarities between how the energy aligned with our current connections and the status of Chakra stories, the Elements, and patterns of disconnect or healing. As I've read and reconnected the energies in thousands of client sessions, I've realized that we're truly a now/finite, Earth/ beyond time/ infinite Spirit interface. It's important for us to feel the one-ness of our*

*connections with our innate Core Energy (our Divine Spark) and truths to achieve clear and loving communication – and the best, highest goals and status. When we remember that this Divine Spark is a real living presence (I see it!), it becomes easier to reclaim our integrity as eternal, Divine beings of Light.*

*This work explains what matters to all humanity - in our greatest mission, creating Heaven on Earth.*

**Core Star Matrix Healing** *helps us connect with Spirit, heal trauma, see clearly – and to choose and create health.*

*This journey will lead you to infinite peace, unconditional love, and the wisdom within. It'll deepen your connection with harmony from the Core, releasing the drama and trauma that controls us. This will help you break free from automatic, fear-based reactions that affect so many of us.*

*Head to Part 2 to explore the Map of how these energies connect through your Core. When we heal the past, we can identify our past programming, acknowledge the stuck pain, and become more conscious in choosing health.*

*Understanding how these energies flow gives you a guide to connect your mind / body, and Spirit. Access your inner wisdom, cultivate that relationship through meditation and deep listening, and evolve your soul to experience pure **peace, love, wisdom, and joy** – the truth of who you truly are at your core.*

Ellen Farrell, MA, NCC, LPC, EEM-AP, September 2014

# **Contents**

## **Thank you; In Gratitude; Introduction**

### **Part 1 –**

- 1) Spirit Guides, Earth Angels
- 2) Now is the Portal for Change
- 3) Heal Thyself... the Early Years
- 4) When We Know <MORE> BETTER, We Can *Do* Better
- 5) Putting it together
- 6) Back to the Future
- 7) Key Concepts

### **Part 2 –**

Chapter 1: Understanding the Core Star Matrix as an energy system.

Chapter 2: *The Energy System of Ayurveda: Chakras* <as I see them>. What they are, and how they fit into THE CORE STAR MATRIX (CSM).

Chapter 3: *The Energy Systems of Chinese Medicine (TCM)*. Meridians/Elements, and how they fit into the CSM.

Chapter 4: Radiant Circuits and *Spirit Points*. My guidance suggested using the term 'Radiant Circuits' instead of 'Dantian points,' as they are known in Traditional Chinese Medicine (TCM).

Chapter 5: Understanding Core Star Matrix Lines. This chapter delves into the concept of Core Star Matrix Lines. We'll explore what they are, how they relate to the Core Star Matrix (CSM), and the shifts or connections needed to achieve the third Eye upgrade.

Chapter 6: The Auric Field. In this chapter, we'll explore the Auric Field, also known as the morphogenic, thought, or habit field. We'll understand how it connects the Light and Physical body and its role in the Core Star Matrix (CSM).

Chapter 7: Energy Flows and Electrics. This chapter will explain the concept of energy flows in the body and how they are initiated. We'll also explore the role of Electrics and Infinity-8 in this process.

**Part 3:** *Ellen's Energy Exercises, Meditations, and More... in this final part, we'll continue exploring Ellen's energy exercises, meditations, and other practices to enhance your energy and well-being.*

### **Acknowledgments**

I'd like to express my gratitude to GOD for sharing these valuable insights and practices, as I asked for more information... it is my heartfelt gratitude to God / Spirit for encouraging me to write this. I also want to thank my incredible Indiegogo writing project helpers, especially the beautiful souls who contributed to the creation of my Writing Project video. Their support and encouragement helped me commit to writing about the gifts I've received through my years of work, discoveries, and learning a new, more compassionate way for us all to live. A big thank you to all the Indiegogo contributors!

To the people who showed up for my video, my incredibly helpful videographer, Matt Duplessie (who's also the cover artist for my third book of poems, *Merging with the Divine*); and to my husband Doug for composing the music for the video and creating the inside art of the Angel, hummingbird, and Lotus for my first perk of the poetry book, *Stories From My Heart*. Thanks to Olivia Herron for

creating the cover art for my first Poetry Perk book, and my second book, Pregnant Poems. To my Indiegogo contributors, including those who chose to remain anonymous and those who couldn't afford to support me financially, I want to express my heartfelt gratitude. I also want to thank my contributors in the levels of Cherub, Bless your Heart, Wind beneath my wings, and Do the Work: Aunt Linda, Mary Alcott, Anna Lila Black, Melinda Borysevich, Jennifer Breedlove, Consweulo Davis, Debbie Davis, Marie Denis-Luque, Erica Dyal, Caroline Fernandes, Beth Guzman, Carole Wilde Jackson, Gloria McCahill, Jody and Jerry McIntyre, Alexis McGlynn, Sean O'Connor, Stacy Pandya, Kim James Robinson, Gerardo Salgado, Andrea Santurian, Tyler Spofford, Connie Stewart-Sacks, Sheryl Sturges, Brooke Tuscano, Nicole Ware, Debra Marquez. To anyone else I missed, please forgive me if I forgot your name. I love you all so much, and thank you for your support.

I'm so grateful for all the amazing experiences I've had in my life. From my incredible non-Earth adventures to my spiritual guides, and from my loving family and friends to my incredible teachers and clients, I've been blessed with so much wisdom and guidance. And let's not forget my amazing relatives, especially my mom's mom, Nana Berry, who taught me the importance of living a heart-centered life, and my dad, Paul Weinberger, who showed me the true meaning of being a gentleman.

I've learned so much from each of them, and I'm constantly inspired by their wisdom and kindness. And let's not forget the incredible teachers who have helped me grow and evolve as a person. Reading was my salvation as a high school student, and Edgar Cayce and Jane Roberts really influenced me deeply. I'm so lucky to have found teachers who have helped me in so many ways, and I'm grateful for all the things I've learned and discovered.

There are six teachers in particular who have had a profound impact on me during my time on Earth. They're all amazing authors who have helped me understand the human experience and how to maintain a high level of consciousness and health. I'll list them in the order that I met them, and I hope you'll enjoy reading about them as much as I have.

1. My approach to acting in college.
2. A spiritual guide who helped me connect with my inner self.
3. A teacher who taught me about the power of meditation.
4. A teacher who helped me understand the importance of self-love.
5. A teacher who taught me about the power of forgiveness.
6. A teacher who helped me understand the nature of reality.

In college, I was totally engrossed in reading books by Constantin Stanislavski, like [‘\*An Actor Prepares\*’](#) — Stanislavski's early 1900s manual, which was the basis for my training in the Meisner Technique of Method Acting while a student at Rutgers

University. We were learning to be fully present and impeccable actors, while being taught to be fully present and impeccable as human beings.

Robert Fritz is a multi-talented artist and writer, and he's also an organizational consultant for some of the biggest companies in the world. He wrote a book called "[The Path of Least Resistance](#)," which became a huge hit! He's the founder of DMA® and Technologies for Creating ®. Robert shared his experience as a composer and the structural principles he used, and how they can be applied to creating your own life, or how to approach **your life as art**.

His work goes hand-in-hand with books like "**Be Here Now**" by Ram Dass, which came out in 1971. His ideas are similar to Eckhart Tolle's "**The Power of Now**," but he was already tapping into this ancient wisdom about being present. He also figured out how to apply this wisdom to the creative process, and ideas like "all we have is this moment, NOW." My husband introduced me to Robert's workshops in NYC in the mid-1980s, and we went to several trainings and a teacher certification based on his first book. Technologies for Creating is a program that teaches practical exercises to help you be fully present in the moment, while also connecting you with your highest aspirations and spiritual potential. It helps you achieve meaningful personal goals and clear your mind of clutter. Robert calls it the "structural mechanics" of the creative process, and these ideas were a real game-changer. They helped me understand how to use my thoughts and affirmations to create specific goals. His work also showed me how to overcome fears and stuck emotions by focusing on – and choosing those goals. He taught me how to use the

creative power of my mind to make things happen. His work really deepens the idea that what we focus on expands. It's a practical and accessible way to make your dreams come true.

**Caroline Myss** is a New York Times best selling author and a renowned speaker on human consciousness and mysticism. I know her as a teacher in mind-body medicine and as a medical intuitive. She's an expert on Chakras, mystical religious practices, Angels, Guides, and other metaphysical and psychological tools for healing, like personality archetypes. I bought her book, **The Creation of Health**, from her at her lecture in Pittsburgh, PA, where I and my spouse lived back then. She told us about her work and how she started testing her intuitive abilities with Dr. Norm Shealy, which is all in that book.

After her talk, there was a full-day workshop. That's how we ended up buying the book directly from her! It was back in the late 80s, and the workshop organizer, a friend in our spiritual community, had recruited my husband to record the evening lecture since he has a Master's degree in Sound Design. We had a great chat with her afterward about The McDougall Plan, which she'd just heard about. My husband gave her the extra copy we had. We, along with a few friends, attended both the lecture and workshop. She had us work together using various tests to measure our intuitive abilities. It was because of this workshop that I first realized I'm quite intuitive. I was still dealing with immune system dysfunction, like leaky gut, chronic fatigue, liver stagnation, infertility, and other symptoms. Traditional medicine had offered no help. The morning before her private Q&A at the end of the workshop,

my husband and I decided it was time to move to Los Angeles, CA to pursue our professional dreams and start a family. My infertility treatments hadn't been successful, and our plan to have a child and move (after it was time for that child to enter school) hadn't come to fruition. It was time to move forward. I had a vision of our little boy around our third year of marriage, and he sweetly asked, "When *will I be with you?*" This was heartbreaking and caused a lot of sadness – a deep yearning in me. That, and my dad's constant asking, "Is there any news?", made those years really exasperating! We had kept our new plan a secret from no one, especially not our loved ones in PGH. In the group Caroline answered our vague question about advice regarding getting pregnant with "*Your son wants to be born in California*" and later also told me I had what felt like Candida. I definitely had the Chronic Fatigue and had learned a lot about Leaky Gut. We were shocked by her first comment, and I was relieved to finally have a name for my physical problems. We started planning the next day to move to Los Angeles, CA. As Doug prepped to sell our home, I took the plunge and moved in with my Aunt in Los Angeles. I landed a job too! My husband stayed behind for a few months to pack up the house, and then he joined me – we were blessed that he found a job as an apartment manager which is also where we ended up living. After we finally settled down with jobs (I loved my job at **Follow Your Heart** in the Valley) and an apartment, we found **Dr. Matt Van BenSchoten**, a Doctor of Oriental Medicine. His energy testing for the right oriental herbal formulas was super effective. About three months later (that's about nine months after we moved in total), I found out I was pregnant!

On a break during the workshop, I told Caroline how much I respected her. She stopped and stared at me, like an eagle, and firmly responded, *“Respect yourself!”* I was a bit taken aback, but I took her words to heart. I was grateful to have this pivotal insight, and to finally have a name for my illness.

It took me years to understand what I saw in myself and in many others. It wasn't just about the overuse of environmental toxins, antibiotics, and stress. It was also about the past trauma that had left a template of insults that made me vulnerable later on. Sometimes, a new insult could be the straw that broke the camel's back, causing my immune system to break down. But sometimes, it wasn't the new insult itself, but the healthy feeling of safety (which I got from my husband) that I / my body felt safe enough to stop fighting, reacting, pushing, and patterns of over-giving to keep my head above water. I needed to ask for healing. Before meeting Caroline, I had become a vegetarian, then a vegan, and I stuck with that for at least five years. We went back to being vegetarian (with some dairy occasionally, like when we ate out) after I worked with **Dr. Luc de Schepper**. I've learned a lot about trauma over the years, especially since 2005 when I started working as a therapist with Energy Psychology and Trauma therapy (EMDR). You know, we don't just “get over” trauma. It takes a specific approach to release stuck energies from our body/ minds, thoughts, and even our cells. And then our bodies need to heal from the effects of the trauma. Caroline is known for her direct style and accuracy. Her truths and insights are definitely worth studying further.

Dr. Luc De Schepper is a highly respected contemporary Homeopath and renowned international lecturer and author in Classical Homeopathy. His students admire him as a brilliant and inspiring lecturer, while thousands of his past patients appreciate him as a gentle and compassionate healer. He was the first doctor who truly understood what I needed, and his work has had a profound healing impact on me. Dr. Luc's goal was to address the root cause of the problem. He was well-trained as an MD, acupuncturist, and master homeopath. After the birth of our first child in 1991, Dr. Luc provided me with much-needed relief from full-system Candida and Chronic Fatigue, which had plagued me for over eight years. My work with Dr. Matt had gotten me healthy enough to conceive. Caroline had identified the connection between the illness and stress/imbances, and Dr. Luc helped me delve deeper into these issues and bring about healing. I had to be careful about my diet, took his powerful homeopathic remedies, acupuncture (which brought up vivid memories of past traumas!), gamma globulin treatments, and specific nutritional supplements. He also helped us by prescribing a homeopathic remedy when our first-born at about 1 year old began experiencing night terrors, and babbling about memories of a great fire. Reading the book **Primal Scream** years before helped me understand how our experiences are so unique and how our responses are so individual. It's all thanks to Dr. Luc's thorough approach that I began to grasp how past traumas affect our current level of health.

**Dr. Brian Weiss** is a trailblazer in past life regression therapy. He was the Chairman Emeritus of Psychiatry at the Mount Sinai Medical Center in Miami. He even made an

appearance on the Emmy® Award-winning series Super Soul Sunday on OWN, where he talked about reincarnation, past lives, and miracles. Oprah shared that she met Dr. Weiss when he was a traditional psychotherapist, but one patient's experience with reincarnation changed everything. I love that he was a skeptic until he saw enough evidence in his own practice. His work confirmed what I had already felt to be true: trauma, whether it happened early in childhood, in utero, or before, needs to be healed by going back to that time to fully heal. I read his first book, **Many Lives, Many Masters**, around 1989, and I felt a sense of comfort as I read his documentation of his patient's stories. They felt familiar to me because I had already had three major past life memories by then. I was also thrilled to study with him and his wife at the beautiful Omega Institute in Rhinebeck, NY in 2008.

**Donna Eden**, a pioneer in Energy Medicine, was first introduced to me through my One Spirit Book Club around 1999 or 2000. Her book, *Energy Medicine*, caught my eye because of the forward by Caroline Myss. About five years later, I finally realized she was teaching. I had been considering attending the annual training at NICABM for a few years, and in 2005, they featured her in a 3-day Post-conference workshop that I attended. I'm so grateful that I was able to continue attending NICABM conferences as a work scholar from 2006 to 2011, until they were no longer held (they are now as of 2025, a major online tele-seminar presence). I got to see Donna several more times during that period (in addition to seeing her at her school after 2007). Her first comment to me was as she walked by before the 2005 class began. She glanced at my Crown and in my Field, and said, "Angels!" – she

couldn't have been more on target. From about 1989 to 2000, my Reiki/Chakra work, and Intuitive reading/Channeling practice was named "Angelic Healing"! I feel her as kindred, and also have deep gratitude for her as a mentor. I even had a past life memory with her as (what felt like) a sister, possibly one from a centuries ago lifetime performing in an Asian theatre troupe with many other children, as in *The King and I*. Thank-you Donna. Words could never be enough to tell you how I feel, and I know I don't need them since you see right into my heart.

I've been reflecting on the teachings of these amazing teachers, and they've helped me see things in a whole new light. I've developed a deep connection with Spirit, and I've learned to listen better and ask better questions. This book is all about sharing what I see with clients and learning from their journeys. It's been a wild ride, and I've learned so much about how we all learn at our own pace. With Spirit as my guide, I've been able to ask deeper questions and share wisdom that's helped many people. I've had to adapt information for one client so it could work for others. It's been a long journey, starting in 1987, when I began to consciously hone in and expand on my abilities. I've learned to translate what I see of the past, present, and future, or through other senses like hearing, smelling, feeling, and knowing information in energies like in the Chakra stories.

Later, when I trained with Eden Energy Medicine, I started to feel and see the status of how the Meridians are flowing, how the Elements are interacting, pain, relationship dynamics, boundary violations, and even how these may show up and evolve throughout lifetimes. I'm so grateful for the confusing experiences in my

early life that made me question why they were confusing! I wondered why I was feeling what I was feeling, and started to notice when my thoughts and emotions were connected to the truth of the moment... what I was thinking. I noticed that sometimes, it was ego (defensiveness), or more old habits of reactive/fear, negative templates, another's imposed truth, or just plain incorrect assumptions, cultural bias, etc., that was at play. I wondered about where we come from, how we come to respond to life, cultural / societal norms ...how people often didn't say what they felt or were not congruent. I marvel at how I felt from early on, truth in my body and mind - how my connection with Spirit always leads me back to clarity.

*"When you realize how perfect everything is  
you will tilt your head back and laugh at the sky."*

**– Buddha**

Introduction, – My P.O.V., History, orientation (*how I know what I know and came to see what I see*)

I felt called to go outside to the 2<sup>nd</sup> story, small deck with its round umbrella table and comfortable chairs. I walked through the kitchen and dining room, and out the sliding glass doors. It was early morning, 1987 – I was 25 years old. I'd completed my first Reiki training that spring, and had begun to practice the healing work that felt like remembering, familiar, and a lot of how it felt to be in my body was shifting. I sat alone, finishing a simple bowl of cereal for breakfast, looking at the sun coming up on the horizon. It was an uphill mountain slope of beautiful trees – the forest at the far edge of my father's backyard in Northern New Jersey. The day was just waking up. I was watching the swishing of the trees, feeling the refreshing, mild breeze. The rustling leaves, birds talking, and all the awakening colors – the life and sounds of Spring moving into Summer, singing to me. The sun, buttery soft, yet warm, its light shimmering on the green, made sparkles like gems with each steady shushing. The branches swaying, lulled me into a trance. Time took a vacation – I was mesmerized. Suddenly, and all at once, I was aware of a wise, loving presence to my left – words rolled in a whisper toward me as if floating on a stream, mid-air, impacting me, saying "*Come into the fullness of your being-ness*". Neither predominantly male nor female; this presence was not in the least aggressive or

invasive. Clear, precise, calm and steady, these words were absorbed into every cell, into the very essence of my SOUL. And I was forever changed. The feeling of this moment is glowing and pearly – as if a heavenly portal had opened. Now I know, it did. Following, is some back-story and thoughts that go into how I work, and how I came to work the way I do.

## **Part 1**

### Spirit Guides, Earth Angels

It was 1987, and we'd left NYC having decided that it was not a place we could make sense of to start a family, which we already were planning, seeing, feeling – and we'd purchased a very sweet home near Pittsburgh, PA. This had been Doug's prior stomping grounds, and where he got his Masters in Theatre. He studied directing, acting, and got his degree in theatre sound. A small inheritance from Doug's aunt, gave us our nest egg, and we were staying with my dad and stepmom due to delays in the closing. Little did I know that having asked Spirit to enter my life, and committing to Spirit guiding me, could bring such dramatic interfaces. It was as if a whole part of me that had been in sleep mode, was waking up. My past and earlier life stories and experiences of healing immune system dysfunction will be touched on minimally here – only as they directly relate to this information and are relevant to a larger discussion on healing trauma. I'll also share my evolving understanding of what I came to know as innate abilities that I later cultivated, but that for years I thought everyone had, or maybe also, didn't really think about it, as it was just my

normal. At my Core, from earliest memories, yet before I had words to describe it, I've always had a total desire to understand why we are here, what makes us tick, and how we respond to life, love, the relationship between feeling safe vs. trauma, and being here, on Earth.

I'd graduated from college with a BFA in Acting, and during my last year there, through to the few years that followed, I had two romantic relationships that taught me a lot. The latter was an abusive one, and I was still recovering from it. The former one taught me to trust myself. I had sworn off men prior to meeting my now spouse, deciding to just focus on my career. No matter what, I'd learned not to settle for less than wonderful! My bizarre, life shifting, Spirit-affirming experience on my dad's porch, I believe, was precipitated by three pivotal events. One: I'd decided I would not settle for anything less than this wonder-full, highest level of love. I was prepared and quite fine with being alone, and then, wouldn't you know it: I met the love of my life. Two: I found healing via Reiki, and was reading/learning about The Path of Least Resistance, and how to work with technologies for creating; and Three: I set an intention... I made a pivotal choice and commitment for *Spirit to be the primary force in my life.*

### **Event One:**

I met my soon-to-be husband, Doug. We had a truly cosmic meeting as we both waited for a healer's talk which was given in a channeler's loft in the Village,

NYC – it was 1986. I'd just had a reading by the channeler, Dina Michale Sage, whom I met via the photographer with whom I'd just gotten new headshots — whose business name was WINGS OF LIGHT. I called and was told there was a month's long waiting list. I signed up. About a week later, I was called back, and told there had been a cancellation – did I want to fill that space? It was \$100 if I remember correctly, and I gathered my waitress earnings and showed up. The reading was recorded and I'd transcribed Archangel Michael's words, which I found to be spot on about moving forward, and what I had to offer the world. Doug read my transcription which I had with me! One big point as I had been leaving an abusive relationship, was NOT TO SETTLE. I took that to heart. I was done with men, or caring about dating, and had committed to not settling for any sub-par relationships. I was in no hurry I decided. ALSO, after an ugly break up with the abuser, I visioned about allowing in new information on what a healthy partner would look like, be like, feel like. Doug I later remembered, fit the bill. We had a delightful chat! He peeked up from his book about **The Right Use of Will, Healing and Evolving the Emotional Body**. which made a nice counterpoint to my book, from **the Oversoul Seven Trilogy**, about overlapping lives from different timelines, by Jane Roberts. He moved up, nearer to my seat, and the books were a good starting point for our chat. I thought he was sweet as he apologized for his lunch of a big salad with a lot of onions. He offered me his phone number, which I found to be a novel approach! Out of necessity, I'd adopted an attitude of total freedom and non-attachment about finding a mate,

and determined to focus on career, and work. Yet, I was intrigued, and felt so safe and *seen* by Doug. He made me laugh, a still does to this day. Also, there was the cosmic event that happened when we sat next to each other. The healer-speaker asked everyone in the bustling room to move to the front seats, so the cameras got a best 'filled room' visual. We moved up to the front – I sat to Doug's right. The talk was about to start. Within seconds, I felt as if my entire being was going to shoot straight up through the roof! I looked at Doug, having put my fingertips together. This was an intuitive thing my body/mind did that kept me grounded. Doug, it turns out, had put his fingertips together also, and simultaneously, we turned to each other, and he said "did you feel that?" – whew! Yes, we both had a Kundalini co-experience. Never prior, nor since has that happened. I am sure we were destined to be partners in this life.

After the healer's talk, it took a minute and I believe some intervention by Spirit, for us to reconnect sooner than later. That is, we chatted with some of the other folks there, had some of the snacks and beverages for guests. My thought was "he should ask me for coffee" – but that did not happen! I decided to leave, and got my boots which were by the door, and went down the elevator. At the street level I saw it was now POURING outside. I dug through my large bag (I carried my life in this bag – and this was before so much is contained in a smartphone!). I could not find the little folded umbrella, and decided I must have left it upstairs. I went back up! Doug was standing right next to the elevator when the doors opened. He exclaimed: "you're back", and then "would

you like to go out for coffee?" We went to a coffee shop nearby, and when they closed, we strolled a bit, and landed at a cute eatery, called the Olive Branch. This was in 1986, and in 2017 we saw the place, still in operation, in the Village. It was beautiful to feel our younger selves there, as our thirty-years later selves! The whole while, he did not fear my very direct questions, and thoughtfully responded – our discussion was lively! He was earnest, and kind, and every answer was perfection. A few times and he got up and hugged me – this was such a momentous experience, we were both a bit gobsmacked to have found each other. So, Olive branch also closing, Doug offered to walk me home! We walked and talked over 30 NYC blocks, all the way up to mid-town. Doug had a romantic notion that we could walk to my up town Washington Heights apartment. However, my tired feet decided we'd take a subway the rest of the way. We stayed up that night, continuing overflowing with conversation, and talking until three A.M. He always came back with a heartfelt response that resonated with my feelings on each topic.

Doug was seven years older than me, and we had each had our share of either not safe, not healthy, or not a good enough fit. This was different. Finally, we fell asleep having committed to a kiss, and acknowledging that something unusual, and good was occurring. He asked me to marry him. I managed responding with silent but vigorous nods.

I read Richard Bach's wonderful book, **Illusions** a couple of years earlier while still in college in New Brunswick, NJ.

This quote comes to mind as I remember that night:

*“Your friends will know you better in the first minute you meet than your acquaintances will know you in a thousand years.”*

That was the night I met my best friend ever, the father to-be of my children, and my life partner. My awareness post-college had grown enough to identify danger, and how safety and harmony feels in relationship. I grew to seek only what is healthy, gentle, and loving. At that time in my life, I had handwritten, in tiny print, my favorite of Bach’s *Illusions* quotes – and carried these in my wallet. I guess it is a testament to how sacred these ideas were to me. Later these quotes became overtly at play:

*“There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts” ... and, “We teach best what we most need to learn”.*

Amazingly, we were married two weeks later by a justice of the peace (this is a much long also amazing story, part of which I will reference a bit more, and no doubt, a longer topic for another book!). We knew very quickly that something massively life changing was happening! Three children later, now all in their 20’s, we still feel very lucky and blessed to have met, and yes, we have had our ups and downs. How could we not what with being human(!), needing to/ learning to be better communicators, and all the pollution and environmental toxins affecting one’s ability to stay clear.. GMO’s, Roundup, health challenges,

new careers; the death of parents, the 2008 economic crash (which was coming on from 2001), and other stressors in LIFE? Yet, I am grateful to have celebrated our 30<sup>th</sup> anniversary as of this writing, last September of 2016. Here we are now as I edit, it's October 2020, right in the middle of the COVID 'pandemic' – celebrating 34 years together.

We are in it for the long haul, and have meticulously worked through some challenging and healing, growth inspiring and even depending bonding experiences. How time flies.

### **Event Two:**

Reiki entered my life. Not long after, Doug moved out of his 3 bedroom Astoria, Queens apartment which he shared with 2 roommates, and we planned our future, a big family wedding, and I completed training for Reiki in NYC. The work as I referenced earlier, felt like I was remembering something very familiar to me (more on that in a bit). A college friend called out of the blue not long after we graduated, not sure, maybe after I met Doug. She felt compelled to tell me about Reiki, and encouraged me to look into it! I was recovering from the abusive relationship and before meeting Doug, my immune system was beginning to tank. I'd been waitressing and going on auditions. In the mid-80's flour, which had contained iodine (an essential nutrient) was changed. It was replaced with bromide/bromine, and chlorine... both very bad for the thyroid/immune system, and these endocrine disruptors block the uptake of iodine!

Also, the much cheaper and much more dangerous to our immune systems, high-fructose corn syrup was replacing cane sugar in soda and many other products. That, combined with the past abuser relationship triggered immune system breakdown.

My husband and I also took classes from Robert Fritz. I had to catch up with the intro class, then there were advanced and teacher trainings. I read his important and groundbreaking book, **The Path of Least Resistance**. I was learning to more consciously make choices that were in alignment with my truth.

During the same time, I was working with building on the feeling of energy flowing through me, from the balancing Reiki/Life force (Chi). I practiced directing it to plants, pets, and people. Morning and evening (as I still do to this day, in addition to tracing my Meridians, and/or checking Chakras), I applied Reiki to myself as well. For many months, I mostly worked on myself. Yet as soon as I started to work on others, I began getting a lot of information about why their energy was blocked. I really took notice as my clients told me that what I saw was very relevant on a personal level. There was no mention that such information would come through during the trainings! It was an absolute surprise to me!

Reiki involves placing of the palms on or above the body. Advanced techniques apply the use of sending healing Reiki symbols, allowing and imbuing the flow of Chi/life force with deeper healing resonance – through the eyes, visualizing in

the mind, for in-person and/or, with distance healing techniques. Our consciousness can transcend time and space, so it's really all about our intention, as many studies on the power of prayer have validated, which are discussed in books by Larry Dossey, MD.

<http://larrydosseymd.com/healing-words-the-power-of-prayer-and-the-practice-of-medicine/>

The Reiki positions relate to the front and back of seven major energetic databases that contain the stories of your SOUL, known as Chakras. These run from the top of the head to the base of the torso. These Chakras relate to your entire Spirit journey. I have seen, many times, past life (and between life) stories in these energies. I will also describe how other energy pathways relate with them, in Part 2 of this book.

During the same time, I was working with building on the feeling of energy flowing through me, from the balancing Reiki/Life force (Chi). I practiced directing it to plants, pets, and people (only with their permission). Morning and evening (as I still do to this day, in addition to tracing my Meridians, and/or checking Chakras), I applied Reiki to myself as well. For many months, I mostly worked on myself. Yet as soon as I started to work on others, I began getting a lot of information about why their energy was blocked. I really took notice as my clients told me that what I saw was very relevant on a personal level.

The Reiki positions relate to the front and back of seven major databases that contain the stories of your SOUL, known as Chakras. These are embedded into the torso, and run from the top of the head to the base of the torso. The Chakras relate to your entire Spirit journey. I have seen, many times, past life (and between life) stories in these energies, and the related pathways that I will describe in this book. This was just a neat theory initially, when I studied the Reiki materials during my first training, back in 1987.

My relationship with Chakras, and knowing them as portals and containers for our life experiences became a profound reality that has grown deeper over time, as my ability to ask better questions and translate what I saw, grew.

Concurrently, as I began consciously asking for more harmony and health in myself – I began feeling immense healing changes, like an ocean of GABA flooding into me with such relation as I had not ever remembered feeling. This was very new and welcomed – a blessing to find such healing! I am grateful to have been able to share what worked for me, to also help others.

### **Event Three:**

We visited a woman named Laurie Lamb for a couple of shared channeling sessions and even one of her group readings. She was a conscious channel (not the one where we met) and artist (with whom he'd had already done a couple of sessions). After our last session, she looked at me/my Field, and said "*you should come to my class on channeling*". My immediate reaction was a quick "umm... no" – she paused, stumped for a moment, and then replied that I might

want to read a book, the title of which was new back in 1987, *Opening to Channel* by Sanaya Roman and Duane Packer. I certainly had no awareness at that time that my fascination with all things metaphysical meant that I was supposed to deliver services. I also had no awareness at that time that all my studies were for a reason other than to assuage my curiosity. At that time, my career identity was solely as an actress. So I declined as if it were a silly idea, yet the idea stayed with me, it bothered me like a fly that will not go away. Since I could not get the book out of my mind, we sought and bought that book very soon after. We often visited such bookstores, and quickly came upon said book – and it truly resonated. In the months that followed, I practiced the exercises in the book she suggested. The exercises connected me with higher wisdom, and *opened me more to the flow of that guidance*.

Around the same time, I read **Autobiography of a Yogi**. Reading that book was extremely pivotal to me as I felt a kinship with the author Paramahansa Yogananda's experience of reality. Because of this book, I called upon the Angels with earnest intention to raise my vibration, to welcome their wisdom into my life. It may seem that I came to this work "by accident" – it was a surprise to me when I started to see more than I could have ever imagined. Of course, I didn't know where my questions would lead me – I only know *I was born with a burning curiosity!* Some of the best discoveries arrive when we're not looking for them. I can see how I was preparing for Spirit awakening and deep Soul healing, from the start – that this is my SOUL mission that has been whispered

into me. It has occurred to me that in order to learn, at some point, *we throw ourselves into a life, as a way of sacrificing self, to learn, for the greater good* – and that this goodness, of learning truth about love always satisfies our most primal, and deepest SPIRITUAL yearnings.

What really matters to you in life, and why? That's a question that can be the start, a stepping-stone to bringing a very rich journey. Whether you know it or not, that is the question we all ask before we arrive. We all eventually want to find more meaning, and we want to know that we matter. We are exploring what power means, and what true power is – the power of Love. Trauma and biological survival-based influences may make one feel they need to resort to force over others. A drive to control is a trauma reaction, whether conscious – or contained in a dark matrix of anger, fear and frozen emotional pain. Is it possible that control over others can trigger a dopamine-high response, can become a conscious choice? Those who go down this road may be lost for a while, In addition, I know we all are made of Spirit stuff. Remember, my fellow humans – dream your goals always in alignment with the highest good, and you will not have to live to regret causing pain to others/or creating negative Karma. Hence the saying "Power corrupts, absolute power corrupts absolutely" – my sense is that greed for power is the worst most addictive lost path. The book **Power vs. Force** by Daniel Hawkins, MD, PhD, explores this in greater detail. How else can we learn, grow, and evolve into our Spiritual potential? We must enter the joy AND pain of the Earth experience in order to understand it, not

personalize it (to get the lessons), and ultimately, to transcend the body's fear of death, and the mental traps of unconsciousness, which are the norm in the density of the Earth plane. Then we can truly awaken to the beauty and goodness of our potential, and as I believe it is our JOB to create *Heaven on Earth* together.

In addition to Reiki, major influences in my development were a progression of guides who came to me once I opened the door. First, in meditation, I saw a **Monk** (a brown-robed male). I was told that he would assist me in preparing to work with high-level energies. During the first *opening to Channel* "experiments" I did have a weird thing happen. One night, while I was asleep, a spirit (my husband said it was not me!) came through me. Eyes still closed, I sat bolt upright and in a very authoritarian voice, awakened my husband, with repeating "*Obligations, obligations, obligations, all around*". I'd never talked in my sleep like *that!* I had no memory of this in the morning – and while I can see the layers of how that comment was rich with meaning, I was not happy to have my body hijacked! I was in the middle of a paradigm shift toward conscious channeling. That is, not having to vacate one's body to open up to and allow in other's wise messages. I made it clear to the Spirit realm that midnight (or any time) taking over of my body was not okay, and that I was only okay with conscious, asked for/agreed upon connection. I think I was too open, and I am very clear since then, to have clarity in the boundaries, and always call upon the highest level of peace, love, wisdom and healing energy. My policy with Spirit is,

contact me anytime – in anyway needed for the highest good – but I do prefer to be aware during the exchange. Spirit will do what is for the best (which I also want), so this has been the way it has operated since then. I agree to invite connection if I am to give a message on another’s behalf. When we feel we need help, must remember to stop, and ASK for guidance (even if that guidance says to call a friend, or to look something up online!). Sometimes we ignore the whisper in our ear – is SPIRIT, but we had been ignoring it, so got used to not noticing it. Wondering why you are having the thought you are having is a good place to start. Otherwise we blunder along using only our past resources and experiences as a guide. Intuition may still come at any time though! There is a kind of shorthand... I just mentally say, “help!” – and I have found that to work very well. For a full “session” it requires sitting together, syncing up, (in person, or over the air waves!), then calling in Spirit, and waiting.

Once I stop to connect, I see a wall of mist, almost like a curtain, but with more depth. Calling upon guidance from the highest level of Love, wisdom and healing, I wait for the Spirit to arrive through this opaque veil.

My second guide after the Monk, but my first long-term guide was **Josephus** – he was acting as the gatekeeper to help me connect with the client’s guides. He was also helping my energies to be able to meet the higher vibration. From 1987 to around 2000 he was present to let in other’s guides, and then once the very high level guides showed up, he exited. That is, he was a good go-between, and I am grateful for his help then, but I no longer need that service. Now, I feel

he is still around, but more in the outer reaches, still helping, acting as a greeter/mediator. I feel he looks out for me. I am so grateful for Spirit's protection via this guide and many others.

I had no (conscious) knowledge of the name, Josephus, prior to 'hearing' it as he told me who he was. In fact, I thought it quite an odd name with the "us" added onto the name Joseph. I remember thinking I had never see that!

Years later, I found out about a biblical historian of that name, possibly born just after the time of Jesus. I have a memory of reading something that mentioned Josephus shortly after, and I recall feeling great interest and some amazement. There were no computer search engines then, and I had to search for him online (somewhere between 2007-2015?). Really prior to that I was just dealing with raising kids, and grad school, and then being a clinical counselor with rounds of also being on call. I'm reminded that he wrote several texts ... however the most I've read about it is in doing research for this book!

During a channeling session, I'd just observe, and then the person for whom I was sitting – would enter my Field/my inner field of vision. I typically would announce to the client who had joined us (the name the guide used), and would then share the space of my form; or though it often feels like an overlay, sometimes it is really just very good telepathic communication and/or imagery that I translate. My attention would be fully focused on clearly translating their message. I developed my own little ritual to prepare for this process. This

included a comfortable seat (separate from the client – usually across from their seat), a blanket close by, a candle and some incense (placed before the client arrived), a few specific crystals to hold, or nearby.

The client knew they could record the session if they wished, or take notes. I'd have them bring questions about their life, problems/goals, to give Spirit a direction.

It is interesting to note that as you will see, my major guides are all of biblical importance. Both my parents were of the Jewish religion, not devout by any means, so I was certainly not raised reading (or hearing about) the New Testament. Although around age 4 (and until about age 7), I did attend Hebrew School. About age 4, I began to spontaneously understand the Hebrew letters and meanings during a service as I followed in the book. This must have been around the time of my parent's divorce, but it's a little foggy as I was so young. Yet, I remember the dark wooden pews, the light slanting in to the room, the Torah on its stand on the stage, and the beauty of knowing what the letters meant! I remember a thrill of joy to be able to take in the knowledge. We moved however, not long after and stopped attending that Temple by the time was in 3<sup>rd</sup> grade (we had moved to a new town in North NJ, with my new stepdad). I had so much homework from the Hebrew school that it was interfering with finishing my regular school homework, so I asked my mom to let me drop out!

After Josephus, came three amazing guides in short succession, starting somewhere around 2000, came a Biblical figure pre-dating Jesus, **Abraham**, (which he pronounced as "Ah-brah-heem"), who appeared to me as a King on his throne. He had no crown, but his presence was grand – royal, wise, confident, and the chair upon which he sat was "throne-like" – my interpretation, seeing such a powerful presence, at that time was a feeling, like king of the Jews. Having just looked that up, I see he is known for being "the first Hebrew" (<http://www.bible-history.com/old-testament/abraham.html>); his great faith in the One God, his *quality of loving kindness* (chabad.org), and as the "*father of the Jewish Nation*" (<http://christianity.about.com/od/oldtestamentpeople/p/abraham.htm>) – with a long legacy of influence. Per Wikipedia, "...when Abram was ninety-nine years of age, God declared Abram's new name: "Abraham" – "*a father of many nations*" (Genesis 17:5)." This guide gifted me with confidence as a teacher, and in what I was seeing. Later, this proved invaluable in being able to *take in* the validity of the need dictated by Spirit (a.k.a. God), to share this wisdom. I can see now that these are the very qualities for which Abraham was known. His faith and obedience to Spirit, I have committed to practice, and have done my best to emulate. If memory serves, this guide was with me through the time I was completing graduate school in 2001. I was also a part-time director of Religious Education for Children at our local Unitarian-Universalist (UU) church. I am not really into labels, but since I was born of Jewish parents, I lovingly have sometimes thought of myself a Jew/

Unitarian. I found friendship with our Choir director, so we had gotten together to do silent meditation. She introduced me to the book **The Power of Now**, which remains a favorite to this day. By then, I was getting my Master's degree in psychology, starting out in my career with a brief stint teaching Psychology at a local college. I was also working at another college, where I'd completed my graduate psychology internship, as a clinical counselor. With a husband working full-time, and three young children, the last just entering pre-K when I began my second year of grad school (and a 9-month practicum / internship), it was a lot to juggle. So this guide Abraham, by his very presence was quite empowering, and a source of strength that certainly helped me achieve my goal of becoming a therapist, to use all my abilities to help others.

Within about a couple of years, during an at-home silent meditation, **Mother Mary** came through – and not long after that, maybe within a year, she lovingly stepped aside to introduce **Jesus**. I feel my guides with me, and I am grateful.

It is notable to me that my guides were related to my Spiritual quest, and Biblical historical entities. When I was in High school, in Florida, I had a very oppositional innate attitude to such an alliance! I had a few friends who were in a Bible Study group, and when one or two times they'd ask if I wanted to attend I noticed my severe (what I can now see as near phobic) negative reaction to attending their group; to reading the New Testament (?) – no. My reaction, I now know, was an innate revulsion of guru-ism (not in the original use of the word in India – *teacher*, but rather as the ego-driven, holier than thou, cult-ish

behavior that some leaders (or religions) seem to allow/or even to encourage. The poor translations (or mis-translations) into English, in the current version, I later found to be part of my distaste for religious depictions of Jesus Christ in his death on the cross, and distrust of the entire spectacle. Looking back on what I have since seen, it is no wonder though that I had that reaction. Distortions abound in the Greek and King James/English translations of the Bible and New Testament – versus the original Aramaic are truly very poor. The difference – in language and essence from the original Aramaic translation's meanings can be extreme. I am highlighting this here since I have seen tremendous breaks in deep level energy systems – a high degree of past trauma surrounding these distortions. Especially on the left side of the body, energy can be deeply and negatively impacted by betrayals and pain around these issues of religious distortions, trauma, torture, abuses, i.e., Spanish Inquisition, etc.

For instance I took a quote from Amazon, written by a Reverend, [Rev. Elizabeth A. Reed, Ph.D. \(Hidden Gospel reclaims Jesus from institutional Christianity\)](#) – *"prayer in my name" literally means "pray in/with the same atmosphere and vibration" that you experience with me...NOT that Jesus intended that his literal name would ever be the focus for prayer, not that Jesus intended institutionalization of a new church focusing upon himself. Jesus offered a living path of direct experience of Divine Mystery."*

In other words, pray with me – not pray to me. Big difference. My experience of Jesus is as an ascended master teacher, profoundly wise, and kind being of

Love/light, a truly heart-centered healer. We can meditate on and pray for guidance – this does not take away our responsibility to ACT on our knowing and the wisdom that comes to us. I highly recommend you read such texts that re-translate from the language of Jesus, which is *in the original Aramaic*. This is the language Jesus was known to speak.

I love the work of Neil Douglas-Klotz – he is “a world-renowned scholar in religious studies, spirituality, and psychology” per his bio page on [soundstrue.com](http://soundstrue.com). Reading his works for the first time let me feel the true meanings of those words, which resonated completely for me. I purchased his *Blessings of the Cosmos* in 2006 when it came out, and reading it further reinforced my agreement with his translations.

Think of what you know from the King James version, for instance, (from the website [thenazareneway.com/lords\\_prayer](http://thenazareneway.com/lords_prayer)) of **The Lord's Prayer Dated**

**(1700-)**

*"Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily **bread**. And forgive us our debts, **as we forgive our debtors**. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen."*

<**BOLD** text after the titles, has been added by me to the prior and latter quotes>...in their section on the **Evolution of the Lord's Prayer**, they offer the Aramaic pronunciations and another version...

**“The Prayer to Our Father in the Original Aramaic ...**

Abwûn **O cosmic Birther, from whom the breath of life comes,**  
d'bwaschmâja **who fills all realms of sound, light and vibration.**  
Nethkâdasch schmach **May Your light be experienced in my utmost holiest.**  
Têtê malkuthach. **Your Heavenly Domain approaches.**

Nehwê tzevjânach aikâna d'bwaschmâja af b'arha. **Let Your will come true in  
the universe (all that vibrates) just as on earth (that is material and dense).**

Hawvlân lachma d'sûnkanân jaomâna. **Give us wisdom (understanding,  
assistance) for our daily need, Waschboklân chaubên wachtahên aikâna daf  
chnân schwoken l'chaijabên. detach the fetters of faults that bind us,  
(karma) like we let go the guilt of others.**

Wela tachlân l'nesjuna **Let us not be lost in superficial things (materialism,  
common temptations),**

ela patzân min bischa. **but let us be freed from that what keeps us off  
from our true purpose.**

Metol dilachie malkutha wahaila wateschbuchta l'ahlâm almîn. **From You  
comes the all-working will, the lively strength to act, the song that  
beautifies all and renews itself from age to age.**

Amên. **Sealed in trust, faith and truth (I confirm with my entire being).”**

Here is the translation by Neil Douglas-Klotz version given in [Prayers of the Cosmos:](#)

*"O Birther! Father - Mother of the Cosmos  
Focus your light within us - make it useful.*

*Create your reign of unity now - through our fiery hearts and willing hands  
Help us love beyond our ideals and sprout acts of compassion for all creatures.*

*Animate the earth within us: we then  
feel the Wisdom underneath supporting all.  
Untangle the knots within  
so that we can mend our hearts' simple ties to each other.  
Don't let surface things delude us,  
But free us from what holds us back from our true purpose.*

*Out of you, the astonishing fire,  
Returning light and sound to the cosmos. Amen.”*

*It is amazing to me that the original versions refer to receiving and asking for wisdom, whereas the King James distorts this message to one of fear and survival, and asks for **bread**. The idea of being a Spiritual being is in sharp contrast to being mere physical beings requiring food, who are weak – and must incur debt. It is at the very least, astounding, insulting, fear-mongering, and minimizing. Sadly, this is what every cult does – want to control its followers. Twisting the meaning of an agreed upon Divine power to control populations has been going on long enough (do you agree?). I find the hypocrisy and betrayal to be monumental, and truly, a crime against humanity and certainly a limiting influence to becoming awakened, and giving one’s self permission to consider that we are all Spirit. What I found in my youth, which later I saw again, so it brought back the memory, was the fervor of righteousness – that the words in the King James translation was the ‘be all and end all of truth of the way things are.’*

*What people do /did not know is that the true original words in translation, had been corrupted. So many have been programmed so early, and our society, our way of life and culture is so enmeshed into these personal attachments in community, family, and identity – that people never learned to question the idea that the translation of their Bible/New Testament had been distorted.*

When I reflect on the story of the golden calf, it reminds me of the Wall Street use of the Bull market symbol. It seems to me that as a society, we have deteriorated into idolizing money, or its representative, gold.

*“Jesus warns us too and not just the apostles by saying “Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves. You will recognize them by their fruits” (Matt 7:15-16a). Peter tells us that “there will be false teachers among you, who will secretly bring in destructive heresies, even denying the Master who bought them, bringing upon themselves swift destruction. And many will follow their sensuality, and because of them the way of truth will be blasphemed. And in their greed they will exploit you with false words.” (2 Pet 2:1-3a) and what will be their end?...”*

<http://www.patheos.com/blogs/christiancrier/2014/08/23/moses-and-the-golden-calf-bible-story-summary-and-lessons/#RQTcZXIMCUX3OEV.99>

I thought the last paragraph of this thoughtful article by Donna Schaper, Senior Minister of Judson Memorial Church, perfectly summed up my thoughts as she describes the connection by Occupy Wall Street demonstrators:

*“We all know how little Sabbath we keep, how frequently we let other people tell us our value, our place, our position. We all know how much we have let Wall Street control the conversation, alerting us that the market is “up” today or the market is “down.” We brought the calf to Wall Street to confess our allegiance to false Gods and to announce that something was dying for us. That death is our own belief in the sacred calf of the Wall Street picture of the universe. The “mike check” was just the beginning of a new conversation, between and among people, about what is really important. What is important is people owning our own times, our own tongues, our own labor, our own worth. What is dead is Wall Street’s control of the conversation and us.”*

[https://www.huffingtonpost.com/donna-schaper/occupy-wall-street-the-go\\_b\\_1004946.html](https://www.huffingtonpost.com/donna-schaper/occupy-wall-street-the-go_b_1004946.html)

<https://www.huffingtonpost.com/author/donna-schaper>

How often has murder/torture, and control of the masses been used in the name of Religion throughout history? It is a real turn-off, and an especially visceral one, since I have felt it in first-hand past-life memories! My family of origin is Jewish, from Brooklyn, NY, where I also was born. I was not taught that Jesus was my God. Yet, also, I am sure that my reaction was not related to my upbringing. I can't even trace any family bias or influence, because in my family, by about age 7, both my parents re-married non-Jews, and Judaism became even less of an influence. My step father was raised Catholic, but had no spiritual practice other than his music, and my step mom said the Lord's prayer before meals (at least early on in the marriage), but I had no orientation or explanation into the real thoughts behind the prayer. Since it was the King James version, it makes sense to me that I didn't understand or resonate with the message!

I imagine some of the ideas from the Torah that I was exposed to in my early childhood, did seep into my subconscious and orientation to Spirit and the world. Yet, most of the services I remember were done in Hebrew (before I really knew their meaning), and I only remember some of the biblical tales. When I was young, we rarely discussed anything about religion other than at one of these four holidays. We did not discuss Jesus! Passover, in the Spring – we'd celebrate with a ritual of a big dinner. This day always had a sacred feeling for me. A special memory is when my dad made the door open just a crack for God's messenger, Elijah, to enter, and share in cup of wine that had been

already poured, with a full setting just for this honored guest. I remember being very young, not even four, and having a sense, perhaps for the first time, of the mystical unseen, of Spirit, a non-physical Angelic presence. After my dad opened the door to welcome in Elijah, we thanked the Angel. Just then a sudden gentle breeze on a windless night swung the door open – and the candle-light flickered. We all gasped! I'm sure we all felt we'd been visited. I remember gasping, and may have exclaimed (or at least thought), something like "The Angel!" – I caught my dad's eyes, as he froze for just a moment. I think he also remembered this, somehow. Over thirty years later – and fourteen years before his passing, he gifted me a golden-framed "Scissor Cuts" of Angel wings, and gold hearts, with the quote:

*"There is an angel watching over you in good times, trouble or stress. His wings are wrapped round about. Whispering you are loved and blessed."*

Now my dad is one of the angels watching over me too.

Surely I was influenced by my early attendance at Temple and family gatherings for other holidays, even though I have minimal recall of it. Rosh Hashanah (I read that this is a time, in mid-September, to ask for the slate to be wiped clean): a time to forgive and be forgiven, for the New Year. It is soon followed with Yom Kippur. This is the Day of Atonement (a day to remember being at One/our One-ness as a human family), in late September, which I knew, but my main memory of this day was at about age 11, when I was trying to do the fast, and feeling too nauseous to continue. I'd taken it to mean to not have water

too, and this made me quite sick! This day is also known as a day when we are to “*become like an Angel*” – perhaps that’s why this day always had a special feeling for me of being sacred.

I read about it online: when we do wrong, we are to acknowledge regret, change the behavior, confess... and then *commit to doing no harm in the future*. We are to make amends, and seek forgiveness from anyone whom we have harmed. Sounds pretty sensible! It is odd to me that people had to be TOLD to do this! I now relate this to my goal to be Karma-free. This is about our relationship with God, or as I call it Spirit/All that IS, the Divine – of which we are an integral part. So to be clear with one’s Karma also means to be doing your best, being a good communicator, and caring about listening to inner guidance. I wonder how many people consider themselves religious, but do not follow these basic principles! It is easy to see that the outer world has many distractions that can distort, overwhelm, and confuse those who do not have a strong inner connection with the Divine, and a practice of hearing guidance from that place vs. using potentially incorrect translations of Bible texts to validate judgmental behaviors, or other kinds of questionable choices. If we listen to and act on the truths found from a true relationship with Spirit, we are doing the best for all.

Last but most memorable to me, is Hanukkah/Chanukah (aka, to me as a kid, this day was a reason for gifts, as with Christmas). This was an event that was reported to have taken place over four-thousand years ago, 167 BCE. Yes, I had

to look this up too. It celebrates the first war by Talmud scholars in Jerusalem against persecution. The Syrian/Greek bid for control escalated over THREE years (and ended with the *miracle of the lights*). They attempted to assimilate Jews by making regular religious practices illegal. This is another trauma-inducing template that we have seen over and over in many religions and cultures! Many did give up their traditions, (Hellenists) by marrying non-Jews, and taking on Greek traditions, and even fighting their Jewish brethren. However, what I remember in celebrating this holiday is that I'd have a new dreidel to spin, we'd hunt for chocolate "coins", and had a big celebratory meal. Either cousins, or other family or friends would gather. Family fun was how I interpreted it all, and liked that!

I looked forward to being with family members around our menorah, and together, lighting the candles and reading our short form of Hebrew prayers for eight nights. I loved hearing and speaking the Hebrew words, the ritual of lighting and seeing the flame – and the sanctity of the gatherings. The candlelight; darkness surrounding the menorah, and the silence between the flame being started, between the sacred words... there is a camaraderie of hearts that is beautiful, peaceful, bonding. There is something primal about such ritual, and when practiced with a loved/trusted group can increase the energy of the relationship with values and goodness. It is an entry into the mystical and the trance-send-dance of joy and love that is Spirit. There is a leaving behind of the insanity of this world. Ecstatic dance and music, chanting, movement,

incorporating focus on the breath – all are a key part of increasing the Spirit connection experience!

Certainly, we did not discuss scripture. I am not good with dates, and get my stories mixed up, so these historical references were researched online (here's more info: [http://www.chabad.org/holidays/passover/pesach\\_cdo/aid/2910434/jewish/Why-Do-We-Hide-the-Afikoman.htm](http://www.chabad.org/holidays/passover/pesach_cdo/aid/2910434/jewish/Why-Do-We-Hide-the-Afikoman.htm)).

I do remember my brother's Bar-Mitzvah, but this had little impact on me other than it was a focal point of our family for many months! I was 8 and the year was 1971. My brother with an April birthday, was 3.5 years older. My mother told me we were going to pick out a dress, and that I could choose the one I liked best! Ultimately however, she meant she was going to pick out a dress. She brought both home, thinking I was just a kid, and she'd convince me to like her choice (WRONG). I had to wear her choice, a boring A-line baby blue dress with two thin tendrils of blue velvet ribbon flowing down the center from the collar, and not the smashingly fun, brightly striped number with a poofy-gathered skirt, that I'd chosen with great excitement. She almost did something to empower me. Epicly and sadly, this did not occur. Clearly I now know, she'd made a bad choice in leading me on. The path of least resistance perhaps led her to believe (with what little insight or true contemplation was had), that such a manipulation was necessary. How would I have felt if instead she'd just said we need to get you a dress, let's see what we find! I was unable go against her will, or to assert mine.

This is a small way that a parent can disappoint and disempower a child – lying was the great disconnect. We live and learn – here’s hoping a grown up reading this someday will be more forthcoming, and a once child if similarly treated (in larger or smaller ways), will be able to disconnect from the abuse (however minimal or massive), and just imagine the happy goal being completed, and forgive the poor judgment/or even abuse. How often in life do we have a limited number of choices, or only between what we really want (which may seem/or be unattainable) vs. what is offered. Politics comes to mind as in when we’re told we must *vote for the lesser of two evils*. How are we trained from an early age to give up our dreams, not only for a superficial thing like what we’re given/allowed or told we must wear, or even social cues or norms that subscribe to such silliness as brand snobbery, or style conformity... but for bigger dreams and values, such as what we’re allowed to create, who we’re allowed to associate with, or how we’re allowed to live, explore, or find meaning.

This was about a year before we left New Jersey, and moved to Florida. I had no clue of what was to come. We had a heck of a great party with the entire family, lots of love, fun, good food, singing and dancing. My brother had spent months memorizing, being tutored, listening to and repeating tape-recorded (and also written) passages in Hebrew, preparing for his ceremony at the Temple, and we all enjoyed the celebration that followed. I remember a very large circle of dancers, including me, and one of my Nana’s brothers jumping into the squat and kick moves of the Russian dance, which was impressive – and garnered

everyone's respect and cheers! A Bar-Mitzvah is part of the Jewish tradition, the male coming-of age ceremony. Many girls too were beginning to have the ceremony (Bat-Mitzvah) by the time I became of age. In my family, as far as I can remember, it was not discussed or considered for me to have that back in 1974. I remember my one Jewish friend after we moved to Florida who had a Bat-Mitzvah, and I attended her party. Maybe this was not a burning desire for me to do... I just remember the expense on my father to have my brother fitted for a suit, the music, the dinner/other food and open bar, the hall, and maybe a couple hundred attendees! It was a big deal! Later they said that my grandfather, my dad's dad, Grandpa Bill stayed alive to be there and to witness it, and died shortly afterward. No pressure. I am sure looking back, that my brother was a wreck, hoping to do a good job, or even a perfect job.

Seeing how our expectations vs. what really matters after all are not always congruent, there were several opportunities for growth, several great lessons. To name a few, non-attachment, going with the flow, learning about respecting elders and valuing their presence, and the importance and power of gathering together – healthy family contact/connections. It is relevant to me to notice the intersect of my own family relationship with religion. A broad range of being devoted to ancient practices among the elders, along with a commitment to doing the right thing, vs. a complete disconnect with all organized religion. I still felt the devotion, the heart connections, the Love, regardless of the affiliations.

As with Jesus – a Jew (from Judea) a Rabbi/teacher, healer, who was merely practicing the principles of his Essene sect, when I began to have the Biblical guides come through, I was reconnected with an ancient story of my participation with that time, and it took me to a place of deep devotion.

<http://www.sacred-texts.com/chr/jae/jae03.htm>

I am not aware of any record of Jesus stating he was interested in starting a new religion! Nor did he ever teach or encourage anyone as far as I know, to defend such a religion by punishing naysayers with being burned, bled, stretched, skewered, or otherwise tortured or murdered.

Many times in my and my client's energies, I have seen past life stories and current relationships and patterns – and what I see has consistently been corroborated as true/relevant. So, I must accept this lineage of the biblical guides too, as important to *my life*. My first guide came through as a monk. He helped adjust my energies to be ready to receive larger and higher vibrations. Then soon after came Josephus who was around for. Then Abraham (get ready to step in and step up to share my truth with calm confidence and conviction); Mother Mary, my gentle, unconditionally loving teacher, who then brought in Jesus. Now I understand how there has been such a full circle bringing Jesus back into my focus. So much distortion and horror to understand – and from which to recover. I have seen many past lives, and in some I was male, some female, and in none do I remember feeling better or worse due to my gender. In some

past lives, I would not have been able to experience the life if I'd been another gender, such as a Tibetan Monk.

There is no such thing as a "weaker" sex... we are all individuals, with many levels of awareness, influences, abilities, strengths and weaknesses. No one is better or worse, though we may have cultivated a variety of interests or talents along the way. The best of us have committed to being honest, generous, thoughtful, considerate, to kindness and compassion. We must consider what is our best potential! What if, instead of accepting the 'dog eat dog' paradigm, we chose instead to be each others' best friends, to truly all remember that at our core we all need love, and to have basic needs met. If we looked upon those who seem unable to adapt to those principles, we must also work compassionately and firmly to treat the trauma that initiated such distortions, to restrict their creation of new traumas in all cultures. Since this is a free will planet, the challenge is in not violating freedoms, and doing no harm. Just as a child is put into a time out if misbehaving, and in the best of all possible worlds is then taught the best way to think, to act, (see above!). As Bruce Lipton, founder of epigenetics states, it is the environment that influences the outcome. I agree that only Love begets love, and hate is a never-ending spiral into despair and loss, judgment, revenge, fear, reactivity. It has been interesting learning about how the history (HIS story) of many events has been repeatedly twisted. If only our current laws and societal support systems (many which used to exist but have been dismantled) were based on such values. Perhaps then we'd not

have so many poisons in our air, water, food, medicines. We'd not have so many jails, nor so many falling through the many cracks that such systems or lack thereof, allow.

I was receiving deep Electrics healing work during 'Electrics' practice training in my Eden Energy Medicine (EEM) certification. During this, we both give and receive a technique related with moving energy that is very heart-connected. The practitioner does a long relaxing energy work preparation, then holds specific points on each side of the lower back of the head, behind the ear lobes. This takes about an hour, and I went into a very deep place. In this healing space, a vision appeared to me. It was my guide Jesus who appeared, wanting to tell me more. I felt myself falling backward through time, slowly landing as the picture came into view, and he showed me a story from his life, and our time together. I only know this was a powerful and unexpected vision.

Cue the camera, because that's how these kinds of memories seem (past life) – like a video/film. I am just the observer. The view sweeps down from the dark upper right at the back of the humble quarters, with somewhat thick walls, reminiscent of Earth-ship homes I have seen in NM, but of a simple one room design. Imagine the camera pans down to where he stood, to the right of an opening in a thick wall. It was just an upside down U shape window, with a flat bottom ledge, with no glass. With the wooden shutter removed, the view was of shops and simple restaurants, so to speak. This was a rustic *window on the world*, and I saw myself then (or my THEN self), to his left, with my long dark

hair, simply/modestly clothed. We looked out, or rather, mostly I looked at him and he looked out to the plaza. I waited patiently wondering why I'd been called to meet him so early on this day, and he directed me to look out onto the common, peaceful scene. "Look" he said – the circle of shop owners and other people in the town, just starting their day. A dark-haired heavy-set, gruff, and impatient Middle-Eastern man pulled a narrow rope. He was somewhat gently coaxing the small pink piglet to which it was tied. They crossed diagonally toward us, from 10 or 15 feet away, far right to close in, on our left. They passed by, in front of the small window, just a few feet away. The piglet, was resisting, straining at its neck, its cuteness ignored by the big man. Others, were waking up themselves, some more energized, also saying hello to friends, planning the day with peers. They were putting out freshly baked breads in baskets. All were opening their shops, all showing their many wares.

I saw the scene full of gentle, joyful hopefulness, and could feel the innocence of children still asleep in their warm beds. It was a new day. We watched the changing sky as the sun came up, into it, as it became more blue than pink, or gold, and we saw the awakening of the town. And Jesus said, with a sweep of his hand... "See... *how beautiful.*" Life. What a blessing.

How often we do not appreciate the beauty of these simple moments! How beautiful and pure and simple is this basic presence of seeing in the moment: appreciation for doing good work, contributing to each other's existence with

respect and kindness. How often this basic respect and honor is lost in the chaos of today's world.

In a rush, I knew from my observer place, that he was my older brother, and I was a devotee of his teachings. I 'saw'/ was shown that I was his sister. In Hebrew her name was: שלומית, Shelomit, Salome; a.k.a. Shalom (or what I 'heard' – *Shalla* for short). In the moments that followed, we discussed how he relied on me to assist his partner (Mary), who was with child. My impression of this visitation was so strong that some of the details, which are less relevant to my life, are fuzzy now. For instance, I believe there were children needing to travel with Mary. I am not sure if one was a cousin or orphaned/adopted child, but there were possibly two others. He told me his time here (on Earth) was coming to an end. I recall it was a horrible blow, to think not only of our separation, but him gone with no hope to be together in this life again. I still well up in feeling the pain of this physical/ visceral separation.

He then urgently shared how he needed to know I'd help them be organized to make a safe get away from what was becoming an increasingly tense political climate. He convinced me that it could only mean imminent danger. I saw the long journey that followed – and about 10 years of peace before my too-early demise. I was grateful to know I had delivered his family, to safety. I was feeling the loss of his guidance, his uplifting presence. I remember feeling so alone, even though the purity of it lived in my heart, and could never be forgotten.

Then a large, thick book of glowing light was opened to me. I was told that all the wisdom in it, was available and known by me too. He came to me that day to remind me. We all always remain students, but as time goes by, we also become teachers in our own right. I have always loved (and this never stops) being a student, and while I enjoy teaching, the transition to “teacher” has not always been easy. Part of the issue is overcoming – healing from past trauma (physical and emotional), of *saying my truth* and then suffering for it. Equally painful is seeing students who gave away their power, and sometimes, teachers taking power from others in order to remain in power (consciously or sub-consciously - the pattern of ego/fear at play). These have been very impactful experiences, and major influences. Here is a good resource, recent documentation about Jesus and Mary: <http://www.smithsonianmag.com/history/the-inside-story-of-a-controversial-new-text-about-jesus-41078791/?story=fulls&page=4>

A note: in that quick download I ‘knew’ that Jesus saw Mary as an equal in Spiritual terms. He had not formally married, but they knew who they were to each other, free, and independent, and choosing to be together out of love. This transcends the ideas of many, even today, so was a very advanced concept at that time. Like Mother Mary, Mary Magdalene was also pure and humble and Spirit-focused, and she did not suffer fools. She was an evocative combination of being wise, bold and independent. This often frustrated others (who had the

sexist bias of that time, and of many still, today), but it intrigued and was seen as appropriate by Jesus, who many forget was a great activist in addition to being a great healer, radical/ truth-seeker Rabbi, and advanced being. My belief is that he was fully activated, as with the Guru master legacy of Eastern cultures. His message was that *we are all children of GOD... we are all Divine*. This is what I see in our Core Star connection, the Divine spark in each of us. We can heal past pain that created distortions, and become free to embrace and activate this wisdom, and live it to its fullest potential.

In 2010 (?) perhaps this was after a 3rd year training in Phoenix. We left about 10PM, driving to stay-over with friends in Austin, on our way back to Savannah, GA. We took turns sleeping as it was night driving. I slept first in the back of our minivan. I am not a fan of night driving. I have poor night vision, and I try to avoid it as possible. On my turn to drive, I noticed how bright the night sky was, and suddenly I felt a presence. Jesus appeared, sitting in the passenger seat. The whole ride through the night, it seemed that the sky never went dark.

Later, when I went through my Innersource GRID training (year 4, Nov. 2010), we could choose a partner, who we were going to work with prior to the class.

We had a list of attendee names. I chose someone who I thought was in the class the year before me, which I confirmed through a friend who would know, having been in that class. The first two years of the CP training, certifies you as an EEM Practitioner (EEM-CP). The 3<sup>rd</sup> year is a Clinical Practicum, and the 4<sup>th</sup> is

the Advanced (EEM-AP) work. His kind face popped into my head as I reviewed the list of names of those taking the class, and I felt he was the right choice, never having met him. My friend agreed that he'd be a great partner, and luckily, he agreed! When I met Tom, I instantly felt safe and comfortable. A big 'ol Texan, he was married to a Yoga teacher, which was very sympatico with me (and my love of Yoga, and as a teacher too). I felt very safe and grounded around him. In all our prep work he stated he never did 'see' energy, and we even joked about it. But while he worked on me, I saw a past life in which I exclaimed that I was a "poof" in the 1600's – effeminate, slightly flamboyant, gay, tho' that issue wasn't addressed in that remembering. I do not think the name he had for himself, 'poof' was unrelated to sexual relationships, but rather his love of liking feminine things, lace, jeweled shoes, etc., anyway I started reporting, then Tom did too, complementing the story, but from his point of view. He was part of the story that I was seeing! Turns out, he was my best friend in that life, like a brother who also saved my life – and because of it, later in that life, we helped many people who were ill, poor, disenfranchised... they had no help or resources.

I think doing that intensive work with him helped me, and really both of us to access that memory. What a gift to have a shared memory!

Another story unexpectedly emerged during that class, and it was a story that was triggered by the previous memories being dredged out. It came in as a vivid dream that night. I saw again, the pre-story, of a life before the poof story. I

was a female, possibly pre-Cathar, or similar to those ideas. This was the first time I remembered being murdered for speaking truths that the Church didn't want the masses to know (such as: we are all children of God, we are all Divine, we all have direct access to higher wisdom, etc.). I worked through that trauma *of the pain of the death* about a year prior while doing Cellular release exercises. The death scene was meant to create fear for the onlookers, and quaking for the accused. Like a portable shallow closet, there was a heavy wooden door, but this one had long black metal spikes on it. These pierced the unlucky victim as they were pierced/crushed in the narrow container. I explained what I saw to my husband, and he called it an Iron Maiden (which is as close as what we know of to being correct). What I saw was similar – but rather than being made of iron, it was made of heavy, crude thick wood boards formed into a rectangular box, sturdy enough to do its horrors. Every few inches on the door that would close on my torso were evenly placed long, black nail/spikes, with the blood of its last victim still on it. This feels to me around the year 900 A.D. - before records of metal Iron Maidens existing. Perhaps this was an early template, that due to its wooden structure did not stand the test of time. It makes sense that future templates would be adapted into the metal containers known as the *Iron Maiden*.

In that earlier memory, I worked through the shock and pain of my death. This time I was feeling *the shock and pain of the betrayal*. The people I saw who were there when I was accused did nothing to save me or stand up for me,

despite my having done healing work, helping them and their families with so many of them. Fear and shock ran through the small crowd as they murmured, and were lined up at the demands of the tall, fierce Religious spokesman who poked the air, loudly bellowing, demanding, in French, "SILENCE!" One of the people I saw who was there when I was accused, who did nothing to save me or stand up for me, was also in my 'poof' past-life memory, where Tom was my best friend, and also, was in this life. I saw the trend – disloyalty, opportunistic, service to self always taking precedent. Disappointing as I also knew there was love, going ignored.

I was a female, possibly pre-Cathar, or similar to those ideas, many of them similar to the ideological concepts adopted by the flower-power, peace loving hippies of the 1960's. No doubt it is why I chose to be born in 1961. As reminded by the friend who I'd planned to meet for dinner instructed me, I needed to hold my Triple Warmer (TW) Meridian sedating points (these are calming points for shock) – to get my Core, which was inflamed with the memory, to calm down (to calm down my Adrenal/Cortisol trauma reaction to the memory). Prior to holding the TW points, it felt like my innards were outside of my body (not my colon, but my Spirit felt displaced from my body) – and I had to hold myself, as one with guts hanging out would have to do as I walked thru the large field from my cottage, the darkness of night encroaching, to meet my friend. This was not a mild feeling – it was a disturbingly intense one.

Seeing how power and control had distorted my energy at the Core level gave me great insight. The loyalty and being protected in the later life with Tom, conversely, were two qualities that were exquisite to remember. I felt him as a protector during the class as well! I was safe also, to discuss these events with him and other close friends. Love really does survive eternally, it leaves a signature in one's soul, and I am so grateful for that. In my family, my 3 children and husband, and beyond all have many past life memories together, which bring layers of understanding of the complexity to our relating to this day as we continue to evolve. Likewise, I am grateful to have re-united with my long lost friend, a friendship that despite time and distance continues to this day. Love really does survive eternally, and we have the potential to never stop learning from each other.

## WE ARE WIRED TO EVOLVE

I was teaching a Master Chakra class in 2013, and will use a story from that class to demonstrate how what I am teaching will give you tools that you can use directly in your own life. We started with a review of all the Energy Tools exercises I teach, breath-work and alignment warm up, a Yoga energy fusion mindful movement segment, and a discussion on what each Chakra data base contains – and how they relate to different aspects to our Spiritual and Developmental growth, Intuition, and:

finding one's voice and ability to communicate from the highest level of truth; our Heart lessons, being in alignment with compassion, self-Love as honoring the commitment/oneness with the Divine within; knowing that you MATTER; Creativity, Relationship, manifestation; Sexuality, ancestral influences, and the ability to be present in the NOW, with all the aforementioned knowledge.

Whereas I can 'see' we began to use my Chakra energy test to determine which Chakras were out of balance (so attendees can feel what I see, to know where, that is, in which Chakra to start the work as it calls for more harmony). We begin noticing even what may seem random, or unrelated mental images, or messages that may come in elemental imagery, music, stories, fine art,

memories of foods or flavors, and any other sensations that may flutter into our inner screen of images, thoughts, feeling/emotions, hearing ...and rarely for me, smelling or tasting. This was a process with many steps, but the main thing is, if we stop to notice our thoughts/feelings (however fleeting), while holding an intention to know the truth – to listen, and to only intend that whatever comes to be adjusted for the highest good, then we are likely to start 'seeing' more and experiencing life in a new, and much more observant, intuitive, evocative, empathic, and meaningful way.

Here's an example of starting to 'listen', see/feel, etc. the stories from the Chakras. Each small group had a "client" and one or 2 practitioner/s. A few of the participants were seeing and feeling the same information, and gaining insight from what they saw, but one raised her hand, with a quizzical expression on her face. She said – I see Autumn leaves here. She was doubtful she was getting it right, so I checked. I saw a whole story including the fallen leaves, and then a man with a leaf-blower – and the reason for the clutter in that Chakra! When we ruminate on what these images represent as a metaphor, we get more information. What did the leaves represent? The man may have represented help, or possibly unwanted "help" – the leaf blower may have been a solution to move toward healing that simply hadn't been known as an option. The man with the leaf blower may also have represented her Yang aspect, active manifestation, being freed from freeze mode, perhaps an inner conflict that there may be a gentler way to achieve the healing? This is where clarification

and discussion with the soul/guides is critical. The season, and Element type as in TCM, may be relevant! Letting go of a once beautiful, but now old, no longer relevant/dead past? Not knowing they had the power to remove the old blockage/pattern? It is always okay as we must be here in each NOW, and identifying the issue is the first step.

It is important to notice what your personal relationship is with imagery. Giving permission to not disregard intuitive 'hits' even if they don't initially make sense allows us to consider options. It gets us in touch with our true needs and feelings, and it is a key to accessing this important information to allow subsequent healing shifts!

Ask yourself about any situation when it does not feel harmonious: "What else may be true" and "What is the potential for goodness here?" – in other words, what are some *best of all possible world* outcome potentials? We can ask "What COULD be a reason for this problem?" – when we have no idea where to start to clear up emotional blocks. That answer usually leads us to the places where you lost YOU; these are cracks in the pavement (on the sometimes bumpy road of life). Your mind may be attempting to shelter you, but the body and the energy systems do not forget.

Some clients also become and/or come to me with a high level of intuition, and they have been right with me in seeing and feeling their personal connection with the images and stories as I convey them. I share the metaphors and

information that I see, then we have a conversation (from the energy/your Soul consciousness/body and Spirit aspiration and potential). As the conversation evolves, we can understand more.

I read EACH Chakra, then review the stuck places, finally I ask "Is there anything else we need to know?" Just as with trauma, there is a cumulative effect when healing light/love enters. When we are not raised to trust our instincts, this is especially very affirming work – because it reinforces a genuine knowing connection with Core truth. Do not fear the information. There is no right or wrong, there is only truth, and when we become balanced enough and learn to have clear observation, we can allow our curiosity to lead us to a deeper knowing.

I acknowledge that there are many roads to healing and growing these skills. This is important – aware actions lead to health. Uninformed choices may lead to NOT health, i.e., 'dis'-ease. Don't dis-respect yourself by ignoring your emotions (body-wisdom), your higher wisdom (intuition/listening to Spirit) – aligned with your CORE, your natural innate center of pure peace, love, wisdom and joy. Your best has nothing to do with anyone else's best – it means you choose health, and challenge yourself to keep growing and appreciating each lesson and its gifts. Stay in balance and keep noticing and giving time and energy to what gives you JOY – what feeds your Heart and Soul. Learning to

check in with the body and its needs, as well as maintaining your safe boundaries and emotional status is key to maintaining balance and health.

Exercises in the **Addendum** will help you feel what your boundaries are beyond a cognitive construct. You will begin to notice, and to *feel* more grounded despite others' invasive, dark/heavy emotions, or other unwelcome/ unsafe/ controlling/ or chaotic energies. Begin to notice when it feels safe when you are in certain people's company: relaxed, seen, congruent, present, loving, compassionate, grounded, wise – and everything else, which is on a grand continuum... when you do not feel safe, and wonder why! Is it a persistent and maybe even growing feeling? Is it due to past pain being triggered... is the feeling originating from their current energy or behavior, or some of BOTH? Look for evidence, clarify as needed if it's safe to do so, or ask telepathically. Was someone aggressive/invasive; betraying; sabotaging; rude; or too minimizing/ or even overtly violent – or carrying a signature of pain that your Aura may have taken in? Sometimes we just feel unsafe around certain people – it may be that they are being triggered and THEY feel unsafe (which we may have empathically picked up). It may also mean that they are unstable, volatile, negative – judgmental, critical, jealous, or just plain congested with anger or many unexplored or unarticulated emotions... really, who knows unless we check? This isn't about judging anyone, it's just about knowing the truth.

Another issue to consider is what percentage of the time might another person be getting triggered? Are they self-triggering with what is usually semi- to

completely un/sub-conscious negative inner thought-templates? Do they have awareness enough to self correct, to shift or be able to discuss a negative habit? You can always go within and ask Spirit for guidance (and/or the other person from their highest level of awareness) for insight. A lot of people are in fear-reactivity mode. They do what is within their comfort zone and familiar in their habits. The body likes predictability, and change *can feel threatening*. Either way, it is important to notice how it feels to be around wonderful loving people, and to be able to differentiate. Notice if or when any NOW experiences are unsafe, to what degree, and if past fear or other strong emotional memories (for you) are triggered when you think about it. These memories can be a warning – or may merely be calling you to consider what healthy goals you need to choose to have a best outcome this time. I will go more into how I developed an understanding of how to work with my own Empathy, and strengthened my Auric Field with the exercises in Chapter 7.

The Energy tools I've taught others have helped them to shift past pain, and to teach others to do the same. Because I had already become aware of being an observer, I was able to consciously observe my thoughts in the moments of living. This choice (an aspect of bringing the mindfulness *that we are cultivating during meditation practice*, into LIFE) helped me to be far more thoughtful – more clear and aware in each moment of the choices I was making. It helped me to distinguish how one thought would lead to another (rather than noticing the 5<sup>th</sup> thought, and wondering how the heck I got THERE!). It helped me to

slow down, to be able to process life. I noticed that I would get overwhelmed with others' opinions and beliefs or judgments. I began to realize that my experience with empathy was initially debilitating at times. As a sensitive person who had yet to fully reclaim the boundary of my own healthy Aura/Auric FIELD, others expectations, judgments, and fear issues – were almost impossible to distinguish from my own. I did not know, in fact – that they were NOT my feelings. Do you live your life in fear of not pleasing someone? This may not be a conscious thought – in fact, it may be very different from what you truly want. Begin to notice your point of view regarding judgment and fitting in. This is the only way to begin to distinguish the difference. In our culture at the time I was born, my mother did not know not to smoke while she was pregnant. She did not know that 'breast was best' (doctors back then, said formula was best!!!), or that the few vaccine injections that I got terrified me (a typically calm child my body got very freaked out and I would cry and want to run – and I would mentally imagine myself sitting up on a tree limb outside the doctors office (dissociating!) to live through it... and she did not know that it would negatively impact me. I had to learn how to rebuild my energies to feel it was safe to live in my body, in this world. This is how I came to develop my work from feeling the pain and knowing what helped – feeling your own truth from the Core out, we can stay clear. It helps us to be able to feel what is yours, and what is from outside you, or from the past, or any reason bad habits may be present (even though at one time they may have saved your life). Once you notice a habit,

ask: is it effective, healthy, and yours. It may be ancestrally embedded, from a negative outer source/entity, or from early or past life. It may be something you didn't realize you'd picked up. We must be on our toes, and stay aware.

We don't want to muddy the water... we are all drops in the mighty ocean of consciousness, but we want to be crystal clear drops!

In college, I began to identify my own stream of consciousness, and emotionally when I was having triggered thoughts: i.e., fear thoughts; judgment thoughts; emotionally reactive thoughts vs. what others were thinking thoughts (which may have been correct, and/or may have been assumptions/fears based on self-limiting templates – possibly past trauma issues). I'd taken four levels of Acting classes in H.S., and then completed a 4-year BFA degree in Acting at Rutgers University. While there, from the perspective of an actor in my training with Meisner technique, reading Stanislavski, such as *An Actor Prepares*, etc., I observed a great deal about raising awareness – of being present in the NOW. I was fascinated with the etiology of being, evolving, becoming, the development of the psyche – how we are influenced by our relationships with the players and events in our LIFE, our PAST, and what we glean from those experiences. I was reading the likes of Carlos Casteneda, and Jane Robert's books on consciousness – I became interested in Edgar Cayce, and current day versions of Cayce writings as well. Books had a profound influence on my worldview, and understanding things that matter; awakening a more conscious experience of

being here now, having compassion, and how we help or harm each other. We can contribute to a feeling of safety, joy and peace, OR incite fear and distrust, as we enter into communicating in our inner circles, and communities, and even globally. Ram Dass, *Bury My Heart At Wounded Knee*, and others from authors such as Maya Angelou, Pearl S. Buck (i.e., *The Good Earth*), James Michener (i.e., *Hawaii*), opened my eyes to other cultures and struggles on this Earth. I loved the many detective novels by Agatha Christie, which no doubt appealed to my inquisitive nature, and being a detective looking for clues as a healer. *Primal Scream* by Arthur Janov, and many biographies/autobiographies of famous to infamous (i.e., *Sybil*, *The Bell Jar*... even in middle school, I was enthralled by *The Search for Bridey Murphy*) people opened my eyes to how we respond – and the varying effects of trauma, based on our individual lens of experience and how differently we are each wired in how we respond to stress. I fully lived those stories, and remember in high school, in one weekend, reading *Gone with the Wind*. I got lost in the beautiful horror of Scarlett O'Hara's world. I am sure I learned so much from these authors... they helped me to be a better human being with a greater facility for compassion. Reading helped me know and notice my own truth too, to be able to listen to my own knowing/s. These led me to be able to link with Spirit, wisdom, and the healing work for which I am so grateful. These were part of my training before I ever worked on a client doing Reiki. By paying attention, I developed the ability to listen to my intuition/guidance, and I'd stop to ask myself when I felt being affected "What am I feeling, and/or

*thinking...*" and "Why? Is it true? What is the evidence? What does my intuition say? What does my body say?" My ability for identifying with clarity what I was experiencing was helpful when I began channeling in the late 80's. I got better at correctly translating the information (i.e., mental images/stories, a #/age of a person, interactions between people/trauma images, symbols for mother/father, grandmother, substance issues, and many images of Art, hearing music, seeing foods, or the smell of food or flowers, etc.).

Not long after my husband Doug and I met in 1986, in that channeller's loft in the Village, we'd been reading Robert Monroe's first and his then new, second book, *Journeys out of the Body*, and we imagined being able to visit the Monroe Institute in VA. The third of the trilogy came out in 1994, and we were in the middle of being young parents with full plates. Finally, 22 years later, in 2007, we were able to do it! There we took the weeklong Gateway program, and had fascinating OOB experiences – and improved our abilities to be more aware. Getting to see the spouse of one of the Monroe daughters, remote viewer, author, and psychic spy Joe McMoneagle – and hear his stories was phenomenal, and a highlight of our time there. I found that the Monroe Institute Hemi-Sync music was helpful in developing focus and concentration skills, which improved my development in meditation practice. Our first CD, purchased in the late '80's had on one CD, two pieces, *Sleeping Through The Rain* and *Inner Journey* – although they are now sold separately. I regularly use several of this type of

music in my own healing practice, and find it to be powerfully healing and relaxing for clients.

When I got my first attunements, around that same time, I did Reiki on myself daily, and really began a journey of creating balance, learning about healthy foods, exercise, ways to manage stress; Yoga, meditation, etc. So by the time I taught the Chakra Master Class in 2013, in addition to my Acting and Reiki trainings, I had over 20 years of improving these skills, and had completed: the Robert Fritz *Path of Least Resistance* trainings; a Caroline Myss Lecture and Workshop, (1988), Massage Therapy training ('90, in LA). Also just prior to and after moving to Los Angeles, in addition to various day jobs, I was doing Drama Therapy Improv in PA, and then grant-funded improv in the schools in LA and around southern CA, in addition to Comedy Improv in which I created many outrageous and provocative characters!

Also, we had three children from '91-'96. I quit all acting gigs at that time due to being too busy as a mom with a day job while hubby managed apartments and became a co-herb buyer, etc.! From '87-'98 I worked in the Health Food industry, and became a Nutrition department buyer, and eventually, a Manager (or as Whole foods Market called it, a Team Leader). Then, in '98, after we moved to Savannah, GA to be near the grandparents, I entered a two-year Masters degree program in Psychology and Counseling, plus had 3 years of Licensure supervision while employed at Savannah College of Art & Design. I completed a Yoga teaching certification; completed a Level 1 EAGALA, Equine

therapy training; Eric Maisel Creativity coaching training; two-part EMDR trainings in '05; a week-long Monroe Institute Gateway program; and a week-long Brian Weiss Past Life Regression training ('08). I also attended 7 seasons of NICABM conferences (6 as a work-scholar, until they stopped doing the conferences in Hilton Head, SC, and switched to online offerings).

I was also a graduate of a four-year Eden Energy Medicine-Advanced Practitioner (EEM-AP) program. I wondered after all this training if I would simply end up doing what I'd done when I started doing: Reiki and seeing into the Chakras. In fact, a great gift came from all this study... I do still find that what I started with is where I ended up. Yet, a great gift also came from all this study. I truly became able to articulate and understand what I saw in the energies, and what I felt about how critical it is to cultivate listening, and being present with gentle observation. I don't feel I ever stop learning! Each of us is so unique. I continue to be humbled and grateful. I hope that you, the reader will learn from my 50 years of asking "WHY?" and getting meaningful answers.

A natural tendency to know or manifest our life's work is not always a conscious process – nor is it always obvious or visible at an early age, as with Mozart. Perhaps it is notable that he was born into a life of privilege. It couldn't have hurt that his father was also a noted musician, and that the two were very close. *Mozart.com* states that even while the father tried to curb his son's overt "*disdain for musicians of lesser talent*" – young adult Mozart was clearly talented, and confident (even if not the most tactful!). He was free, and

empowered enough in the relationship to reveal his inner life in a letter to his father, saying...

*"You think, just because I am little and young, nothing great and old can reside within me, but you shall see very soon..."*

Yes, Mozart did show us a thing or two. As we remember our Spirit journey, something "great and old" through each life, we may come to unpack the mystery of our life's mission. While I agree that we choose our next life while in the in-between-place, sometimes that opportunity is chosen in the blink of an eye... and sometimes we have a great amount of time to plan the elements of our next reincarnation. Often, once we land in our Earthly experience, we are overwhelmed by family drama, historical trauma, or just the complexities of life (even possibly to the extreme of having difficulty surviving). We forget our great plans... we are disappointed by broken contracts, trauma, fear spirals. Let's face it... just maintaining basic emotional or physical needs affects millions if not billions of people each day. The reason I am taking the exorbitant time and personal energy to share with you (not easy for a non-linear, dyslexic kinesthetic), is that I've found new ways to help you work with your own Energy systems. The bones of the structure and exercises will give you new tools to keep you centered, grounded, and connected to your highest /healthiest wiring of wisdom. We humans are ALL Spirit first, and then form. **Pure Peace, Love, Wisdom, Joy** – that's what we can come to know at a deep Core level by learning this system. It can help us to stay present, and provides tools to

maintain being even more balanced and clear, so the challenges of living do not hinder us, but rather provide insight. We can learn to thrive rather than merely survive.

I believe that as we learn to ask for help, that whatever we need to be ready to fulfill our mission will be provided, and that we are coded with it prior to coming into each life. We are all in a continuum of development. Not everyone is a Mozart – but, then, I like to note that, like Mozart, everyone has skill in some areas, and deficits in others. *The gem of your evolving brilliance continues to await expression.* But let's face it – when we come into life: a body, a personality, a family history – and past life history, we simply don't and can't always know or remember all of that.

Also, while I believe in the good, grand design of the Universe, *we are also in a great improvisational experiment here on Earth.* Everything is connected. Just as in our own bodies we have many a virus and bacteria, it is all about balance.

At times, being embodied in that experience can be far more visceral and difficult to bear than we could have ever imagined when we were in Spirit form. All the more reason to invest in having reliable tools to access and know truth, to share knowledge with love and non-judgment, and to cultivate listening to Spirit! We can identify past triggers, and diffuse the pain triggers. We can learn skills to know ourselves and our energies better. We can become stronger; and we can also become more aware, gentle, and clear. We need to begin looking at

all the influences that formed who we are today – and to only keep that which can help us grow into our best self in each NOW. Many have achieved their pure goals, despite, or maybe because of being better informed by living through great obstacles. We may be just relaxed and rested enough, or so sick and tired of the status quo that we're driven to seek alternatives. Sometimes we just spontaneously SEE another, better way.

At some point, no matter how we got there, all we need is to simply be ready enough to listen, and to remain open and curious. It is good to have the ease, innocence, and curiosity of a happy peaceful child, to be child-like. When we are able to still the mind long enough to listen to our Heart goals, we can feel the joy of just considering the potential of this pure goal. The completion of this type of goal resonates with and emanates from our Core, bringing deep soul-satisfying gratitude. This is the best meal one can ever eat! It is the delicacy of being at One with Spirit. To atone is to return to being at One. Of course we are, at the highest level of our being-ness, always completely in alignment and in league with Spirit. These major choices, often chosen in the planning stages of our life to come, are inevitable – because, *we are wired to evolve.*

*We are wired to evolve!*

## NOW is the Portal for Change

This work helps us to fully enter NOW consciousness, becoming more authentic, and able to honestly and accurately assess what was healthy, or not! We can learn to identify what snags us in our NOW moments – and where, from our earliest memories there is still pain. Eckhart Tolle taught us a lot about the *Power of NOW* in his landmark book. His discussion on the “pain body” is key to understanding how our energy bodies carry the weight of the past, where experience was not harmonious, or ever resolved (yet). The Energy Systems from Chinese and Ayurvedic traditions are not separate entities. Rather they are all connected, and not just in that they are overlapping systems, but that they have a common “home”. That home is the place where Spirit enters our form. Once you know how to work from this center and know how it expanded into our physical form, you will be empowered to more directly access these energy systems and the Core itself, and in entering that it becomes easier to be

influenced by health, in addition to identifying current status. It becomes easier to make changes in your thoughts and beliefs, and access the clarity of that knowing.

As we choose healthy options, and learn to communicate in a healthy/more loving way, we may begin to heal, get stronger in clarity and intuition. We may even get to deeper layers of memory, the messy stuff – of deeper cuts, the true *emotional splinters*. With that, we can come to a deeper knowing, and a letting go of what we no longer need. This is a more comprehensive experience of being healed, which leads to a most expansive compassionate being-ness.

With each life we learn more, and we develop a larger Spiritual awareness and maturity. My work focuses on emotional overwhelm but there is an overlap – and nowadays the toxins, molds, environmental insults of course, overlap with causing and influencing emotional distortions, so it can seem difficult to extract which came first. It has been found that even when physical issues are in balance, emotional ones will eventually want to have balance and will keep getting triggered and causing stress hormones to express. Inflammation causes disruptions over time in healthy function. The effect of physical/emotional pain/abuse/trauma is cumulative – but the inverse is also true! It takes mindful noticing, intention to heal, listening, and allowing *time to absorb it all, before healing* may progress.

*We are here to learn from our experiences, about what love is; to learn to honor Love. Health means coming from a place of love and compassion in all relationships!* We also learn this by sharing what we love! Growth and the effects of healing will lead to a cumulative feeling of greater wellness, and once we begin paying attention, and intending to learn, this will become your new normal. We can learn to notice the weeds, and can choose what seeds we want to plant, to LET grow, or *not*, in order to have our true inner garden shine. The weeds are anything that does not enrich our NOW with more harmony. Some weeds may even be lessons waiting in the wings for you to be ready to see them and wonder why they are there.

Consistent practice of meditation, Yoga, Tai Chi, Qi Gong, dance, etc., will get you connected with that Core calm and stillness. We naturally enter that Core place of perfection whenever we're doing 'deep listening' – as when we are in creating mode, or in Nature, if we are entering mindfully. It is only when past trauma and negative habits have disrupted our naturally harmonious state that we are interrupted or delayed in this ability or natural state of being. Knowing how to connect with the Core gives us a road map to health and to recover quicker. In any event we are a compilation of everything that ever happened to us. However, we get to decide what matters to us, and we can build on that strong foundation. The rest is just fodder for our growth – fertilizer for entering our ripeness, our time to bloom. So for instance, if we had Mozart here now, and worked in his energies, or did a Past Life Regression, I have no doubt we'd find

that he had many lives as a performer, with a growing passion and talent for music and melody – and that he'd cultivated a devotion to the expression of harmony, sound and beauty.

The good news is that we are always capable of changing our path – ignoring opportunities, or grabbing them by the throat... and even asking for MORE! If that sounds a bit aggressive, maybe, so does Henry David Thoreau's idea, to "*suck the marrow out of life*" – yet, there's a visceral immediacy that is appropriate to point out here.

I learned as a Licensed Counselor/psychotherapist, teaching Anger Management classes at a State Mental Health hospital with a large forensic population, that assertiveness is often confused with aggression. The importance of this issue was reinforced, since I'd also been seeing this to a lesser degree, in the population at large. Emotions – other than happy ones are often considered BAD. Because aggression often leads to violent behavior, this was a required course (and part of the treatment plan) for many of those individuals – often because they had in fact, committed violent crimes. Yet this confusion is a cultural norm for all of society – throwing out the baby (negative emotions) with the bathwater. That is, that all emotions, usually except happy ones, are not considered allowable! All family systems have their own culture and level of awareness from which they interact with each other. Culturally, considering the many known and unknown skirmishes/wars, and other conflicts in the community or in the home, that letting someone know you're unhappy with their

POV can mean suffering if not horrific death, so there is at least a past life, and/or subconscious level of restraint let alone considering current life early programming.

Children experiencing mixed messages, assumptions or judgment, may react by losing connection with their truth or self love. They may do as told, or resist; some will get out enough to have healthy influences and be less affected by disharmony at home... some will mirror rage, some will seek perfection. – or succumb, implode, fall apart. Inevitably, all distortions of repressed emotions seek healing. If resolution, forgiveness or emotional healing does not happen, distortions will eventually cause the individual to: succumb, implode, explode, or get physically ill.

This was notable to me too, as a student of the Meridians and Elements. At the healthy end of the spectrum, we can identify any level **(0-10)** of anger *without engaging it* – as one might view a raging fire from a safe distance. Just stopping to consider what level of anger you have in the moment (this applies to any emotional FEELINGS), we have given ourselves a way to shift gears, to observe why we feel that way – to ask, why did this emotion come up in this moment? Then, by being able to take that moment, we are able to decide how we want to respond in the healthiest way. We can also do this process by revisiting past trauma memories. Imbuing the past self with knowledge is empowering and can allow for perceptual shifts and unhooking from negative self talk/damage. For instance, I had a client in that facility who shared how ashamed he felt about

himself for being 'bad'. As a small child he was on his tricycle, and accidentally fell in his garage which is where he had been put, causing a piece of glass or a mirror to shatter. When his parent emerged due to the noise, he was yelled at and shamed. I pointed out that it seems the a 3 year old left alone in a garage wasn't very safe for HIM! This hadn't occurred to the individual! He was blamed and labeled because his parents had a pattern of being irresponsible and not providing proper supervision! He was able to begin to unburden a lot of self loathing and negative templates by seeing the bigger picture of what really happened. It is good to consider when neglect, inconsistent care or love impacted your child self.

We can access our wisdom, and acknowledge, then decide how/if to express appropriate anger with assertiveness. We can be assertive in first knowing our truth for ourselves, then giving the self permission to have a healthy outcome, and as possible, asking for what we need. Rather than the extremes of fearing feeling anything, OR over-reacting, or reacting like a bully or scared bunny, we can choose harmony within. For those who have unresolved violent abuse issues, responding calmly comes with healing of the past pain, especially effective with the bi-lateral stimulation and tapping (Energy Psychology or EMDR) therapies. Conversely, being appropriately assertive for some, may even feel aggressive! Maybe a norm growing up was that talking about feelings was JUST NOT DONE. Or, in a violent family/environment, perhaps the only way to get anything (to be heard or seen) was *to be aggressive* and exclusively self-

serving. So, it can show up in a myriad of ways, with many potential variations in how things evolved in different circumstances – once again, different environments evoke different responses.

Luckily, we can learn to honor, express (as needed) and *accept* emotions.

Wondering why any emotion was there in the first place, and giving your self permission to notice what's going on is key. Our subconscious has habits – and we may have a rushed/auto-reaction when old judgments and fears are triggered. Examples are: don't be *too big for your britches* – or anxiety about being *out of control*, or "inappropriate" (this may have been incorrectly identified as such by others, such as when a child says (*heaven forbid!*) ...the TRUTH – or at least THEIR truth *in a home where the rule is a child is to be seen and not heard*. In childhood, we may have been summarily punished for it – we may have needed to shut down, to submerge, or disconnect from feelings. Some were never taught *boundaries* of appropriate behavior – and healthy boundaries for one's self may never have been modeled. This is the curse of both the neglected, spoiled/over-indulged, and abused child. They may never learn empathy, or to consider others' needs, nor to take responsibility (to be held accountable) for their behavior. Some were told, "*don't make a scene*" – yet when this is an auto-pilot reaction by caregivers, the overt to subconscious message to the child is very confusing and ultimately disempowering, but often, eventually clear: *don't trust what you feel. Shut it down*. Or, perhaps: *I can't trust others*, or maybe "*I don't matter*" or "*I'm not good enough*" or worst, *I*

*can't trust myself.* If you were (chosen as) the fixer in the family, this can and does affect how the Elements present, as they are influenced by all trauma, and this included out of balance family dynamics. We can have a native Element type that is shifted or partially shifted into another type due to survival needs (see more on this topic in Chapter 3). I am not saying these shifts are good or bad per se – we may learn valuable lessons. Maybe the events that “rock our boat” or *pull the rug out from under us*, also help us to grow – this does not mean that cruel and inhumane behavior is okay, just that eventually we are all meant to learn not to do those behaviors. We will repeat what we were taught until and only *if/when* we discover that it is not healthy. This initially may relate to the role you had in the family structure, and possibly how you identified/identify WHO you are. However, learning by experience can make you an amazing and compassionate teacher and/or friend... and it can provide a great healing. This is a rich tapestry, complex and multi-layered! It certainly can teach you empathy skills. These are just a few examples of how one’s subconscious *automatically creates trauma templates* in reaction to the shock of not being with others who know how to honor you: your needs, truth, emotions – your Soul. These subconscious templates can take root, causing further damage if not challenged, and re-directed. This is true for all emotional spectrums!

The body/mind is always trying to understand, and adapt – yet a child does not have the ability, the developmental tools to process all that information, so as with all trauma, it may get buried if the overwhelm is too severe. Anger – even

when it's a very appropriate response, instead, gets ignored or stuffed (and maybe later, explodes). Children just accept everything as truth (the Theta stage of development) up until about 6 or 7 – and most of us remember little before age four. While we may know when things feel wrong or bad, we also absorb it energetically, and those unhealthy patterns may become such a NORM, that we get used to it.

Often, early in the process of having sessions, when clients expressed – sometimes defensively, coming from a loving home, they had not yet considered that some of what happened was unhealthy. It's common initially, to want to reject any negatives about loved ones. The reaction is due to wanting to protect them, and not wanting to feel guilty of judging when you know they really did their best. Often even when we have made peace with the past from the perspective of the current self, it still has not fully healed from the perspective of the self who experienced those bad times. We need to heal the pain of the original event/s too. It is good to love and honor one's family, but it is critical to be able to assess if there was trauma for those EARLIER selves... that is where *emotional splinters* can live. Bad habits may come from subtle or covert events. Even if our now self didn't notice or has forgiven, the splinter may remain, frozen in hidden thoughts, and in disturbed energy systems, potentially both randomly triggered, and continually buried.

Think about it... even when we were loved, it doesn't mean our childhood providers knew what they were doing. If you felt bonded, and were raised by

parents who knew how to be loving (and safely demonstrative), you may still have experienced trauma from them or from other experiences outside the home. If you didn't feel bonded and loved, it also does not mean that you were not deserving of love – it only means they were not capable of providing that love and nurturing due to their own training and abilities. The same is true for healthy boundaries. I have seen more times than I wish were true, for instance, that our cultural or Religious norms told women they HAD to become mothers, when they'd have preferred careers. This is relevant as well to gender and sexual identity, and many other issues. Basically, unless the family system is very healthy (which is rare!), anytime the child steps out of the expected behavior profile, they are likely to get great resistance – as this threatens the comfort zone of the tribe (which Caroline Myss has written about quite thoroughly!). The effects of being forced into a life or tribe you did not want, were not ready for (or you didn't get the chance to consider what you DO want), can be *de-humanizing*. For some, even when parenting was a goal, life can pack a powerful punch – the events of life (family, job loss, natural disasters, etc.) may have caused disruptions as much as our ancestral past did. At some point, our parents or guardians may not have had the skills needed to do it in the best way, or to provide what YOU needed.

Ancestral memories may pack as much into our subconscious trauma templates as current inputs! I have seen both Ancestral and Past Life issues at play. It's hard to teach what you do not know, and trauma situations – mean we have to

act fast and recover fast to survive. Either way, there are no good guys or bad guys. Simply, you may have been raised by parents who were not yet clear of their own trauma. Most of us are not all-seeing, omnipotent beings... and so therefore, had not yet developed healthy skill sets for all possible scenarios. It may be that the child who comes in (to Earth, i.e., is born) has trauma that triggers the parental issues or <past> pain that exists between you both! Rather than being taught or modeled how to communicate calmly, without aggression or violence in a safe environment of acceptance and unconditional love, with clear boundaries of what is acceptable and appropriate behavior, many were taught that expressing any painful emotions at all, was not OKAY as previously mentioned re: anger. I am discussing here, what I see in the energy systems. I have seen that my findings correlate with the findings of Energy Medicine pioneer, Donna Eden in describing the role of factors that negatively impact the TW/endocrine system and cause reactivity patterns. This is also in line with leading cutting-edge trauma and brain researchers and clinicians in this burgeoning field such as Dr.'s Scaer, Stephen Porges, David Berceci, Peter Levine, and many others. The body (where emotions originate) is just expressing its truth. We may have needed to submerge our feelings, but the body does not forget, which leads to frozen or stuck energies. In addition, when a child is given a message to not express their truth, needs, hurts, or fears, the tension of that disconnect and pain has many negative effects. The body is governed by survival mechanisms that are ancient. It is a sub-conscious, physiological body

***coping mechanism*** that freezes the negative content of our own thoughts, memories, and definitely our energies. The body waits for you to be healthier and stronger to unfreeze, when you are ready to process those events.

I call it "*emotional splatter*" – the bigger the causal "*emotional splinter*" – and whether it was/is a chronic (often repeated) experience is another important piece, determining how much damage is caused relevant to the coping ability and resiliency resources of the experiencer. Ameliorating factors, such as having even one healthy, supportive adult, older sibling, one of 2 parents, a kind, sympathetic grandparent – Aunt/Uncle – friend (human or animal), and yes, time in the beauty and peace in Nature, *can save us*. It can change everything. I have seen it in the Chakras many times. When these relationships provide an alternate point of view that is in alignment with truth, joy, and love – the pain impact/damage is not as severe. Of course, this gets into *how emotions are stored* not only in our thoughts, and cells, but also how they emanate from, and in the Core Star Matrix Lines, to the Chakras, Meridians, and how we're wired in our Element expression.

I want you to understand how I came to have access to the tools I'm teaching in this book. Our energies speak to each other. Except with active trauma reaction in the body. The "fight or flight" response is well known by most, yet it is incomplete. There is a 3<sup>rd</sup> part of the formula – the FREEZE response, as mentioned previously in the work of Dr.'s Scaer, Berceli, Porges, and Levine. The heart and gut are always talking with the brain/mind. Until the inner Observer

awakens – our Spirit consciousness (which we cultivate through meditation, Yoga, Insight based contemplation, trauma therapy such as EMDR or Energy Psychology/EFT, Tapping, or some heart/mind-opening life event, trance and other ancient practices) asserts its place as CEO of the body, *we rarely have full access to deal with the Frozen pain content*. It is a physiological fact that the shock of the pain, causes a FREEZE in the body, and may affect Energy flow in any, or even, every system. The Reptilian brain has tried to protect the body/us because we were incapacitated. We (our mind) went into autopilot survival mode, and the stuck place that was created, as well as the following cascade of thoughts and attempts to make sense of it all, went to some degree, into this freeze – staying there as frozen, subconscious material. Unless we ourselves had the wherewithal, and/or a loving present person to help us work through the shock and emotions at the time of the event, we either did or did not (on a variable range) get stuck with frozen material. Access to insight and healing depends on the severity, plus how chronic it was/ how often it occurred, the person's innate coping skill level (and developmental age), how many traumas occurred in the first place. The fact is we have all experienced trauma. This is what the researchers have found, and it is what I consistently have seen from the Core out in the interplay of the energies and stories of the Chakras and actions of the Meridians. This is why blaming the victim, just adds to the problem. Such as when family members blame the rape victim for being out too late, or blaming the child, *claiming they caused a parental figure to abuse*. No

behavior exists in a vacuum – there is a cause, always. It may be a tumor, addiction, mineral imbalance, trauma, fear, war... it's always something. Past trauma with all its frozen content leads to reactive, unconscious behavior.

If we are not committed to actively choosing to be our best, we may have a buildup of many behaviors *that do not reflect us at our best!* Negative, limiting, or fear-based thoughts can become HABITS, or patterns in the energy systems... it can be a downward spiral!

These negative fear-thoughts can lead to pain habits in the energy systems, and this may further reinforce the cycle of fear and pain of the original triggers. This is part of why this content is so hard to reach sometimes. It feels better to avoid the pain, yet to allow a full emotional life, we must let our feelings be fully acknowledged, and wonder about what happened, our current choices – asking, *how can I be in greater harmony with my pure core, and my dream for a happy, healthy life?* If we cannot access the dream for our beautiful life, we will begin to stagnate, or worse, we will atrophy... we can lose touch with what is pure and good that is at our Core, and the healthy natural flow of energy in our body. A lot of thoughts may have needed to go underground, and the correlating maladaptive habits (we cope as best we can!) may take over. This can affect our self-image, and future thoughts and decisions that we make – how we live, and our orientation to our now relationships, and the world. Some people may become anxious, depressed, or some combination of mood swings, as they become disconnected... some will temporarily (maybe a year, maybe a lifetime or

more!) find superficial pleasure of feeling full at the animal level to fill that void, by use of alcohol, sex, or other addictions to money, power over others, or stuff... investing in *the honey-badger approach*: taking whatever you want. This feeds the ego/fear mentality, and leads to greed, pride, and often hatred (if others are perceived as 'inferior' it is easier to marginalize, minimize, and spite them, steal from them – or kill them). While there may be some tribes or family lines that even cherish this corrupted trauma response (and seem to be very successful by monetary standards), it doesn't make it healthy. We need to want to be healthy more than to fit in, to evaluate what we are fitting in TO. When we lose our integrity we upset the connection with our heart and soul. We must consistently question ourselves, or trauma and damaging thoughts/behaviors that reinforce *not healing*, can go into very deep hiding. The black hole of need can never replace the unconditional Love of the Divine connection. Money does not make a person wise. Nice clothes and "things" do not make one successful. They are nice, but do not always mean one is living in harmony or alignment with Spirit.

Truly, you cannot tell a book by its cover. My mother in-law used a saying from her German mother "*Oben hoey, unten foey*" It means (loosely) sometimes the outside is all fancy, shiny and beautiful, but it's just a façade, covering the messy, sloppy, dirty/no good inside. This according to my husband, referred to a *lady who puts on a clean and fashionable Sunday dress, over a filthy/unwashed body*... so underneath, it's a mess. This is also a great metaphor for the mentally

unresolved trauma being swept under the proverbial carpet. How many of us only look at the exterior of our (or others') lives and how we look visually, to determine if we are okay/successful/good enough? She'd also do a major Spring-cleaning every year in her home. We need to do such a regular cleaning for our Souls, and our bodies, as much as for our homes! I like to pair the cleaning of my physical environment with the emotional and Spiritual cleaning as done with the Jewish holidays of Rosh Hashanah and Yom Kippur. Have you evaluated what is working and what is not *since before you were born???* Sometimes it is correct to say, "Garbage in, Garbage out." However, sometimes the *OUT part can take a very long time. It's only after we are able to look at it all in the light of day*, that we can re-direct, keep the good, and make better choices regarding what is contributing to creating more pain, we can let the trapped garbage, finally, *OUT*.

### When We Know BETTER, We Can Do Better

*"Love is the only way to grasp another human being in the innermost core of his personality. No one can become fully aware of the very essence of another human being unless he loves him. By his love he is enabled to see the essential traits and features in the beloved person; and even more, he sees that which is potential... the loving person enables the beloved person to actualize these potentialities. By making him aware of what he can be and ...become, he makes these potentialities come true."*

— Viktor E. Frankl, from *Man's Search for Meaning*

I hope that the notions I've proposed here will be used by practitioners from all traditions, including counseling, social work, psychotherapy, and all holistic healing approaches. I pray this will also be mainstreamed into current medical models so that they include the more correct holistic approach of looking at causal factors – and how the Spirit, our consciousness fuses into form, rather than only considering discrete markers of dis-'ease' (as if nothing were connected to anything else in the body). This is false – our body, mind, spirit is a fully interdependent, interconnected community! As Frankl states, only when we see each other through the eyes of Love/compassion, can we see the potential.

Just as when problems arise in a community in cities, regions, or in a larger global context, it is because the flow of food, resources, or services is not equal. The mirror of what we do to each other, and I also include the Earth/Nature/non-human beings here as other, directly affects us all. When we are energetically deprived or blocked due to feeling less than/unseen, minimized or abused – when there is inequality in distribution (even when this occurs in the body, when there is a mineral deficiency due to too much stress, and/or poor quality of incoming nutrients/toxins that block uptake), this stress makes us more vulnerable to experiencing greater harm from all environmental insults. The pain of the Soul will directly show the effects of its distress in the body, and the pain in the body from misuse will also show up in the feelings of the user of said body (the SOUL). When the person has inner resources to bring calm and

balance to the mind, we may be able to reduce the cascade of hormone and neurotransmitter reactions, which were triggered by fear (both from emotional habits and body survival issues) – and therefore, do less damage in the body. However, an onslaught of cumulative life events and toxic environmental factors often overwhelm even the most balanced body/mind, and the body still may need to be rehabilitated, and gain healthy skills, post trauma. We are amazingly complex beings, vulnerable and fragile, yet *Spirit is strong*.

The more we access our spiritual awareness and higher consciousness and activate its energetic systems in the body, the stronger we will be, the quicker we will heal (and re-heal), the more awakened we will be to see and avoid threats, and the more resistant we will be to new insults to our health and happiness! Because when we are asking for Spiritual guidance, and working to cultivate this relationship, we are enhancing the wiring of health: hope, assertiveness, joy, compassion, reverence, resilience. It becomes an upward spiral!

We must express our need for harmony, and choose harmony as a healthy norm to be reflected in laws... in our communities, to most fully experience it within, and without. Frankl focused on Love – not power or pleasure. This idea that love is who we are and how we heal is the same as how I see the energy of the Core Star. When we combine that knowing with energy systems from the Core out, we have a very thorough way to approach healing – and to evolve the Soul.

Sometimes life shifts and insights can be quite a surprise! I like to say, we here on Earth, are on a *need-to-know basis* with all things Spiritual. Dr. Robert Scaer (neurologist, author, and trauma specialist) states, *if you're alive... you have trauma*. I got to take classes with him and other amazing teachers, such as EFT Master Carol Look, Norm Shealy, Bruce Lipton – truly too many to mention here, at the annual NICABM Conference, in Hilton Head, SC. I was grateful to be a work scholar for six years (ending in 2011, the last year it was held before classes went to an online format). My first class there was a post-class with Donna Eden. When I got her *Energy Medicine* book around 1999, it hadn't occurred to me that she was teaching! Meanwhile, I'd also taken EEM classes from a nearby Director of a Counseling program who'd offered a few intensive trainings where I worked as a counselor, as well as at a college conference. My LPC Licensure supervisor had given me info about the Conference a year earlier,

but with 3 kids and a full time job, I didn't get around to getting there. Finally the next year, 2005, I made it! Before the class began, Donna walked down the center aisle, and she stopped by me, scanned my Field, and simply said "*Angels!*" She had no way of knowing that for years I'd been chatting with Angels, and had a practice called *Angelic Healing*, where I offered readings, and Reiki/Chakra work. She loved when I showed her how I combined her exercise

of *Connecting Heaven and Earth* with the *Cross Crawl*, a dynamic combo that my body showed me! I loved Donna's energy, and loved learning from her.

### HEAL Thyself!

I've noticed and built these skills over the years, and the process has made me a more conscious person. Oh, and yes, as with all of us, I am still evolving! It took this long for me to be ready to be on the path of delivering my Soul's mission. I honed my skills as an Intuitive over all these years. As a clinician, as with as in doing healing work, I built my knowledge base, incorporating all I learned from my years in the Health food/Nutrition industry, and from healing my own immune system breakdown, and a strong beginning in healing my trauma. Of course, I never stop learning from life, family, and clients. So similar are we beautiful humans, in that we all have the Divine spark, our Core of pure peace, love, wisdom, and joy – yet we each are so completely unique. To see the stories in the Energy Systems, and how the energies expressed themselves to me has been a true honor and privilege – what a creative bounty and incredible beauty lies within each of us!

My childhood experiences with Spirit, meta-physical experiences such as: past life memories, déjà vu, dreams, visitations, clairaudient and psychic experiences, began to merge with my original dream, my love of Acting. Acting

was the reason for getting a BFA at Rutgers, and why I was in NYC, where I met my husband. More and more my Spiritual questing took a larger part of my time. I was reading and practicing the concepts from Fritz's *The Path of Least Resistance* – which is about creating consciously in alignment with Spirit, and then read *Do What You Love and the Money Will Follow*. The awareness that my Reiki 'hobby' ought to be my true work, had not yet occurred to me, however my identity as an actress was becoming underscored with the deep, pre-existing river of curiosity about the psyche. My dream of being a star of stage and screen began to be replaced with my fascination with the mystical world of healing the Soul.

In my mid-late 20's, I was learning to understand and heal my own immune system breakdown. My symptoms exploded after meeting my husband, when I finally felt safe enough to begin to feel my pain. I had never heard of immune system dysfunction, and I do not know that it was even a 'thing' much before the time I experienced it – Chronic fatigue, and the skin eruptions I experienced were, I believe from a combination of toxic stress, and toxins in the environment (as mentioned elsewhere, this got WAY worse after 1996 when Roundup and GMOs were introduced), including use of medications such as Tylenol, Advil and the like. These negative effects were just beginning to affect us, and being very sensitive, I am like the canary in the coal mine. When I was about 19 or 20 while in college (early '80's), I tried birth control, and even after going to the lowest dose possible, I found it made me weepy for no reason and I noticed I

couldn't think straight so, I gave up on it. I figured anything that messed me up that badly could not be good, and thank G-d, my health and moods went back to my normal calm and steady when I stopped. Just yesterday (October 2015), as I am editing this book, I heard quoted in a Q & A from the groundbreaking online series, *The Truth About Cancer*, that women who use birth control are 10x more likely to get breast cancer. I am truly glad I decided to avoid it!

In the early '80's High Fructose Corn Syrup (HFCS) replaced cane sugar. After my Jr. year of college, I read *Sugar Blues* – and that following summer I waitressed in a health food restaurant in NYC. My diet got much cleaner, but I did not know about the HFCS switch! So after I got my undergrad degree in '83 when I began work as a waitress (to leave time to go on many auditions), my beverage of choice was... soda (hey, it was free)! Nothing like a lot of sugar to make a person sick, fast. Anyway, I knew sugar is addictive, but the Meth of Sugar, High Fructose, is even worse — aspartame is a terror as well. Also in the '80's we lost some basic nutrients in our foods, such as the removal of all important iodine, from flour — replaced by endocrine-disrupting, cancer-linked (and iodine blocking) potassium bromate — so, that could have been a factor as well. See: <http://greathealthbydesign.com/blog/missing-secret-ingredient-thats-key-health/>. My interest in drama was slowly being eclipsed by a desire to understand trauma, the body-mind-Spirit connection, and a calling to return to school to become a therapist.

While we worked in the Acting field, we also supplemented income from doing commercials, improv work, etc., with other jobs. My need to understand the physiology of dis-ease led me to employment in the Health Food industry. First, in 1987-89, I worked in a Co-op in Pittsburgh, PA, then in LA (as we were starting a family), at larger Health Food stores. In 1994, my intuition helped us to narrowly escape a major earthquake in California (where our first two kids were born). We transferred to Chicago where we had a job waiting for us with my past manager, and I soon moved up the ranks. Eventually I became a Nutrition Department Team Leader (Nutrition Department Manager at Whole Foods Market). This new role took me away from talking with, teaching and helping shoppers, which was my favorite part of the work. My life became about budgets and dealing with personalities of employees and management. I was exhausted, and unhappy.

One night I had a powerful vision that our 3<sup>rd</sup> child wanted to be born in Taos, New Mexico! We cut ties to Chicago and the WFM burnout, and escaped to Taos — which gave us the opportunity to heal and bring our third child into the world. After Taos and the birth, we tried living near my husband's family in Pennsylvania, but the economy in 1996-7 was awful in Eastern PA, jobs were scarce. We eventually decided to live in Georgia and to be closer to my now retired dad and stepmom. She had lived in Savannah as a girl, so they had moved to GA — selling their home in NJ by the time our 2<sup>nd</sup> child was born. My

husband was able to find a job on Hilton Head Island, SC, doing graphic design, while we lived nearby in neighboring GA.

After eight years of mothering (1990-1998), I still remembered my dream of becoming a therapist. I looked for programs, and researched as I took care of my eldest (in 1<sup>st</sup> grade), middle child (driving him to and from pre-K), and my daughter who was a toddler. I did some theater in the area and some trade of helping out (for free yoga classes) in a short-lived health food store. And then, I prepared to re-enter academia. Luckily, my husband had his full time job working for the magazine publishing company, which allowed me to take the time to take care of the three young children while completing the first year of a Masters degree in Psychology. The following year, my daughter started pre-K. The second year, I also did my practicum of some 16-20 hours per week at a local arts college, as their first graduate intern. So, while my kids were in Elementary school, I completed a Psychology Masters Degree program. Classes were one intense weekend each month, a long Friday eve and all day Sat. Sundays were review and exam days – this worked well with my family life. Papers were written after children were asleep; textbooks were read into the wee hours. In the second year of my training, our daughter was beginning longer days in Kindergarten, and I was able to start my practicum, which ended that summer. It was 1999, Grad school was not easy for me. I fought boredom with many clinical texts, and writing academic papers was such a strained, linear process for a kinesthetic like me, that it felt I was funneling my brain through a

thin straw to get the words on the paper. That year was also the beginning of my regular use of a computer. I remember the funny twang, grrrr, blip noises it made for the minutes it took to start. I had to write down the start up instructions that my husband had become tired of repeating. In classes I was saddened that the academic environment was completely ignorant of holistic, complementary, supportive and preventive measures, even such basics as healthy eating. Our first professor said to my face that since I had young children, I'd probably not make it through the program! I had waited eight years to take those classes — and she knew nothing about me other than I was a mom! I was shocked at her ignorant negativity. Well, we started with about 30 people, and ended up with 12. I was one of the few at the top of the class, so, whatever Dr. so & so. *Don't ever let anyone tell you who you are!* I learned a lot beyond what is a diagnosis and how to write a treatment plan. I learned that I could trust my instincts. I was also annoyed and frustrated that each new theorist we studied had their own vernacular for many of the same processes. I dislike all the lingo and psycho-babble jargon that we in the field were expected to use. I like to speak in plain terms and to cut through this kind of academia-induced territoriality that I saw as each new theory had to make up a new language to describe their ideas. Some were novel ideas, but many are clearly overlapping.

That autumn, I graduated, and was hired at the college where I had done my practicum. After being their first clinical graduate student Intern, I was asked to

go full time, and stayed on for another 5 years. During that time, in 2005, I decided to get training for both parts of a trauma therapy technique of protocols called EMDR (this stands for *Eye-Movement Desensitization Reprogramming*). The approach is based on the clinician directing the client's eyes to be repeatedly moving back and forth, from right to left, left to right, or diagonally. This is combined with assessing body sensations and distressing emotion levels, and thoughts as the client thinks of previously experienced pain thought-template/s. By allowing safe passage to that place, they can then be 'reprogrammed' to allow in healing and truth thoughts/emotions that got stuck in the freeze – and new positive, true thoughts related to that place/time/event. I did those trainings in 2005 and having made some different choices in application, now just call it *Energy Tapping*. What I do in the work is a hybrid between my own version of tapping – a streamlined version of EFT (Emotional Freedom Technique), tapping on Meridians with some similar protocols, Energy Medicine, Hypnosis, Intuitive Guided Imagery, and EMDR (of which I did take both parts 1 & 2 of the training). As a clinician, my understanding of the process became clearer as I began to use it in the college community as a Mental Health Counselor and coordinator of wellness services. Of course I was able to do much more with it after I left the college setting, and this is how it evolved. Being a college counselor meant taking turns with on-call emergencies. Not irregularly, being wakened in the middle of the night, with a call, or a need for hospital or dorm visits which. I stopped getting enough sleep, and recognized a calling to

go into private practice. I wanted to do deeper clinical work combined with integrative techniques, so I left the college after six years there.

As I developed ideas on how to start that private practice, I began working 4 days a week as a Sr. MH clinician in an all-male, Hi-Max Prison. Sometimes new employees only stayed for a half-day, leaving on their lunch break... so, yes, it was a dicey place to be. The clang of metal doors was so loud I could feel it shake every cell in my body. I found a few kindred spirits there and some of the long-time counselors were really committed to helping and caring. Many of the inmates were depressed, frustrated, and many had a lot of chronic and/or severe unresolved trauma, and a diagnosis of PTSD. This was often amplified BY their prison experience. Couple that with their poor coping skills – some became delusional, psychotic, or violent. Prison riots often started when one frustrated inmate started smashing things such as a sink, in their cell. Other neighboring inmates would do the same. Many inmates were full of rage, but just as many weren't. Many also really just wanted help. I did teach some guys how to meditate to find a quiet place within; or how to do Yoga, gave informative handouts, and did some minimal demo through a steel door with a tiny window. By contrast, I saw kids in the college population who cut, who were suicidal, or had similar psychological issues, but THEY had greater resources on campus to get help, which made all the difference.

One inmate told me I'd helped stop a riot just because I'd spoken to him once to provide mindfulness information and compassionate support. He'd been accused

of being in cahoots with a new inmate who not long after they spoke briefly, killed another inmate. He said, what helped him hold it together and NOT start that riot, was meditating and breathing, and being able to choose to stay peaceful – not to be baited, or fall back on old destructive patterns. I was so grateful for his hard work to resist his old ways, even in the face of the one or two officers whose power was used to intimidate or minimize. I was humbled by his expression of gratitude, and was inspired by his efforts to be his best self. I gave out a lot of handouts. I was able to do some tapping work by having the client tap themselves – since for the high max clients, we could only speak through a metal door with about a 9” square grate – or a Lucite wall was between us on the rare occasion when an escort was available to take them to sit down. I know I did help some people, even though the system sometimes felt like a quagmire, too insurmountable to transcend. The Prison itself is frightening, at least at the facility where I worked. No air-conditioning, even in the middle of the hot Georgia summer, and even no airflow in some cells. We had our hi-max males who we touched base with 2x a day, and hundreds of others, in open cell, and closed door cells. We had a few, group sessions, and for those getting ready to leave, some in office sessions and prep of paperwork and discussion for re-entry back into the community. It was a perfect recipe for driving people insane. Some were unable to be authentic, always trying a new scam, unable to trust anyone, or just trying to assert some semblance of control over anything. It is impossible to know and then do, what one was never shown

when we were young and being molded into the humans we became. So with only a small understanding of integrity or unconditional love, many were caught in a cycle of pain and dysfunction. It is something I do not wish on anyone. I worked 4, 10-hour days, and was sleep-deprived, fried, and exhausted on my days off. I was always leaving at dawn, or coming home at dusk, so had darkness on one or the other end. Ultimately, the very long 1.5-hour commute each way (over narrow, dark country roads since) made me realize it was time to stop for my health. Once I started the job, I suspected I might only last six months... that I lasted nine was a minor miracle! I was even hit by a logging truck that had pulled over to the side of the road, and seemed to be parked. I slowed, but he did not move, and then as I was passing him, he suddenly pulled out almost into me and I had to ditch. I'd been following him for at least thirty minutes so he should have seen me, and I could have died. I took it as a real warning to stop. Neither the cop nor the driver offered up the detail that a trucker is required to check all mirrors before ever making a turn, EVER. I did not learn that till years later, but am glad I made it out alive. Although the entire experience was difficult and very challenging, I learned a lot. Mainly, that little to no support coupled with too much trauma can break a soul. Certainly, trauma can break anyone, but coupled with little support, an animalistic survival mode can become the primary modus operandi. Most of the people in that prison were not psychopaths or monsters. They merely fell between the cracks of a society that does not care for the poor and troubled – a community that is broken. We

all really do just want love, to be seen, and to be happy. One man had gotten in with a bad crowd when he was young. His "friends" wanted to rob his relatives. He didn't want them to, but they already knew the address. Drugs had been combined or spiked with unknown substances, and he had a blackout. When he woke, he found out (or was told) that he'd murdered his beloved grandparents. Either way, he was charged with a life sentence. Rather than decompensate, fall apart, become and stay suicidal, as many did, he devoted himself to mentoring young men toward a spiritual way of being, and to help them avoid a life in prison, or to become lost in drugs and alcohol abuse. The laws for the poor are unfair – and, in some ways they are truly insanely ridiculous. For instance, drug use is considered the individual's problem, and not a mitigating factor in the eyes of the law. Until our courts, and the prison systems are set up at a State OR Federal level to value each individual equally, there can be no justice.

I worked with some wonderful women, 4 of whom had long careers in social work and counseling – they were an inspiration. However, there was a click – a few entitled, recent graduates who did nothing to rehabilitate the inmates, and felt that handing out "puzzles" and a cursory, surface check of symptoms was sufficient... compassion was non-existent. On my first day, one of the counseling old-timers warned me about the Borderline Personality Disorder of one of these entitled gals. Also, one of them was having an affair with the psychologist who was obsessed with her.

A few months in, I had a particularly rough day. I can only assume that the hatred quotient was elevated beyond comprehension in these cages. When the food door opening, which was in the middle of the door, had broken locks, the inmates would sometimes show off their penis, and either try to ejaculate on me or threaten to. It is so upsetting to see grown men act with such vulgarity and violence. Many of the other inmates whom I had helped (with actual therapeutic skill building and support) would try to intervene, but it was a rough scene this day, and I was furious and shaken. I went back to my office and asked the psychologist if he had a minute – I just needed some support myself, needed to vent, and this is appropriate after a traumatic experience! This psychologist only said to me “Are you leaving or staying” – what a jerk. Most of the psychiatrists only stayed briefly as it was impossible to provide proper care with such high caseloads. That said, my time in the prison system was coming to a close. My husband said I should write a book called “Psychic Shrink”. Oh, the stories are many. As I was preparing to leave Prison (yes, I also felt trapped in it’s depressing web), I was listening to Spirit – I was called to go deeper into Energy Medicine training. My growing Private Practice over the following years, (2006-14), incorporated this beautiful work. In 2007 as the Donna Eden Energy Medicine program was evolving, I began reading Donna’s books. I loved learning about the Chinese Medicine aspects of energy medicine. I was also deeply curious about the GRID, which is mentioned in Donna’s book, “Energy Medicine”. While I was already seeing so much in the Chakras (from 20 years of work since

my Reiki training in 1987, NYC), I wanted to practice weaving more of the Energy systems (Meridians, Elements, etc.) into my clinical practice, and I decided to get certified. I started with what was a two-year program that I thought contained the Grid, and ended up doing a four-year program in order to get it! Since it was a new program, it kept evolving and reformatting. It turns out I was seeing parts of the Grid and even another level of it in the Field, yet getting to practice doing the work really helped me to enter it fully. Then it started to tell me more. That's what I will cover in Chapter 5.

I now have a deeper understanding of how complex and dynamic we all are – and of trauma, and how we can heal and evolve. Spirit/that highest level of All-that-IS, which we hear as that *still small voice*, is always assessing us, and asking: are you ready for more? A thirst for knowledge is an aspect of our higher selves – evolving is an innate function! While our outer environment directly affects us, it is what we focus on that will affect us most. It is often forgotten that our first inner observer is from Spirit-consciousness... the second is the body (of course both exist simultaneously). So, our body is also part of our outer environment, as well as being where we live (most of the time), although we cannot be contained in the body alone. Our Field can go far beyond the confines of the physical body, and we can leave the body temporarily, without/or prior to the body dying. We are consciousness – but we are not the body... rather, we *have* a body. It takes time to cultivate this subtle awareness. I know the feeling that some of my elders experienced at the time of death – of

betrayal, by the body they barely knew. It is our job to make an ally of our body. Just like a puppy or kitten it responds to how we are or are not present... do we listen to its needs, feed it well, give it rest and hydration? Do you honor its life force, curiosity, fears, boundaries, and nutritional needs? The ability to be able to hear our higher AND inner knowing is key – not only to quiet the mind to be able to hear Spirit, but also to be able to distinguish the difference. We need to hear the truth, and voice from the body, which is sentient (has its own point of view!), and is conscious whether we are (our observer/Spirit), or not. Becoming conscious is not usually an overnight event. But, the more we observe and choose health – to aspire to do our best, for the highest good; to be congruent, honest and listening for truth in each life, the more we potentially gain insight and grow.

We come to the Earth-experience not only for sensory pleasures, hedonistic thrills, or to experience drama/war, but to understand conflict and to evolve. At some point the scales will tip, and we'll want to be challenged, to develop *skills*. This is for our own healing and Spiritual growth, and, out of a need to share the beauty and wisdom we've gleaned. We can then come back to each day, or life, consciously, to raise the vibration – not only for ourselves, but also for all. Once we understand the connectedness of all things, there is no difference between helping self or other. We cannot help but have opportunities for learning in each life, and *these memories can be revisited*, still ripe with lessons and insight.

Storytelling, an ancient art, provides a portal for others to learn and grow. This includes all forms of writing, choreography, dance, music, film and theatrical performance, drama/comedy, and performance Art. It is interwoven deeply into all Ancient cultures – the Healing Arts, including care taking of the Earth, its' inhabitants – and of the body and Soul. When we look at ancient Native traditions from around the world, Earth Mother, Father Sky are major themes – and connecting with healing, and being in harmony, being in the FLOW, and doing the right thing, is always honored as the center, the heart of the community. This focus on being in harmony, sharing, and loving – having reverence for the wonder and beauty of life on Earth, being alive – this is the key to us co-creating an experience on Earth that also honors Spirit. To know this allows us to maintain balance and live in harmony. When these two areas of healing and creativity overlap – (authentic use of story, color, sound, emotions, imagery, and/or movement, delivered in a caring, loving, grounded way), it is heavenly. How many stories in your own family do you know and remember? We must also appreciate our diverse ancestral and cultural histories to inform who we all are as the rich tapestry of humanity delivers beautiful perspectives. We can learn from each other; we can help each other on this journey to better choose where we are going. We can choose to make this life beautiful and good, even when one's personal/familial, or societal culture does not agree or understand our point of view.

I have many times seen clients who came from traditions that were boundary violating, racist, misogynist, homophobic, or otherwise limiting, violating, or judgmental. When this type of tradition is given as a reason for punitive behaviors, it is a lie – nothing more than abusive patterns being passed down. For instance, how can a religion that espouses brotherly love also claim that being gay is a sin? Maybe before we had overpopulation the “Church” thought they needed as many contributors as possible, and back then, homosexual partners would not likely be able to have children, as they can today. Many distortions exist – this is why we must never accept another’s decision about what is acceptable without first assessing it ourselves. As adults we can decide what works for us. I have a client who stays in his religion because he likes the community, and he does not believe all the dogma. That is an individual decision.

We learn from stories, and I’ll go into greater detail of my life stories, events, specific causal factors of trauma, and how I healed my own Immune system dysfunction, infertility and hormone imbalance issues, and the body-mind-Spirit relationship in my book (I’m currently gathering material and writing for this second book) *Healing From the Core OUT*. Using my trainings in the Health Food and Nutrition Industry (1989-1999) – combined with my own Intuitive abilities, and forays into complementary/alternative/integrative healing, I will focus there on how I navigated through a lack of relevant information, conflicting information, between the traditional medical approach vs. the many

other modalities available – and what worked for me. For the purpose of this book, I share here some basics about my early story as they relate more specifically to my development in the field of healing, and as they’ve provided perspective to my ability as an expert in my work: as a seer and practitioner.

### The Early Years

As a preamble to sharing what I learned in the Energy systems, and how I came to see them connecting in new (or very OLD?) ways, I want to tell you a little bit about who I am and how my life (my environment) evolved me – but since the focus of this book is to be a manual for the work, we will address it here, only briefly, and in broad strokes. My knowing is that I am merely a vessel for this information to come to you. Others have seen the Core Star, yet, not in the entirety of its system that I have laid out here, which I call a “matrix system” – it is the environment in which the Spirit develops during its time in a life, and with a body. As the body imprints Spirit, Spirit molds the form... the two are distinct, yet also one. I am doing my best to be doing as I am told (by Spirit), consciously – and with humble gratitude. Sharing is what helps us to discover our common ground, and unites us in our journey.

From early on, I was thirsty. I am fairly certain this was not wholly attributable to not being breastfed. Oh SCIENCE, in whom my mother put her total faith way back in 1961, said breastfeeding is unnecessary, and so many doctors prescribed bottle-feeding as the newest and best option! When I was born, I nearly suffocated with the cord around my neck. I had broken capillaries that looked like a major blood spill down my neck to an entire shoulder — a nice nod to past guillotine-ending lives! I'm not sure if it's common among those who recall past lives to share birthdays, but I was born on the same day as Marie Antoinette. As a child, I vividly remembered being Marie Antoinette.

In college, my undergraduate BFA major was Acting, which included a lot of Movement classes. In my favorite class (movement, or otherwise), we learned Alexander Technique, Tai Chi, and Aikido. We were taught to practice our alignment as we walked throughout the day.

One day I was walking along chatting with a friend – well, she was chatting, I was concentrating on “easing up” which was par of my Alexander training. All of a sudden as I lifted through my crown and relaxed my shoulders, and suddenly, saw my head roll out in front of me (not my 19 year old head, but an older woman with pale hair). This head had been guillotined, and the sidewalk, for a moment became a hard dirt ground. For a moment, her light eyes, still seeing, looked up at me in shock to still be feeling what occurred, the blood at her neck, still visible to me. That sure did stop me in my tracks! By releasing tension and stress in my body, I released a pain memory. Pain memories can be held at the

cellular level, and in the energy systems, so by easing the pain, I released it. In that memory, it was the shock of the death that was released. I may have had many previous healings related to other stuck emotions of betrayal, frustration, fear, etc.

I had read about Marie Antionette when I was in high school, a couple of years prior. Having seen that she was born on the same day as me, I became curious, and I found a biography about her. Her life fascinated me. I felt so saddened when reading about her arranged marriage at such an early age (14), having no say in her future, moving to a whole new country, and being vilified as the foreigner. In many ways, hers was a sad life, even if filled with wealth (before the French Revolution began!). Maybe this – her love of music, playing several instruments (I played classical guitar), and acting was her outlet and way of coping, and expressing her opinion, if not just enjoyable as activities. I certainly resonated with her love of Moliere, and found him to be a favorite playwright when we studied his work in college at MGSA/Rutgers. I remember being surprised when I read about her hideaway, *Le Petite Trianon*. I used to imagine my plain room when I was in 3-5<sup>th</sup> grade (before we moved to FL), decorated in lush materials, pale green silks and thick curtains – styled exactly as written in the book. I do not like that style, and prefer a much more relaxed, cozy, eclectic, and informal vibe. But, back then, as a child I would imagine being a princess, and this idea used to sneak into my daydreams, and sometimes as I was falling asleep.

My birth date is November 2<sup>nd</sup> – which also relates to *All Soul's Day*. This time correlates with the start of the new Spiritual year, or Samhain, (depending on the nearest weekend, Full or New moon, or nearest the midpoint between the Fall Equinox and the Winter Solstice, so, anywhere between 10/31 to 11/6). It's a time when the veil is thin, and Spirits and fairies may enter our world, allowing greater access to Spiritual communication, and ancestral healing. Since the 1500's, this is also the day of *El Día de los Muertos* or, the "Day of the Dead". This day celebrates passed-over ancestors, or all deceased. I think this is important to celebrate, as I've often seen passed over loved ones in the energies of my clients. All our ancestors pray for us, and we are all part of a lineage of learning and growing. It's so fitting that we should celebrate them joyfully each year and thank them for their making their way in the world and bringing us forth. It reminds us that one day, we too will return to the Spirit realm. We must treasure being here now – and know that we are part of a great network of striving. No matter how crooked the path has been, it is always moving toward LOVE.

When I was younger than age 4, I had recurring dreams upon waking, of mighty Spirits that I can only describe as wise, familiar, and *supreme beings of love (if that is not a band name, it ought to be!)*. I now understand I was remembering being born, as I saw my infant self, looking up/on my spine, sliding head first away from the Core. The Core is the entry point, so it was as if on a conveyer belt into the birth canal, and away from them. I was watching them watch me,

3-4 on each side, exiting the tunnel. Showtime. This was their bon voyage. It was, and still is a comforting and encouraging memory. I felt the beauty of their belief in me, and it is appreciated to this day. I am very non-linear, a free spirit. I was curious about how everything worked, and why things were the way they were. My family did their best to provide answers. Although my questions were at times incessant, they were asked in earnest (no "Are we there yet" ad infinitum!). Reading became my salvation. My existence as a child is in many bits and flashes of memories: blue sky and shimmering light dancing through the green sway of tall trees, droplets of sunshine, long sandy beach walks, ocean waves, and poolside splashes – the glory of the deep maroon, bright red, scarlet and sunny yellows into shimmering Golden Autumn. I loved crunching the crisp leaves, the limitless brilliance of blue sky, and the cushion of unconditionally loving hugs. Food and love are forever intertwined, as I felt the love, watching my dear Nana making Matzo Brei in her small kitchen when I was a little girl in her Brooklyn apartment (whisk the eggs, lightly wet, and break into smallish pieces the buttered matzah. I still love her Potato Latke recipe. To approximate my '60's experience now it must be organic potatoes, preferably Yukon Gold, shredded by hand, with diced onion, and fresh parsley, S&P to taste, and stovetop sauté/fried into about 2" pancakes with grass fed, organic butter or olive oil. Never made from mashed potatoes – Wrong! We serve with organic applesauce (the jarred, Whole Food brand is great (!) – and/or any kind of organic sour cream, or a vegan substitute as you prefer). Cheese blintzes get

strawberry jam (must be organic now as they are heavily sprayed), and more sour cream! I recall at age 3 or 4, being on my Nana's gold plastic covered couch, the grown ups all around, talking about grown up things, with me, falling asleep, my head on a small pillow on my Aunt Linda's lap – she, smoothing my shoulder length, soft little girl hair around my ear, her gentle caress on my sleepy head. So loved.

I have many memories of the creatures of Nature who spoke with me. I could often be seen dancing and moving to what might have been an inner tune. When I look at my child self, I see a fairy sprite, innocence, and joy. Back then, I was very attracted to and easily distracted by colors in Nature, in clothing stores – and well, everywhere! This is still pretty true of me, and a joke in my family, about as constant as my being directionally challenged (unless I have a really good map!). I also have a big aversion to blood and guts – which is good or I may have followed a strong desire to become a veterinarian. One day I sat staring at clouds float by as I looked out my mom's bedroom window. I was alone, and naturally entered a trance state. I saw a same aged Chinese girl, with black bangs, and shoulder length hair. I can only describe that during the experience I had a realization. The girl I 'saw' in the body of a same-aged Chinese girl, who I knew, was also me. I like how Spirit didn't confuse little me, and made the memory/knowing be a same aged girl! This was my first memory of a past life, and made me wonder how I could be me, but not look like me/in a different body. Not long after, having been in Hebrew school just a little while, I

was in Temple, during a service, and suddenly, I could understand all the Hebrew letters – it just ‘clicked’ into knowing.

Then my parents decided to get a divorce. My brother told me many years later that I wept loudly when they took us with them, to sign the final papers. I was 4 years old when they divorced, and started Kindergarten that autumn, turning 5 that November. I was lucky to have loving parents, but that was a first loss and major shock to me. According to Joe McMoneagle, Author, Psychic, and expert Remote Viewer, such types of adversity and loss lead to the building blocks of psychic development. He was asked what qualities contributed to psi ability, in an interview about his book *The STARGATE CHRONICLES*, <<http://www.mceagle.com/remote-viewing/stargate/stargate-qa.html>> ...he answered,

*"Probably foremost - coming out of an abusive or difficult childhood. Other elements that contribute in my opinion are - learning early on to stand alone if necessary on issues of magnitude, being able to maintain an open mind under duress, and having fun at whatever you are involved in no matter what the circumstances.*

I am grateful to have heard Joe speak with our class, when my husband and I attended the Gateway Program at The Monroe Institute. We even got to ask some follow up questions to his fantastic and powerful stories about his remote viewing and many clients near and far.

Prior to and after my parents divorce, I was often outside, 'playing' – in those days the neighborhood kids went about, exploring, also, unmonitored. Certainly not how I raised my kids, but those were different times – and they are for the most part, peaceful, and healthy memories. I loved being out in Nature in our home area of northern NJ – and having time with Earth and Sky, Animals, Colors, the music of the birds, trees, the dance of being in a body, and all things Spirit. When I think of my little 3 or 4-year old body, I am a Metal Element, analytical, observing, seeing order everywhere. It was while raising my children when I stopped seeing order that the Earth Element came more into play, out of necessity. From early on, I knew, heard, saw, felt (a lot) of ENERGY and inner wisdom – what we call clairsentience, or being psychic. I have a memory of being with my childhood friend in the years from age 3 or 4 to almost 7. I remember his kitchen, the table for four, and the feeling of that time – full of innocence and discovery. His mom introduced me to my first (in memory) slice of cucumber (so cool, crunchy, we both went wide eyed with my delight!), and she once asked if I'd like it, and put a teaspoon of hot Earl Grey tea into my glass of milk. I was enthralled with such amazing textures and flavors. We'd often be out, in the green grassy lawns, finding buttercups during many a blue sky summer. We must have spent hours at a time doing that, laughing, following butterflies; looking at clouds. Even now, I have a clear memory of taking turns, plucking daisy petals, watching fireflies. Feeling safe on the green grass, which

was speckled with clover and wild flowers. The ease of it, the safety, the green... I felt the Earth – and it became part of me.

I struggled a lot with difficulty reading before school (words that did not follow any rules would stump me), and much later learned that I had dyslexia. I also have a kind of dyslexia that makes names of movies, famous people, or cliché sayings hard to recall, or easily mixed up – though I am getting better as I age. I also had little attachment to the linear world. Other than that, and my parent's divorce, the first 7 years of my life were fairly calm. My early inner world of light, color, and knowing being loved – often protected me from the later loss of family, and change that now as I am looking back, seemed to become a norm. My dad introduced us (my brother and I), to his new lady friend who was to become within a couple of years, my new stepmom. She was curious about me, and engaged in a way that was very kind and caring, and her beautiful matching shoes and handbags intrigued me! She ran a department (cosmetics) – as did my dad (shoes), in a big retail store in northern New Jersey. She was fun, and I loved her – and I was happy that my dad was happy. My mother also remarried – he was a fun, and creative – a professional musician, so he worked a lot at night and on weekends, and we did not see him very much. Unfortunately, he also had a lot of rage built up, due to his own unresolved childhood issues, and his strong Wood Element, which turned to aggression when he got stressed (more on Elements in Chapter 3!). Those issues took a few years to show up though. At first, it seemed things would be okay. So at age 7 with a new step

dad in tow, we moved from our apartment in Wayne, to North Caldwell, NJ. My new best friend lived across the street, and she and I explored the woods, discovered salamanders under mossy rocks, and made believe we were Indians, listening to the brooks whisper, tadpoles swim; and I decided that nibbling on Flintstones vitamins was our "power food". I had a lot of friends in the neighborhood. From 3<sup>rd</sup> to 5<sup>th</sup> grade, until age 10, I lived in a nice home in NJ – 5 Sunset Drive, was white with black shutters, and red wax begonias flanked the black wrought iron and steps at the front entrance. It was a large wooded corner lot, with a pretty back yard and lots of trees, although I think when we moved, the new owners cut them down. It was only maybe about a half hour from my dad's home. We continued to see my dad most weekends, sometimes, sleeping over. There were some new things that were odd in my new home. My mom went out a lot, even during the week nights to be with my stepdad on his 'gigs' – and my brother became my babysitter... unfortunately, he was not good baby sitter material, but I won't get into that here. Then as I was about to enter 6<sup>th</sup> grade... a move I could never have guessed would happen, did happen. I was told we were moving to Florida! Sadly, I was a very 'good girl' (in my case, this means disconnected to my truth), not empowered to say something (which would have meant going against the grain) or to ask why... or to truly feel the quiet panic and confusion about moving (FL? What? Where? And my dad will be – isn't that very far?). All those feelings felt they might swallow me. I did not have the ability at that time to even question it. Although, had anyone asked,

I'd have been able to know and share that I was deeply saddened to be moving away from my dad (visits in the Summer only). Before we moved, I did not know my mother's new husband, as I barely saw during that time. Any thoughts of worry were buried deep in my knowing, but not expressed – I was on auto-pilot. My opinion was not considered. I knew and accepted this, maybe so well, that I barely acknowledged it myself.

Florida was a corner of the country with which I was completely unfamiliar. Ironically, we were moving so we could be near my new stepfather's retired parents who had recently left NJ. Over the next 7 years, we moved a lot. He and my brother had several verbal fights that were frightening, almost coming to blows. After a few years in FL, my mother got divorced, so during my brother's last year of HS it was less chaotic. I was somewhere near 8<sup>th</sup> or 9<sup>th</sup> grade. Unfortunately, my brother had already begun to party and drink too much – all the while getting accepted to Brandies University with a full scholarship. About a year or two after my brother left for college, my mother re-married my unchanged stepfather. He became more unstable, at times physically and not infrequently, verbally, abusive. This escalated progressively toward the end of my high school years. My mom and Nana both played piano, and there were fun times. I learned from him to love many forms of music from opera to jazz, clean living, exercise, and good food (my step dad was a good chef, and an early *health nut* as called back in those days).

The part about the volatile family vibe though, was boundary violating – feeling unsafe became a norm (more TW reactivity!). Yet, unbeknownst to me, from an early age, I had a gift – a highly developed ability of “knowing” private things about people, hearing other’s thoughts, or what they were thinking moments before they would say it in whole sentences. This ability grew a lot during my middle school years in FL. My early abilities continued to escalate with the chaos in my home. By High School, I knew from reading Edgar Cayce what was happening, so it did not seem odd to me, just interesting! It didn’t occur to me that everyone had not read Edgar Cayce or similar information – that this was not a norm of experience. This inner understanding did not protect me from shock/pain or damaging thinking. Yet understanding can be a great balm, and it carried me through some difficult times then, and later. When I began also seeing energy systems, many things made a lot more sense. Things I saw between my mom and stepdad initially included some verbal fighting, but after we moved away from my dad, and especially after my brother left, and they remarried, there was increasingly easy agitation, volatility, and lots of yelling. Stress! I remember at that time, wondering why I was having shooting electrical pain – in my left forearm. Clearly, my adrenals were struggling to keep up (Triple Warmer Meridian, which per Chinese Medicine runs from the ring finger, on top of the arm, up to the shoulder, around the ear and to the temple), and Heart (this Meridian runs under the arm to the pinky) pain had been triggered. My body was broadcasting – we are in danger! Do something! I asked my

mother what was that, and she said that *it must be growing pains*. Of course, she had no idea what it was, and I realize now that it related to my Soul's electrical expression of my *emotional experience*. I accepted her explanation, although it brought no satisfaction. I merely filed away the experience as a curiosity – an unsolved, unresolved one.

It is my assertion that this feeling/knowing is a natural tendency here on Earth – we are all wired for it. I remember being in places, in other lifetimes, where these abilities were fully developed in everyone. As I developed into my early teens, I had a great affinity for the topic of the transmigration of the Soul, Native cultures, and my connection to all life. I began reading everything from every Agatha Christie detective story I could find, to Edgar Cayce, Jane Roberts; books on Psychology, such as *Primal Scream*, and Native cultures, such as *Bury My Heart at Wounded Knee*. I was born greatly curious, and I kept on, wanting to know more. I feel blessed to have been afforded the opportunity, always encouraged to read, and in my teen years I began to flourish, unmonitored in my Spiritual exploration.

I believe we are all built a certain way – or come into a form/ family/ or circumstance – to learn and provide what we are supposed to for our life's mission. For me, I came into a very sensitive form. True, my mother, a very sensitive person herself, didn't always understand or empathize with my sensitivity, pain, or perspective – but that made me wonder why I was feeling what I was feeling. In having done this work, I've found that ultimately, there

are no “good guys” or “bad guys” – there is only what IS: healthy vs. unhealthy; ignorant, trauma-based reacting or trying to control, vs. informed, compassionate, clear behavior. Everyone is doing the best they know how, and when we know better, we do better. True, we need to KNOW when we are in danger (for more on this, read *The Gift of Fear* by Gavin DeBecker!) – some people who are ignorant, may be dangerous in a variety of ways: invasive or abusive behaviors, mental manipulation, lying, etc. When we know better, we do better. We simply don’t know what we don’t know, including how to be healthy – UNTIL we KNOW it!

*Everyone is doing the best they know how...*

*when we know better, we do better. And...*

*we don't know what we do NOT know –*

*UNTIL we KNOW it!*

## PUTTING IT TOGETHER ...*bit by bit, piece by piece*

I became a licensed therapist, from a perhaps unusual place. My background was in metaphysical interest, so I was uninitiated in the ways of the Medical – Mental Health treatment world. In 1999, I began studying psychology, plus in the second year a 9-month internship. Then, as is required for becoming a licensed therapist, I received supervision training for an additional three years. I became a licensed and nationally certified counselor during that time. I completed my MA in 2001, when I was turning 40 – 13 years ago as of this writing (September 2014). Before I got a Master’s degree in psychology and went through getting licensed, I had no idea what the difference was with all the different areas of practice, such as between being any kind of M.D., or Psychiatrist, or Psychiatric Nurse (which is a medical doctor or Nurse who specializes in mental health, and medication for disorders); vs. MSW or Licensed Clinical Social worker (LCSW), Licensed/ Licensed Professional and/or Marriage & Family Counselor/Therapist, or Psychotherapist, EAP/short-term, work related support, or Behavior Specialist (may be Bachelor’s/ undergraduate level &/or

unlicensed), etc. Basically I found out, you must have a doctorate in medicine – or Psychiatry M.D., or a PsyD (clinical focus) or PhD, Psychologist (must also do a research project) to legally prescribe (Rx meds) or diagnose (Dx).

Doctorate level is eligible for the same licensure as the Master's level LCSW, LPC, etc. The LCSW/Social Work licensure has been around the longest and has lobbied for the ability to "commit" someone to be evaluated in a mental hospital. Though the training for Mental Health, Marriage & Family, LPC (Professional Counselor), and LCSW (Licensed Clinical Social Work) may have a lot of overlap – if you want to work in community and hospital-type settings, the SW is the most desirable. Doctors are paid more by the insurance companies, based on their legal right to diagnose/prescribe expensive Rx meds, but to practice legally in any state, (laws vary from state to state!), one must be licensed as some type of mental health provider. Often a Doctors office (Psychiatrist/s) will also house therapists (Master's level LPC, LCSW, etc.) to do the therapy part, which is sometimes effective without medication, and usually much better than doing medication alone (per research findings < [http://well.blogs.nytimes.com/2015/01/08/to-treat-depression-drugs-or-therapy/?\\_r=0](http://well.blogs.nytimes.com/2015/01/08/to-treat-depression-drugs-or-therapy/?_r=0)>). Of course the previous article mentions brain scans to determine which type of treatment will be more successful, and this may be referencing if one is "*psychologically-minded*" – or not. Either way, having a higher-level degree does not guarantee that a therapist will or will not be a great therapist for you (i.e., you may or may not have rapport with them; like them; trust them). It also does not mean that

they have been trained in or experienced with any integrative or holistic approaches. A key to remember is to feel that *rapport* with your therapist. I'd look for a person who has had formal training with reaching and talking with deeper, SOUL levels of consciousness such as the Eriksonian approach.

Regardless of who you work with, once you are ready and have found someone who is a good fit, it is the working with the body and energy that is key. Use of bilateral stimulation, and accessing Meridian pathways (Meridians run on both sides of the body, so even if tapping on only one side, we access both) is what I see happening with EMDR and EFT or the many variants of Energy Psychology. EMDR is only taught to licensed therapists; there are two parts to the training. Regardless of the type, advanced training in any Energy Psychology tapping methodology is something to seek. Another is knowledge of body physiology, and trauma responses such as dissociation. If I wanted to do any deep work related with past trauma, I would never recommend someone who was not experienced with one of the Tapping or movement/Soma therapies. Talk therapy alone, in my opinion, is not as effective – by a long shot. CBT (Cognitive Behavioral Therapy) alone typically will not be as effective as body or somatic approaches (since it is only directly focused on language/the mind – it is not targeted to get to those deeper places in the body). That said, do trust your gut – you get to decide if the work is helping or not. A truly present, evolved, grounded, and honest practitioner of any training is a great place to start.

In some states in the USA, to complicate things more, a clinician may call themselves a Psychologist with only a Master's degree – or a Therapist, even if they had neither a Master's in that field, nor a Doctorate! It's good to *ask questions, clarify if needed*, and confirm training experience and degrees, or certifications. So many folks nowadays may have very slick marketing, which may not give you a true representation about their training, abilities, and/or effectiveness. I have heard people say they're a *certain kind of* practitioner, or they "do" a certain technique, yet when asked what their degree or certification is, they did not have it. They may be proficient and learned a lot in another way, but I encourage caution, curiosity, and communication. In my work as a Licensed Counselor (LPC) I called myself a psychotherapist because my orientation was to seek causal factors for imbalances, provide effective trauma therapy (for which I was trained in EMDR), and increase stress management, communication, and life coping skills. I also approach from a "coach" and energy medicine perspective, working deep in the Chakra Energies, and observing from root causal factors.

A lot of listening to Spirit, and learning on holistic fronts preceded that very linear training of getting my Masters degree. It consisted of writing papers, many exams, memorizing: theorists, the DSM (the Diagnostic & Statistical Manual of Mental Disorders, IV) which provided diagnostic descriptions, criteria, and codes for insurance purposes). This manual has been updated twice by this writing since then, and ICD-10 codes are now often replacing DSM codes for

insurance. We studied the history of psychology; developmental, socio-economic and multi-cultural issues, ethics, research modalities, etc. What a learning curve that was! This set the stage for integrating my Intuitive and meta-physical background in new ways. It gave me great insight in categorizing trauma states, dysfunction, diagnoses, and a vastly greater understanding of dis-ease. I am grateful for it – although, had I known how protracted the whole process would (be before I started), I am sure I would have never begun... it would have been far too overwhelming! Sometimes ignorance can work in our favor in the long run, as I am grateful for the process. Our focus in the U.S. is on diagnosis – this is created for the use of insurance company payment to providers. Unfortunately for the client/patient, a lot of individuals come to label themselves by their trauma/diagnosis, or negative self-talk, rather than focus on understanding and healing what happened – the original wounds, and getting to the root of the problem.

A lot of people may even be told that their diagnosis (Dx) is a permanent status, which is as a rule, is ridiculous at best, and unethical, and damaging at worst. Since most clinicians are not trained to understand the impact of poor diet, the effects of nutritional deficiencies, and trauma on the developing brain, how can they make a definitive diagnosis other than with permanent, and having seen in multiple studies how plastic (adaptable) the brain is, I am not sure even brain injury cases are not reparable, even if it is not currently known how to do it. It is critical to observe and stay open to learn what habits became norms in response

to trauma – what’s ineffective, and what healthy habits, thoughts/identity, and relationship issues related to learned helplessness, etc., need to be re-worked, or considered. Most good therapy will provide many of these insights. Since Energy Psychology such as EMDR, and EFT – tapping therapies gets us beyond surface knowing to the root issues, they help the client safely access those subconscious places that formed in the trauma moments (thoughts, physical sensations, and emotions that got frozen in the body). Back when I was doing only Reiki and relying on my Intuition, I would see issues in the Chakras, then (time allowing) I used guided imagery to shift stuck material. This was also very effective! Then I got trained in EMDR (trained with Drs. Silver and Zangwill), and also attended Conference workshops since 2006 in several kinds of Energy Psychology/EFT (Carol Look, Mary Sise, David Feinstein). While Francine Shapiro, founder of EMDR does not identify her approach as part of the Energy Psychology category (which uses Meridian points to tap), I find tremendous similarities in the effects – both access bi-lateral stimulation of the body. In other words, we are talking with the body AND mind, yin and yang. Regular talk therapy uses intellectual processing skills, and does not get behind the veil, as well, at least. I think my pre-EMDR training use of focusing on the breath, and using Reiki and guided imagery/meditations to get to past selves’ issues – and to imagine *what healthy would have looked like* was in a way, allowing access to this same place. Actually, for the last few years, I usually do not use the Eye Movement format on which the EM of EMDR is named. With one of my first

cases (2005), I had to find alternative options in working with a client who had a visual disability and could not track with his eyes. One option in EMDR therapy is to purchase an electronic buzzer device – the client holds one in each palm, which alternately emits a brief (variable), soft-tingling vibration in each palm (as with alternating tapping on either side). I loved how it felt to my energies when I tested it, but did not have funds to purchase such device or any others, at that time. Necessity, as they say, is the mother of all invention.

I decided to try having the client place their hands on their knees, while I alternately tapping a point on the back of both hands. This point is above the knuckles and between the ring and pinky fingers (called the Gamut point). Since then, clients seemed to mostly prefer this option. An author I read profusely in high school and college, the late 70's to early 80's, was Carlos Casteneda. He describes a process called *Recapitulation* in his book called *The Eagles Gift*, as a way to be free from limitations. This involves creating a list of life events, taking in one memory at a time, while moving the head from right to left (inhaling) – and, then while again, moving the whole head back, from left to right (exhaling), releasing emotions and the related energies left in them. This is why I teach my clients proper abdominal breath-work, which activates (awakens our conscious connection with) the Core Star – and, part of a larger practice of other Energy Exercises to help one stay on an even keel.

Yet I suspect that so many in today's fast-paced world would find the Casteneda approach hard to practice, possibly making them too focused on linear thinking,

getting the breathing right, which might take them out of the free-flow of the contemplative place where remembering/allowing can be processed.

So, while teaching proper breath-work is a huge piece of starting my work, in EMDR/EFT/Energy Psychology, here's an approach that I highly recommend to access the places that got frozen. Stop, turn off the phone, slow your breathing, and then begin to remember this life from the very beginning. You may want to take notes. What was good, healthy, loving? Did any upsetting things happen? The question is, if disturbing things happened, what happened that got resolved... *and what did not get resolved*. That's the topic to ponder – take time to identify those events, and your thoughts, body sensations – and emotions that were, or were not allowed, that there was no time for – or that were too scary or overwhelming to feel at the time. If you still feel emotionally upset in remembering, or numb – then these issues are still impacting you. It is a good way to assess your own areas of past pain that are worth further exploration. Sometimes we need to go back in time, to save ourselves. Another way to return to an active pain place is to ask why is a certain pattern presenting. This can take us to times beyond this lifetime. You may want and need help entering and safely navigating those places to arrive at healing resolutions. That's when it's time to find one of the many wonderful clinical approaches that I have described above, and/or a more comprehensively experienced Energy Medicine guide.

By the writing of this book, I've been an EMDR practitioner for 15 years, yet Shapiro introduced it 15 years prior. All the while it was proving its validity with amazing results, such as complete relief from years of suicidality for Vietnam and other veterans of wars. Sadly, some traditional clinicians fail to open their minds, and still consider the approach to be controversial, or worse, without truly giving it a good review, irrelevant. I remembered Casteneda's telling of the ancient Shamanic technique (that I'd read about in the 80's), after I finally learned more about EMDR by doing the training in 2005. Really, I thought it was derivative! Just as I've heard Donna Eden state that she thought she created the Heaven and Earth exercise, and later came to know that it was an ancient Qi Gong practice, so Shapiro happened upon a variation of *Recapitulation*. She describes in her writings, how she initially found the eye movements to cause shifts in perception and ultimately, profound healing – and a now, great amount of research supports her findings. I also found comfort in knowing (no matter the source), that accessing bi-lateral energies in the body creates a portal to healing, a way beyond the intellect and linear thought, into that place of mystery where memory is stored – not only in the brain, but in the energies, the cells, the Soul. *We are wired to heal; to be whole and healthy.*

## Back to the FUTURE

Of course, we are body/mind/spirit ...one big inter-connected overlap. To specifically work with the energy systems is to empower the client to know how they tick – this means the client will be able to move toward a positive status with much greater specificity. Most importantly, my clinical training gave me a context through which to understand and articulate what I was seeing in the Energy systems of the Chakras and in the Field. I could assess levels of danger, trauma, life skills, and coping skills better for having had this training. Working as a conventional therapist (which I did for years as a college counselor) is also a different skill from seeing and reading/shifting energy by talking directly with the consciousness of the Energy System (as opposed to only through the screen of the client's awareness, biases and opinions – which is also very much dependent on how conscious they are of their issues). I like to say that clients know when bad stuff happened – they just often do not realize the specific impact it had on them, or the degree to which it's been resolved.

By being able to "see" what really happened to that aspect of us, the Chakra databases which record trauma, a.k.a., a wound or "*emotional splinter/s*" – and "*emotional splatter*" (the fallout from the original wound/s), we are able to shift

what was essentially frozen and out of the reach of consciousness. Subconscious material cannot be directly accessed from our NOW perspective, so is harder, to fix, and ignoring it does not make it “go away” – so wanting to just “get over it” is not how things like this work. It is possible that many aspects of the wounding may be known, even cleared. What I find is that often our wounds are often known mostly on an intellectual level (such as knowing you had an absent father, or neglectful mother) – or they were some level of unknown, forgotten/ or buried, pre-verbal or pre-memory. We may be in denial of events or some aspect of events. It may be uncomfortable to address they even happened! Denial (as in “*The Nile*”), as the saying goes, “*ain't just a river in Egypt!*” ...it is a *coping mechanism*. It’s really another way of describing subconscious material that went underground, as designed by the body/mind interface to aid survival. Once, for example, I had a client who was describing a way she was interacting with family members. No doubt I’d been tipped off in other ways as well, and I blurted out, on a hunch, my wondering. Had she ever been touched in a way she did not want? She then blurted out “*Yes! I guess I was violated... (pause) several times*” – we were eventually able to conclude that she had been raped, and that was a turning point in her healing and ability to ask for (and GET) the family of her dreams. There had been no mention of that anywhere as a pre-existing trauma in any of the Intake paperwork. It was stuck in the frozen underground of the subconscious. I believe that doing this work can help us clear the fear, reactivity, and control issues that sabotage us, creating dis-

harmony on all fronts. It is my hope to set forth the tools I've learned – tools Spirit showed me, in thousands of sessions. By acclimating you with what I see in the Energy systems, the great metaphors I see, and the new information Spirit has gifted me with (on how the systems connect and affect each other), you will have a blueprint. You can skip the years I spent testing, re-testing, the phase of doubting, or worry that what you are seeing is silly or wrong that I waded through for many years. You can learn to know what metaphors mean when they appear – clarify how/why it matters, and can get right into asking the Energies: what they need; what they want to tell you – and you can learn to slow down to be able to hear what they need from you... we learn to ask the all important question, *"How can I help?"*

When I began doing Energy Work in the form of Reiki in 1987, I practiced with clients here and there. Organically, I combined it with my growing ability to hear and channel Spirit. I also worked in the Health food and Nutrition Industries and had many a wonderful training from experts – doctors, biochemists, etc., from the many different companies whose nutrition products we sold. Later, I learned Barbara Brennan techniques from a grad of that program, and I felt it reinforced what I had learned with Reiki. This was when I was in Chicago, in 1994 or '95 (having had Spirit yell in my ear for a YEAR, to "GET OUT!" of California, and so, we did (and avoided the quake that hit 2 weeks after we left).

I began the Eden Energy Medicine program with Innersource in the summer of 2007 – I was called to it. Just as Reiki felt like remembering to me, and feeling

energy, and seeing into the Chakras, felt natural. Learning about the Meridians (TCM approach) and working with kinesiology gave me the tools to go deeper. In my early practice, which I called *Angelic Healing* I was doing Reiki and Spiritual readings as a conscious channel of guides. Questioning what I was seeing, feeling, hearing is what I have always done. What I shared (with a combination of curiosity and, initially, often, some anxiety) was consistently validated with clients. This taught me to trust my guidance, and it made me ask more questions. I learned how to clarify information, and started asking (Spirit, and the client's energies/Soul) for ways to heal, beyond the balancing energy of Reiki. Reiki connects us with the flow of Chi, and this is healing and balancing, creating greater harmony in the body. I just found that within the first clients I had, I was seeing a rush of images, feeling their emotions. These proved to be the stories of the Soul of that client.

One time a potential client called. The woman said she was just in town, and was guided to call me, but she wanted me to talk someone who could channel someone who had passed over. I apologized and said, I work with guides – and while information from passed over loved ones had in the past come through at times in doing the Reiki, I had not done that in a reading. She stated that she felt strongly I was “the one”, and reluctantly, hung up. She called back within a day or so, stating that she was still guided to work with me. I made no promises as to what would occur, as usual! We met, and as I sat down for the reading, my eyes, closed. I would typically connect with my guide/s, then I'd settle in, and

their guide or Angel would emerge through a kind of curtain of mist. This time was different. A fourteen year old, with dark hair, and a beautiful smile showed up, seeming like he was popping in and kind of like when you're traveling, and pop into a new store to buy something that you need immediately. This was 1995, and this was new to me! I began describing to my client what I was seeing, and what he was saying. He showed me a car crash, and told me, with urgency, that he did not experience pain, and died quickly – he wanted her to know. My client quietly let out a gasp, openly crying, and began saying through her tears, "*that's my son*" – that was the person with whom she'd hoped to connect. He then went on to tell her what he'd learned being on the other side, and how he now had a depth of perspective that he couldn't have had prior. He discussed family dynamics in great detail. He ended with a plea, that she begin to help others who were dealing with grief and loss, and share her story so that others will know that love is eternal. After the session, she informed me that she was a therapist whose life had been turned upside down with the loss of her beloved son, who returned out of Love, to comfort and guide her. I was grateful that the reunion had brought her peace, insight, and a new direction for her work that she found deeply meaningful. She had even been drawn to it, and considered it, but wasn't sure if it was the right path. Now she knew.

When I was 16, I was hit in a car crash. I saw a friend who had passed two weeks earlier. As my car spun in slow motion, I saw him as if he was floating just in my line of sight. His presence felt so reassuring, and he told me with

great calm, that I would be okay. Finally, the car stopped, and I sat unmoving, in shock. My (mother's) car was totaled, and a lady appeared, and finally got the passenger door open. She said she'd seen the whole thing, and helped me out – though my side window was gone, shattered all over me in a million pieces like glittering stars. She kept repeating "*There must have been Angels between you and that door.*" Indeed.

These and many more such stories have filled my life, and my work, letting me know that we are truly eternal beings. I cannot prove that I had past lives, but familiarity with these other places in time, certain of these memory/experiences (that I have not had in this lifetime), do feel as real, and whether it is coincidence or not, it is notable that when unresolved pain has not been corrected from other therapies, past life therapy can and usually does completely resolve it. This outcome is what I have seen in my own experience personally, and as a therapist, and Dr. Brian Weiss has also written about it extensively. Many images from my past life work are more impactful than real as events from this life. It's as if, over centuries, we have distilled the experiences into the most powerful moments, and through the lens of seeking healing, we can finally see what caused pain, accept it, and move on. Our Energies contain these memories, and they are longing for us to know them, just as you know your heart rate, we must come to know the heart of the matter, the physical and the energetic heart – so we can soar, and set our SOUL free – to fulfill our FULL Spirit mission and potential, to be and always return to

the peace and joy within, despite any outer chaotic influences. We need to be able to feel from and act from the heart, and to know wisdom from within and from beyond.

As I began to combine my psychotherapist skills with doing Reiki/Energy work, several things began to happen. Since I was getting to work on a lot more clients, my skills developed, I continued to learn and see more – and I kept asking better questions.

## **KEY Concepts:**

**How Energy Sessions work** – *I am in agreement with Viktor Frankl's focus on Love vs. Freud's focus on pleasure, or Alfred Adler's focus on personal power. A Holistic approach means being like scientists, looking for evidence and root causes and processes, not just outcomes. I begin work with the client when we both agree to work together. Consider how to approach self-preparation, creating safe space, giving your client tools, and post-client clearing. My focus is listening to Spirit! How are you giving your client life/energy tools for their highest good (this may change during the session – just keep checking in with guidance and listening to where your client is!), and providing follow through; informed consent ground rules, part of which is the discussion and exploration of*

*Treatment goals vs. expectations, worries, or fears, and ability to ask questions.*

*Additional considerations: the difference between working on yourself, vs. working on others – and vs. others working on you... we must become self-aware before we can be of service to others. We must remember that we all come from Love, and ARE Love at our Core (but that does not mean that some not Lovely feelings may not be stuck in the process, and need release!).*

*Although the medical system in the USA is currently based on finding a diagnosis, this scientist agrees that it is what is happening, and why that matters more than the name we give a set of symptoms... from [A Tele-seminar session on The Polyvagal Theory for Treating Trauma](#), with Stephen W Porges, PhD (interviewed by Ruth Buczynski, PhD, from [nicabm.com](http://nicabm.com)).*

*"...scientists are less interested in the clinical diagnosis and more interested in the **underlying processes**. There are many underlying processes that cross several clinical disorders. They are not studied at the level that they should be, because they are not specific to any one clinical disorder."*

### **Why do the Work?**

*Doing the work increases connection with clarity and consciousness, and then healing, and then more consciousness! This increases one's ability to know and achieve more meaningful life goals. It awakens our abilities to listen to Spirit to*

*guide your choices. We must remember to access Spirit to guide our choices — not just occasionally, or for big decisions or crises, but all the time! We must intend to connect at the highest level. Growing that ability is dependent on doing the work, checking in daily and consistently. I have learned that our body and energy is conscious! So we are Body, Energy Systems (the synthesis/ interface between body and Soul/Spirit, and Spirit (conscious awareness)). When we attend to our body / energy systems, love it, honor it and choose to stay in harmony with it, then we can create more harmony within. A readiness to do the work, and to stay mindful with it is key. Doing the Core Star (abdominal) breath-work daily until it is a HABIT gives a new relationship with, and counterpoint to automatic behavior. Consistent practice shifts the many "automatic" behaviors to instead, seeking positive options! Choose health now, and connect with your Core of pure Peace, Love, Wisdom, and Joy. This is the key for living a meaningful and deeper Spiritual existence. Trace your Meridians, feel the Spirit points and their pathways, and attend to each Chakra; meditate on breath, notice what is present within, ask for healing and guidance, and raise your vibration! A consistent daily ritual for maintaining and creating balance keeps us talking with our inner energies, our body, our Spirit. This is essential if you seek a deeper meaning of being healthy.*

## **What is your Environment?**

*Begin to evaluate what you put into your body! Consider the effects of everything with which you interact: food, air, water, people. Consider societal norms, the culture of "family" — any and all groups in which you participate, familial, professional, social. What Prescription Drugs or supplements do we take, in addition to what we eat, drink, and breathe? Consider Nature vs. Nurture issues, and how deeply habits may be held, or have evolved (subconscious cognitive templates/blueprints, cellular, energetic habits). What environment were you born into, and where have you been since the beginning to NOW?*

*Have you noted any negative influences from your (and/or your ancestral, other lives) past? Consider the Medicine of thoughts, the power of the words you use – do you curse yourself, life, others – or will you choose to bless all you see? Where is your bias; your assumptions; where is your disconnect? Ask yourself "If I were had a truly healthy, happy and fulfilling fill in the blank (life, relationship, job) – what would I be doing?" What if anything, would you do DIFFERENTLY? Time to try lifting that Kettle bell; do some Yoga; Stop and Meditate, Go for a brisk walk? Love yourself to plan good meals, Review your goals for your healthy future!*

*Time to get clear so you can more fully BE HERE NOW.*

**How Trauma affects the Chakras and CSMatrix Lines... "What happens in**

**Vagus stays in Vagus..." or does it? Shutting down is so old-school... vs. conscious responding.**

*Like the advertising slogan for Las Vegas, NV said — "what happens in Vegas stays in Vegas" — but let's look at the Vagus Nerve and how trauma can get stuck there. Our past ways of thinking was that we could sweep uncomfortable issues under the carpet, OR compartmentalize them, lock them away and forget about them. How accurate is that premise? The energy component of the Vagus nerve and the trauma freeze response in the body-mind-spirit is reflected in our Meridians – these reflect the effect on our organ health and range of emotional status in the body. However, family secrets and indiscretions do not disappear by themselves, nor does shame, blame, anger, fear, resentment, disappointment. A new paradigm is upon us – it is a true understanding of the effects of trauma, how to release it and maintain the clarity of being trauma-free and fully healthy – and how to minimize or avoid as much as possible, incurring new trauma. But you have choices that can lead you to creating more peace and joy in your life! Note where and when there have been disruptions in the operating systems that make up YOU.*

*We are not just blood and bones – machines like automatons, running on fuel... but rather, we are fueled by our passions, joys, loves, fears, and sometimes, when it all comes together and we learn how to listen, to stay CLEAR and in harmony – then we are fueled by the highest level of Spirit consciousness. Who is at the helm, observing physical feelings, noticing emotions, judging vs. truly*

*identifying what is healthy and what is not? We must note what happens and how we interpreted it – and how that is viewed as FACT by the brain, whether we were correct OR NOT. Do we challenge our assumptions? Do we clarify events? Do we just plain acknowledge OUR truth and give it weight – do we know it matters, A LOT?*

*Life often happens in such a rush that we often don't have time to process or assimilate these intense moments. Note what is reported through the Vagus nerve, from the Gut and Heart to the Brain, in the moments of your LIFE. Are you present enough to decipher this info as it comes in, rather than react to it, or ignore or avoid it? The body responds to what we tell it, whether or not we are conscious in that telling and storing of information. As is often the case, subconscious and automatic reactions are at play. We are all unique souls with bodies... yet these bodies we must acquire to spend physical time on Earth, inform us of much of our historical and certainly our ancestral context. But it is our Spirit history informs us of our Soul mission. In our world we are often only encouraged to notice our tribal (sometimes imposed) yearnings, and not our personal, Soul yearnings. We need to understand and be able to identify the voice of truth in the body at the Core, where Spirit and Form fuse. We must take the time to stop, to let our swirling thoughts settle, so we can know them more clearly in the light of the clarity of our Core knowing. We need to take time to acknowledge the Spirit wisdom that emanates from this place, vs. any fear in the body – and concurrent fear templates. We need to be able to sort through it*

*all to get to our truth, and not lose our dream/vision for our life. Having a body means dealing with the complexities of animal survival systems!*

*The Chakra stories relate with how we're functioning based on our psyche, why we incarnated, our Spirit journey. If we are not present with this knowing, our physical needs/trauma reactivity can trump our Spirit purpose. The torso is a very close-knit community, each organ system has its unique point of view (and degree of clarity and emotionality) – what happens to one affects the whole, and each of us has unique relationships and tendencies. Doing the work reminds us of our individual strengths and goals. It informs us how to live in harmony, and how to focus and work with these systems from the Core out, to regain balance. If you take time to notice and cultivate it, Spirit is also all around you, waiting for you to ask for guidance, waiting to be heard.*

***What we hate, we re-create – how we use-mis-use our focus, thoughts, energies...***

*This is another way of saying what we focus on EXPANDS. Give your time and energy EVERY DAY to Beauty, Your vision, creating and maintaining balance and harmony, focusing on something you love.*

*Note the effects of any current or past intention gone wrong, or possible negative events that have gone unconscious/underground, into subconscious patterning/automatic reacting.*

*It is critical to differentiate between strengths, weaknesses, and trauma responses – and the stress-response tendencies of Sensory and Element Types. Raising awareness is key to being healthy, and you can learn how to tap on yourself in a very simple combination approach to Inner Child work, Meridian/bi-lateral stimulation, and Neural Network shifting at cellular levels.*

***"Hurt people hurt people." When we know better, we DO better!  
However, we don't know what we didn't know until we know it!***

*We need to check in with Body – Mind – Spirit, and our Past selves to know truth, and what got stuck, so we can tap in and create new, healthy memories.*

***Awareness Continuums; How to compromise without being compromised. The multi-layered problem of Nice-itis: the Nice-itis vs. Narcissism spectrum; Spiritual, emotional, intellectual/creative, developmental, and sensory awareness. It is time to notice what you FEEL, and choose to never betray YOUR-SELF. You can compromise when it feels like the right thing to do – but NEVER compromise yourself!*** If it means saving your life, that is

a different situation that MAY require a different mindset, but rarely is our life threatened when we give in to others' needs or demands. Never compromise your integrity, your truth, or your intuition. It incurs negative consequences.

*Go back in your mind to times when you wish you had handled some challenging situation better. Take a moment to hear what you needed then. Imagine doing what truly needed being done.*

This may mean you do not know if it will "upset the apple cart" – which could mean you have been all this time, reacting from a place of fear, avoiding judgment, fear of creating drama (conflict) – all because of another person's reactivity and POOR judgment! You are responsible to you. Period. Becoming a Healthy communicator does not need to mean you agree with everyone. It means you listen to Spirit, and are honest with your truth. What you share, and how you share it are SEPARATE issues! But to know the truth is key. In truth, the best thing we can EVER do is to listen to Spirit, which will always feel in alignment with your Core of truth. For a positive outcome, you must always **ask for whatever will be for the highest good**. Why would you ever diminish yourself? What is for the highest good is not up to you – it is only your task to want it. Choose Love and seek peace and more of that *will* come your way. This leads right into the Nice-it is issue!

Are you a doormat – or do you remember a time when you felt like one? *What are Boundaries???* Were you taught to have boundaries from your earliest experiences? Was your point of view, your needs, or an attitude of supporting your potential considered? For many of us the answer may be NO, or yes – but with situational qualifiers! This is another broad range of healthy to less than optimal or even abusive possible experiences.

When you look at each one from the perspective of the YOU who experienced it, explore and allow yourself to note any emotional distress from 0-10. We must be aware of our own truths/feelings to correctly measure needs, and communicate well, so we can release the pain and acknowledge what we need. This is a good place to begin to know where your stuck places are.

Understanding and forgiving *may not have removed the original splinters* – feelings of betrayal, disappointment, anger, sadness/grief, or fear and shock may still be there.

How we heal these trauma level shock-betrayal and other boundary issues relates with the true meaning of *"Turn the other Cheek..."* and *"Forgive them... for they know not what they do..."* The role of gaining insight, having clear connection with truth, inspiration and passion comes with enhancing our Core energy awareness and flow, and leads to deep energy shifts. The goal is to not

create a situation of pleasing others (or your assumptions of what is expected) to the degree of regretting later not having noticed your own feelings. *These feelings that have gone underground may be due to subconscious template/s and reaction habits (and likely, societal/cultural conditioning) that their feelings matter more than yours (just because they act as if they do). This may be disguised (by you) as acting as if it doesn't matter, or that it was just minor details, but if you didn't know what you were feeling, you were unconscious in those moments. When we let others make decisions that AFFECT US (or this was a traumatic past event/pattern), then we don't know what did or did not REALLY matter to us – we have given away our power without knowing it!*

The body remembers, and holds those stuck emotions. At some point, those betrayals to self will speak up. A nice-itis pattern relates to being taught or programmed as a child (or even consider past life/trauma influences throughout known history of the subjugation of women) to acting NOT in harmony with one's truth. This could mean being the "fixer" or emotional conduit for a parental figure/a willing servant to a cultural tradition (whether it is one you like or NOT), or familial habit such as poor communication. This may be an innate pattern, past life influence, or related to trauma from another source as well. It may also be a classic dissociative trauma reaction. "Turn the other cheek" does not mean to ignore reality – this can cause survival mode fear in the body, when we don't, or couldn't check in to determine our best options. Misunderstanding the Religious meaning of Jesus' words may also be at play! *"Forgive them for they*

*know not what they do” means we are acknowledging dealing with someone who does not yet have all the information – ignorance. If a three year old has a fit, tries to hit you, and demands cookies before dinner, in a healthy dynamic, we gently distract them, or tell them NO! We contain the situation. That is when turning the other cheek is relevant. The healthy food of dinner comes first. If they request cookies after dinner, we use wisdom to consider if they should have any, or how many or other options that are healthier for them since they are too young to determine those issues. In a healthy dynamic, we do not judge, but we do respond appropriately. We are to model healthy management of anger and frustration for our children.*

If you are in a tangle with someone who did not get that safe modeling, then you may be signaling to them that they will get their way by abusing you, however subtle it may be at the start. If an adult is in a rage, violent and behaving erratically, do we merely turn the other cheek – or is it time to run and hide, or call for help? *Do we let them beat us down repeatedly? That would be insane! Yet, many times I have seen at much subtler levels, “fixer” behaviors, in which the person did not know they were in danger, being violated energetically or otherwise, or betraying themselves by simply not having checked in with their own feelings. It is a topic also, of many healing sessions. One can become the lobster in the water as it slowly comes to a boil and kills you. Most of us at some time, have been that lobster. “Turn the other cheek” can mean walk away.*

Once you've stated your truth, don't sit around and try to convince someone who cannot hear you. *It can mean disagree, and once you see that you're "speaking to a brick wall" so to speak, taking positive action with people who CAN hear you is the best alternative.* It can mean take time to save your self. We can have compassion for others, AND decide (listen, and choose) with the help of Spirit, what our role is to be in interfacing with any person, situation, or event. Never assume that you are supposed to sublimate your needs for another. You know what they say about ass-u-me-ing! That being said, it is incumbent upon us to also ask, what is the right thing? You may have tried to do that... you may have tried to take a stand and say the truth, not by triangulating, but by doing it the right way. Take joy in knowing that you began a great shift toward GOOD. Every person who ever suffered for NO reason, or just because ONE person decided they were more important than another is a part of the awakening of humankind. Nelson Mandela, Martin Luther King Jr., JFK – there are extensive examples of people who stood up and suffered for it, but also, they helped us to be better, and to advance healthy paradigms of ways of being. Sure, sometimes we do not consider doing the right thing for very good reasons, such as the likelihood of harm coming to us for doing so. We have to stop and just allow all the options fair space before we decide what to DO.

*When there are problems, the only way to solve them is to do your best. Tell authorities (yes, some of them may be crooked!), go to HR and report abuses or*

*other disconcerting issues; in any event, try to discuss with someone healthy, what is going on... get another perspective, ask for help. Sometimes, whistleblowers take the hit for reporting the truth. They get killed, jailed, fined, fired, are mis-represented, or are charged as being enemies of the state... BUT, all we care about once we have left this mortal coil is "Did we do the right thing?" That is what we will remember. The energy of this world is changing and many see that old ways of power OVER others, manipulation and greed for physical things is wrong, and creates anger and hatred in the oppressed; it harms our home, the Earth as well.*

Much of the world is in turmoil, and many people act out of trauma and fear – they are still in animal survival mode. If we control everything, maybe we will not feel that old fear (says the trauma reactivity habit!). We must see the potential. What will we create? We have a choice: survival vs. creating a just world with good communication, a world where we each respect each other. It is a frustrating thing that we are not all evolved yet, but it is the reality. No one can judge when we acted to protect, when we were in futile situations, and had no good choices. We did the best we could. Now it is time to heal so we can all remember to feel compassion, and act with love in our hearts.

### ***Warnings***

*Some folks I have met only want psychic "powers" in an egoic way – to be regarded as "special" or for monetary gain, or to check another level off their*

*ladder of accomplishments. Take care. The more you meditate, ask for guidance and enter the stillness of Spirit wisdom, the more you will see and know beyond the five senses. But you must be prepared for the responsibility of gifts from Spirit. Please only ever ask Spirit for how to be your best, and for whatever is for the highest good. Once your house is built on firm foundation, you will be able to see more. I always had a native fascination with metaphysical issues, and my life is devoted to Spirit. Not everyone wants such a life. Being empathic also has its personal discomforts. Knowing how to clear others energies can be life saving, and paradoxically, the more sensitive you become, the stronger you become once you know how to cultivate and trust Spirit. But it can be a crooked, and at times a treacherous path to navigate. I hope this work will help others to navigate it more easily!*

*I don't want to go on without a few clarifications about substance issues! There are many drugs, prescribed or recreational, man made and synthetic.*

*Alcoholism, or addiction of any kind can wreak havoc, and dependence, is known to create a heaviness or Fog in the Field and other energy systems, and imbalance – Meridian, Chakra/Electrics damage/overload. Psychedelic substance misuse and/or overuse is a valid concern (how much is too much? For some ANY is too much). If you have past trauma that is unresolved, or have never worked on your energy systems, going on a psychedelic journey with no guidance may take you to places for which you have no context once you return. It's always*

*best to start your spiritual journey with breath-work and meditation. Some are born with spiritual understanding and little trauma, or a great innate inner strength. Consider where you are in this continuum. There are dangers with man-made chemical substances (severe addiction and physical deterioration) vs. natural substances. There is potential for danger in either – consider only using trusted sources, no toxic chemicals on natural products, also, ...intention matters. When you preparing to go on a psychotropic journey, research what may happen so you can be better prepared. Native plants such as the weed, Hemp / Cannabis has been used for creativity, pain management, insomnia, glaucoma, cancer elimination, to induce hunger, to reduce seizures, or to relax, and the list goes on and on (and just as we have opioid receptors in the body, we have cannabinoid receptors, which are naturally seeking cannabis! Here is a site I found useful: <http://equalrights4all.us/equalrights4all.org/docs/fcda/cannabinoids.htm>). However, I have also known some who felt addicted to it, and I think when we have a difficult time in life, we could become (mentally) addicted to many things – be it over-exercising, eating, not-eating, drinking, etc., that may help us to not feel the overwhelm. Perhaps if that person had the emotional support and healthy boundaries needed at that time, the addiction would not have occurred. However, with many drugs, overuse can also cause physical dependence. Some people develop addictions to not deal with what feels like overwhelming problems. Some have a physical dependence, and some have both. Peyote/mescaline is also used for pain relief, and both Peyote and*

*Ayahuasca are powerful, hallucinogenic plant medicines (among many others have been used for thousands of years in religious and healing rituals). They are not for social, casual or frequent use. They are used mostly for metaphysical insight and to connect with Spiritual wisdom, such as, for example, those that may take place with small, guided groups in Peru with a Plant Medicine Shaman. A peaceful environment for the entire journey and an experienced guide is key to safe use of these strong substances. Through many centuries, people have found fermented fruits and berries, mushrooms (beware the poisonous ones!), and other plants to assist in the search for meaning and greater understanding and to enter expanded consciousness and healing.*

*Live your life, and never rely on a substance to live it for you, but of course these chemicals can also be a doorway to connecting (and the government might say a potential gateway to addiction). We are wired for trance and to connect with Spirit, just take care in the choices you make.*

*Avoid those known highly addictive drugs, unless you want to throw your life away. Are you ready to see more, go deeper, to heal and be real? Do your healing work! Begin a regular practice of Meditation and breath-work. It is the first and most important connection to the Divine. Make a commitment to opening to higher consciousness ...call upon the highest levels of love, peace, and healing for your journey of understanding and enlightenment. All food is*

*medicine. Nature is medicine. Sound, Color, touch ...LIFE can be your medicine. We are trance machines. Consider how trance induction (with no drugs) is also used in many rituals of Native Cultures, in dance, song, music, Meditation, vision quests in Nature – all these tools are to be used with your discretion as an access portal to Spirit. Everything is medicine – some natural substances, in the right amounts can cleanse us, give us nutrition, they even heal us. We must never use them as a crutch for dealing with life's challenges. We must ask for and seek connection with Nature, patiently cultivate that connection to hear her speak to us, then listen to her wisdom – and use it wisely.*

*"And while I stood there I saw more than I can tell  
and I understood more than I saw  
for I was seeing in a sacred manner  
the shapes of all things in the spirit,  
and the shape of all shapes*

*as they must live together*

*like one being.”*

**– Black Elk**

## **Chapter 1**

### *Understanding the Core Star Matrix Energy System*

*– How did I come to know it; what is it? And how I work with it.*

*What is Core Star Matrix Healing?*

*Well, the Core Star is the main focus, the start of 'being' in the body!  
There is a progression of evolution that is born of the stories of your  
SOUL. Through lifetimes, we learn to transcend the visceral feelings,  
fears, and temptations of the body – and our environment, and even  
others' energies. We grow – and awaken to it, remembering the  
secret longing of Spirit's pure mission finding expression in form as it  
whispers to the Heart and Mind. This is the information your Core  
Star carries – in every way, it's working to implement this knowing  
into your life, now.*

This system, The Core Star Matrix begins with that piece of sparkling consciousness that enters our form as we embark on our next life. We have options when on the other side, we have many connections with loved ones, those with whom we are in sync, and those with whom we hope to receive healing, better understanding, or shared experience. We choose to enter an Earth experience, sometimes on the fly – as opportunities sometimes come up quickly and decisions must be made. Some family dynamics and players were

planned for millennia, and some were less structured. After all, Life is a big improvisational play! This Divine Spark of consciousness, our piece of Spirit flows in from the infinite void beyond our world, or between worlds, right into the Navel of the mother. A Soul is a fully formed consciousness, which sees the memories of the family it enters, and also its own lifetimes. Sometimes these lives overlap with the same, or some of the same family members. Sometimes we come in to be with just one person, or are in a completely different Soul group to share: to teach, or learn new things.

### **Background – how I came to know it!**

Once my kids were in school, my youngest began pre-K – I'd gone back to school, to get my MA in Psychology. That same year, 1999, I'd begun reading the *Energy Medicine* book (which I found in my One Spirit Book Club). So, I was sharing things I learned from that book, and reading it in a very non-linear way when I became the first clinical graduate intern at the Arts & Design College in Savannah. At the same time, I was getting the three years of supervision required for licensure (LPC) and National Certification. In 2003-4 my LPC supervisor told me about the NICABM conference as a great source for the Continuing Education credits or units (CEU's) that are a requirement of licensure. At that time they were having an annual conference, every December in nearby Hilton Head, SC. Finally, in 2005 I was thrilled to find out that Donna

Eden was presenting, and was able to attend that NICABM post-conference workshop. I sat in anticipation, seeing Donna and David at the front of the room. Donna began walking down the center aisle just moments before the class began. "*Angels*" she said to me in her iconic, cheerful lilt, as she came to a stop to scan my Field. This is when we first met, and it was lovely being seen! I told her my original healing practice was called "*Angelic Healing*" and that I talk with Angels and guides, so to hear that she saw Angels around me was very relevant! Before the conference, I wanted to learn how to do the Grid work ... little did I know at that time, I was already seeing the beginnings of it. I just was so busy with three kids, and a hectic work schedule, losing sleep (and increasingly, losing health) with being on-call, that I had little time to do deep energy work sessions with others. It went on the back burner! After the conference, I also wanted to know more about Meridians – I was hooked! It took me two years to be ready to join their brand new Certification Program, and to be able to afford it.

I longed to use my skills more by combining psychotherapy with reading/shifting energy in the Chakras and other systems. By 2006, I'd quit my college job, with the goal to start a private practice. I began to see a lot of people every week, so of course my skills accelerated – and my confidence in integrating what the clinical world, sometimes pejoratively negated as too "woo-woo" – also improved. Here is my story on how this work evolved into what it is today!

Since I am a skeptic, and like to take a scientific approach, I question everything I see. I also trust my FEELINGS (what I see, feel, hear, think), and experiences with Spirit, energy shifts, and healing. Most of all, I trust Spirit to always show, and tell me the real deal. My job is to translate what I get well. So, I take my experiences and skills seriously, and have learned over the years how to speak about the work with more clarity. It can be hard to forge a new path in a community and world that is afraid of change, and new things. Initially, this was a barrier. I have since learned that it is my job to tell the client what the potential is with thorough, optimal treatment. Good timing is key, and that is part of the skill of knowing what will work. However, some clients feel so good after one session, they say, "*why do more – I already feel WAY better?*" They may assume that I am just trying to make the extra buck – but if so, they couldn't be further from the truth. Although the majority of clients want to do the whole nine yards, it took me a few years to understand why to promote it. As a channel my feeling was quite different. After a reading I never suggested that they come back soon, at least not for a while (up to a year or two!). As a Holistic Psychotherapist and energy worker, I was learning about all the layers of healing, and how looking at each level can have tremendous cumulative positive effects. When you take your car into the shop, will the mechanic tell you ONLY what you need to do immediately? No! A good mechanic will tell you everything that is, or may be at play. When you get your car Tuned Up, they must check every system. Then you get to decide what you can/will do. Often the last thing

you check explains and informs you with major transformative information when you implement the changes. Sometimes, people are just not ready to do more than deal with the crisis at hand. We do have bodies (like a car). The controller of the car is you, just as you are the controller of your body. If we ignore the warning lights for too long, the body is affected negatively, the longer you wait, the more damage will occur. Likewise, each Chakra – as well as every other system within the Core Star Matrix records this information. When we work WITH this energy system, it helps us have an alliance and greater harmony with our body, and within our body/mind/Spirit interface. To integrate a new way of being in your body, one that includes Spirit, energy flows, and healing takes time. Money is energy. When we are ready to commit, we find a way to make it happen.

Initially, it was even hard for me to ask for money from clients! I started with typical low fees, and had to learn how to not EDIT Spirit, when I was guided to ask for more. Due to the deep way I work, I am unable to see a lot of clients per day. It is very rewarding work, though, and many times a client has told me they got more from one session than years of traditional therapy!

It took me over a decade to learn to trade rarely, and to charge by following the input of Spirit. To not do so led to the client not respecting the value of the work, and not being committed to do their own work. I realized it was disrespecting Spirit to try to work with people who were not ready to be able to value the work, or to be committed to do their homework. I have done many a

pro-bono session over the years, and have struggled with this issue. For years, I had a 'Meditation & Energy Flow' Meetup.com group, and most groups were free or by donation. I do not know many (any?) doctors, psychotherapists, psychologists, or psychiatrists, chiropractors, or even massage therapists who do not charge a fee. By bringing Meditation and Energy Medicine to groups in my area, I was educating the community, offering a low cost or free service, and doing my own version of *Doctors without Borders*, in helping people know the basic energy systems and some exercises to stimulate balance. My feeling is that medication does things to a client. It locks them into a pattern that ignores their innate intelligence and healing abilities (or "feedback loops" as described by Candice Pert in her book, *Molecules of Emotion*). Meditation, and learning to work with your OWN body/mind/Spirit (Energy) is the more empowering version of the "teach a man to fish" paradigm. When food, and all substances, environments, and thoughts are regarded as medicine, then we can begin to be more intentional about what we take in through our mouth, skin, mind, and heart.

As a healer, the old tradition is to start with a lot of training, then provide free services, and incrementally charge more as your skills improve. I had already paid my dues in the '80's with Reiki. So, I was faced with needing to adapt that old model – but I also knew that a lot of education was called for to help people know what these new tools (to me) and expanded Energy work IS. My fee for

my early Reiki clients was free during my training, and then \$40, back then for an hour. I started each client with the minimum required 3 sessions, and they would only be charged for two! This was so they would get the baseline input of upgraded energy flow. The new paradigm (that I'd habituated to, as a therapist) was doing 45/50-minute sessions, back to back. I realized I was a hybrid. I could neither *not* charge, nor could I do the back-to-back sessions as when I was a clinical college counselor/talk therapist. I found insurance paperwork too time-consuming and – it exhausted me! This was a whole new ball game! I was figuring out how to integrate a clinical approach with a Spiritual experience, and to infuse my clinical knowledge with Energetic modalities. Other times, the experience was so profound – I enter the place of “NO time” in the deep energy work. I'd even forget to ask for money (or dread bringing it up!), would undercharge, or not be assertive in saying what I felt the client needed. Part of me still wishes that money was not the way we do business. As a clinician, and businesswoman, I had to find my way.

It is my understanding now, that I must remember to listen to Spirit, mainly because when I do, all goes well. Sometimes I give extra time or offer information for no extra fee – and as long as I am mindful of what feels RIGHT, it's all works out just fine. Ultimately, this is information for which we have ALL been wired – anyone who is committed to know these things will know them, eventually. Many wise healers exist today, and we can all feel, we can know the

truth, when something resonates with us or causes a deep shift. Working holistically, with body, mind and Spirit is the future of medicine. Now we can use science to enhance these ancient technologies of healing.

By 2007, I'd begun the Eden Energy Medicine Certification Program (CP), and in the following two years I began to see even more deeply into the Energy systems. A side note: learning the art and skill of doing kinesiology, or Energy/Muscle tests is not a function of this book. Many great programs exist to help a practitioner develop this ability, from Chiropractic programs to Touch for Health, and the Donna Eden program, Innersource CP training.

During a series that I taught with a local Yoga teacher, called *Yoga & the Mind*, I even started using a new way to test the Chakras. For a long time though, I did Alarm point Meridian kinesiology, and the Eden Energy Medicine Chakra test. We learned that the Alarm points are an intersection of Meridians with Radiant circuits. These help us know if a Meridian and/or organ is not happy/functioning optimally. Pulse tests done on the wrist check for over-energy – think “plus” (over-energy, is often related with pain issues). Muscle Meridian tests (kinesiology for each Meridian, rather than the ‘General Indicator’ test) check for weak energy issues – this “minus” (submerged, under-energy, breakdowns, meltdowns, overwhelm blockages). You can also go to the Meridian and trace it the way it normally flows, then do the General Indicator test; then test it again after tracing it backwards. It is good to notice how it feels too. If the energy is healthy, it will be and feel strong when flowing the correct direction, and weak,

the reverse, but this can be complicated. It is not good or bad – it is just information. I like to test with a stressor in mind vs. focus on healthy energy flow. Then measure the % of time the stressor imposes. This is the amount of time the energy will be negatively impacted! We can get used to operating with mis-used energy flows, which takes a toll in the long run. It can take up to a few decades or so, to show up as extreme emotional or physical distress.

I found that when the energies are not crossing over they can test as strong/strong, or weak/weak, and this is also a complex situation! That's why we need to check energy habits AND energy/emotional splinters. The splinters are the first distress signals – the energy habits are responding to emotional splinters and thoughts/triggers from thought patterns, and pain reaction patterns – and they can take on a life of their own.

When I would check the Donna Eden (EEM) Cross Crawl exercise (using a picture or demonstrating with fingers crossing, at eye level, we show the client an X, and test, then 2 vertical parallel lines about an inch apart, and test. This should yield a strong result with the General Indicator arm on the X, and a weak result on the parallel lines – as the healthy outcome. This means the energies are crossing over (in the brain, and brain to body), which is good! Strong/strong meant that energy is pushed too hard, too often, and with some detective work, we can identify which stressors or patterns cause it. Weak/weak means energy

has been pushed for *so long* or so intently that there is a powerful disconnect for that individual (no rest, or healing as needed, or not enough, and usually trauma related). This can manifest as feeling fried, cortisol bottoming out or *dysregulation*, at least. Some folks may waffle between measurements throughout the day.

Later, I used my new way of checking the Chakras. I compared it with the EEM test for over a year, and found my test to correlate each time, except I also found that the throat Chakra would also measure as off kilter if any other Chakras were off. I started to feel degrees or percentages of health to not health, and could then prioritize to start the work where the most need occurred. My test can easily be done with client standing, and the EEM test is usually done with the client reclining. I like to look at the whole person, to see what the energies want to tell me first. Are they ungrounded (feet not connected to the Earth) – not present, or over-energy at the head (foggy)? Shut down to Spirit (upper Chakras not used correctly, not used at all, or blocked due to emotional issues)? Is the Central Meridian Line (a.k.a., Conception Vessel) low energy – are they easily invaded or not strong enough in the Aura; do they have boundary violation issues re: past trauma, or do they have enough healthy self-regard to rebound from negative opinions of others?

Although I may go back and forth with terminology, here's an aside: during sessions, I recommend explaining by using the word to "*check*" *energies* rather than "*test*" – *test anxiety* or fear of failing to achieve approval is often an embedded trauma trigger. The last thing you want to unconsciously do is to actively encourage a client's fears or stress response! It may not be an issue with all clients, but it's something to keep in mind. I like to begin with checking if the client is breathing correctly – usually they are not! I then like to teach them all my Energy Exercises. For years I only taught the EEM exercises and these are extremely useful and helpful. When I did my 3<sup>rd</sup> year practicum, it was on the breath – and my hypothesis was that if the breath was not moving in the torso, then all the Exercises to help the energy move would not hold when a trigger hit. I used a diaphragm correction from the EEM exercises to help activate this in muscle memory. This entails a holding/*pushing out* from diaphragm muscles, and a *pressing in* on the diaphragm, with palms, while holding the breath (after inhale). This is followed by slow deep exhale, and deep sweep under ribs, which is along the Small Intestine Neuro-Lymphatic Reflex Points. I had noticed over and over that the worse the ability to breathe abdominally, the more trauma and disconnect I would find combined with the least emotional resources. Some people have a lower threshold for FEELING emotions (or body sensations), or are not comfortable fully BEING in the body, and this is another factor to consider in preparing your client with breath-work!

I later found that my Basic 3 exercises – Anchor & Ground, Snap & Sweep, and the Heart Zip, are great preambles and complements to Donna Eden’s Basic Energy exercises, for the same reason as making proper breathing a habit. They help the energy flow in an optimal way. These are life skills, which help us to maintain our Core connection, and not continuously get re-triggered. My Energy exercises also support us in feeling our Core, and consciously inhabiting body and breath, and so, they all help one to maintain everything better, from top to bottom, bottom to top, from the outside in, and from the Core out.

In working with clients, sometimes I’ve gone right in and worked on the Chakra that I see is calling to be helped, *especially when the client is in great distress*. Time permitting, and typically, in the first session, I do my Chakra test. We don’t always get to the Meridians in the Intake. Everything is on a case-by-case basis. *If the client is not consciously familiar with feeling energy move, then spinning a crystal is helpful (the cut glass kinds on a string that are used for Feng Shui/ Rainbow catchers). This is spun about 6” to 1’ above or out from the body*. Crystals used for these tests are just like the pretty ones that hang in windows as sun catchers. They may be sold in Nature stores or card stores, are available online, at Art Fairs, and in the EEM *Energy Medicine Kit*. I just put a basic not too slippery, strong string on mine, so I can spin it easily over the Chakra. I loop my middle finger through it (Pericardium Meridian ends through this finger!), and this always has felt like the best one to use for me. It reinforces the intent of caring from the heart with using the crystal, and also... dropping it on the

client would not be good! It is possible that someday I will find a need to do it differently – feel free to see what works for you (always!). Some of the best strings I've found were part of tags on jeans I've purchased! I find that using a crystal is safe for almost everyone (that is, I've not had anyone have a problem so far) – whereas with a magnet, some are too sensitive. I like the feeling of the crystal! Back in the '80's we used a pendulum crystal, so maybe it's just what I am used to. Either way, if you prefer using a magnet, or like to have Hematite around due to needing greater grounding, DO what feels right. Do what you need, if you are working on yourself, as a client, or for your client. Know that what you need today may not be what you need tomorrow.

*By feeling the way the Chakra tested (noticing how the energy felt flowing through the arm/and in the Chakra) – and how it feels after we spin a crystal and re-testing (re-checking!), we can FEEL the energy shift.* It is an important step toward becoming more conscious of the body-mind-spirit relationship. Whether I do the Chakra test or not, I'll assess the Chakras, and see what Chakra is most standing out, kind of asking for help. I like to spin a crystal over all the Chakras as part of the prep for the deeper work too. It is also interesting to re-check after spinning the crystal if the client would benefit from this information. I like to do my 3-directions/3-point Spinal Flush, and work gently on the forehead and crown too. A simple surface clearing, spinning a round crystal over a Chakra makes for a notable – *though not typically lasting* difference (*related to clearing deeper trauma*). It is a quick correction of outer

Chakra layers that I call *giving a "power wash"*! This does not really "fix" any deep reason the Chakra may have been out of balance – in the causality, but it does let the Chakra and client feel what moving toward being healthier IS. It can also help us begin to know how to move toward a release, a healing shift, and insight that may provide movement toward a release of the stuck energy. As with spinning a crystal, doing a "clearing" – the wax on, wax off technique (that has been around for a long time as with Reiki), may or may *not* get to deeper issues. It may or may not get to original *triggers or splinters*, but it will begin the process. You may think that maybe some people will have no trauma content in their Chakras. However, I have found something to improve, in pretty much everyone, in pretty much every Chakra. If we are on Earth, it's most likely that we have had trauma at some point.

I had a client, a Dr., who had no check marks on the laundry list of potential symptoms/imbalance (zero, zip!), which is a page on my Intake form. He was super healthy and high functioning, successful and happy, with a great family and staff in his office. I did not know if I'd find *anything* but harmonious energies, anywhere. But initially, I knew SOMETHING was up, because I saw that his sternum was dropped, and Kidney Meridian looked weak to me, despite his excellent health and physique. Even in this very successful (professionally, and personally), person, I found a life-altering trauma story that he'd not thought about since he was a kid. That story is in the next Chapter!

I always like to know and work on WHY a Chakra test went weak, or is in some other way not healthy (the same is true of the CSM Lines/ or GRID). The goal is to clear the past trauma, which later became triggers, and both interrupted the natural energy flow. We need to understand what happened and our response to it, and hear what is needed so we can create a new strong foundation. That way we build on a healthy foundation, so it can STAY strong regardless of past (healed) or future situations. Scars can make us stronger, but open wounds keep us vulnerable.

\*\*\*\*\* \* \*\*\*\*\*

Before I would work on anyone, since 1987, I needed to set an intention. The words that came to me were "***I call upon the highest level of love, wisdom and healing*** for ..." (the client's name). This meaning has come full circle for me, as the true content of the Core Star came into my awareness. We are all LOVE. Wisdom comes in, and then peace can be felt. True peace is grounded in this wisdom, it is not the peace of "whew, I'm glad I am safe", or "I'm glad I didn't get caught" – it is a peace grounded in the Wisdom and Love of our connection with the infinite, eternal creative life force of the eternal LOVE that is our Spirit/Divine connection. One who's in contact with heavenly wisdom knows this wisdom comes from Love, and will eventually learn, that they too come from this place. We feel the peace of that connection, and despite the difficulty

at times of having a body that is fragile, and of all the challenges of life, we remember that we are only a breath, a moment, a choice away from the knowing the pure joy, within. I have seen so many open to knowing that even though many representations of disconnect and pain exist in the physical realm, we can learn to simultaneously feel the peace, the Love, wisdom and joy within. We don't need to be obliterated by the pain of any moment. We can hold on to the knowing of our Core truth. The Chakras were my initial entry point to discovering how energy systems connect with that place of Love and deep peace, the Core Star.

### **What is it?**

When we come into form, we integrate ancestral stories, and may take on new personality attributes. We respond to new and possibly very old (past life) family dynamics, personal responses to trauma – a constitution of how we deal with stress, and with each other. Many approaches help us understand how we are

WHO we are, such as the Myers Briggs test (MBTI), Bach Flower self tests; Doshas (Ayurvedic Mind/Body, personality types... where are you on the Vata, Pitta, Kapha spectrum?; <http://www.yogajournal.com/slideshow/doshas-decoded-learn-unique-mind-body-type/>); Astrology charts, Sun, Rising, Moon (etc.) signs, Sensory and Element types; Past Life therapy, etc. We also enter life somewhere on a scale within a broad range of Spiritual development, maturity, creative and intellectual functioning (influenced by many cultural, environmental/nutritional, social-economic/family of origin/developmental factors). Taking all of this in, I also noticed that I needed to ask if there was “*anything else*” – to have a real conversation with the energy, and/or the Soul. Once I began doing that around when I went into private practice in 2006, I found each Chakra, when ready, would want to anchor into the Core Star via a central hallway as I called it, but it did not feel like Central Meridian!

Each person’s Chakras express differently, and how they demonstrate feeling healed has its own unique signature. It often shows me a client’s favorite hobby, place or thing (such as: dolphins, dancers, a type of bird or other animal, gems, trees, flowers, etc.). One I remember was Yellow Diamonds sparkling, flowing down, and anchoring into the Heart Chakra. The client then reported to me that her wedding ring has Yellow diamonds – highly relevant to that Chakra.

Interesting as I suspect this had to do with being true to herself, and also the color of that Chakra (3<sup>rd</sup>), and the strength of diamonds withstanding trials (by fire). I have never since, nor prior seen that! I often say – “*Wow, I’ve never*

*seen that before” ...and it is so true – we are all so unique! I see their happy energetic signature dance — yes, sometimes there is resistance, but eventually, it is a happy dance! Then I see that energy interfacing and entering the Core. The Core reboots, integrating the energy it hadn’t had access to before. It is a bit of a celebration, sometimes quite psychedelic! Light shoots diagonally, out from the Core Star at the Navel, into the Core Star Matrix Lines, often in a brilliant show of color and energy shifts. The more you work deep into these energies (with an intention of healing) – and ask for more information, the more you will see and feel ...no matter what your starting point.*

I am not divulging any information of what I learned in the 4<sup>th</sup> year, Advanced EEM Grid training with Innersource. We sign an agreement that we will not teach that material unless sanctioned to do so. What I am sharing here is explicitly, what ***I see*** in the energies. I will include any relevant references, new aspects – and specific ways I see these expressing. I was seeing the Chakras anchor into the Core Star prior to this training. As I began doing Grid sessions, I began seeing more in the ***Cloaca*** LINES as described by Donna Eden. This term originated in the program she studied, called ***Touch for Health***. The Chakras use this ‘hallway’ – as the path to anchor into, and enter the Core. As our Divine spark first enters form, its light/consciousness expands out from this central place, and this is directly related with Cloaca energies rather than Chakra or Meridian ones.

A similar resource I found online is titled ***Applied Kinesiology, Revised Edition: a Training Manual and Reference Book*** by Robert Frost, Ph.D. (p. 243, Cloacal Synchronization), on Amazon.com, go to “Look Inside ↓” ...here it is from my google search, which goes directly to page 243 and the below quote:

<https://books.google.com/books?>

[id=nqFmuMIDCGoC&pg=PA243&lpg=PA243&dq=cloacal+the+energetics+of+healing&source=bl&ots=OBOavu-8lf&sig=46wIkU7P43jclOC6k0BAd9OrGfE&hl=en&sa=X&ved=0ahUKEwiNjbLr-](https://books.google.com/books?id=nqFmuMIDCGoC&pg=PA243&lpg=PA243&dq=cloacal+the+energetics+of+healing&source=bl&ots=OBOavu-8lf&sig=46wIkU7P43jclOC6k0BAd9OrGfE&hl=en&sa=X&ved=0ahUKEwiNjbLr-)

[InNAhWBWRQKHQdYB2wQ6AEIRzAF#v=onepage&q=cloacal%20the%20energetics%20of%20healing&f=false:](https://books.google.com/books?id=nqFmuMIDCGoC&pg=PA243&lpg=PA243&dq=cloacal+the+energetics+of+healing&source=bl&ots=OBOavu-8lf&sig=46wIkU7P43jclOC6k0BAd9OrGfE&hl=en&sa=X&ved=0ahUKEwiNjbLr-InNAhWBWRQKHQdYB2wQ6AEIRzAF#v=onepage&q=cloacal%20the%20energetics%20of%20healing&f=false)

*“Long before humans appeared on the earth, our ancestors went through a stage in which the excretory and reproductive function shared the same orifice... the human fetus goes through what appears to be a recapitulation of the evolutionary process. At early stages, the human fetus has gills and a tail—and looks like a combination of a fish and a reptile. Although we no longer have a cloaca, primitive cloacal reflexes from these earlier stages of evolution still exist in humans and other animals. The cloacal reflexes can be elicited by stroking a cat down its back to its tail. It is the cloacal reflex that causes the cat to lift its tail and straighten the back legs when so stroked.”*

So, somehow this central channel, which is not a Meridian but is a key to life expressing in form, is still present as we form... and it is also present, at least on an energetic level in how Spirit enters form. Now I will tell you what I see. My

first 'seeing' of this Central 'hallway' or what I now believe must be related with this Cloacal path began while tracing Kidney Meridian up from the feet. I saw this as I was exploring how energy enters us from the Earth through the feet. It is interesting to note that in TCM the K1 point is called, the **Wellspring of Life**, and the Ming Men point is called the **Life Gate**! The latter reflects Spirit's entry into us, and the other, K1, Earth energy into us (form). We are also magnetic, electrical animals, and we require this Earth grounding into us, "feeding us" and providing this vital connection for our survival. We must "plug in" to feel the flow!

*As I see it, the Spirit (Divine) Spark, or Core Star enters our form at the Navel, into that primordial place within, the energy level of the cloaca. If the Spirit it is meant to inhabit that form, to form a Mind/Body/Spirit SOUL interface, it will land at this center of the center. It is an energy that is both darkness and light, and reminds me of the Yin-Yang symbol in that regard. Within, it is the infinite, inky velvety void – on its exterior it's glowing with Life force, illuminating all around it. It is the consciousness 'material' that comes from the same place as the Spirit wisdom that flows from above, into an attuned 7<sup>th</sup> Chakra. It is like a lantern who's light then travels into a long central hallway from the Navel. It goes down, running to CV1 (Central vessel) and the Root Chakra (1<sup>st</sup>). I see its light extend up, to the Crown (7<sup>th</sup>) – in TCM, (see [yinyanghouse.com](http://yinyanghouse.com) link) it has been seen as going up to the forehead. These first and last Chakras are open portals that (as one is standing) glow up, out the Crown – or down, out the*

Root, as the caduceus shows (image below). I am discussing, not only our own Ancient physiological origins, but also Ancient wisdom, energies, and symbols. *I love how complex and brilliant our energies are as they express in our form! The intelligence of the body and Spirit is massively exquisite!*

From the bottom of the torso, I did not see the energy go out the heel, where the Root Chakra grounds into the Earth – nor did I see it grounding off the pinky toe (where Bladder Meridian goes into the Earth). I saw it coming up as the Earth grounds (so to speak) into us at the K1 point. Notable too, is that Kidney, is a Yin Meridian. Also notable is that this, the Kidney Meridian first point of entry, K1, is at the center of the sole of the foot, and it shares the placement of the **Heart Chakra** on the feet. *Heart is also a Yin Meridian!* Notable too, is that the colors of the Heart Chakra are red and green (remember this when we discuss the Nadis!). Fascinating how all these energies seem to have been engineered to have us receiving LOVE and expressing LOVE. It is in every part of the CSM from the love that brought you to an Earth body (at its highest expression, at the SOUL/SPIRIT level, this is a reflection of our merging with the Divine in each other at the physical level), to the Chakra, Meridian, to two of the Radiant Circuits (in their heart shape), and in one of the Spirit points (see more in the Dantian Chapter!). It is even reflected in one of the CSM Lines!!!

Chakras have Yin and Yang aspects too – they can be read/seen from the front of the body (top if reclining, Yin side), or back/or bottom (Yang side). Chakras form after the 3 Spirit points have entered the form.

So, we have the order of entry as:

**Core Star, or 1<sup>st</sup> Spirit Point** enters via the Navel. As the light (consciousness of the Core) moves up the central pathway (\*see Kundalini, Nadi, and Chong Mai vessel info)...

**2<sup>nd</sup> and 3<sup>rd</sup> Spirit Points** (like Dantian) are implanting. Two more of the **RCs** are then also “coming online” from out of these two upper Spirit Points! The Spirit Points are coded with specific intelligence of their own. *Simultaneously*, the Core’s light, and consciousness has moved down the to the bottom of the torso where

**Central & Governing (Gov) Meridians** extend up and out (front and back) to form a halo around the Core Star. The body is processing and accepting having become host to the Divine Spark of the Core Star in the body (CS). As this Meridian pair (which is also the first Radiant Circuit) forms, another Radiant Circuit (RC) the *Belt Flow, which I see as beginning from the back of the CS, is joining it*. We will cover this and more about Central and Gov in that chapter (4). After this begins happening, *with their corresponding organs the remaining 12 Meridians form*– and also, the

**Chakra vortices** start to implant, radiating out, like flowers blossoming from seeds planted in the center path. Both Meridians and Chakras are fed by the light, and conscious life force of the CS and the other two Spirit Points. These Chakras grow with us, as we have new experiences. My sense of this is that the

2<sup>nd</sup> and 3<sup>rd</sup> Spirit Points which yield the other 2 RC's, and then the Chakras and Meridians do not begin forming in the first month or two, but more toward the end of the first trimester or even into the 2<sup>nd</sup> and 3<sup>rd</sup>.

*This is the ancient technology of our Soul, which is Spirit as light and energy merging into matter.* Being aware of this presence is reliant on the intention and attention of your focus, time and commitment. How conscious do you want to be?

Is Earth a sentient consciousness? The Sun? Perhaps... YES! Science is finding more and more that even very rudimentary cells communicate, help each other, and work together! They form communities, just as skin, blood, bones, and organs are a bunch of communities that make up our body. The Core Star, as with the Earth's Sun is not stagnant; in general, it's conscious and alive with energy; is circular in shape; and can be seen from all sides. Also, the Core Star in each of us is part of the greater consciousness from whence it came. You are a massively creative being, a Spiritual Avatar, and this life can no more define you than a bad hairdo you had when you were 5 years old, an outfit you wore in Middle School, or mean words or judgment someone threw at you in any yesterday. Successes that realign you with your highest purpose give you a feeling of less attachment to things, and seeing life from a surface perspective. We begin feeling and seeing life, and our own and others' deeper substance. This is how we develop character, wisdom, and spiritual maturity.

Back to Kidney Meridian! What appeared like a white snake-like consciousness to me coming up from K1, felt like a Spirit aspect of what is described in teachings from Ayurveda on Energy Systems, on **Kundalini** energy at the base of the spine. Here is another resource, although just because I list a resource doesn't mean I agree with all written there – it is merely a reference of current info: <http://edgeba.webs.com/thekundaliniserpent.htm>

Kundalini is described as a coiled black snake at the tailbone. As it evolves, and awakens, it rises from the tailbone, and spirals up to the Crown. This also references the twin snakes of a caduceus ("*staff of healing*"). In researching for this book, I saw an image of a black snake on one side and a white snake on the other comprising the caduceus. I wonder about the Yin and Yang of this presentation! I have not seen the Kundalini ever described as snakes, in the plural. However, if we bring the front and back aspects together into the Nadi presentation, it matches the caduceus image AND how I see the Nadis! I see these snakes move along the spine, around, not through, each Chakra (open at bottom and top/for the Root and Crown). This connects the lower physical aspects of self with the higher energies in form, and it connects the physical with the Spiritual! All levels are important. In our world we often repress sexuality and creative, emotional content – some people feel safer ... or it is just a habit reinforced by multiple traumas over millennia, to just focus on the concrete, linear world. I think this is represents the un-awakened black snake coiled and waiting. It is showing us that our Intuitive and Spiritual selves are

inter-connected and need to be communicating all the way down to the survival and sexual levels of energies, not only in the Chakras, but also in the Yin and Yang and Meridian aspects. These are meant to be expressing in the most evolved, present, and loving, Spiritual way (whatever that means to each individual where they are on their path). Although usually we think of Black (or moonlit, dark/night) as Yin, and white (sunshine/day), as Yang, in this case the opposite is true. In the Chakras, which relate with the full color spectrum, black would equal combining all the colors of the Chakras. It feels less "black" to me, than *full (relates with the scientific approach)*. Also, the front "white" snake" was really more of an absence of color, or translucent (in how I saw it – it felt very Yin to me). In Chakra imagery what I see is that light and sunshine usually depicts health and happiness; darkness, usually depicts being hidden, alone, unhappy, self-loathing or fears. However, I have also seen too much light as appearing as the metaphor of wildfires burning, or fire-hoses with nothing left to give – the effects of extreme over-energy, and feeling fried; it is the balance of light and dark that we need to have health.

In this way, the Yin / Yang definition holds, but from a different perspective, such that Empty = Yin (white or clear), Full = Yang.

# 1 relates with Color Theory, and #2 relates with a scientific explanation...

### **"Introduction: How Colors Exist**

#### **# 1 - The First Answer: Color Theory #1 - Color as Light**

Black is not a color. White is a color.

## **# 2 - The Second Answer: Color Theory #2 - Color as Pigment or Molecular Coloring Agents**

Black is a color. White is not a color”

From: <http://www.colormatters.com/color-and-design/are-black-and-white-colors>

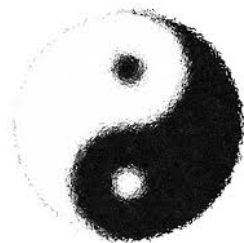
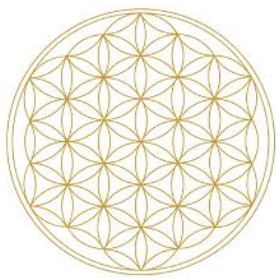
I believe when fully actualized, the Kundalini expresses itself as the Nadi pathway. The coiled snake awakens with the merging of Spirit, and connects and embraces the Chakras from Root to Crown. See more at: <http://www.tantra-kundalini.com/nadis.htm> and <http://www.yogajournal.com/article/philosophy/balancing-act-2/>

**Nadis** are pathways of prana/energy, which describe the Ida (left side) and Pingala (right side). There are 3 attributes to Nadis: the Sushumna, Ida (said to be white) and Pingala (said to be red). The two latter also have the Yin/Yang attributes, representing duality of light and dark, Shakti and Shiva! **Pingala** is the strong, assertive (aggressive if out of balance), logical, and **Ida**, is the soft, mystical, nurturing, intuitive. Ida and Pingala are a separate continuum from sexual orientation or gender identification, so it does not refer to sexuality – although assertiveness is in our culture, is usually associated as a masculine trait, and intuition and nurturing is associated with the feminine. You can be very masculine and love flower arranging, the arts, cooking (note, the EU varies greatly from the US!), and being a great dad. And you can be very feminine and be a great athlete or scientist. Anyone who has ever delivered a baby, or seen a new animal born, knows that the mother had to be very strong to get through it.

Every healthy dad, brother, or uncle in connecting with a new infant knows that he has become soft and gentle from his love for it. There are times for being strong in life and times to get things done, or laugh, weep, and just hold each other – we are all yin and yang. Limiting role assignments have become norms in our macho (out of balance) world! In reality we must be both assertive and intuitive. The sex you identify with, your sexuality (i.e., male or female), or partner preference, can be fluid, just as with the way you relate with masculine and feminine attributes can change. I liken this to the Doshas and the Element Types. The more balance you attain, the more you have balance in how you present. Our family of origin, early experience may have limited us, and that is the learning curve we were dealt. This is not to cast aspersions on those who are more at one end of the spectrum of masculine or feminine *behavior*. There is no wrong or right way to be regarding behavior! Always follow what feels appropriate for you!

When we awaken to Spiritual wisdom, going beyond base needs and power / control issues, we begin to live at a higher level of awareness. We begin to awaken to the **Sushumna** at the Central pathway, which allows us to be connected to the Core. This means all Chakras have optimal communication, and all Meridians have optimal flow. We want this flow to be easy and clear (gives new meaning to why you may want to do a detox/fast, or get good chiropractic care). So when Ida and Pingala are in balance, we know to ask questions that matter more – that have deeper meaning. The center pathway of

Sushmna also carries the *energy of the Core Star*, which holds none of the drama of life. Consciousness of this space, keeps our objectivity intact, so we can have a more clear perspective about life, how we respond/ed to events, our relationships with others, our goals – we can feel our dreams better, know what our truth IS, etc. These attributes are in each of us! I like to work from the Crown down the spine, unless the client has depressed or low energy (and needs a boost). Most of us are overwhelmed, so top down can help with that. If they have low energy but are in a highly sensitized state, I'd likely still start from the Crown, down, to support them feeling safe and calming the mind. The Nadi crossovers also mirror a 2D image of our DNA. Picture the vertebrae that are stacked one above the next, in our physical spine between these crossing over energies. The Sushumna goes directly up the center path, and the Ida/Pingala Nadi energies cross between where the head starts, where it attaches to the body, where it ends (7<sup>th</sup> to 6<sup>th</sup>, 5<sup>th</sup> to 4<sup>th</sup>, and 2<sup>nd</sup> to 1<sup>st</sup>), which is between the Chakras and at the 3 Spirit points. We are energy and form, fully integrated! I love how the ancient symbols of the Flower of Life, Figure 8's, the Nadi's, and DNA all share patterns in how they flow.



There are so many images online (as with Chakras and Meridians). For the caduceus, I had to find one that matched what I feel as correct re: the number of crossovers. Imagine the Nadi twin snakes of Ida and Pingala. They begin by acknowledging the Root Chakra at the base (open at the bottom). Then they wrap up the center, Sushumna, around each of the 2<sup>nd</sup> to 6<sup>th</sup> Chakras – and remain open at the 7<sup>th</sup> Chakra. The top of the “staff” references the Spirit Portal, which is above the body. It is sometimes referenced, as an 8<sup>th</sup> Chakra, but it is not IN the body, so I just call it the portal to Spirit. I also noticed that some of the pictures had one white snake, and one black.

About a year after I began the EEM program, I developed a 3-part Spinal Flush that includes the Nadi sweep, which is done while breathing with the client. With the client on the table, I like to approach the spine from in front of the head (pushing toward tailbone, client face down); from standing next to the client (pushing up toward head), and then do the Nadi sweep starting on the crown. This process is included in the Addendum.

I include the following interesting story as it relates to the **White/Red of the Ida and Pingala** colors as described in Ancient texts. I am updating this Ancient information, and giving my impressions based on my experience, including new information of what I see as the Yin/Yang of right/left (Red/Green) vs. the Yin/Yang of the front/back (White/Black). In 2008, in Los Angeles, CA, I attended an *Eden Energy Medicine for Women Teacher Training (EEM4W)*. Part of this was a process called a **Vortex Revival**, and we did a practice session. It is similar to making Chakra circles above the body – only here we are working from the below the feet (for me, and as reclining) focused on the entire Aura,

which also flows in opposite directions at the head (for men) and feet for women (I will cover more on this in the chapter on the Auric Field). Men and women have slightly different instructions. My partner and I and most of the class were women. After the prep and tests, for women, we were taught to start out with the practitioner 5-6 feet from the 'client's' feet, then as the energy is ready, they can come a bit closer. In the Energy Medicine for Women book (p.168) the instruction is to start at 24", but I encourage you to use your discretion, and see what feels right. It is a measurable thing that involves sweeping from Yin to Yang (left side, across to right side) on the body, testing each time, and out from the feet to measure how far away the energy test gets strong. Just before the test is strong is where you want to begin the hand rotations.

I had just prior to this training, been a T.A. in an **EEM4W** class, in which they got to practice this technique, so I was looking forward to it. This technique corrects the Yin/Yang flows into the Field. I will cover more about the relationship of the Vortex work in Chapter 6, on the **Auric Field!** It is supposed to bring in more of what you need! As I worked on my client/partner (M.) in the class, I noticed that on her Yang, *right side red* energy was coming out her foot in a corkscrew flow – the Yin, *left side green* energy, was flowing into her foot. She felt great by report! Then we switched roles, and I became the client. At first, it began to feel exquisite as wonderful swirls of energy moved around and through me. During that experience, the nearest practitioner was working on his client (doing the prep). He was the only practitioner situated exactly

perpendicular to my practitioner (M.) who was doing her counter clockwise rotation with her hand, toward my feet. I felt a stream of red energy flowing out my right foot and green entering the left side. Suddenly everything changed – I felt a strong pressure in my chest, and realized with shock, “***I can’t breathe!***” My eyes had been closed as I lay on a yoga mat, on the floor. I opened them, lifted my head with difficulty, and gesticulated at M., trying to show my distress. I could barely speak, if at all. Though I jotted down a few minimal notes afterward, some of the memory at that point is eclipsed by my inability-to-breathe shock. I noticed and motioned at the practitioner who’d been perpendicular to M. on her right side (to her left, my right about 6’ away, was the wall of the back of the room). His client had her feet facing him, and was between them, a few feet away if I remember correctly. He’d begun HIS vortex rotation with his hand and was just a few feet from his client. His client was on a massage table, so the Vortex work was also hitting M. at her center. I don’t remember how many feet he was from M., at the start, or by the time we both had negative symptoms. Either way, somehow the effect of this intersect was creating the opposite of what the Vortex Revival is meant to do. “M.” at that point, rushed over, seeing my distress, and shared that she had suddenly gotten very nauseous. As I tried to focus on being able to breathe, I couldn’t even hear her, waved her away, and I had to lie back down, as she went over to talk with him. I want to add that this had never happened to me prior or since that experience. I have no history of asthma either!

During this major energetic shift, I saw and felt my energies go from what I had seen M.'s energy do, red out the right foot, green in the left one, to something much different. As I felt unable to breathe, I saw the left side, stopped being **green**, as it was entering, and it switched direction. It turned to a **deep, dark blue**, still Yin energy, but it was *siphoning out of me*. In color theory blue plus yellow equals green. It's as if all the sunshine (the yellow) of that original green had evaporated. It felt as if my life force was flowing out, flowing into a tubular shape, like a calla lily blossom. Having both sides with energy exiting must be what caused my emergency of being unable to breathe. You know how in workshops we have to try to make it work with what space is available! I realized that practitioners must not intersect each other in this technique... the results can be very serious and dangerous!

Anyway as my practitioner realized what happened, I could see/hear her communicating with the intersecting practitioner. He stopped, and they changed his table direction so it did not impact me/us. Then, miraculously, I could breathe again! She came over to me, and then being able to breathe and talk normally, I told her what I'd felt. With great relief in both my practitioner (who no longer felt nausea!) and I, she returned to the Vortex Revival practice. However, this being a teaching segment, it ended too soon for me to fully recover. Our 'issue' used up valuable time, and I did not regain the healing that had initially been experienced. I shared with the head teacher and her husband, and asked for another Vortex healing, as it did not feel completed. He agreed to

help me and after a few minutes I saw/felt **rainbow colors** flow up through my entire Field, I felt my guides around me, all agreeing that I was better now. This is reminiscent of my Rainbow experience, which was a lucid dream that I wrote about in my first book of poetry – in the *Heart Wisdom* section of ***Stories from My Heart***. I titled it, *Liquid Love Beams Wrap Around The Universe*. At that point, I knew it was done, and told him, to which he replied, “*That’s good, because we are exactly at 5 minutes*” and ready to stop! However, I could still feel my body shaken and not fully feeling safe... after all, I really could not breathe, and this is the kind of trauma that registers as fear in the body (for good cause). This kind of experience is likely to get stored in subconscious as shock! I was able to work through my shock by stating my needs, and for the most part, getting that met. The teachers probably did not realize how serious and real this had been, or may not have known how to best process my experience. I hate to think of what could have happened if I had not been proactive in showing my distress, or if someone with a more anxious and less stable profile had been in my position! Regardless of the responses of others, never ignore your own symptoms. Our body does not lie.

In the previously discussed Nadi information, the left side is described as Ida/white (Yin) and the right side as Pingala/red (Yang). These correlate with the ***right and left of Yin / Yang forces***. However, I saw (when healthy) a green energy going out the left/YIN side (as opposed to white). I saw the same red energy (as described in Ancient texts) coming into the right side. However, also,

I did see white in the front of the body! I also discussed above re: the white/black caduceus, and the Kundalini as the black, Yang/back of the body. What I saw was a Yin/front of the body, as white or translucent energy. So the Kundalini description correlates with the **front and back of Yin / Yang that** ultimately combine to form the front/back version of the NADIS. Putting all this together, combine the Ayurvedic seeing with the TCM. I propose that the seers of old were seeing in part, the FRONT/YIN – white or translucent energy, and the RIGHT/YANG – red. They saw the BLACK Kundalini as well. It may have been easier to see the prominent WHITE as the YIN expressing rather than the GREEN, which enters at the feet. Since Kundalini and Nadis are Ayurvedic constructs, they were not working with Yin/Yang seeing. Perhaps this is part of the WHY they did not see the whole picture. I propose that these energies except the Kundalini (which regards the Chakras) enter from the feet. The Root Chakra merely begins at the perineum – but it also extends out the feet. It is interesting to consider the Nadi, Ida and Pingala or Yin and Yang as being 3 dimensional as is the central pathway, Sushumna, and the Core Star. Just as I see the CSM Lines and the Chakras as 3-D energies, the Nadis have thickness, and are more than a thin line, rather they can be seen like thick ribbons that swirl around each Chakra. Like DNA, which also is a 3D structure, perhaps once again, we are seeing new dimensions of these Ancient energies.

Since I see 360 degrees of each line, I began seeing and working in their relationships in new ways. I began seeing their functions, specific Chakra affiliations, and reasons why they were in the shape they were in.

My own Grid healing experiences have been deeply impactful and powerful, and I had many past life memories and healings during them. I had a Grid healing prior to the Advanced (Year 4) EEM training, and during the training we also received and provided all techniques with a partner. For a year after my GRID training, I did all the tests as taught. At the same time, as I was still doing all those tests, a different way to do them came to me! So, for another year I did both the EEM way, and my way. I 'saw' the same things – that is what I saw correlated with what the tests revealed. I have come to testing always with an attitude of curiosity, and even when I suspect that the result will go a certain way, I am always happily surprised when they do not (and more curious!).

However, I enter the space of different Energy systems such as the Auric Field, Chakras, Meridians, Radiant Circuits, or Assemblage Point in the way that a spelunker might enter a cave: acutely alert, observing with all senses, and listening to Spirit. Anything could be there, we do not ever know until we enter.

This is a part of my *Metal Element* attitude – wanting to get to the best and truest information, down to the details, is always my goal! I found that my way was correct in that the outcome always agreed with the EEM tests, EVERY time. Some of the original EEM tests are not as relevant for me as I mention above – I see the whole of the system, front and back, as if looking at a pipe or tree, and

being able to see/feel it from every direction. However, I also realized that my tests are a great complement for EM practitioners. It is always up to the user to determine if they want to try them as an *alternative* or back-up check to other protocols. I will outline these in the related chapters. The way the GRID is taught (in the AP year 4 of the EEM Certification Program) is effective. Not everyone sees the energy – and the EEM AP approach circumvents this issue. They have a wonderful system in place to support doing the work correctly. *I do not encourage anyone to try to do this level of work without proper training and support!*

**It is not meant, to replace any needed medical or psychotherapeutic care. Please use at your own discretion, with consideration of this warning.**

Trauma that can come up with this work can be intense emotionally, and it can respond to and cause energy shifts (which can be intense). It is recommended to have an experienced and trusted guide to help you navigate the process, and integrate healing so no exposure to trauma causes dissociative processes or more damage. If you are a client doing this work with an Energy Medicine practitioner, you may also need to get support from a licensed Trauma Specialist (I recommend someone *well trained* with Somatic Trauma work, EMDR, EFT, or similar type of Energy Psychology). See my article in the Addendum, which was printed in the Energy Medicine Handout Bank, on WHEN TO REFER to a Mental

Health practitioner. There will be more info on responding to trauma appropriately, in Chapter 5.

I also began to see how the Core Star relates to the Meridians and Radiant Circuits (a.k.a., Joy/Strange Flows/Extraordinary Vessels) – this really began in mid-2011, after I started doing a lot of Grid corrections. By about my 30-40<sup>th</sup> client, I'd been noticing that there were these themes in each Line. Prior to the training, as with my Reiki experience, I didn't know that I'd see stories and status in these lines as I do in the Chakras, but I did.

Prior to the EEM CP, I started my private practice with my process of Reiki and reading the Chakras, and as a licensed counselor. So, my goal was integrating that Energy work with Psychotherapy. I was going deeper, refining my questions AND listening skills. I began the journey of creating boundaries around how I work, and committed to putting Spirit first in doing the work. So down to brass tacks. In the next Chapter, I will reveal how I came to think of Reiki as doing Chakra work in those stories that were stuck, rather than being only a conduit for channeling healing/balancing Chi. Then, I'll describe how that morphed into *Core Star Matrix Healing* by breaking it down, going into more detail with each Energy system that CSMH encapsulates. *Please read the book in any order you like, and know each part is separate, yet also intrinsically connected.*

As I first worked on the Chakra Energy systems of a client, which, to review, is what Reiki does (palms are placed above or on the Chakra locations of the head

and torso – and I work above the body for the Root Chakra). I began to see more over time, a relationship between not only the Chakras and Core Star, but also Meridians, Radiant Circuits, Dantian's (or what I now call "*Spirit Points*") – the first of which is the Core Star. As I worked, I observed that the orientation in the body (location) of each Chakra, (or pathway with Meridians) has been consistent in thousands of sessions, so I just began noticing what I was seeing: patterns of how a healthy Chakra or Meridian feels/looks – and the metaphor image of that state of health. Of course the **Reiki** training I began in 1987 was focusing on the Chakra energies, so initially, seeing relevant stories in these where they were supposed to be was not that surprising – however, seeing anything at all, *was* a surprise! I was so hesitant in the beginning to share what I saw – was my mind creating stories? I found these images would just pop up, without having made any choice to think about anything other than my hand placement, and that the client be comfortable! As I shared, I found that the stories were very relevant. Furthermore, "seeing" and feeling stories related to each Chakra (which vary infinitely with each individual), continues to be a fascinating exploration of discovery. Sometimes the client needs the healing energy and information does not come immediately. Then it's like being in the cave, turning on your flashlight. You start to look around, see what's inside. I do have a client fill out an Intake Form. I take my initial look-see into their Field. There I see how energy is flowing (or not), and I work with the client to check how the breath is moving in the body. Of course this is a basic outline, and I

assess what they want vs. or in addition to what I see they need in order to achieve their fullest goal and potential. This is an interesting aspect of the work. As a therapist, I am taught that what I want to give them is irrelevant (other than compassionate listening and my skills). As a seer who has become very proficient, at times, I almost feel the opposite. They are coming for my expertise and I am robbing them of it, if I do not share what I see, and what Spirit tells me (in a compassionate way!). Yes, any therapist may notice larger themes that the client would benefit from addressing – if they come in only asking for less anxiety, and they learn meditation and to observe their thoughts, these are supportive measures. However, they still may have deeply seated trauma triggers that they were not considering, and they may halt therapy having had some success, and feeling relief – not knowing how much more healthy they could really feel. This is why I like Energy Psychology combined with Spirit-insight work. It gets to the root of the problem, and also addresses things like learning meditation and developing stress management and communication skills. My preference now is that the client learns how energy flows through them, and feels how their body/emotions relate with these energy flows, and directs their choice of how to respond in a healthy way to stimuli (LIFE).

If you were to get a full check-up at a traditional doctor and they measured a sign of something out of order, they'd order a test, and have you prepare for it in a certain way. Then you'd have to come back for more treatment, and

possibly there would be medicine to purchase. The Dr. does the blood test; the lab analyzes it. Similarly, I “see” and/or do the Energy test to show what is going on in your thoughts, energy (patterns/habits/past), and body. For instance, if your doctor wanted to have you do thermography to check breast tissue for abnormalities (rather than a taking on more radiation exposure with a mammogram), it is your choice to take it or not – but if there is cause for concern, most would take the test! The prescription is correct breathing (release the freeze, build strength), and knowing your own energy systems which are important as your physical Heart, Intestines, Endocrine/Adrenals, Lung, Liver, Stomach, Nervous system/Bladder, Kidneys, etc.

Initially, I found that clients made improvements, and also kept having the same energy corrections from the EEM exercises “go out” – they’d get triggered even though they were practicing them at home regularly. The exercises I discovered/learned from Spirit, came from what clients needed, when they were frozen or got triggered. I found that these new exercises helped them to “hold” the corrections that we made while doing EEM exercises. This new information – these new exercises are a complement to EEM. I teach these usually in a first session. They are certainly tools for life, which change how you relate to the world, and yourself. We are wired to be empathic (read about ‘mirror cells’ in the brain), but we are in a society that’s disconnected between what we notice, feel, and share. The more healthy we are, the more congruent – that is, do you say what you mean and mean what you say? The good news is that we can become

more congruent – more authentic with ourselves, and with others. Getting into knowing how to do this in your Energy systems, how it LOOKS and how it connects in new ways will give you a template to heal, and to direct your thoughts with greater clarity. This leads to feeling more consistently grounded and connected with wisdom, with great tools to reconnect when life throws that inevitable curve ball. Much of what I learned was in the way of asking Spirit, and finding/hearing and seeing new tools for clients. This also ended up helping me become a better practitioner with more tools to teach, which is very good karma! We have forgotten that for eons, healing meant a SOUL connection with someone who can see/feel and measure flows of energy in the body; is one who communicates with higher wisdom, who has knowledge of herbs and natural ways of healing; who uses crystals, herbs, foods, movement, has understanding of anatomy, relationship issues, and life challenges and transitions. This is combined with a powerful healing intention, client and clinician working together, co-creating powerful health.

For those new to the EM language, there are Meridians, which are lines of energy flow, and there are the Five Elements/Types, which are comprised of groupings of Meridians. 4 groupings have 2 Meridians, and Fire Element, has 4. This is covered more in depth in future chapters! I see the Central and Governing Meridians as correlating with the Core Star – in TCM it is known as the “Ming Men” point, which is where the Core Star touches the back of the body. They (the ancient seers in Chinese Medicine) were on to something – they

just didn't see (or tell us about) all of it! Or, as the information leaked out over time, in bits and pieces, some folks put together a story about it that was incomplete. I am sharing my information, what worked for me in understanding and incorporating these energy systems. There's also what I see in these very Electrical energies in the form of lots of visual metaphors. No matter your background with energy and healing, this information will give you tools to enhance and deepen your work with clients. Knowing that it's all connected made sense to me once I saw it! In each Chapter I will share how I see these connections.

**Our body is like a host. I see the Core Star** as the nucleus. It has mass, and is more than a point, although the Ming Men "point" is where the CS touches the spine. The first Meridians, Central and Governing, are a pair, which encircle it like the edge of an atom or cell. It's an electrical flow of positive and negative, yin and yang. As with the Earth's Core and Field, I feel a magnetic resonance between the Core and Central and Governing Meridians, and the outer Field beyond the body as well (our Auric Field). I believe that when we begin life we are more connected to this Core (via Spirit/DanTian points, into the Chakras, Radiant circuits, and Meridians).

I started to see that at the deepest Chakra levels, ***as energies shifted and resolved, the healthy status would be revealed. Then something from the Chakra would flow in via the central hallway, and anchor in at the navel.*** It was something I had to meditate on and ask Spirit about. I sought

entering this place in myself – and went into an infinite inky velvety void filled with *pure peace, love, wisdom, and joy*, a place of infinite space that glows at the outer edge. I was told that these are the attributes of Spirit, and it is what *we all are at the Core of our being-ness*. I was told this place is called our **Core Star**. I was told this is the Divine Spark that is in all living beings.

As I learned about the Energy systems of **Traditional Chinese Medicine (TCM)**, I began incorporating this work into my psychotherapy practice. I also began to see the Chakras (as told in **Ayurvedic Medicine**) want to anchor through the Central channel, the hallway, into what Spirit told me was the **Core Star**. Then I saw lines of energy extending out, lit from the energy that the now connected Chakra shared. I came to know these as **Core Star Matrix Lines**, each which have a particular meaning/function, and specific Chakra correlations. I began to see that these Lines – which are referred to as Cloaccal lines in the books, **Touch for Health (TFH)** and Donna Eden's **Energy Medicine** contain tremendous information! Also, I will only discuss what I have seen that is new compared with what others teach. So if you read this book, you will not be qualified to say you do TFH Cloaccal or EEM Grid work (as that is only taught by Donna Eden's school), but you will be able to describe and know how to hold your own CSMLs and hopefully, come to a greater understanding of how it all fits together! Many thousands of years ago, seers in China described how energy flows relate to the body and how we experience life; in India, seers described

Chakras and how the energy centers presented related to the Soul. I am a modern day Seer. I can only speak for what I see, and what Spirit tells me. That for me is TRUTH, because it has been proven reliable to me. I believe our ability to see energy is an evolving process that is becoming more accessible. What I see, how I see trauma express in the energies – and what Spirit tells me is the critical factor.

Here's a point that is confusing, and is perhaps a controversial subject. It's a good example of "the phone game" or how passing information from person to person, over thousands of years, can lead to incorrect information being shared. Again, I can only share what I see and have seen consistently. The **Ming Men point** in TCM, is sometimes also called the Lower Dantian. It is described as being below the navel from the front of the body. Per Wikipedia,

*"**Dantian**, dan t'ian, dan tien or tan t'ien is loosely translated as "elixir field", "sea of qi", or simply "energy center". **Dantian** are the Qi Focus Flow Centers, important focal points for meditative and exercise techniques such as qigong, martial arts such as t'ai chi ch'uan, and in traditional Chinese medicine."*

In TCM or Acupuncture training, on way distances are measured is in the person's thumb width (each called one cun). These are variable, so I will use the inch rather than thumb or cun measurement for general distance. Some writings

say it is found 1.5 cun below the Navel, in the area of the 2<sup>nd</sup> Chakra, between the pubic bone/Navel. However, as I see it, the MingMen or Lower DanTian “point” is in fact, the front or backside of the Core Star, where it intersects Governing Meridian (*as one is reclining*). So not only are these two points describing the same thing, Also, the description of it being under the Navel as one is standing is a partial truth. It’s 1-2” above and below the Navel, and it resonates to the edges of the front and back of the body.

This situation is like the story of the Elephant and six blind men, describing the Core star. For more info, see: <http://aumamen.com/story/six-blind-men-who-come-to-find-out-what-an-elephant-is>



It is a ball of consciousness, infinite Spirit energy, a portal, which emanates from

below and *behind* the navel. In doing research for this book, I found that some references agree with what I see, calling it a "*Life Gate*" (yinyanghouse.com – Ming Men – Governing Vessel Meridian; Taoism.about.com Ming Men, Yan Qi & the Kidneys, taichibasics.com/ming-men-an acupressure point with power-full implications).

*The **Core Star** is a sphere, an Energy that enters and animates us, as much a place as it is a wormhole of sorts. It is both our entry point into form (the first DanTian/Spirit Point) – and a portal, a doorway where we travel back in time as with past life regression, through the back door (Ming Men point), so to speak. I believe the Core Star transcends time and space, as do the other 2 Spirit points, which are also portals, and I will outline these in Chapter 4. These 3 gates also are the starting points, like a well, or infinite pool out from which the **Radiant Circuits**, a.k.a. "Extraordinary Vessels", or "Joy Flows" flow. They feed our Meridians (and therefore, our physical body) from a place of true joy and love which is what Spirit IS! Spirit is timeless, infinite, and pure. Only the body is time-limited. We can disconnect with from the truth in our Core, but it does not go away. It merely records the event. The Spirit points are original key sites of the interface of Spirit in the body. *These three points begin with the Core Star, and are progressively where Spirit enters the body, whispers into the heart, and awakens the mind!**

As with Chakras, these points present on a continuum of level of activation, awareness, and health. How they look and how they may transform when

intervention of new clarity and healing comes, is however, extremely unique. We all have our own strengths and skills, and areas where we do not have knowledge yet – these are our Spiritual development issues. The Chakras show where we are on that spectrum as well. What I love about this work, and who we are as spiritual beings, is that as with our brain and nervous systems, the Electrical Energy systems are plastic. They can change in a flash, then wisdom, understanding, and healing enters – and everything can change. We grow, learn, and evolve. The same can be said for the Core Star Matrix Lines. These are the Lines that are connected at the shoulders and hips, and run in the torso. Like suspension bridges or energy seat belts, I have also come to call them “containment fields” for the Chakras. The Chakras themselves may be considered smaller containment fields also, but more correctly I consider them to be more like the window on the deeper status (which is held at the deepest level of each CSML). Each Chakra of the 7 major Chakras is aware of the others, but carries the unique information for only its category, organs, and emotional issues.

The Core Star itself is the first particle of consciousness that enters your forming fetus making you animated as a human being. This happens within the first weeks of pregnancy. When I was pregnant for the first time, I saw a stunningly bright light, like a tiny star, gently yet consciously float down from above. I was reclining, just in the early process of waking from sleep, and felt this star enter

my body. I felt it anchor in me. It was a Divine moment. I felt my whole being light up with the sanctity of that connection. I was feeling the pure innocence of Spirit entering form. I 'felt' this Spirit around me, and saw the Spirit in my inner vision. This is the beginning, the innocence that also entered you, and me, and that is in all living things. We are all connected.

I am committed to working with the highest level of love wisdom and healing, and I call upon you, the reader to also do this, for yourself, and in your life.

Namaste!

“Every Saint who has penetrated to the core of Reality

has testified that a divine universal plan exists

and that it is beautiful and full of joy.”

– **Paramahansa Yogananda,**

*from Autobiography of a Yogi*

## **Chapter 2**

### The Energy Systems of Ayurveda: Chakras

---

*– as Ellen sees them, and how they fit into CSMH*

As I mentioned earlier, I started seeing the stories in the Chakras the moment I began doing Reiki. The class took a few days during which we got basic

information on what Reiki is, and how it came to be, and our attunements. The teacher takes each student alone into a separate room – I don't know if it would be as complete to just intend awakening, but there is a protocol and symbols with a specific process of sending, and signing these symbols around the student. I felt it, both as a student, and later, as a teacher, especially when I got my master attunements. It was an energy boost that was palpable. The evolution of seeing more deeply, and with more details happened slowly over time. It especially quickened after 2006 once I began my private practice as a full-time profession. In 2001, I'd just begun integrating all that I had learned in the intervening years... as a wife, healer, working woman, professional actor, in the world of retail, health and nutrition, as a college grad having completed an MA in psychology; as a teacher, college counselor, private practice holistic psychotherapist, and last but definitely not least as a mom of three insightful, smart, curious, and highly intuitive children — I was processing my own experiences of healing. Over time, I combined all of this with the energy work of my experiences with Reiki and as a channel of pure Spirit wisdom into my clinical psychotherapy work. There I saw in-depth stories — where there were blocks, and where there was beauty — and how that felt to the client.

I found it key to observe, consider, and contend with their level of awareness, and their level of readiness, their facility to cope with the pain of emotions, feeling IN the body vs. thinking / 'feeling' only from the intellect, or hearing/

believing who they were from being told (in a myriad of ways), being defined by others. There were also complex dynamics of love, loss, disconnect – or empowerment and alignment – with Spirit. Dealing with the client’s desire to grapple with the deeper issues, vs. how to help them where they are, has at times, meant they did not wish to do all the work that is possible for them to reach the deepest potential for their healing and integration of new, healthy habits, or a higher level of awareness. Although sometimes clients feel that the work is inaccessible due to financial reasons.

I have however also found that some boundaries are critical for the work to be honored. Clients must be ready to do homework that is assigned. They must agree to come for regular sessions. I find that for most, money paid up front, does make people commit to engaging with the process – or perhaps they are just ready to commit, and that is why they pre-pay. Either way, this has worked and it is why I’ve always offered excellent pre-paid incentives. I found the best results for the clients in this way. Sometimes I get that clients may feel that the smaller amount of work they did made them feel great. But they may have only worked on one Chakra! That is also part of being a practitioner. I had to learn to ask Spirit what is the most important thing to do TODAY, and also what is for the client’s best overall. I learned to always try to be sure the client knows what I receive from Spirit – that is, the potential of doing the more complete amount of work, which will more thoroughly affect powerful healing and growth. What I am

told by Spirit, is always the most relevant thing. That way, whether the client agrees, or declines, I know I incur no negative karma!

Sometimes clients only want to eliminate a bothersome physical issue, not realizing that their disharmony within, which comes from a deeper Soul place, was trying to talk to them. It was in their cells, thoughts, patterns that evolved out of past trauma, and it was in the habits of their lifestyle – it was all wrapped up together and was causal. That does not discount environmental and dietary factors, which these days (due to our toxic world) have become more impactful. Physical distress can trigger emotional distress, and both can trigger old triggers. It is possible to change the body without attempting to change awareness, but the complete way to effect change is to change the outer (body) from measuring the need and creating awareness in all levels of awareness.

Sometimes people incorporate healthy behaviors such as **Yoga** (as exercise), and **Meditation**; they get Spa Vacations, and an occasional **massage**, and think they are done! The Spiritual journey of evolving is a much deeper process. Stress management tools are important for maintenance, but are not necessarily change agents by themselves. Clearing deep trauma is another matter altogether. There is no quick and easy path to healing. It is a mysterious journey, and one that will reveal its gifts only when one enters with an open heart, and genuine intention to heal. I find working in the Chakras an entry

point to finding those deepest emotional splinters, and by listening, feeling, allowing wisdom in, we find the recipe for healing and harmony. Sometimes they only want to work on or current/crisis issues such as a physical issue, a relationship, or one life/transitional issue. This work also teaches me to trust. We each are doing what we need. If the seed that has been planted is ready to sprout it will, and *not* because I wanted it to be so! Once I had a client, a therapist herself, who had done a lot of her own work. She came in for a Past Life Regression to deal with a powerful loss. Because she was so self-aware, this was all she needed at that time, and it gave her great healing, understanding and clarity. Another therapist was only ready to begin healing trauma work, and was not willing to commit to doing Energy work. She had healing, but only a small part of what I wish. Some only want to come when they are in crisis, and usually there is a history of trauma that has accumulated and will keep crashing in on them until they learn how to address root causes – and additionally, develop better coping, ENERGY habits, and stress management skills. So the client does not always agree, yet, most of my clients have invested in the full approach of a minimum of ten hours worth of sessions. Those who are satisfied with partial work, or did everything leading up to reconnecting the Lines, are not completed, but that was their choice. I do love and respect FREE WILL! When we are ready, we ask for more. Another thing to consider is that I've done lots of different types of work for myself, with many other healers – people with many of their own techniques. I've found that few deeply affected me, with no

bearing on how wonderful were their materials and/or marketing. It is easy to doubt that Energy work matters. I am grateful I found these tools, beginning with Reiki, and evolving to work with and through the Core. It is a learning curve, about who and how to trust. We must get into the trenches, and feel it. I have been there many times. Healing means letting go, wondering why things are the way they are, why we have these feelings, allowing in truth and trust, transcending ego, and acknowledging and then releasing fear. Once we make those choices, it gets easier.

Understanding the metaphors and the why's of it all, the root issues is part of the process: where there was self-loathing (what was the genesis of this?), causes for disconnect, childhood pain, fears, a desire/need to avoid being in the body, past life template/habits/automatic reactions – and also transcendent beauty; how each individual carries signatures of what they love and from whence they came in both a Spiritual and geographic/cultural sense, in the Chakras, and CSMLs. These are issues I consider in every aspect of seeing into the Chakras. I've seen specific family stories, relationships, NOW conflicts; and favorite songs, places, an aspirational dream of self such as Prince Charming, or a happy memory, such as playing in a mountain top of wild flowers with puppies, a painting of Ophelia, Super Hero cartoons, fairies, Ancient Chinese Medicine Masters, and woodland creatures such as Gnomes, Aliens (of various kinds), past lives from over thousands of years, showing Religious lives, lives spent as warriors, and lives identifying family of origin or earlier (past life) trauma layers

– betrayal, PTSD behaviors: controlling, killing, defending, finding love, and healing. Sometimes future lives, Core Spirit family relationships also present.

The more I got to work with clients, the more I began to see how Chakras *wanted* to be heard and to heal, and also that once the story changed and healed, I'd see the status change in response – in both the Chakra, and what happens as the new Chakra energies enter the Core and flow out into the CSM Lines. A new insight would arise from the Chakra 'memory-bank' itself, such as the 3<sup>rd</sup> Chakra "I matter" or 3<sup>rd</sup>/4<sup>th</sup> – "Ah! I can love myself" – then the energies would appear healthier and more congruent.

If the energy was out of balance initially, the Chakra may not talk to me at all for up to several minutes – it may require the energy of Chi (a.k.a. Reiki/ Love/ Good Mojo/time) flowing through me to 'reboot' – then they have the energy and/or insight to show/tell me what's going on. Also it is sensing me, allowing me to "sync" up with it, to let in healing, a conversation. The energy sometimes even feels like a person who has a lot on their mind, but never had anyone around who was available to discuss the finer points.

I'd begin by identifying the initial presentation of the story, and status of the energy to the client. Once I had a client with whom I had done very in-depth work. Part of him had great self-hatred – his life was a mess. Yet, I could also

see his refined intelligence, multi-level insights, and big heart. In his working through issues after having done all the basic work (all systems corrected and optimized), I was trying to read his throat Chakra as many of his current issues had related with not accepting the validity of his own truth. What I saw there was a giant wave (like Ocean water) that kept coming at me, blocking me from seeing anything. When I told him I was unable to read anything (and why – the metaphor of the giant wave), he was pensive. Then, after a pause, he said he'd been consciously blocking me. Anger toward the practitioner (or loved one) is a safe, although reactive alternative to expressing difficult feelings or admitting to feeling or knowing true feelings... and it can also be a case of "*kill the messenger*" – *just wanting to hurt the* closest person! This case was a classic example. Luckily we had done enough past work to get back on course.

He remembered that I was a trusted friend and guide, and he was able to stop directing his anger at ME. Once we moved past that, we were able to get to some good healing work. Remember, being vulnerable at one time may have felt like death (and may have truly meant death!), and the body will fight that tooth and nail. Our trauma/***emotional splinters*** so often subconsciously dictate our behavior, and evolving into awareness is often a tricky, multi-layered process!

As I said earlier, I attended Rutgers where I earned my Bachelor of Fine Arts in Acting. During that time, I had several movement classes, and I believe this was when Alexander Technique Master teacher, Marjorie Barstow, was brought in. She taught us about standing in our power by maintaining our grounding.

Regardless of whether the person being tested was a large athlete or a small person, when we each imagined, as instructed, an energy pole passing through us, we were unable to be knocked over (or something similar). It was the first time I witnessed energy manipulation and the physical manifestations of the mind's power on our energy.

In 1986, I first became familiar with and started to use the technique of kinesiology, or Muscle testing as we called it then, although in fact even then, we were checking the general Meridian line energy response to a substance, not the strength of a muscle. It is the reaction in the Meridian that affects the muscle. My husband introduced me to it, and a Spiritual Growth group we later spent time with in the late '80's in Pittsburgh, PA, did too, but again, it was used intermittently. Back then, when I first learned to do this, we used it as an excellent tool in testing how sugar or other food substances affected a person. Blind or double blind tests involved someone else putting the substance in a jar, wrapped it in cloth – I would not know which jar had which substance, and weights and shapes would be relative. While I had been using this technique, I only did it intermittently, and not as part of my practice. It was just a neat tool. We had cut white sugar from our diet and enjoyed educating others. After I started to work as a counselor, I used it in the occasional holistic workshop. In 1995 I also got some practice using this technique while taking a class from a graduate of Barbara Brennan's training program, in testing food sensitivities.

In 2007, I started incorporating this technique into my regular training with the Eden Energy Medicine certification program. Over the next few years, I honed my skills while testing Energy Systems and energy flow in my clients. I eventually integrated the EM into my holistic clinical practice. During the intake session, we review the intake form (as much as or to the extent that the person feels comfortable discussing it). Sometimes, I look at the client, observing how their energy is flowing. I wonder, "How does their Field look? Does anything else catch my attention compared to how my observations might relate to or align with their concerns?"

Addressing and observing what expands and moves with the breath, such as the chest, shoulders, neck, and abdominals, is highly relevant. It's crucial to determine if the client is aware of their joints and spine, and if they feel comfortable in their own skin. I believe it's essential to not only identify the root causes of any issues, such as stuck energy or low energy, but also to teach the body what it needs for proper health, including alignment and breath. When we don't engage our abdominals during breathing, inhaling and expanding, and exhaling and compressing, our connection to the Core becomes unhealthy.

Our culture often promotes thinness as a measure of love, and our fast-paced lives can leave us feeling rushed and unable to "catch our breath" or digest our

food. This can contribute to a state of frozenness in the body. Many individuals struggle to inhale *while expanding*, exhale *while compressing*, and it often becomes a challenging habit to break.

To address this, we review what breathing abdominally correctly means.

Unfortunately, most people are *not* breathing correctly as a habit. By “habit,” I mean that they must practice it for a specific duration, such as 5 minutes or 20 slow breaths daily, until it becomes automatic. It’s rare for most adults to achieve this completely in the first session. Some may be able to do it, but it’s even rarer for it to become a consistent habit.

Some individuals assume that if they practice it occasionally, it will meet the requirement. However, this is incorrect. This ability to stop and think is most crucial when we are under duress, stress, or overwhelm, and it can be inhibited during these times.

It is making it a habit that helps us to remember to stop hyperventilating or NOT breathing. With practice, this does get easier, and becomes the new habit.

I ask my clients to practice daily, so as to make it so! That way when we are hit with a stress trigger, we won't be sending distress signals all over the body, with an *over-reacting or habitual cortisol and adrenalin cascade of hormones and neurotransmitters*. This can lead to the Adrenals becoming "exhausted" and also, eventually, the thyroid can follow suit. Further, depletion of serotonin is inevitable when so much cortisol is being produced. The body only has so much energy to produce either neuro-hormones or neuro-transmitters. If the body is in a freeze, I look at cultural responses, trauma responses, and thought and energy habits. We become conscious of the breath so we can stop, observe the body, consider what was/may have been the trigger; redirect the body. Then we are free to consider what may be at play *and our options*, starting with slowing the breath – and relaxing the body. So when we have that habit to stop and breathe, we can think, we can make a wise choice. All systems will be functioning/listening/aware! The homework – 20 breaths or 5 minutes of breathing abdominally is key. I might have the client do Kidney thumps too (these are at the end of the Kidney Meridian – which is just outside the top of the sternum, under the collar bones, outside the throat notch) – especially when I see that the chest area is drooping. Tapping there helps remind us to lift the sternum!

**Try it now if you like...** you can even just place one palm on the upper chest while focusing on raising the sternum (*lift from the Crown, drop the chin down,*

*and keep the ears away from the shoulders*)! Then inhale, and with the other hand on your tummy, expand the abdominals/tummy muscles. Hold. As you pause, notice how it feels. Then when ready, exhale, pulling in the Navel toward the spine, pushing in with the palm. Keep the crown and sternum lifted! Shoulders relaxed/down! Staying soft in the throat. Remember “*lift through the crown, drop the chin down*” is the mantra! Where are your feet? Feel the heels on the ground, and anchor through the heels, and secondarily, off the pinky toe. I also teach the Anchor & Ground exercise often at this point! Allow, ask for, and notice energy percolating up, through the K1 point (center of the sole of the foot, near the ball of the foot). This is an empowered and easy stance, not a military, shoulders-pushed-back kind of rigid holding. I encourage thinking of a beautiful flower blooming in the heart area of the chest as you inhale. Relax shoulders as you exhale, and stretch the spine by dropping the tailbone while still also lengthening the neck, through the crown. Sometimes folks (women more than men) have what I call a cheerleader butt (tailbone tipped up). This cuts off energy and may contribute to not being &/or feeling grounded.

At the beginning of a session and generally, the approach depends on the client’s needs and any emerging feelings, sensations, or questions. However, I prefer to introduce breathing information as it forms the foundation for integrating all work and fostering a more aware and conscious experience of life.

In the present, I tend to check the client's breath, teach basic exercises, and then focus on the ten main chakras. We'll delve into the meridians in Chapter 3! While standing, I may test all meridians and chakras (I've developed my own chakra test), and assess if the energy flows throughout the body, from the crown to the root or heels. After performing basic corrections, I'll inquire about any life situations that disrupt the client's equilibrium. If so, I'll re-test them while they reflect on these situations, allowing us to determine the average amount of energy they expend daily. For instance, I can gauge a person's baseline status, their comfort in their own skin, their composure, their energy levels, and their overall insight.

Consider a client who appears highly functioning and has healthy energies. However, when they recall a specific relationship issue or experience the emotions associated with it, their energy levels falter. This phenomenon occurs because the client's mind is preoccupied with the problem or triggered by past traumas. Even if they appear high-functioning and unaware of the underlying issue, their subconscious mind habitually returns to focus on triggering emotions, causing their energies to dissipate. This can lead to a downward spiral.

This is not uncommon and is not inherently problematic *unless it persists or escalates*. **This is precisely why we engage in this work!**

For instance, let's say I conduct the Chakra test to assess the strength of their Chakras, and then I perform some basic corrections, and all the tests come back positive. I consider this test alone to be superficial. However, when I have them contemplate betrayal, relationship issues, or trauma, I may notice that the 3<sup>rd</sup> and 4<sup>th</sup> Chakras (for example) may be weak, disconnected, or out of balance! I can apply this technique to every Energy System, and the structure of the energies can even be disrupted (for instance, they can cease crossing over, Chakras can invert, or push out beyond the Field – all these distortions can occur!). Therefore, it's beneficial to understand that how we direct our energy (what we think about and how we manage those thoughts), can have a profound impact on our well-being, and that we have the ability to heal even the deepest wounds. Knowing how to direct our energies is helpful, and having a template can be beneficial. However, while all of this is true, if we don't address the root cause of the issue, we remain vulnerable to being triggered or re-triggered. Since most of the people I've checked have unanchored Chakras or at least one Chakra that is not healthy, anchored, or balanced, this equates to a significant amount of triggering for most individuals. My experience is that individuals who seek my sessions are highly educated, motivated, and have engaged in substantial self-work. They are more self-aware than many people, likely the majority, because they have made maintaining balance a core choice.

While facing any challenging situation, it's crucial to identify healthy and unhealthy choices. To assess our emotions, ranging from joy to anger and grief, we can rate them on a scale of 1-10 to ensure consistent responses.

We can approach this in several ways:

- Strengthen our relationships (raise our consciousness):
- Work with our energy systems to better sense when they're off. Practice exercises to strengthen these systems and learn to breathe correctly as a habit. Correct breathing also benefits all systems, energetic and physical.
- *Remember* to do the right thing.
- Refer to the exercises in the Addendum, such as *Anchor & Ground*, *Core Star Centering*, and *Sweeping/clearing the Field: Snap & Sweep*. When something shocking occurs, causing emotional splinters in the Chakras or even damaging the supportive CSM Lines, remember to stop, breathe, seek help, take time to restore, reboot, and recover.
- Negotiate with the body:\*\* Discuss with the body to minimize distress and plan for restoration, even if immediate recovery isn't possible. It's essential not

to betray the body and make conscious choices. "*To thine own self be true*" - a quote from Shakespeare. I believe this saying holds the key to health. For me, the true "self" is *the conscious part that listens to Spirit*. Decide on the content of your character, choosing not only to listen but also to act for the highest good.

- Adhere to the Four Agreements from Don Ruiz's book.
- Always strive to *be your best self*. Consider that the body you live in matters too. Accept that the Spirit and body must have good communication and never act in a self-righteous (prideful/egoic), hedonistic, or selfish manner.

In each session, we'll decide whether to perform Energy Work. Initially, I usually focus on reading each Chakra, but these are also great for revisiting.

Alternatively, as guided, we can do a healing technique, regression, or Energy Tapping. Once all the Chakras are read, any tapping, flower essence, or other processing work that's needed is complete. Then, I ensure the client is prepared for the CSML Reconnection. I prefer to have clients pre-pay and receive a discount for 10 hours of session time. I've found that when clients don't have the financial means to invest in their own work, they're less motivated to complete it. Often, after one or two sessions, clients feel so great that they say they feel better about the issues they came in with (transitory life issues) and don't continue to "complete" the work. This saddens me because they have no idea how great, empowered, and more present they can feel—as working deeply

with the Chakras and other energy systems brings cumulative benefits. Since the Chakras are interconnected, neglecting to work on all of them is a significant missed opportunity. I've had a few clients who completed all the Chakra work but didn't complete the CSMH/CSML Reconnection—another huge missed opportunity. However, we all grow as we're ready.

With the CSML Reconnection, the Chakra energy flows into the Core, then outwards into the Lines below the Chakras. This cleansing process eliminates everything that is ready to be discovered in the deepest part of the emotional debris that accumulated in the Chakras. Once this process is complete, the 3<sup>rd</sup> eye undergoes an upgrade (which is the final phase of the work). I have personally experienced more profound and transformative experiences through this work than any other.

Past Life Regression and EMDR/Energy Tapping are remarkable processes in their own right, and they also enhance the effectiveness of this process when used as complementary approaches.

With each session, we begin with a verbal check-in to discuss any new thoughts, emotional feelings, or sensations in the body. These may include feeling more grounded, having increased clarity, better boundaries, or other energetic shifts.

Subsequently, we may perform Energy checks or compare the client's energies against specific substances. Finally, the client lies on the table, fully clothed, as in Reiki sessions.

Before the session, I engage in some preparatory work, balancing energy flows and playing peaceful music. I often prefer Hemi-Sync music from the Monroe Institute or Jonathan Goldman, such as *Holy Harmony*, for its calming effects. If the client is comfortable, I may also use a medicinal-grade aromatherapy blend. The blend is spritzed into the air, and the client may take a whiff or have a small amount applied to their forehead to balance the energies through their olfactory sensory neurons. This technique is particularly useful during spinal flushes or balancing preparations before Chakra work or as a preparatory step for any Energy technique.

The aromatherapy used must be of the highest quality and pure. This sacred practice of plant medicine involves using Rose Benediction oil, Palo Santo, Sandalwood, or Weleda brand Lavender. I also create various spray blends that combine sweet Orange and Lavender, or Cinnamon, Fennel, and other essential oils. These blends are then misted into an aromatherapy machine. I adapt the scents to suit the client's specific needs.

During the session, I hold my palms on or above each Chakra, typically also 'reading' the back of the Heart (4<sup>th</sup>) and the back of the third eye (6<sup>th</sup>) Chakras, as they contain additional relevant information. I assess the client's energy and determine which Chakra requires the most attention. However, Spirit and the energies may sometimes guide me to explore another Chakra before completing the one I initially focused on. Through trial and error, I have discovered that Spirit's insights are always accurate.

My goal is to complete the work with all the Chakras, which usually takes several sessions, although the duration can vary widely depending on the client's needs and the complexity of their energy imbalances.

To complete the initial, basic balancing work, we do the completion of the Reconnection (of the Lines). This work locks in the progress made in the Chakras, the final **Core Star Matrix Healing (CSMH)**, which in itself takes typically 2 hours, and sometimes this amount of time includes the relaxing prep work and integration support. Many clients have repeated the 10 hours, or returned intermittently to reinforce and continue to integrate the progress previously made. This support is often helpful to maintain gains against the seemingly unending new challenges that life always offers!

Integrating the new connections made during this initial correction of the Chakras and CSML's plus the 3<sup>rd</sup> Eye upgrade that occurs in the CSML Reconnection may also hit some bumps in the road as long and deeply (even subconsciously) held beliefs and energy/thought/pain habits are challenged, re-evaluated, and released – or adjusted. So follow up sessions can be key to help integrate the massive energy shifts that occur in a short period of time with the Intake and first 10 or so hours of the work. Relationships, especially when these are not with healthy people will be challenged, and any negative habits in those persons will be more visible/felt.

I think, as a consequence of just being in the energies, and asking questions of them, I began to see MORE – and consistently saw patterns of Elements in the Chakras i.e., Water in the throat/5<sup>th</sup>, Earth landscapes/gardens in the Heart/4<sup>th</sup>, Fire in the Solar Plexus/3<sup>rd</sup>, and Infinite Universe in the womb/Sacral/ 2<sup>nd</sup>. However I saw the *Crown and Root Chakras* more like **portals** to Heavenly and Earth energies, respectively. In the 7<sup>th</sup> Chakra at the **Crown**, I see Spirit/Angelic/Past Life/Nature Sprite-type guides, Life Colors, relationship status with Spirit, which may include metaphorical representations of Spirit/level of spiritual maturity. In the 6<sup>th</sup> at the **3<sup>rd</sup> eye**, I see their orientation with how they use their energy in relation to control issues/seeing what others are doing (sometimes, in a hyper-vigilant way, like radar that is always on and scanning). This is based on intentions that range from ethical (minimal, used for good, as in to find a missing child) to unethical or invasive use of energy, a manipulating

behavior or having wishes to manipulate others. The status may show many little “eyes” reflecting a splintered sense of self, or splintered use of energy (monkey mind/fractured thinking), how you “see” the world/level of Spiritual development (and in the back of the 3<sup>rd</sup> eye Chakra I see what got stuck or what we put behind us, or couldn't/*didn't want to see*). These may be barriers to Spiritual attunement such as past trauma events.

The 5<sup>th</sup> or **Throat chakra**, located between the collarbone and the nipples, is a central hub that integrates all seven major chakras. It can become blocked, leading to poor drainage, which may manifest as holding onto past hurts, self-blame, or other emotional baggage. This chakra can also be imbalanced, exhibiting either a brackish or dry quality. Each of these metaphors contributes to the overall narrative of how an individual perceives themselves and their ability to communicate effectively from their authentic self.

The 4<sup>th</sup> chakra, **situated** below the collarbone and just above the nipples, functions as a landscape that measures both compassion and soul-print. It reflects the extent of compassion an individual has for their own soul, life journey, and the influences that have shaped them, including ancestral and past life experiences. If the 4th chakra is too wet, it may indicate a leak or blurring of energy from the 5<sup>th</sup> chakra. Conversely, if it is too dry, it suggests that the 3<sup>rd</sup>

chakra, the **Solar Plexus**, is burning excessively, causing a heightened sense of intensity, anger, or a feeling of trying too hard. Earlier in life, experiences such as giving up or self-loathing can also impact the current state of the 4th chakra. Until this underlying issue is revealed, understood, and healed, it can cause disruptions in overall well-being.

A healthy 3<sup>rd</sup> chakra is characterized by a sense of self-worth, effective listening, and the ability to resist external influences. It is neither too hot or intense, nor does it manifest as anger or a lack of effort. Additionally, it is neither inconsistent nor burnt out.

Moving on to the 2<sup>nd</sup> chakra, the **Sacral or Womb chakra**, we explore the vast potential of the present moment. It delves into how we relate to life and our energy usage in everyday life. I observe how individuals perceive themselves in the world, comparing self-limitation to confidence levels (feeling fearful or safe, timid or empowered, and so on). If an individual feels unsafe to be their authentic self, it becomes challenging to fully embrace their truth and stand in their power. This chakra also encompasses organizational skills and relationships, as well as potential food preferences or dietary restrictions.

Finally, the 1<sup>st</sup> chakra, the **Root Chakra**, connects us to Guides, Totems, ancestral connections, and sexual issues that may arise from a linear perspective, focusing on daily life and the Earth's rhythms. It assesses whether

an individual feels grounded and whether they require more time in nature to connect with their inner self. This will appear here. I associate Red with life-blood, the sap in trees, and the vibrant green of nature. Just as the Heart Chakra is connected to Red and Green, the 2<sup>nd</sup> and 6<sup>th</sup> Chakras can both possess the profound indigo associated with intuitive abilities. We can access metaphysical information from Spirit and Nature in specific environments.

**You can always ask yourself:** what percent of the time do I feel connected to Spirit wisdom, and take time to listen and ask for guidance... and, am I peaceful with this connection? Am I comfortable, confident, in translating the messages from Spirit? Do I avoid acknowledging past pain, or have I resolved past traumas? Am I comfortable knowing and as needed, expressing my truth? Do I have compassion, share with generosity, caring and compassion – and do I love myself? Do I feel I matter, and do give myself permission to fulfill my potential? Do I feel I deserve to be happy? Do I navigate through life with confidence and clear boundaries with others? Do I listen to Spirit as I live and make day-to-day choices in my life? Do I treat my body with respect, as the temple for my Soul? Do I work to stay in harmony with the Earth, and her living temple? Do I stay aware of omens, guides, helpers, and choose to create peace around and within me? Choosing to be healthy always means incorporating Spirit wisdom, and

allowing and actively engaging with including opportunity for more peace, love, wisdom and joy. Meditating on the above questions will help you move toward a healthier, happier life!

I began to see if there were physical issues in the client, these would usually show up first (more surface/outer layer issues). In other words, I would not see the emotional story/and an “emotional splinter” – or causal factor/s, which would show up as some form of “emotional splatter” caused by distress, ***until the metaphor of physical status was acknowledged.***

Regarding distress, I perceive the Chakras as a “containment field.” One client described her Heart Chakra as a pinkish-colored net that held everything together. I “saw” her mother, who appeared in semi-darkness. She then showed me a metaphor. She said, “I am like this cup...” and I saw her holding an old-fashioned, delicate tea cup. She demonstrated slipping it off its saucer and shattering it. The pain, sadness, and brokenness that was conveyed and felt from her mother helped my client understand her mother’s inability to care for her properly and consistently as a child. I usually observe any distress or past trauma in the back of the 3<sup>rd</sup> eye/head (6<sup>th</sup> Chakra). There, I’ve witnessed numerous stories of past trauma, which, when recounted from this life, the client has always corroborated. Regardless of whether the story had been previously discussed, whether it was something they “forgot” happened, or not,

it will manifest! The 3<sup>rd</sup> Chakra may also appear as a desert wasteland, with tumbleweeds and small fires, for instance. Alternatively, I've seen it resemble a fire hose that is completely devoid of juice—usually, this is a metaphor for extreme burnout that is likely affecting the adrenals, thyroid, and so on. I remain in the energy, wait, listen, and watch. I will observe more details or the picture will begin to shift. Sometimes, the client resonates quickly and/or feels emotion rise, which can enhance the conversation. Once, a client was in a very grumpy mood and decided to resist. I saw water in large waves approaching me at the throat level (5<sup>th</sup> Chakra). When I shared this with the client, we agreed that there had been an angry attitude. The client was surprised that I felt the shut-down so strongly. We discussed the emotions involved, and then the session could proceed as usual, with me able to read the client's status!

Next, the body/Spirit wants us to know/how the imbalance came to be. This is the story unfolding part of the work. I may see the person in a variety of metaphors, such as a being represented as a monster appearing hiding in shadow, a cave, or some kind of prison, in the back of the Heart. This would show a person who had feelings of self-loathing, or appearing like a little mouse (in the 2<sup>nd</sup> Chakra) – afraid, and hiding behind a wall from the world. Our discussion of what was frightening – a time when the client felt this level of fear (for example, this client had recurring panic attacks and history of childhood sexual abuse). In this example, the picture evolved to seeing a big door. Men in our culture not only experience the boundary violation, the loss of control that all people feel of any gender, but they also have to

cope with sexuality issues as they relate to identity and self-worth against the cultural norm of macho expectations. Their experience of sexual abuse, and the vulnerability of being victimized, goes against the macho persona, which is the norm in most of our world. Uncomfortable feelings, and confusing feelings, are all reasons to lock away the memories, at least on the subconscious level. Freezing it or shutting it down can become a way to survive, to move on, but it does not allow for acknowledging, let alone healing or resolving the pain. Many suffer in silence.

We all have these traumas, big and small, and we all cope in different ways.

However, there is no one way that events affect people or their Chakras, and also, trauma may show up in any Chakra. I have also seen similar stories show up in Chakras, and then an evolution of the same themes in the deeper Lines. It is amazing how we return over many life times to grow and heal. Anyway, each time I watch how the energy responds, I watch for the energy to accept the healing on many levels (since we are working with the whole person). We must integrate our feelings, body sensations, and thoughts. We are introducing a new sense of harmony at all levels.

The Chakra itself would show me its status as it changes from the original picture. That is the Spiritual developmental level of awareness. These shifts occur as new awareness comes to light about the past, relationships, what got stuck, and why. It is beautiful to see such shifts, like a full color stunning animation – a show of a rich tapestry, such variety of colors, light and sound – often/usually images that are very near and dear or very relevant in other ways to the client will show up. These

are things I could never have known about such as Spirit guides, animal totems, favorite literary characters, time periods, foods, specific gemstones, jewels, places, many styles of Art, and even exact paintings, and frequently, music. I once saw a client dancing like a prince in a Disney movie. His favorite character whom he identified greatly with (but had never previously shared!), was Prince Charming. Once, I think in the 3<sup>rd</sup> eye, I began to smell marzipan, and felt such joy – this was a happy memory of the client's childhood and one of few happy memories with his father who would bring home this candy as a treat, when the client was a small boy. So I may see what got stuck, and also what ever contributed to who the person is today. For one client a supportive, beautiful memory was related to marzipan. For another, deep sea diving... I have seen this in a client memory where, as a child, she was playing with the most adorable and sweet puppies! I saw the client, very young, on a grassy mountaintop, laughing and playing with – I think they were golden retriever puppies. This, it was then revealed, was one of few happy childhood memories (and it was a happy reminder). With this client I also felt and heard an almost unbearably loud rumbling while working on one Chakra – I said to her that it feels like a helicopter (though I have not yet in this life, been in one). It was so loud! I had no idea what her job entailed. It was then revealed that part of the job, in her military work was often done in helicopters.

For many clients, as mentioned above, animal friends – and Nature in general, is the balm for their soul and the only time they felt safe, or connected to something real, and good. Typically I have described the exact type of scenery that the client

was in. Since the memory is true for them, it clicks, and they can begin to heal that time in their life. Once I exactly described a client's back yard, which was her most beloved garden sanctuary. For another example, in the under-utilized 7th Chakra, there may be what feels like an empty ancient Library – with minimal light filtering into the dusty cavernous hall. I may see specific guides too. So when the client engages with them, and agrees to continue to do so, it will shift. The energy will get clear, brighter, and color will come in and more active guides, often with messages. I once saw what reminded me of paper cutouts of angels there, which indicated an under-developed (due to hyper-religiosity) idea of what guides would be like. The client had not yet taken the time to connect, but everything she'd been taught in her very religious family was that the only way to her higher consciousness was through the Priest. Prayer was not real for her. It was a rote ritual, not much more. Not to say she at times did not earnestly ask for help, but that she had only a vague concept of where that request landed.

Work on the Chakras happens over time (the amount of information and time needed to sort through each may vary greatly from client to client, and from Chakra to Chakra). I have many times seen relationships and from the wife or husband perspective how the death of one led to a return of the other, and over-protectiveness or guilt for previously unknown reasons. I have also seen themes in many clients such as lives in military, as warriors. One was an evolution, more focused on how we use power, from an ancient Chinese master strategist, who learned to hate war, and feel self-loathing to have been part of it, to a wealthy

hermit in the mountains of Tibet or Northern China, to a Nazi deserter turned underground spy. One was several lifetimes as a Pioneer woman, navigating relationships and surviving and even thriving, feeling a deep connection with the land, and her heart. Many times I have seen people who were not previously human. They were woodland beings, or even aliens (not originally from Earth). One hated humans, for many valid reasons, yet over three life stories came to want to fight for the Nature that she loved. The awakening of her own humanity, her own compassion allowed her to see beyond the body, into the soul of all beings.

The time between sessions allows for healing, insight and integration of new ideas and energy flow as norms. Of course, some of the issues that come up during these sessions relate to long held belief systems, some passed down ancestrally and others that need further work. These trauma templates are often shifted through the use of Energy Tapping. Sometimes the client is too traumatized and the body/energy will tell me when we need to work more with Chakras, or processing life issues, or when tapping to move the energies of stuck *thoughts* is most needed. At those times, we proceed with tapping. When the client is touch sensitive – even hyper-vigilant, they have the option to tap on their own body (a good option when the client does not feel safe in their body, or has trust issues). I have only needed to use this option a few times in over ten years, but it's a great idea if your client is behind bars or some professional situation where touch is not safe/ethical, legally allowed, or for any reason, not appropriate.

I've developed a unique technique that merges EFT (Emotional Freedom Technique) and EMDR (Eye Movement Desensitization Reprocessing). In this technique, clients tap on the back of their hand with their palms resting on their knees. Alternatively, they can tap on their own knees or upper arms. Tapping on the knees is an integral part of EMDR prep training, but I've discovered that tapping on the back of the hand at the TW point (the area between the pinky and ring finger, just above the knuckles) fosters a sense of safety within the body, enabling individuals to access the truth without fear. While both EFT and EMDR involve different prep activities, and both styles are highly effective, the primary distinction between them lies in their focus. In EFT, the process involves accepting negative feelings, contemplating alternative truths, and directly choosing a desired healthy outcome. For instance, saying "I love and accept myself just as I am" accompanied by a Karate chop on the sides of the hands and tapping on specific points on the head, collar bones, and sides of the knees can be part of this process.

In EMDR, we begin by creating a safe space for the client. For many years, I led mindful meditation groups that helped people connect with the energy of nature. This safe space serves as a refuge where the client can pause the process if they find it difficult to stay with the imagery that arises.

We also identify the emotions associated with a disturbing memory and assess the validity of negative statements related to it. For example, we might rate the truthfulness of a statement like “I am not lovable” on a scale of 0-10. The goal is to shift the focus towards positive statements, such as “I am lovable.”

During the tapping process, the client is asked to allow their mind to focus on the meaning of the phrase, let it resonate, and then focus on the feelings and body sensations that emerge from recalling the original shocking events. Both approaches intersect with Meridian energies, facilitating access to emotions that were present during the original events.

The practice affects bilateral energies because even if only one side of the body is tapped, Meridians run along both sides. If one part of a Meridian is tapped, the other is affected. This process seems to access a bilateral weaving that opens a door to free-flowing, stream-of-consciousness memories that may be stored at subconscious or cellular levels. These stuck thought re-connections are crucial for deep healing and complement other energy systems, such as the Chakra/CSMH work.

This book has been the mission of my life, as dictated by Spirit, to share what I have seen in working with my clients, in Energy Systems of all my clients, I have

seen the Core Star and its relationship with all energy systems as a cohesive whole. Meaning to me, that we are ONE. We are Divine, and Chi is LOVE. When we remember that this is our mission, we can begin to identify, and release our trauma stories, and to heal. We can begin to truly appreciate the beauty and full potential of humanity. We are meant to have Spiritual experiences, and entering into a body allows us to do this in the virtual world (Earth), which is also created of Divine energy. The best we can have in each life is to stay connected to truth and Spirit/Nature, to learn, to share, to continue to evolve. If we become inspired by the wonder and miracle of being, observers of the great mystery of life, then we may yet all be able to become truly happy – and healthy. From this awareness, all goodness will flow – and we'll come to know that Heaven on Earth, loving and being loved, having reverence for the Earth and all living things is not only our potential, it is our purpose.

**Chakras – You can work on yourself by just placing your palms of the front of back of each of the major seven Chakras. *EAch is as unique as your life story! You can work on the front or back of each Chakra, but it's best to work with each one (either side) for at least 5 minutes when you're starting. I remember feeling a pulsation of healing with each Chakra, and sometimes it would take a few minutes before a shift occurred. Give yourself time to slow your breath, get centered and grounded, and notice if you need to stay longer on any area. Do so as needed. Later, you'll feel more quickly where your attention is needed. When we're so tired, we feel fried, and we need to replenish our***

*energies. Placing our hands on the Chakras won't be as helpful then. You may need to seek help from a trusted bodyworker, Reiki practitioner, EMT, chiropractor, or other type of energy worker. Make sure you're getting enough sleep, and consider taking health-supporting medicinal options (supplements, tinctures, teas) if needed, and eating healthy food! Follow your guidance and don't hesitate to ask for help. We are incredibly magical, spiritual, and creative beings, but just like a drained battery, we only have so much 'juice.' We also need time to rest and recharge. The technology and electronic vibrations all around us can sap our energy. We are electrical too. Take care to remember to turn off unnecessary electrical components at night or when not in use, keep your cell phone as far from your body as possible at all times, and spend time in nature. Flush your body with pure waters, take time away from your daily stressors to stop and feel the pulse of the Earth.*

One way to work with Chakras is to spin a crystal over them. I did this even back in the 1980's, and there are a great many types you may use. I like to visualize them, when I work on myself, and with palms on the top or one or both palms facing down with the back of the hand touching the body if you are lying on your back. The vortex flows clock-wise in front and counter in the back and extends out through the Auric Field. These front and back vortexes or vortices are like swirling whirlpools and also are cone shaped with the small end nearest the body.

Another thing to do while placing palms on and/or visualizing only, is to wonder

about the healthy aspects of each Chakra, and then imagine seeing energy going down from the 7<sup>th</sup> to 3<sup>rd</sup> Chakras into the Core, and up from the 2<sup>nd</sup> and 1<sup>st</sup> – also anchoring each into the Core Star. This is the center of your Spirit, where peace and joy reside, regardless of what is happening in the external world chaos, or our own mind/body's chaos. Always build your skills by first just observing. If you are not sensitive/a seer – you can think of it as teaching the energy what healthy is. Remember that the more you work in the energies, the more you will sense! You are encouraging the energy to flow in a healthy way. If you are very sensitive, go slow, ask your body what it needs, and be gentle with yourself.

As you get a feel for it, begin to check to see if you are anchored! Anchoring looks like an energy circuit, light, or may present as a bird flying, a root of a tree, gems sparkling and spiraling into the core, bunnies hopping, etc. You will have your own images that represent your healthy, happy energy at each level.

Each Chakra has a specific purpose, so you can also reflect on your current state in terms of the positive aspects or the functioning level of each Chakra. This can also serve as a focal point for a mindful-meditation exploration.

While the colors of the Chakras generally follow the sequence ROYGBIV (Root to Crown, respectively, Red, Orange, Yellow, Green, Blue, Indigo, Violet), it's important

to note that the actual colors can vary significantly. This variation reflects individual differences, the level of refinement, and the balance between harmony and disturbances (current or past issues versus passing annoyances).

There are numerous healing *Crystal options available, and some examples include clear Quartz Crystal, Amethyst, Lapis, Turquoise, Aquamarine, Labradorite, Apatite, Celestite, Malachite, Chrysocolla, Rose Quartz, Citrine, Watermelon Fluorite, Obsidian, and Hematite.*

*I prefer to place these Crystals in a dappled sunny window or in direct sunlight for a brief period (not too hot!), or I can rinse them in pure water to recharge their energy.*

*Each crystal possesses unique healing and balancing properties, and they resonate with each Chakra differently. While a color may align with a Chakra's color or purpose, it's essential to approach healing intuitively. For instance, to awaken a sense of self-worth, a 3<sup>rd</sup> Chakra issue, visualize bringing in warmer tones of the heart into the third Chakra. You could place the Rose Quartz (typically associated with the Heart Chakra) on the Solar Plexus to infuse self-love into self-identity. Alternatively, you could use a blue stone to facilitate expressing or hearing the heart's mission (voice) or a green stone like Malachite on the throat to support the 4<sup>th</sup> and 5<sup>th</sup> Chakras, allowing the green of loving compassion to manifest in*

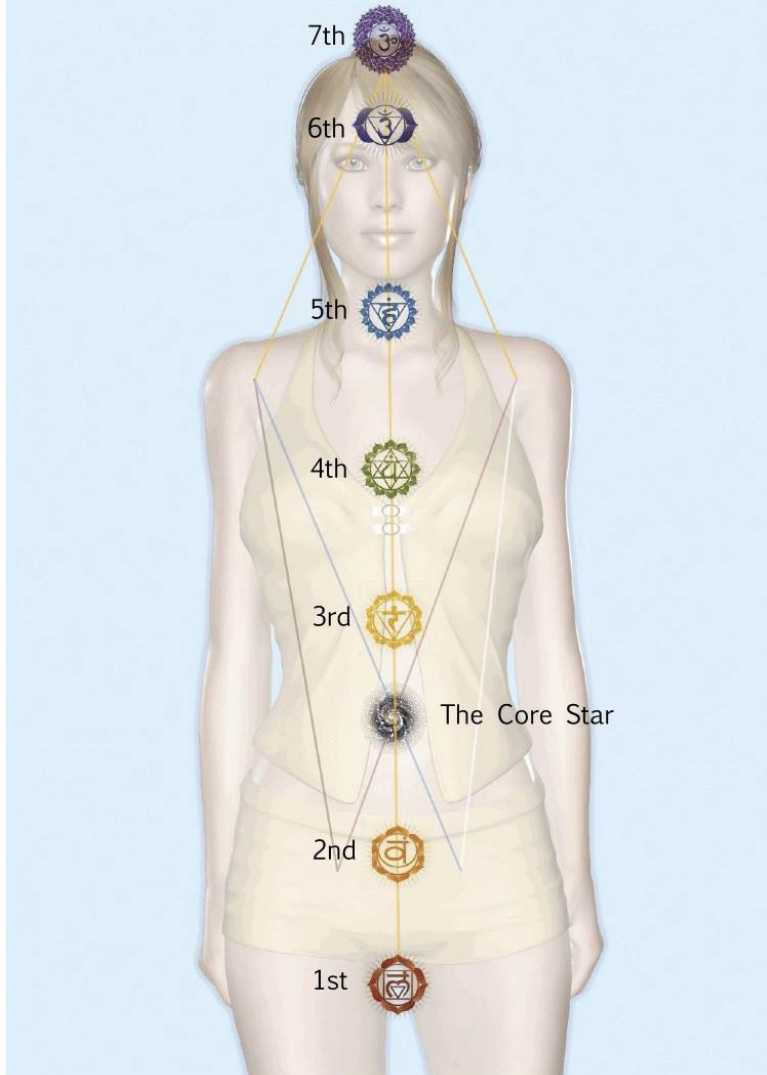
*expression. Experiment and avoid using stones that don't resonate with you or feel beneficial. Remember that each stone is unique with its own properties and consciousness. When you find the right one for you, you'll feel energized, excited, or simply content. You can ask your body and the stone it's meant to be used with for guidance on its short-term use, with others, and so on. Feel free to vary the colors you use when working with the Chakras. Additionally, breathe in the colors of nature, hang pictures of nature, or display artwork with colors and images that evoke feelings of health, joy, life force, expansiveness, wonder, inner peace, and so on. Even colored materials and clothing (such as how you paint or design your home) can impact your energies. Do you have old, sentimental items around that were gifts or secondhand furniture? Take a look at everything in your home and consider whether it feels harmonious with you. If not, think about where it needs to go (perhaps to be given away or passed down to another family member). Avoid bringing in new pieces that don't align with your energy. Your home is the stage you live in every day—make it a calm, enjoyable, and uplifting space, and feel free to change it up as needed! A new plant, throw rug, fresh pillow, or bedspread can be quite uplifting!*

So into the Chakras we go... in the 7<sup>th</sup> I sometimes see Aura colors, and guides. The colors adjust/shift after balancing contact is made. If you commit to visiting this place, asking for guidance on a regular basis, then you will have more flow here and well, if you don't attempt contact (stop, ask for help!), it's sure harder for Spirit to get messages through to you! Colors can vary from lavender and deep purples to

a wild variety of fuschia and hot pink, to many variations of violets. In the 6<sup>th</sup> and 2<sup>nd</sup> Chakras I've seen many variables – although the backdrop of 6<sup>th</sup> when healthy, is indigo, and there is infinite potential of how you feel yourself in your day-to-day life in 2<sup>nd</sup> – sometimes I see the container of the warm glow of friendship, or the indigo wisdom of intuitive knowing here too. Throat, 5<sup>th</sup> is always clear shades of blue waters when healthy. 3<sup>rd</sup> is always a flame metaphor (colors may vary!), and there will be at least a base of warm golden/buttery yellow showing up in a healthy flame, which can happen once trauma imbalances are resolved. I assess for energies that are not too hot (do you push too hard?). You don't want to burn the landscape of the heart/4<sup>th</sup>!). While too low of a flame may connote severe disconnect from the Core – resulting from distrust, self-hatred/embedded negative templates, and not giving enough energy to Heart/4<sup>th</sup>. You want the sun to shine on your life, *but not to burn you!* Past trauma and lives/current life issues may show up in any Chakra! *Give yourself permission to be connected to your Core of pure peace, love, wisdom and joy.* When each Chakra is fully clear and healthy, it anchors into the Core. When it is ready, *your version of the energies flowing to your Core will follow: a dance of dolphins, yellow diamonds, a favorite bird, a child's footprints, the imagery that is responding to the felt Joy of inner harmony will anchor in – each Chakra has your unique imprint of how the energies flow into the Core.* What beauty is woven into each of us! Some people count the minor Chakras in the palms and feet, as main Chakras as well as portals into what seem to me more as outer connections to higher levels of awareness and into the Earth, but

these are more like entry points for energy, not the same as the data-bases of the Major Seven. You may see many pictures of Chakras in other sources. Nevertheless, this is what I consistently see. Note that the Core Star lies at the Navel, between the 2<sup>nd</sup> and 3<sup>rd</sup> Chakras. Here is a more in-depth description of what I see in each of these Major Seven Chakras, and their Element correlate...

## The 7 Major Chakras & Core Star



## The Major 7 Chakras

The 7<sup>th</sup> Chakra, also known as the Crown Chakra, is located at

*the top of the head, extending approximately 1-2 feet above.* When in perfect

balance, we can perceive a portal above the 7<sup>th</sup> Chakra, which leads to the Spirit

realm or through which the Spirit flows (sometimes referred to as the 8<sup>th</sup> Chakra).

This portal is situated about a foot or two above the crown of the head, serving as a

stunning star portal that connects us with Higher Consciousness. Through this

portal, we gain access to guides, helpers, and master teachers.

In the 7th Chakra, we can determine our orientation with the perception of our

spiritual identity and the concept of *'what IS Spiritual connection?'* For instance, I

often observe people's guides in this chakra, but sometimes they become bored

and engage in activities like playing card games or attempting to connect without

success. This is akin to talking to a brick wall, illustrating the level of guidance that

clients are not seeking.

It is crucial that we take time to pause, contemplate what is for the highest good, seek help, and listen for wisdom. This portal is akin to a sacred library that we must visit to connect with wisdom from above and allow it to flow into us. Imagine having a phone and never turning it on or taking the time to understand how it works. Then, you would complain that you don't receive calls. Similarly, the Chakras are places where we can and must visit or have awareness of for optimal functioning. Understanding the placement of these Chakras in the body and their respective purposes provides more specific information that can enhance our clarity.

Unused libraries are dimly lit and dusty, lacking the vibrant energy of a well-lit space. Let in the light and fresh air, and seek wisdom and guidance. I've noticed a wide range of guides here, from highly advanced Angelic guides to specific cultural and historical perspectives. Some guides are less active or three-dimensional, merely projections of expectations based on childhood teachings or embedded programming. For instance, individuals who left religious practice due to feeling alienated by varying levels of dogma in certain religions may have abandoned the search for meaning and connection beyond the physical realm, clinging to childhood notions of spirituality. Their imagery might resemble two-dimensional paper cutouts of Angels.

On the positive side, once we embrace the idea of connection, energies can shift

rapidly. Passed-over loved ones may appear here if they need you to know they're with you (offering love and protection) or if they have a message. I've witnessed remarkable healing through these messages. One that stands out was a woman's husband who had passed away (she had seen me due to his sudden and unexpected early death). In her 7<sup>th</sup> Chakra, I described her husband, and he responded by affirming her belief in Angels beyond the beyond. She revealed that during his life, he had not been a believer in Angels and had even teased her about her faith. This revelation was deeply meaningful and reassuring to her. Later, she showed me a picture of him, and it was the same person I had seen. Don't be afraid to explore the possibility of communicating with a passed loved one during healing or when a connection is calling to you. On the other hand, there's an ability to communicate honestly and gain greater insight, compassion, and openness than some were able to achieve in their lifetimes.

Many advanced helpers are ready to assist you. Please ask and intend for only the highest level of pure peace, love, and wisdom! I've seen the magical world of faery sprites, Angelic connections, Sumerian Guides, Monks, Tibetan and Chinese Masters, and even Buddha—many powerful helpers. Often, these helpers reflect a predilection for art forms or music, or they may have personal relevance to you through historical references or past life connections (especially in the Root Chakra). Yet, I've also found that these helpers are living, breathing, and fully present.

To receive their guidance, raise your vibrational clarity through prayer and meditation. Don't just send or ask; also, be open to receiving. You can use concentrative and contemplative meditation or movement-based practices like Yoga Asanas (postures), Qi/Chi Gong, Tai Chi, or Aikido. Perhaps your way of finding peace is through alternative activities like singing, gardening, or mindful, long walks or running. Experiment and find what works for you. Don't be afraid to try new ideas that pique your curiosity. They might seem like fun—for one person, it could be dancing, while for another, it might be rock climbing. *Most importantly, be MINDFUL!*

When practicing sitting meditation, especially if you're anxious or new to it, start with the concentrative types. Focusing helps the mind develop better boundaries. Choose a word or phrase that resonates with you, such as "*I am One with Love,*" or imagine a vivid visual image like a beautiful healing flower with vibrant colors and a pleasant scent, or a place that brings you peace and calm. This practice builds skill and the 'muscle' to focus on what you want, rather than getting distracted by the world's chatter, past thoughts, or "what if" fears.

Once you achieve clarity and calmness in your mind, you'll open yourself to higher levels of wisdom. Make it a habit to stop and breathe throughout the day, release

tension, and relax your body. Then, visit these portals of wisdom whenever you need guidance. Remember, we all have access to a very loving and wise place within ourselves. The more we practice seeking that wisdom, taking time to connect with it, and asking for assistance, the better we can hear it, and the more advanced the information we receive! The energy in this Chakra feels like a Spirit's dwelling or meeting place – an intersection where Spirit guides and Spirit energy is visible and manifested.

**6<sup>th</sup> – 3<sup>rd</sup> Eye**, This is the portal through which we translate the messages from Spirit in this life: body/ mind/ soul. Your Third Eye, located in the center of your forehead between your eyebrows and hairline, is a spiritual awareness that appears as a 3D holographic multi-colored entity when it's advanced. I've seen a past seer's Third Eye glow with an infinite rainbow color, reminiscent of a misty white opal or Rainbow Moonstone form of white Labradorite. This eye reveals how we *translate messages from Spirit*, contrasting with how our programming, inner dialogue, habits, or trauma-reactive/cognitive thoughts, often called templates or blueprints, impact our thoughts and actions. This can lead to internal conflict when we struggle to eliminate negative thoughts or perceive them as something to fear instead of a warning or an echo of a past event.

I've witnessed fractured minds with numerous small, cartoon-like Third Eyes. In one

person with severe trauma, I saw a burnt Third Eye. Others with bulging eyes were constantly observing others due to fear programming. However, I've also seen eyes radiating 3D rainbow magnificence, like sunlight streaming through colored glass windows. The more evolved the individual, the more vibrant the colors, nature, and dimensionality I perceive.

During a client's crisis, I noticed that at a pivotal point in his mid-life, he felt overwhelmed with responsibilities and yearned for more joy in his life. However, the entire right side of his brain was essentially shut down. He had felt the need from a young age to adopt a linear approach, suppressing his creative and feminine side. This wasn't acceptable in his social circle, so the energies were stunted, and he suppressed it. As he allowed more creative expression and self-love, the energy began to find balance.

**The back of the head** reveals the status of any lingering past trauma: *the things we'd rather not confront*, or the *things we've pushed aside or left behind*. This area is directly behind the third eye (in the back). Developing this skill is worthwhile, and there's an art to lifting the head of a reclining client smoothly and gently, while ensuring the client remains relaxed throughout the process. It's the practitioner's responsibility to provide a sense of safety during this procedure!

One story I initially found puzzling regarding its origin. A client came in with intense relationship issues and never completed the Spiritual/Religious section of

the intake form. Given our workload, this wasn't a priority. In the back of my third eye, I saw a young child in striped pajamas. It was 2010, and I had only seen my client wearing a simple gold cross on a chain. I wondered why I was seeing an image from World War II, during what became known as the Holocaust. He understood, so I continued. I saw the boy being held by (who I knew was) his mother, a smartly dressed young woman. A German soldier approached them as they were next in line to board a train headed for a Concentration Camp. The woman urgently pleaded with the young man to at least take the little boy. It became clear that the boy was his son. The soldier remained stoic, feeling compelled to follow orders. Despite his heart still loving them, his mind was shut down. It was an emotionally charged scene, even though the mother tried to contain her fear and betrayal, and the son was overwhelmed and confused. The pain was palpable. It was evident that they had been betrayed by the father and were being sent to a Concentration Camp. Upon recounting this scene, the client emotionally shared the story he had repeatedly heard as he grew up. His grandmother lived with his family. His father was the little boy in the story, and it was, sadly, true. The client's grandmother and father had been betrayed by the Nazi soldier, who died while fighting the Russians. His grandmother and father were about to be gassed but were liberated just in time to survive the Camps. The client had never known his father, who, after they emigrated to NYC, became a gambler and *"hustler on the mean streets in Hell's Kitchen."* Not knowing his father, the trauma passed down from both his grandmother and both their losses was

what we worked through, and it was a beautiful healing process. This client had no idea that the story and its profound impact on him, which was deeply ingrained in his childhood, had left such a lasting mark of pain. *We often forget or push away what is too much for us, but it remains in our energies, waiting for the right moment to heal.*

I have many extraordinary stories to share, but one that stands out was with a client from the medical field. I have worked with doctors and their wives numerous times, and this particular client was intrigued by my work and sought greater inner peace. His intake showed no signs of trauma, a wonderful family, and I wondered if the chakra work was even necessary. However, there were enough subtle indicators during the initial checks to suggest that there was still work to be done. This client was first seen in 2013, yet these issues are timeless.

Men in our culture are often encouraged to be macho and suppress their emotions. This can lead to disconnects between our ability to respond to cues. This client had a wealth of content in all his chakras, primarily focusing on his successful practice and maintaining mindfulness amidst the chaos of clients coming and going throughout the day. As we reached his third eye, I noticed a vivid story unfolding. You may have seen a play or depiction in a movie of waves, resembling walls of wave shapes in three or so layers, with different shades of darker to lighter blues. Stagehands would manually move the screens vertically back and forth in a wave-

like motion, demonstrating the movement of ocean water. This image instantly transported me back to elementary school. It felt like a distant memory, almost as if it had happened to someone else or triggered an out-of-body experience. I went under, and the darkness enveloped me. There was no light, and I felt a sense of suffocation, confirming that I was recalling a memory. I asked the client if this was a metaphor or if he had actually almost drowned or died in the ocean during his elementary school years. The client was astounded and revealed that he had never spoken about this event, which had indeed occurred. This experience completely transformed his perspective on his previous reality. Having come close to death, he was instructed by his father not to tell his mother, who was not present at the time. However, his mother had specifically asked them not to swim in that area, possibly due to warnings about the water conditions or a lingering feeling she had. To protect his father and sister, who had also nearly drowned while saving him, he had to suppress the memory and move on with his life. The guilt of his father was the driving force behind keeping the secret. Going to school and hearing other kids talk about their sneakers and toys no longer held sway for him. He couldn't relate anymore because he had thought he was going to die and then, miraculously, had been revived. He had no one to process the events that had occurred, and he didn't want to revisit them. Later, when we corrected his CSMLs, only the lower left column of the Spirit Line (which reflected his younger age when the break occurred) referenced his childhood disorientation, shock, and feelings of shock related to his previously utopian existence. He also expressed a profound worry about God or

what being here on Earth meant, given his otherwise very Spiritual nature. In that minor break, I saw him scuba diving, his love for water as an adult, going too deep and getting a sharp cramp, knowing he was dying yet also feeling incredibly lucky to be on this beautiful planet. We shared this insight with his seven-year-old self, who at that time fully believed he was going to die, to further heal the emotional trauma that had lodged in his 6<sup>th</sup> Chakra and caused numbness in his CSML related to Spiritual development and connection (and “it’s not safe to be here on Earth” trauma). He then told me that scuba diving was a favorite hobby (which I didn’t know, and he had only listed liking to exercise on his Intake!). We had to work on his ability to manage his thoughts more clearly, breathe correctly, and meditate to bring more awareness to this person who now has the ability to help even more patients with his increased clarity and grounded presence.

I have seen energies mis-used here, to go outside the body, like a vortex, searching for others point of view, or to control others. I’ve even seen this energy inverted out the back of the head, in an extravagant way of hiding. Energy here expresses as the technology of our inner sight. It is neither a place nor an Earth Element. It is the representation of the intersection between Spirit wisdom, and our Spirit’s inner sight as it relates to our body experience (whereas the Spirit Point of the Well of Pure Sight IS the intersection to Pure Sight/wisdom – see Chapter 4 for more information on that!). When I want to link into my Core, one way to do it is through holding palms on places/points on Central/Governing Meridians, I hold at the navel/ Core Star, and between the brows, not on the 6<sup>th</sup> /3<sup>rd</sup> eye Chakra, although

this is also a separate option which is less about activating the C/G loop around the Core. However, holding on these two Meridians (which are also Radiant Circuits) activates and connects with the Core best. Once this is activated however, any front or back palm hand positions can reinforce the Core Connection!

5<sup>th</sup> – Throat, my Voice, My Choice – How I choose to express (and most importantly, how I know for myself) my truth. *Do I have supportive and listening friends/family?* This is the beginning of the Earth based databases... this Chakra has *circular channels* of healthy flow of water – or the status of the water is a metaphor for whatever the emotional status may be if not healthy (think fresh blues, healthy, sun-sparkled waters flowing – not leaking walls, dry water wells, nor raging waters!). The circles represent each Chakra level (even on the left side, 2, 4, 6; odd 1,3, 7 – usually 5 is what I read at the center. When I see a block it could appear where the flow enters (in the clients lower right quadrant) or where it exits (above the entrance point). This shows how our voice, expresses our connection to power of choice, and our connection to representing each chakra, where there are blocks &/or balance which may affect the chakra as a whole, but at least at that section. Are we open to other's needs; can we hear others opinions – are we too open? Are we blocked with many weeds and other markers of clutter blocking our voice? Hear your own truth, and give yourself

permission to consider your voice, Spirit wisdom, and whether others opinions or needs are relevant to you before jumping to express or act. Located between the jaw and top of collarbones. **Upper back** is a place to put your palms too – this is an area that tells *what weighs you down*, or what *you worry about*; or it may be a burden you accepted to carry. Located on top of the head to a foot or two above. It is a Reiki position, and it may refer to things that block you from *knowing your truth*, or that may relate with *worry*, or feeling a *heavy heart*. Energy here expresses as the Earth Element, presented in well channeled *Water* ...the question is, is yours blocked or flowing, healthy: or blocked/muddy/dry/flooding?

**4<sup>th</sup> – Heart, Your relationship with LOVE, family, in the world.** *When unhindered, a landscape can represent your best ability to give and share love, your level or scope of generosity, or your need for safety. It can also reflect other aspects of how you interact with this generosity and love in the world.* Flowers or landscapes, often green and pink, are primary, but other family members may appear with their own colors represented by flowers or trees. I've also seen Bach remedy tree types or other plants representing the client (front and center) or as a commentary on the client's current status, ranging from wild and exotic to ordered. These plants can also represent other close family members.

The time of day or atmosphere can appear in a range from bright to dark, representing the level of connectedness (or feeling part of a group, like sunny) versus loneliness (in a cave, low light, or even water dripping indicating a leaky or

disempowered Throat Chakra). The flower represents the essence of the soul. I've seen one red rose, one glistening orchid (lonely and feeling separate), a beautiful secret walled garden (feeling guarded and needing to feel safe boundaries), and an expansive verdant valley leading to an orchard cathedral of trees.

The landscape of your soul, your personality type, and interests is reflected here, showing the status of your life's relationship with love and compassion, family, past or current unresolved hurts, and the health status of your love relationships (not only romantic). If the client feels separated from love, they may be watching from a cliff, a frozen landscape, or as above, they may exhibit a more chronic condition, living in darkness and lacking hope.

Assessing the element type can provide insight into how the individual responds to stress and may offer clues on how to help them regain hope, feel more empowered, joyful, and regain boundaries and reverence for life. Metaphors are very descriptive of the situation at play. The larger and more sophisticated the person's reach and mission in the community and world, the larger and more specific this landscape may appear. Note the size and health of the note, the state of bloom, and its orientation with other signs of life, flowers, or water. The water should be in the throat, so does this indicate an overlay, and if so, why? Are there other elements present in the landscape? **The back of the heart** shows the status of your self-

concept of deserving love or being lovable, or how this is manifested in your actions. It's located from the collarbones to the bottom of the sternum. The energy of the Heart is expressed as the Earth Element of EARTH, which represents our connection with the Earth and other beings. If we're too hot, the 3<sup>rd</sup> Chakra's Fire will burn out the landscape, while if we're too wet, the leaking Throat chakra will cause mold or mites, indicating places where we've lost our life force and the effects of trauma, which also highlight relationship boundary violations!

### 3<sup>rd</sup> – Solar Plexus, the fire of your soul, *knowing that "I matter"*

— Your inner power and connection to your true self, your authenticity, and your integrity; where you may lose or divert your energies to others or status symbols indicate the health of your self-love, your belief in your worthiness of love and beingness. Giving excessive energy to others hinders your life force from being fully present for yourself. Over or misused adrenal firing may manifest here, causing immune system and hormone issues to resemble a hose with only smoke coming out; tumbleweeds rolling past in a desolate, burnt-out landscape; or a pilot light or another form of flame that is not lit, too hot, or flickering. This location is situated between the bottom of the sternum and the Core Star at the navel. The Earth Element is expressed here. Are your pilot light well-lit, or do problems arise related to maintaining the fire's presence? Does the Earth or gravel element manifest as a desert or an abandoned town, with tumbleweeds rolling through? Is

there a gas line with only fumes emanating from it?

**2<sup>nd</sup> – Sacral/Abdomen, How you manifest your soul in the moments of your life.** Your relationship with your life partner, creativity, and the vast field of Universal energies—to infinity and beyond!—may manifest in the orange chakra or any other color. Indigo energy is prominent here, signifying a high level of intuition in the world (body intuition/kinesthesia). I often come across stories of how we connect with life and relationships. Do we feel empowered, like a little mouse, or stuck, afraid to move? It's time to tap into the infinite potential of Universal possibilities! This chakra is located between the Core Star and the Pubic bone. The energy here expresses as Cosmic/inter-Galactic, reflecting our connection with the infinite potential within our lives. The extent to which we were raised to feel empowered or have that feeling now allows us to let in more of that pure creative force, unhindered by others' judgments, needs, or issues. Additionally, this chakra shows how our relationships with close others impact our ability to effectively channel our infinite potential.

**1<sup>st</sup> – Root, Ancestors...** Our connection to NOW events, and our sexuality, sensuality, Nature, Nature Spirit guides/totems, Life path guides – This is our connection to our deepest wisdom and the ancestral

lineage that influences our present experiences. Are you experiencing any inhibitions or blockages in your life or relationship? Welcome to a grounded yet fun, sassy, and vibrant sense of self. Embrace and love your body and sexuality, as they are integral to being alive on Earth! I perceive this as our gateway to present events or future occurrences, and any anxiety, other emotions, fears, or questions about upcoming events. Do you have a plan for a healthy and fulfilling life? Pay attention to your feelings in romantic relationships (how empowered?), self-love on Earth, and the ability to be heard and to listen to others. Achieve your life goals. Located from the base of the torso/perineum and genitals down through and out through the heels, this energy anchors you into the Earth through the heels. This energy manifests as our portal to our Earth experience (not as the Earth Element), our Animal Totems, past Earth guides, Nature helpers, and Earth influences associated with various cultures and times (such as Buddhist Monk experiences from past lives; Grandmother Tree; Native American Guides; Jaguar Shape shifters; Siberian Tiger; Hummingbird). I've observed these energies suggesting what is needed to support a relationship (in many ways!) and potential outcomes for future events. I witnessed one client happily soaking in a hot tub. Later, she confirmed that her partner genuinely wanted to buy one, but she had reservations. However, the energies in this Chakra indicated that it would be a wise choice. I also saw another client about to embark on ropes training high in the trees, feeling apprehension and fear of failure. Subsequently, I saw her succeed and have fun. Guiding her through what I had seen was helpful. Later, I learned that she was

leaving the following week for military training. Knowing that her energies felt ready was reassuring! She was a medic under immense pressure as a female in the military. When this manifested in her Now time/Root Chakra, Spirit and I were able to remind her to utilize her skills to harmonize with her energies, promoting calmness, clarity, and connection. This region in the Root Chakra serves as an intersection of various factors, including Earth's energies, past life guides from our past, our present selves, and our orientation to the places we encounter in the NOW world. If you listen to your body, it will share a wealth of wisdom!

*"Heaven, Earth, and I are living together,  
and all things and I form an inseparable unity."*

**– Chuang Tzu**

## **Chapter 3** – *The Energy Systems of Chinese Medicine,*

### *Part 1: Meridians and Elements, and how they fit into CSMH*

This isn't a comprehensive introduction to Chinese Medicine. Many excellent books have been written on this topic, and I don't intend to summarize those works here. My initial exposure to it came from the book "***Energy Medicine,***" which is a valuable resource, as well as "***Touch For Health: The Complete Edition,***" which provides information on Applied Kinesiology and its application to Meridians. My objective is to share my perspective on the connections and metaphors I've encountered, as well as the *new information* I've gained. I've also found that how I interpret and perceive energies has aided my clients in working with and comprehending these systems more deeply and practically.

In this, Part 1, I'll focus on Meridians, a fundamental concept in Chinese Medicine. As a modern-day seer, my unique perspective is what I bring to this

work — my experiences. While each individual is unique, there are certain themes that resonate with most people most of the time. Meridians are closely linked to *the body's functions* and, in the context of the 5 Elements theory, to *emotional health, our needs, and how we process life and stress*. The well-being of organs (and ourselves) is directly proportional to our happiness. Conversely, unhappiness can have a significant impact on our health, depending on our baseline health and the severity or chronicity of the events. Negative emotions like fear, anger, hatred, or self-loathing can eventually lead to health problems. However, it's important to note that while this may seem straightforward, there are three factors that influence how Meridians and Element Types manifest, which can result in variations of complex presentations:

1) The native or innate personality, awareness level, spiritual maturity, sense of self, intelligence, inner reserves and stamina (both physical and emotional), and confidence/ego-strength of the individual are all potentially relevant factors.

Whether you consider these factors an outcome of astrology, ayurvedic dosha, traditional chinese medicine, sensory type (related to nlp/brain research), past life experiences and/or proclivities, or any other influence, they *all* contribute to how we are wired *in this life* (body/mind connection) and may also include esoteric influences from past trauma.

2) The cumulative effects of stuck pain (unresolved unhappy times, possibly ancestral, or *unresolved* past trauma issues; pain *and* emotional habits, and re-triggering effects due to negative or untrue templates) are also important factors.

3) The *current environment* in which the body lives can also have an impact. This could include current family influences, possibly combined with ancestral, parental, or other strong relationship dynamics in the home; work-related stress and pressures; relationship and boundary issues; or any other non-family environmental influences. These can include low nutrient foods (processed foods, gmo/chemically toxic foods, or other toxic substances in the air, water, or housing materials: i.e., lead paint, asbestos, etc.), which may also cause trauma or impair cognitive function, leading to neurological damage, cancer, or even premature death. All of these factors can contribute to potential trauma, whether it begins as a physical issue, emotional, or spiritual one, and the overlap effect is undeniable. All of these factors affect the innate "Type" or native element.

As mentioned earlier, several factors, particularly our food and water consumption, significantly impact our health and overall well-being. Surprisingly, many people are unaware that a significant battle is being fought, even as I write this book in April 2016, and it appears to be escalating. This battle pits

those with substantial financial resources against those who prioritize truth and transparency. They distort information, limit access to factual events, and disseminate misinformation, creating a state of confusion where individuals struggle to discern reliable sources. This polarization contrasts sharply with the concern for our planet and the health of each individual. Many people simply choose to *ignore these issues*, opting for escapism through alcohol and entertainment. Perhaps this is what they hope we do, but we may also question whether *work and life are already challenging enough. We have been conditioned* to feel powerless and unable to effect positive change. Most of us lack the knowledge and resources to even begin. *However, we are learning and growing. As the 2016 election unfolds, we are witnessing alarming instances of election fraud and voter suppression.* This awakening is a clear sign that it is imperative that we take action *before it becomes too late.*

Perhaps all this commotion is merely the result of eccentric conspiracy theorists? Regrettably, that's not entirely accurate. We must consider a set of Awareness levels and how we perceive the world, not just through our thoughts and minds —there are physical feelings that we must not overlook. We recognize when we feel safe, loved, and *free from judgment*, but only if we pay attention and haven't been programmed to disregard our body's wisdom. Only then do we become aware of being disrespected, violated, or abused. We've been strongly conditioned to trust language, whether spoken or written, which can lead to

submission to those in power. Sophisticated marketing techniques have increasingly become tools for manipulating the masses. This can overwhelm our innate instinct of distrust and self-protection when we feel unsafe. Our environment, as revealed by the work of Author and Epigenetics pioneer Dr. Bruce Lipton, plays a significant role in determining our outcomes. While genetics may determine physical characteristics like eye color, numerous other factors are influenced by what interacts with us from conception and throughout our growth. Consider the seed of your body. Was the mother's home peaceful? Was there adequate nutrition? Was there ample love and excellent self-care provided by the mother? Was the child born naturally in a peaceful setting? Was the child breastfed? Think of a flower. Plant the same seed in fertile soil with consistent sunlight and water, compared to all the other variables that can occur! Is the soil nutrient-rich? Is the air pure? Is the water? No other wild animal in nature survives without its mother's milk! We have strayed from harmony with Nature and the natural world. Despite the climate change deniers, research has demonstrated that humans have a profound impact on our planet. Plants respond positively to love and negatively to all causes of fear. As the saying goes, "Garbage in, garbage out." We've polluted our world without considering the consequences. If we consume poor-quality food, our bodies will also suffer. We are the same.

As we enter adulthood we have more control of where we live, the work (and play) we do, and with whom we spend our time/ our families of choice, and of course what we think, and what we eat, and how we create health. The more consciously we choose what gets into our body to build health, the more we connect with our psyche, our intuition, *as to what is our TRUTH*, then more consciously we can decide how we will respond to said environmental cues (events, expectations, others' needs, and our thoughts and beliefs). When environmental (this includes physical/emotional/thought) toxins get in, our ability to recover relates to how invasive it was, the amount of toxicity – and how strong is the individual fighting the onslaught. This is relevant both in one's will – a clear choice to be healthy, to fight the good fight, and ALSO to their baseline of health. Like finding balance in life, maintaining health is an ongoing need. We are in linear time, and just like a house needs consistent care, so does our body/mind/Spirit. All other factors of course, are part of the equation that will to some degree, affect outcomes too, such as habits of negative, or fear-based thinking and reactivity, or past, unresolved trauma. These ranges of events are on a sliding scale – if you consider (make a list!) all the events that you remember which had a pivotal impact on you, you can with good likelihood come up with *a percentage of the degree it impacted you + or –*, and if negative, to what extent is it still at play? You can measure the extent on a daily basis that it impacts you/ you think about it. Then the question remains, to what extent are you ready to heal it?

Too much of any toxin can be fatal to even the strongest among us. I recall infants who received multiple vaccines simultaneously, possibly encountering a particularly toxic batch. It's unlikely that any infant would emerge unscathed from such an experience. Mitochondria, for instance, have a strong aversion to Aluminum and Mercury. While we may manage to avoid the *worst-case scenario*, some of us are more susceptible to various insults, whether injected, environmental, or otherwise. This is where the outcomes can vary. Vulnerability is cumulative, and the body can only withstand so much stress.

In Chinese Medicine, the Meridians are closely associated with organ health. When organs are functioning optimally, they are healthy. Emotional well-being is crucial for the energy health of organs, ultimately ensuring their long-term health. Therefore, achieving emotional balance—harmony—is essential for maintaining the health of organs. I envision the Meridians as a connected and highly fluid network within the body, similar to their more dense counterparts, arteries and veins. These Meridians have been identified as having specific “points” that can be touched (by hand, Acupuncture needles, or similar objects) or even focused on mentally to regulate or enhance the flow of energy. By seeking assistance from “upstream” or “downstream” sources, these points facilitate the adjustment of energy flow. These pathways serve as conduits for

energy, and assessing them allows us to determine whether our energy system is in balance or imbalanced. As with other energy systems, we can measure the current state and actively influence changes. However, it's important to recognize that there's a wide range of potentialities in achieving *balance*. Holistic is the best way to assess health, and "balance" is not a static status. However, it is easy to assess a commitment to it! We must work to maintain it, however some may put more importance on the status of their relationships, or concrete/body-function, finances/wealth status... for some, 'success' may be measured by how much 'stuff' we have. Is this legitimate? Does stuff make us happy? What gives your life meaning? This is what I see in the Chakras, the issues that really affect you, and these stories emotionally impact the Meridians. Whether we are even conscious of this as a reality is another good question! Most folks coming in for sessions are highly attuned to a desire for more inner harmony and balance. Determining the level of this as a priority is paramount for each of us. What are you doing that is blocking that happening – or supporting creating that harmony in your life? We must consider how this is expressed – the ability to know and *articulate* our experience gives us critical information on level of insight. In fact, it may create insight. We must wonder why we feel as we do, question it – is it an artifact, merely a habit? Do we need to remove it or adjust it? We can change our habits. That's the great news.

Consider your position on this scale. This is the growth curve we're working with (for ourselves or others)! The next continuum is sensitivity, which is also measured by Emotional and Spiritual awareness.

Assess your 0-10 placement on these four scales to identify your strengths and areas for growth. To evolve, commit to connecting with your core truth to enhance clarity in creating and feeling balance, articulating your experiences and needs, and developing emotional and body awareness versus Spiritual and intuitive awareness.

**The four "Awareness Scales" – which may or may not overlap – are:**

1.1. Balance/Harmony **vs.** No Balance/= energy flow disconnect.

2.2. Ability to express experience **vs.** Poor communication due to disempowerment, fear, emotional overload, and trauma reactivity.

3.3. Highly Sensitive Emotional/Body awareness **vs.** Unaware of Emotional/Physical cues.

4.4. Highly Sensitive Spiritual/meta awareness **vs.** Unaware of Emotional & Intuitive/Spiritual cues. (Also, can differentiate from fear-based, over-reactive cues.)

## Meridians and Emotions

Emotions originate from our body's organs and are triggered by various factors, including thoughts, events, or reminders. These triggers initiate cascades of chemical reactions, hormones, neurotransmitters, and electrical messages within our nervous system. Sometimes, a thought alone can be the trigger, while other times, environmental stimuli can be processed solely at a *physiological* level, bypassing the conscious mind. This can happen when multiple *intense or painful triggers* occur simultaneously, or when the body numbs itself as a protective mechanism against overwhelm.

During these chemical responses, our meridians receive and respond directly to the present moment. This is why working closely with our meridians can help us identify and regulate emotional responses that may be unconscious. I often advise clients to imagine their body as a puppy or a similar pet that relies on them for care. If an upset puppy were to occur, we would try to understand the reason behind it, stay calm, and seek help if necessary. Our bodies have their own *perspective*, and since they are our containers for this life, we must recognize and appreciate its point of view, as it profoundly impacts us.

A great book that delves into this process is The Revolutionary Trauma Release Process: Transcend Your Toughest Times, authored by David Berceci, PhD.

We must consider the source of our reactions. Are they driven by the body's fear (survival instincts) or rooted in our history, ancestral stories, or subconscious thoughts? Do we have internal rules about how the world *should be* or what others *should* do? These rules *can* be healthy and rational, *or they may not* be. Sometimes, we react to assumptions rather than facts.

We may be feeling emotions we don't understand or that overwhelm us. These emotions can trigger more reactions from the body, creating an ever-widening spiral. It's important to stop, notice, and contemplate our feelings. Ask yourself, "*What am I feeling?*" and "*Why am I feeling this?*"

Additionally, it's helpful to measure our physical needs. Are we hungry, thirsty, or have we gone too long without eating or drinking water? What food did we eat, and was it pure water? Do we need to use the bathroom, and have we been hydrated enough? Have we eliminated at least once today?

Finally, take note of the people you've been spending time with and where that time has been spent. Do these experiences remind you of other times or events?

During our early years, we experience a "pre-verbal" period. While we may not recall specific events, our bodies do. At any age, our emotional and chemical reactions can be triggered by environmental cues and stimuli, such as people, places, music, or any sensory information like smells from food, perfume, animals, hospitals, and so on. Additionally, we may have ancestral or other life triggers. By the age of four, most people develop memory.

Until about age 6 or 7, we are in a state of dreamlike awareness known as the **Theta state**. During this time, everything we experience is perceived as true by our bodies. It's a "this is the way things ARE" time that becomes our "normal." I've observed a continuum of awareness in clients who initially had a sense of goodness and the feeling of health. Later, when abuses occurred, they could clearly recognize not feeling safe or loved. When the body experiences fear or betrayal, it can become personalized and embodied by the soul. This means we may *identify* with our body's fear as *our own identity*. This complicates matters and hinders healing. Our bodies and energy systems strive for health, but it's like trying to drive a car with a cracked frame or missing parts—we act as if

everything is great! Some people's version of "normal" may be quite different from what we perceive.

I'm talking about *anger, rage, fear, shame, blame, guilt, grief – or self-loathing...* these emotion habits or stuck reactions can become part of the identity of the Soul and can fuse with our thoughts. It can lead to less than optimal energy habits in the body and Meridians. Either way, this is like a program that was put into the hard drive of not only the subconscious, but also it affects the functioning and deepest levels of energy systems. Emotional health is critical, and, ultimately, for organs to remain in health, we must have a loving environment, emotional balance – harmony. What happened in Utero to age 3, or 4 to age 7 – these are the building blocks of how we are wired, in addition to our innate wiring of Element Type, etc. One loving person can make a world of difference in a child's life, and affect where on the continuum of healthy we are in all ways. So, to the degree that we have *emotional safety* (clear boundaries, kindness, love, joy, thoughtful and considerate communication, encouragement, and being seen and guided – inclusion), to that degree, we are far more likely to be healthy, and recover quicker, than if we have only physical safety or – things. A flip side of that coin is called being "spoiled" – we think of this as someone who got anything they wanted growing up. But again, this is on a continuum. What are the boundaries? Is grandma spoiling the child in good fun, still keeping their best interests at heart? Or does the child have too much sway in decision making? Is a boundary-challenged parent caving in to childish demands?

Spoiling can be just as detrimental as neglect if there's no balance. When love is questioned, trust and/or fear issues arise, and ultimately, a child who always gets their way may feel unsafe and powerful—a dangerous combination. They may not develop good judgment, patience, or the ability to give back.

We're more likely to recover quickly from an environmental shock if this experience is rooted in awareness of our connection with loving people. Feeling heard is crucial, and getting comfort, knowing we're cared for and that help is available when others can provide it, allows us to feel secure. This is vital because it teaches us to internalize that safety net, enabling us to recreate it as an adult. Animals and nature can also serve as comforting sources.

How do we identify stranger danger when the danger is someone we know, like a school coach or neighborhood priest? Shock and trauma can occur even outside a safe home, such as at a sleepover, from a visiting or visited family member, friend, or relative. Those labeled by society, family, or others as "friends"—like a dangerous babysitter or their guest—may be the proverbial wolf in sheep's clothing, even if others have mistakenly or doggedly viewed them as safe. Just as with natural disasters, kidnappings, family tragedies, or losses, we may be exposed to unexpected and unknowable situations that can lead to

verbal, sexual, or physical abuse. This is especially true when family is too invested in reputation over reality.

Poor communication can be so deeply destructive and even deadly.

Family dynamics can also include unresolved trauma from events during family transitions, such as divorce, financial losses, or the loss of a home. This trauma may stem from addiction, illness (your own or someone else's), a hurricane or car accident (your own or someone else's), a frightening ER visit, or surgery. Later, emotional, physical, or sexual abuses may trigger memories of these earlier distortions, causing larger fissures or blocks in Energy Systems.

Clients have often expressed difficulty remembering much of their childhood, and this can be related to a fear-sublimation process. This process involves distorting the childhood perception of the loving parent to reconcile it with the wrongdoings. The "bad" memories are subconsciously buried, and it's not disloyal to seek the truth. Parents are human beings, and despite their love for their children, they may face challenges, strengths, weaknesses, and communication issues. Loving one's parents doesn't necessarily mean that all that happened was healthy.

I've observed defensive stances of love or fear as barriers to healing. Anger can also be a barrier that blocks healing. The work involves simply being able to acknowledge the truth of what happened. We must be awakened enough to *question* it and open enough to see what truly transpired. This opens up great hope for repairing, rewiring, and re-connecting any impaired pathways. This leads to improved energy flow within and between the organs, resulting in a happier you! It also enhances your understanding of your needs, and when there's potential for mending relationships (from both sides), it can assist you in doing so as well.

I perceive the Meridian energy system as a pathway, *akin to wiring* in the body, except there's no physical pipe. The most comparable system in the body is the nervous system, which also transmits information through electrical pulses in the brain and to and from the heart, gut, and brain throughout the body. These energy systems serve as Spirit's means of processing information. This information is then shared with the organs. Remember, we are Spirit incarnate – we are the observers of all that transpires. The more consciously we acknowledge this observing, the more information we gain *to make wise decisions and responses*. Therefore, the body presents our observer (Spirit in physical form or SOUL) with information, and our observer can also engage in discussions with the body-consciousness. Just because we cannot perceive these events or our medicine has yet to fully quantify these inter-actions doesn't imply

their absence. Consider how sound travels. We can't see it, yet the powerful vibrations produced by an opera singer can cause a wine glass to shatter. Most of us possess functioning ears, and unless sound is not measurable or not causing glasses to explode, we can process these "invisible" influences. When we think of invisible entities like thoughts, language (mentally spoken), scents, the sensation of touch, taste... these senses are felt. Yet we frequently neglect to give our attention to these crucial sources of information. Why do we often prioritize words over feelings? How can we discern if someone is merely a charlatan – a liar? Only feelings can guide us back to truth. Our mirror cells enable us to also perceive the vibrations of emotion in those around us, including those we love or simply those we bring into our thoughts. This is an innate ability that we possess and can cultivate. Some of us have inner hearing or vision, or other heightened senses. These are more refined ways we may perceive these energy pathways as well. For instance, with synesthesia (as defined by Google: *the production of a sense impression relating to one sense or part of the body by stimulation of another sense or part of the body.*), refer to <http://www.synesthete.org/> for further information!

Consider electrical wires, AC/Heating vents, water, and sewage pipes in a home. Just as a wire can burn (over-energy) or a pipe can get blocked (stuck, under-energy, or sluggish), Meridians reflect the status of our experiences on the energy of each organ. However, research findings suggest that our "pipes" or

Meridians run along the fascia and communicate with each other (Dr. Helene Langevin; Thomas Meyers, Author, Anatomy Trains; see more: <https://www.anatomytrains.com/about-us/history/>). These “energy lines” have identified crucial “points”—when these points are held, the Meridian flow is impacted (by hand as with acupressure; with acupuncture needles, or with mental focus).

From: <http://whitetigerqigong.com/meridians-and-muscle-fascia/>

*"It is one thing to read about the meridians, but to feel and experience these connections requires patience and extensive practice. The rewards are immeasurable."*

Meridian flow is akin to the electricity or water that flows through wires or pipes into and out of your home. It also has an external source. In Meridians, these connections originate from Spirit points and connect through the feet, grounding into—and receiving life force from the Earth.

Just as electrical energy in the home can overwhelm the Nervous system, too much energy in the body can lead to system overload. Imbalances can “fry” us. The flow of energy can be reduced or strengthened by seeking assistance from

“upstream” or “downstream” sources. This concept is also known as Triple Heater (TW) or Triple Warmer (TW). TW draws energy from elsewhere to maintain the heart, which it works to keep pumping. For instance, someone who has been chronically or suddenly overwhelmed may benefit from holding sedating points for TW—we don’t want the cortisol flowing unnecessarily or as a habitual reaction. By applying gentle pressure to specific points on either or both sides of the body (behind the elbow and directly under the knee), we redirect the flow of energy. This is a form of communication with the body, and when done consciously, it can lead to a deeper connection and a more effective healing process. Working with an experienced practitioner can help you identify your baseline, habits, and underlying issues.

I prefer to focus on the root causes of any trauma or imbalance. The more severe and complex the trauma, and the longer it remains unresolved (evoking strong negative emotions or numbing sensations), the greater the benefit of seeking guidance from a practitioner with experience in trauma therapy, such as tapping in Energy Psychology or EMDR (if you don’t already engage in these practices). It can be challenging to gain objectivity when starting your own tapping work, so it’s beneficial to seek professional help.

Tracing Meridians and holding specific points can be a supportive measure to help you understand the flow of energy in your body and guide it towards a healthier balance. This process can lead to emotional-response shifts and increased awareness of your physiological reactions. By maintaining a balanced state, you can enhance your overall well-being and facilitate healing.

Holding relevant points around the ankles and wrists (known as Source Points) has a direct impact on the corresponding organs. There's an interconnected relationship between the actions and health of organs, emotions, and our overall functioning. Working these points can feel like providing an energy boost, especially when dealing with low functioning or pain issues.

Meridians are pathways of energy that reflect an IN balance system or a NOT in-balance organ system. While there's a wide range of potentialities for balance, we're measuring how well Spirit and its interface in the body are functioning and being heard. This is reflected in the organs, and the outcome is a state of harmony and well-being. This can also reflect past life issues and karmic agreements. It also considers our innate way of being, whether hyper-vigilant or mellow, over- or under-energetic, hearty or level-headed, sensitive or fearful, and even our Element Type. We will delve deeper into the Element section to explore the developmental pressures that may have altered our natural

responses to stress. By becoming genuinely curious about our influences and native responses, we can modify them to achieve the healthiest version of ourselves.

## **The Meridian Pathways**

There are a total of *14 Meridians*, each named after the corresponding organ. These Meridians not only reflect the status of an organ but also convey specific emotional tones. A good starting point for checking in with your present moment is to place your thumb under your chin and your index finger at the upper lip, connecting them. This gesture aligns with the Central/Governing Meridian, which begins in the front and back of your torso, circles the Core Star, and ends in your mouth. If the Central (Yin) and Gov. (Yang) Meridians are not flowing, it indicates a lack of vitality.

Below are the **12 Meridians and their relationship to time:**

- \* \*\*ST (Spleen)\*\*: Yang, located in the abdomen.**
- \* \*\*TW (Triple Warmer)\*\*: Yang, located in the abdomen.**
- \* \*\*GB (Gallbladder)\*\*: Yang, located in the upper abdomen.**
- \* \*\*SmInt (Spleen and Intestine)\*\*: Yang, located in the abdomen.**

- \* **BI (Bladder)**: Yang, located in the lower abdomen.
- \* **LgInt (Large Intestine)**: Yang, located in the lower abdomen.
- \* **Per (Pericardium)**: Yin, located around the heart.
- \* **CrcSx (Cranial Sacrum)**: Yin, located at the base of the skull.
- \* **Sp (Spinal Sacrum)**: Yin, located at the base of the spine.
- \* **Hrt (Heart)**: Yin, located in the center of the chest.
- \* **Liv (Liver)**: Yin, located in the upper right abdomen.
- \* **Lu (Lung)**: Yin, located on either side of the chest.
- \* **K (Kidney)**: Yin, located on either side of the lower abdomen.

## The Meridian Flow Cycle

...a beautiful flow of Yang → Yin, and Yin → Yang...

**Meridian Flow Cycle** ↓ \_\_\_AM to PM\_\_\_ ↓ ...balance your Yin & Yang energies! ❤️

**A typical time to wake up:**

**Time to get ready / sleep:**

**Yang 7-9AM Stomach** (ST) \_\_\_vs.\_\_\_ **Yin 7-9PM Pericardium** ❤️ (CIRCSX/PER)

**Yin 9-11AM Spleen** (SP) \_\_\_vs.\_\_\_ **Yang 9-11PM Triple Warmer** ❤️ (TW)

**Yin 11AM-1PM Heart** ❤️ (HRT) \_vs.\_ **Yang 11PM-1AM Gall Bladder** (GB)  
**Yang 1-3PM Small Int.** ❤️ (SMINT) \_vs.\_ **Yin 1-3AM Liver** (LIV)  
**Yang 3-5PM Bladder** (BL) \_\_\_vs.\_\_\_\_ **Yin 3-5AM Lung** (LU)  
**Yin 5-7PM Kidney** (K) \_\_\_vs.\_\_\_\_ **Yang 5-7AM Large Int.** (LGINT)

Tracing Meridians is a way to delve into the profound wisdom these energy flows hold. Unlike Chakras, which mirror our soul stories, Meridians are primarily connected to our current life experiences in the physical world, time, and bodily functions. The organs also emit emotional frequencies that contribute to the unfolding narrative content that reflects or responds to the Chakra stories. In two-hour blocks, each Meridian takes center stage, experiencing its peak energetic flow. Conversely, during the opposite 12-hour period (e.g., AM vs. PM), that Meridian reaches its weakest state. *(See the chart above for more details.)*

Understanding the emotional connections and timing of these Meridians can be incredibly beneficial, and this aspect is further explored in the Element section. Additionally, each Meridian is classified as either Yin or Yang, which does not indicate their significance or impact but rather their operational and functional characteristics. In the West, we often mistakenly equate strength or aggression with power. However, the body refutes this misconception, emphasizing the

importance of balance and harmony for optimal health. The body teaches us that we need neither excessive nor insufficient quantities, neither extreme temperatures nor coldness (*thank you, Goldilocks!*). Some organs interact more with the external world, while others connect more with the internal world. Both types of Meridians are essential, and they can exhibit varying speeds, textures, strengths, powers, and gentleness.

We need the inner to manifest the outer, and the outer to nourish the inner – and this is also true in reverse. Without the best dream, we cannot create the clearest vision, so visualizing the healthiest Meridian pathways is an excellent way to teach your own energies what constitutes health (and to encourage that direction as a goal). Moreover, it serves as a means of checking *in* with your current state. Acknowledging your current status is essential for effecting positive and healthy change.

Here's how the Meridians flow through the body: the 14 Meridians begin with the Central and Governing Meridians.

Central runs from the bottom of the torso, up the front of the body to the chin or under the lower lip. In martial arts, it's often taught to connect the tip of the tongue to the roof of the mouth, which links the Yin Central with the Yang, Governing (Gov) Meridians. The Gov Meridian starts just above the anus, below

the lowest part of the tailbone, and runs along the skin, spine, and over the head, eventually reaching inside the upper lip. Imagine our reptilian ancestors walking on all fours; this explains why the tailbone, up and over to the forehead and mouth, is considered Yang (or the “back” of the body). The spine is like our turtle shell (Yang side), while the soft neck and underbelly are the Yin side (the area to be protected from attack). To further complicate matters, the left side of the body is also considered Yin, and the right side, Yang. Therefore, this Meridian pair flows up the center of the front and back of the torso, forming an elliptical circle that mirrors the Aura (Egg) shape. After the Core implants itself into the body, its conscious light radiates through this Center hallway or channel, extending both above and below (Crown to Root). The other two Spirit points anchor above the Core Star, and as the light hits the Root Central and Gov begin to flow. These Meridians serve as the body’s response to the awakening Spiritual essence, positioning itself within the evolving form that also shapes our individual aspect of Spirit. Thus, the first Meridian pair—or pathway that acknowledges the Core Star—is a Meridian pair and a Radiant Circuit. As it envelops the body, it absorbs the Spirit life force at its core, proclaiming, “I AM” —a small spark of what exists as a part of infinite, eternal consciousness, now manifesting or living *in form*. We’ll delve deeper into the Radiant Circuits in the next chapter! The Meridian flow practice of tracing, or as I prefer to call it, “checking in,” always begins with being present in the *moment*. We first check in with Central and Governing, then consider the hour and trace the Meridian

where it is strongest (refer to the chart below). Alternatively, we can consult the chart on the opposite Meridian, particularly if there are any concerns.

Reflect on your childhood experiences and how they've shaped you into the person you are today. Identify areas where you feel there's room for improvement, but don't dwell on blame or shame. Instead, focus on the truth and let it set you free. Do you recall any unresolved situations? Remember, we can't control how others learn or respond to life, and everyone was doing the best they could. However, we can acknowledge our current situation and choose to accept what happened. By recognizing what transpired, we can pinpoint the areas where we need to work, gain understanding, heal, and develop new skills for a healthier, more fulfilling life.

## **Tracing the Meridians**

As mentioned earlier and it's worth repeating, there's a single pathway, and its sections are called Meridians. I begin with the first Meridian, labeled ST on the chart. I tend to mentally trace my Meridians between 7-9 AM, which is my usual wake-up time. However, you can trace or check any Meridian at any time of day.

It's important to know which Meridian is at its strongest, and to find that, start wherever you are in the present moment (as indicated on the chart). Notice that Yin and Yang are always opposite each other.

I also tend to start with ST even if I had the opportunity to fall back asleep and wake up after 9 AM. For instance, if I woke up at 11:05 AM (Heart time), it's like a nod to ST and SP that I slept through their "time" to acknowledge them. By doing this, I can get to the correct time (Heart) more quickly and then check in more fully, repeating ST and ending with SP. This way, I'm acknowledging that I woke late to my body. Starting with ST for me signifies that it's a new day, and that's what works best for me.

The great thing about working with your own energy is that you can tailor it to fit what works best *for you*, each time.

Flow cycles, which relate to time, consist of (*in 2-hour increments*): Stomach/Spleen, Heart/Small Intestine, Bladder/Kidney, Pericardium (Circulation Sex), Triple Warmer (Triple Heater), Gall Bladder/Liver, Lung/Large Intestine. These are paired, and they also relate to the 5 Elements organized in a different way, flowing through the Control Cycle. As shown in the chart above, the Heart Meridian is paired with the Small Intestine. The Fire Element includes these two

and Pericardium/TW, comprising a total of 4 Meridians. These are separated by the Water Element (Bladder/Kidney) *in the Flow Cycle*. During the time each Meridian is listed, it is at its strongest. Conversely, its opposite on the wheel is at its weakest energy level. Kidney energy nourishes the Heart, and in our bodies, the Heart holds the key to our purpose on Earth! While we often consider the Kidney as an organ, it also relates to bones. The Bladder regulates the nervous system, so this vital station must receive its flow from the Kidney, or we experience a state of "FRIED"ness! It's akin to gears in a hydroelectric plant coming to a halt when the water supply is cut off! If the Fire Element (Heart and its supporting elements) becomes too hot (overwhelmed or burnt out), our ability to function effectively is compromised. Therefore, both literally and figuratively, we must nourish and hydrate our heart! Every system originates from the Core, *from which the Heart and Mind emerge*. The Control Cycle is another way of organizing the Meridians into sections called Elements. These Elements describe how we develop, manage life, stress, relationships, interactions, and maintain emotional balance (see the next section for further details on Elements).

Below, I'll describe how I perceive the Meridians, which connect our physical world to *time*. *This is* the sequence in which they flow, which is also relevant when considering the Elements. Each pair flows into the next, except for Heart, which has two pairs mentioned above. *Heart (YIN) flows into Small Intestine (YANG), which is then separated (or regulated) by the Water Element's Bladder*

*(YANG) and Kidney (YIN). Only when Heart is nourished by Water can proper digestion begin or true goals be achieved. On the other side of the Water Element lies Fire, with the Heart protector of Pericardium (YIN) and Triple Warmer (this YANG Meridian corresponds to the endocrine system, including the Adrenals and Thyroid). It's believed that the Heart is also an endocrine organ, which explains why it's part of the Yang of Fire Element. When the Heart is nourished and feels full, as if fulfilled, we can reach out and participate in the world with generosity and meaning. Our abilities are put to the best use. Do you approach the world with love or fear, with the intention of taking or giving, or with a desire to learn, grow, and share? This is what the Meridian Flow teaches. I've listed the basic tracing pathways, but this doesn't include the complete Meridian journey, which may have multiple "branches." This is not a comprehensive survey of Meridian pathways. When tracing, we use the entire hand, so we're not necessarily referring to exact acupuncture points here.*

Also, as discussed in Chapter 1, the first two Meridians (Central/Gov) are often omitted from basic Meridian lists in many TCM texts. Instead, they are identified as two of the reservoirs, the eight extraordinary flows (Radiant Circuits, sticking with the EEM name), yet they are the only ones that have acupuncture points. Consequently, Central influences all Yin energies, while Governing influences all Yang. They are the source from which Yin and Yang emerge and reflect Now-time. They also relate to the original positioning of the Core Star in the central

hallway of the body, known as the Chong Mai (the ocean of life), which I believe is distinct from the eight flows or circuits.

1. **Central:** This is the center-line or vessel that runs along the front of the torso. It is paired with Governor (#2). Begin each practice of tracing meridians by at least visualizing this pathway emerging from the bottom of the torso (pubic area or perineum) and ascending to the chin, just below the bottom lip. This pathway corresponds to the Chong Mai (Central Hall). The pair of Central (also known as Conception) and Governor connect the other two Spirit Points, Radiant Circuits, and Chakras to the Core.
2. Imagine a serene evening Moonrise Central (Conception) gently rising, embracing all things Yin—gentle, secret, cooling, and calming. As we remember the words "*This little light of mine, I'm gonna let it shine,*" let's recall that our light resides at the core of what truly matters. It represents the best of us and is sacred. By honoring it, we express our life force through its lens.
3. However, it's crucial to recognize that *not everyone understands how to honor their Core*. Therefore, we must maintain awareness of our Core at all levels for our well-being and health. Tracing the Core and its partner are essential in recognizing the Core Star. As we consciously trace, we can reconnect with our origins and transcend the trivialities and red tape of daily life.

4. Without the Core, there are no energies or spirits within the body. Respect that all energies are present for your unique learning and expression of this sacred light..

5. **Governing** ... The center-line rises from the tailbone going up, over the head, ending at the inner upper lip. It meets Central vessel in the back of the mouth. Like the Central vessel, it begins at the Ming Men point (back side of the Core Star, parallel with the Navel), and then travels down to the bottom of the torso ([https://theory.yinyanghouse.com/acupuncturepoints/theory\\_ev](https://theory.yinyanghouse.com/acupuncturepoints/theory_ev)). The back of the body is Yang – and this line is like a bright morning Sunrise, that lets us see what is afoot.

**With each of the remaining 12 Meridian flows** (which exist on both sides of the body), **we have a spectrum of healthy versus unhealthy behaviors.**

**We can *assess and* identify which traits were encouraged or required to survive our childhood and family dynamics. This may influence the Meridians that make up Element presentation. In the healthiest family dynamic, the parental units would acknowledge their children's strengths and encourage a balanced lifestyle.**

**Stomach – 7-9AM (ST) ... “Nice-it is” – do you over-spend energy on others' needs? Be a Door MAT – or a Door-way (*to compassion and healthy boundaries*). Another way to see it is do you choose to “be a**

**Worrier” – or a (Peaceful) Warrior. *Are you being like a hungry, needy or anxious child – or an over-protective mother? That is, know the truth for yourself – and share (as that is relevant). Respect your own needs, and don’t be afraid to ask for what you truly need... recognizing that you too are a reflection of the Divine. This is the Yang part of Earth Element. I do not eat/exist only to serve others. I also eat/imbibe life because I AM here for me as well, I have my own reason for being. I will listen to Spirit (dreams, omens, guides, Nature) to find balance in how I use my energy! Are we in a mode of compassion for all – or over-compassion, where we are only giving, having lost or forgotten our ability to listen to Spirit? We must always seek balance. It is true that some life moments and paths involve going out on a limb to help others, and when this is a conscious choice, guided by Spirit, which means being very much in alignment with that truth, then there has been no distortion, no doormat behavior, or over-worry. This is a totally different path, and it is the empowered path of working with Spirit. This means right action, and clear thought. There is no other higher power... this is when a human SOUL has transcended dogma and pettiness, such as when rules have deteriorated into any political type of power play. When we look at this on a large scale, I think of stories of Saints and Political dissidents; Jesus, Martin Luther (either one), JFK, etc. I have seen lifetimes in clients, where learning patience, developing***

***observational and networking skills in this life are key lessons. Certainly Martin Luther King was trying to create change. His life affected the world in a positive way, yet he was murdered. In this time, it is my assertion that we are here again, to stand in our power, WITHOUT FEAR – together and UNITED – this time to create lasting peace and harmony, and that this will be the majority of our new thought paradigm. See the truth you want to live, let it feed you – then walk the talk. Have courage, and know that many resonate with truth, so seek truth, and know when to say NO.***

The Stomach Meridian begins beneath the pupil of the eye, on the cheekbone, and descends along the face, resembling the application of war paint. It ascends towards the ears and traverses the jawline, proceeding up the sides of the face, right in front of the ears, until it reaches the hairline. Subsequently, it traverses straight down, over the eyes, and descends along the mid-face, tracing the outline of both hands. It then moves down to the collar bones, extending to the edge of the inner shoulders. It continues straight down over the nipples, scoops inward towards the navel, and then extends to the hip. Finally, it descends in front of the legs, just outside the shinbone, and terminates on the second toe.

**Spleen (SP) – 9 AM to 11 AM:** Get ready for your day and prioritize self-care! Embrace an “I can do it” attitude and focus on your well-being. Avoid giving

yourself away without conscious choice or considering your needs and the needs of others. Are you a victim of “nice-it is”? In Spleen, this manifests as the saying “Fools rush in where Angels fear to tread.” Imagine being like Florence Nightingale, rushing into a fray without taking time to assess if it’s *safe* or *appropriate* to help. Sometimes, we give ourselves away without realizing it. The saying “*Pearls before swine*” comes to mind – no one appreciated our efforts. Be discerning and use your energy wisely.

Unless it’s Spirit, true conscious high-level choice that guides you, don’t act out of feelings of “I should,” habit, worry/fear, or any other misplaced incentive. The idea of a “bleeding heart” is unacceptable! This can happen when over-worry is triggered by a Triple Warmer gone haywire, causing you to literally lose yourself in the company of others. Go within – ask Spirit, “Is it for the highest good that I do...?” Or, clarify, “What is for the best that I do...?” We don’t always know what will be appreciated later, and to have “*no regrets*” is my mantra!

**Spleen**, like Liver, starts at the big toe. SP is the medial (middle or inner) side, while Liv is the lateral (outer) side. Both come up like a fluted Lilly-like flower. Think about the ideas entertained by Stomach – do they resonate with your Core of truth? Are you strong in your self-identity? Do you feel safe in your environment? Do you notice pressure to act a certain way to be loved? We must

seek healthy relationships that will support being relevant to our own needs and goals (which may include helping others). Can we be compassionate AND fully present??? How much has LIFE outside past and current family (and family's response to life) affected our inner templates of who we are in the world, and how to proceed to assimilate it well?

Being of Service means prioritizing Spirit's guidance over fears and others' demands, even if they're subtle or subconscious. This might indicate that you haven't taken time for your own needs, which is the darker side of setting boundaries between the ST Meridian and the Earth Element. The question is: do I succumb to pressures and others' needs, or do I prioritize my own truth *in this moment*? You've already taken a step in the right direction; now, give yourself permission to delve deeper into this work. Follow the energy, and you'll start to feel healthier. Begin by simply observing. Take small steps, acknowledging what you need and moving forward. The more you do this, the more equipped you'll become to fulfill your Soul's mission. Don't rush into decisions; **take your time to process what's needed and avoid compromising your values. Instead, focus on connecting with Spirit and your inner truth. "Shoulds" and Ego shouldn't dictate your choices; instead, observe what's happening, acknowledge your feelings, and know that it's okay to seek help from trusted sources. Sometimes, when we're under immense stress, it becomes challenging to hear Spirit's voice. Alternatively, there might be a significant transition, life lesson, or shift occurring. Be gentle, patient,**

**and mindful. Cultivate curiosity and keep asking Spirit for guidance. We operate on a need-to-know basis, receiving high-level information.**

***Trust that we're here to learn and grow. We're presented with numerous opportunities; pay attention!***

As this energy ascends up the inner leg, you'll feel a strengthening sensation. As it reaches the front of your torso, it flows into your abdomen and then into your armpits and sides of your ribs, as if you've been *lifted up*. Allow this energy to flow down the sides of your body until it reaches the *edge of your ribs*.

The Yin aspect of the Earth Element. Begin by visualizing the end of the ST Meridian at the second toe and connecting it to the big toe, the upper, inner, and medial corners. The line then ascends the inner leg, passing over the inner knee; it extends to the hips, following the natural curve of the body. There's a slight curve inward towards the navel, then upward to the armpit, and finally down the ribs, along the side "seam" of the body.

- 1. 1. Heart – 11 AM-1 PM (HRT or HT):** Feel the power of compassion intertwined with truth. Allow the simple, pure joy of LOVE to emanate from your armpit once more, as both you and the Spleen respond. In part, this is a mirror to the Spleen's journey, as it responds to the flow of SP, which transmits its beautiful mission for your life. What do you love? The more we honor our truth (not ego righteousness) in each moment, the more we honor the Spirit and Heart Meridian. Being uplifted gives us the strength to nourish this

most crucial organ, the courageous and gentle **Yin Heart**. **Feeling safe in my body, love radiating from my cells, my SELF, I can hear the yearnings of my Soul. The Heart can submerge, retract, splinter, break, or go dark – or shine brightly. First, we must fully embrace SPIRIT love, which is eternal. The human heart is more fragile than the Spirit aspect of the heart, but when we connect with our source (the Core Star), we become stronger. Love is connected to romantic, platonic, and Spiritual relationships, including the love of Nature – the beauty of the Earth and life itself.** The Heart Meridian is the Yin aspect, paired with Pericardium, of the Fire Element; their Yang counterparts in Fire Element are SmInt and TW. This time, the energy flows from your armpit down to your pinky finger.

2. **2. Small Intestine (SmInt or SI) – 1-3 PM:** We now feel safe and empowered to honor and listen to our inner voice. The Small Intestine is responsible for making choices that directly support our health and well-being. When we trace the path of the Small Intestine, we can more consciously give energy to physically assert our commitment to listening for accurate information – the truth of the present moment. This aligns perfectly with the metaphor of a headset we see with the other Yang aspect of Fire Element, Triple

Warmer (TW). By tracing the path of the Small Intestine, we can visualize ourselves giving energy to physically affirm our resolve to listen for good information – the truth of what is happening right now. This is a great example of why practicing proper breathwork and cultivating a habit of listening to our truth/Spirit is crucial. We must be prepared to make quick decisions, just like **Zorro. This line creates a striking, blazing 3D Z shape (visualize this shape forming from the bottom of the Z). Imagine how confident and decisive Zorro was! As the Defender of Good, Zorro made wise choices, even when they were unpopular. Be the wise warrior for your heart!** Assess your habits of being agreeable (or having been taken advantage of in the past and diverted from your truth) versus truly listening to your body, mind, and Soul.

Remember, the Heart is composed of neuron and muscle cells – it is far more than just a “pump” and also an endocrine organ. Our brain processes all incoming information from the body. I liken the Heart to the brain of the Soul.

The nervous system of the heart comprises approximately 40,000 neurons or sensory neurites. One of its primary functions is to monitor the heart’s hormones, neurochemicals, heart rate, and pressure information. Additionally, the heart transmits information about the behavior of these chemicals to the brain. The heart and brain maintain constant communication through the vagus

nerve system and the electromagnetic field of the body. This dynamic communication process enables the consciousness of the heart to influence how the brain processes information. Furthermore, this process can also affect the flow of energy within the body. Source: <http://www.wakingtimes.com/2016/02/18/how-the-human-heart-functions-as-second-brain/>

**Respect your dietary preferences, lifestyle, and energy conservation**

**practices to avoid burnout.** Honoring your truth involves listening to your inner voice (always connected to creating meaning and contributing positively to the world). Trust in yourself and act upon your truth. It's not about power struggles with others. The Small Intestine Meridian is the Yang partner of the Heart Meridian in the Fire Element. Its Yang partner is the Triple Warmer (TW).

**To locate the Triple Warmer, start from the inner pinky finger, move to the outer/top side of the pinky finger,** trace up the top edge of the arm from the pinky to the shoulder; then, move down to the space between the top of the scapula and the spine; up to the front cheekbone; and finally, back to the ear on the side of the face.

3. 1. **Bladder (BL) – 3-5 PM** (*sometimes called Urinary Bladder, UB, as opposed to Gall Bladder*). **This is the nervous system's correlate.**  
**Imagine a waterfall flowing.** We follow SmInt, starting from the mid-ear on the face and moving to the inner eyebrows to begin BL. Sweep up, over the head, and down to the tailbone, near but not on

the spine. Under the tailbone, on each side, form a U shape. Imagine a small birdbath bowl – it resembles a fountain when you’re done! Trace the outline back to the center; then trace down the center spine a bit more, below the buttocks, and trace the larger birdbath fountain bowl shape. Finally, return to the center. The metaphor I see in this Meridian is pools of shimmering water. When healthy, these pools are pure and full of clean blue water, with silver fish sparkling in the sun. Part 1 of BL ends at the tailbone, between the buttocks or “glutes,” after tracing the second larger bowl back to the center track. Then, the trace dives underground and touches into the deeper reservoir of the Center hall – the Chong Moi that resides beneath the first flow. It ascends to the shoulders, just outside the first track. Part 2 of the flow bursts forth at the top of the shoulders and transforms into the grand waterfall representation of your energy if it’s in good shape. When we discuss having energy reserves, feeling calm and centered, this is one of the places we can look to find how your current life reflects that. It also reveals how your childhood and life up until now have impacted you (or if there are any unresolved trauma, shock, or overwhelm that may be draining you or preventing you from recovering).

In an ideal childhood, we have regular opportunities to connect with nature, a sense of physical comfort, and a feeling of (safe) freedom that leads to contentment. We feel safe expressing ourselves, questioning, or disagreeing. Ideally, childhood is a time of wonder and positive, genuine feedback, guidance, and learning about the world. We develop trust in ourselves and others, and we learn who and why to trust. We also develop faith in our ability to move forward into new adventures. To the extent that we had this experience and create it in our present moments, we can build enough inner strength to radiate and let our true selves shine. This expression of joy of life is similar to the feeling we experience when we are very happy and healthy (such as when the stages of development outlined by Erikson have been achieved).

| Stage | Psychosocial Crisis             | Basic Virtue | Age                        |
|-------|---------------------------------|--------------|----------------------------|
| 1     | Trust vs. mistrust              | Hope         | Infancy ( 0 to1 ½)         |
| 2     | Autonomy vs. shame              | Will         | Early Childhood ( 1 ½ to3) |
| 3     | Initiative vs. guilt            | Purpose      | Play Age ( 3 to 5)         |
| 4     | Industry vs. inferiority        | Competency   | School Age ( 5 to 12)      |
| 5     | Ego identity vs. Role Confusion | Fidelity     | Adolescence (12 to 18)     |
| 6     | Intimacy vs. isolation          | Love         | Young Adult ( 18 to 40)    |
| 7     | Generativity vs. stagnation     | Care         | Adult hood( 40 to 65)      |
| 8     | Ego integrity vs. despair       | Wisdom       | Maturity ( 65+)            |

from: <http://www.simplypsychology.org/Erik-Erikson.html>!

When we have a healthy relationship with others and the world, we experience a profound sense of connection and grounding. This connection broadens our perspective, allowing us to see things from a higher vantage point. It gives us a clearer understanding of our surroundings and the people in our lives.

Conversely, a narrow perspective can lead to fear, judgment, and a lack of awareness.

To begin to overcome these negative emotions and feelings, we must look inward. We should explore each Meridian with curiosity and send ourselves love. Remember, we are all part of the universe or the unlimited Spirit.

The BL Meridian extends all the way down to the pinky toe, making it one of the longer Meridians. If I were to examine the BL Meridian of someone who has experienced chronic or early trauma that is still unresolved, I might observe electrical sparks, burn marks, empty or dry bowls, or dirty water. These energies often communicate through symbolic metaphors.

Imagine a waterfall that emanates from the shoulders, producing fresh, clear water that sprays out, creating rainbows and diamond sparkles. This visual can serve as a goal for us to strive for. Pay attention to when you feel drained or

exhausted. If you notice this, take a break before something breaks down within you.

By establishing good boundaries for self-care, we build up our reserves, making it harder to run out of steam in the face of everyday stressors. Sometimes, recurring dramas or family dynamics can also cause overwhelm. Additionally, work-related issues can contribute to this feeling, as many family dynamics follow us into the workplace.

If you frequently feel “steamed,” it means you are depleting your reserves too quickly. The flow of energy continues down the spine, jiggling at the back of the knee, flowing over the calf, and reaching the heel. It then pools around the pinky toe, where I envision an energetic grounding cord or wire extending straight down into the Earth, approximately a foot or two below the surface.

Some individuals may not be grounded, or their energy may appear to be flickering or blinking, indicating poor wiring. Good wiring requires dedication to a program of cultivating inner peace and awareness, connected and harmonious with Spirit and Nature (remembering to stay hydrated and well-nourished).

Respect your body’s needs. Stay centered! When we neglect our health (remember, BL Meridian’s corresponding energy is the nervous system), we can

*"fall off the rails."* (See BL starting point at the hairline. It should hug the center as it descends down the sides of the spine.) Maintain a strong and steady image of these lines. If they feel different, inquire about the reason and take appropriate corrective measures. However, allow *yourself permission to imagine and embody health*. Remember to sweep that Field after others share their emotional upsets with you! (Refer to the "Snap & Sweep" exercise in the Addendum.) Be mindful of how you use your energy, as it directly impacts your physical health. *The Bladder Meridian is the Yang aspect of the Water Element.*

4. **Kidney – 5 PM to 7 PM (K)... The Kidney is Yin. It is often considered the most powerful Meridian, second only to the Heart.** From the beginning of our lives, we welcome the life force from the Earth into our bodies through the Kidney. Maintaining this Yin energy open, clear, and flowing is essential for our well-being. I visualize this energy leaving the edge of the pinky toe (BL) and flowing beneath the foot. To begin the Kidney Meridian massage, wrap your fingers around the side of the opposite foot. Place your thumb next to the ball of the foot and then move it one full thumb length lower, toward the heel. This is the starting point. This technique corresponds to the Heart Chakra when we locate the Chakras on the foot, starting from the 1<sup>st</sup> Chakra at the edge of the heel and moving up to the 7<sup>th</sup> Chakra at the tip of the big toe. The

Kidney also nourishes the Heart, creating an interesting overlap between Meridians and Chakras. Additionally, the Kidney is connected to bone health. If our bones lack the necessary minerals, they will weaken and crumble. Similarly, if the soil is depleted, it will not produce fruit. So, how are you ensuring that you feel full of life? Do you obtain the minerals you require? Do you feel energized, balanced, and well-fed, both creatively and emotionally, spiritually, and nutritionally?

There are two parts to K – one is the metaphor I see for the Meridian, a Ghost white snake, I call it a Spirit Snake – it is the Spirit counterpart to the coiled black snake of the **Kundalini** which rests at the base of the Spine (until it is ready to rise!). As with Chakras, I see the (back side) Kundalini black snake as reflecting how this energy interfaces with you and your life (awakens the Chakras). In the (front side) Kidney Meridian, I see it as how your Spirit interfaces with the world at large, i.e., what is beyond you. In Native cultures, Snakes are often seen as speakers for Spirit. K flows up the front center of the body. From under the foot it comes up the arch to the inner ankle, loops down under the inner ankle, and then it goes up the inner leg and torso, to the K27 points at the inner clavicles. If we do not have flow here, the heart is not fed. Just as water can create energy, without enough water, the heart and brain – the body dies. The trick here is that as with the “Fried” sensation with an out of

balance BL, we can get blocked and in a habit of not getting energy/ minerals/ nutrients (feeling of safety) from the Earth.

Alternately, if we only see (from our native perspective, or from being overloaded from life!), what is negative – what doesn't work, we can get clogged with all that debris (&/or lack of good energy!). I have also seen a person appear as a Water Element (K/BL) due to experiencing more loss than she could bear since childhood. She was in a negative Water Element "phase" for years. As life calmed down, and joyful events began to unfold, she could gain perspective, and as we worked together, she had time to HEAL, and was able to be present as her native, healthy Earthy Metal Element self. This Spirit snake must be clear to receive the life force flow from the Earth. In order to express our Spirit in life, we must have the Earth (from the ground) energy flowing in! See what works for you. Try imagining if there is a cork in that K1 point on the sole of the foot. Can it dissolve or pop out? Work with it! Massage it, visualize it accepting love from the earth, and if this idea is difficult for you, wonder why! To be healthy we must give ourselves permission to be here fully! This Earth life force energy looks to me like small sentient, sparkles of light as they enter the foot and percolate up from the Earth. This grows into a strong flow of light (after we have release emotional and physical blocks to being grounded). When we take time to be fed by the Earth, it puts a spring in your

*step! If you're a "glass 1/2 empty" person, consider seeing what is working – or positives, and build on that.*

*Re-cap:* this Meridian flows up the inner arch of the foot, from below the ball of the foot, and loops down below the inner ankle, then goes straight up the inner legs and up to the K27 points at side of the center collarbones, just catty-corner, an inch or two outside the center notch. **Ask, what lies beneath what we see in the concrete jungle of this dual reality? What is possible? Take care of yourself, and observe/wonder what else may be true. Dare to choose and envision what would be for the best! Being non-judgmental, neither too focused on negatives or positives, we can walk forward with clarity and calm, while remaining gentle and strong within.**

5. **Pericardium – 7-9 PM (Per)...** From the K27 (collar bones), the river flows to the starting point of the Pericardium, also known as Circulation Sex (Circ Sx/CSx). It originates from the nipple and extends to the inner arm and middle finger, the center of a hug! The metaphor I see for this Meridian is a large, cozy blanket with a nurturing, mothering energy. It has the perfect texture, material, thickness, and color or pattern. Naturally, all mammals are breast-fed. Do we objectify or sexualize our bodies or focus solely on superficial signs of love? Or do we delve deeper? What emotions do you feel? Are you being fed or connected with the infinite,

unconditional love from Spirit? Only that can truly satisfy your Heart's deepest needs. Are we using this energy to receive hugs, extract hugs, or give away hugs? Are you present for mutually desired love; or do you give too much? Are you mindful of your own needs?!!! This serves as a buffer and also a monitoring system for the heart. I visualize this as the nurturing image of a Mother with her *arms open to comfort her child in her beautiful, cozy blanket.*

*The Pericardium and Heart are the Yin Meridians of the Fire Element (the only Element with four points, while the others have two). TW and SmInt are the Yang. The **Pericardium senses what the heart needs and also listens to Spirit to correctly fulfill the heart's mission. Recognize the feeling of retraction when someone or a situation is unsafe or inappropriate, versus feeling safe, seen, and honored. This is the gateway for Heart Love to flow or be restricted.*** Question whether your mind/consciousness is aware of what this expression of Spirit in the body is conveying. Do you comfort and take care of yourself? Have you had experiences of feeling comforted or the opposite? Consider past events when you were not safe. Is this a resolved issue, or is pain still present?

Remember that love from the physical world, other humans, cannot be as consistent as love from Spirit. Sometimes, the needs of the body or trauma reactivity can conflict with the truth of the Soul. This

conversation and understanding are crucial for healing and progress. If sexual or physical abuse occurred, issues of trust and over-reaction or fear may be at play. The Yin Pericardium Meridian is partnered with the Heart in Fire Element. Its Yang counterpart is TW.1. Triple Warmer – 9-11 PM (TW) is part of the Fire Element and sits above the Pericardium. It reflects endocrine function and is the captain of the heart's mission. Metaphorically, it resembles a Bluetooth headset, continuously receiving incoming information. It might send a signal to GB to prepare for movement. Note: *TW begins at the 4<sup>th</sup> finger and extends into GB, which ends on the 4<sup>th</sup> toe. Is this a coincidence? I doubt it! They are a team dedicated to the Heart.*

*Tension and Worry (TW) can feel like revving up a Harley motorcycle, preparing the body and mind to take action and make the heart's vision and decisions (SmInt) a reality. However, have you been revving up without being heard? Did you experience physically or emotionally absent, neglectful, inconsistent, or withheld/non-responsive parenting in your childhood? Or did you freeze due to shock or trauma from early experiences? Are you the only one doing everything and burnt out, with no energy to do anything? Or do you keep doing despite needing to rest to think and figure out what's going on for your mental, emotional, spiritual, and physical health, and even your survival?*

This is about building personal power to hear the dream message and take action. However, if we're fried (burnt out), it's true that many meridians may have been affected, eventually leading to TW (endocrine glands and immune system) dysfunction. Your level of kidney/bone health and courage may have pushed through ignoring or being unable to take time to assess fears (which went underground). This can lead to feelings of hopelessness. The bladder/nervous system may have taken the hit of pushing until you're depleted. Any major or cumulative stressors or shocks can cause cortisol-confusion and dysregulation. It can start misfiring or, just like a hopeless Water Element response, it may shut down.

When you experienced any past shock, did you feel resentful, unforgiving, angry, or *implode*, lash out (Liv/GB), or try to fix everyone and get hurt in the process (ST/SP)? Or did you give up or enter a stage of mourning (Lu?LgInt)? Most people experience some level of TW overload, and the trauma can come from emotional abuse, physical or boundary violations, or environmental factors. Our world has become increasingly toxic and is also bombarded with alarming news at every turn. Additionally, many foods and chemicals in the environment contribute to these imbalances. At the very least, it is terrifying to the body. Any animal will react to a life-threatening situation unless it has been conditioned to surrender. This is one of the reasons why gaining awareness of

inner peace (through meditation, yoga, and similar practices) is crucial for survival and, beyond that, for achieving your heart and soul's beautiful dream.

We might push our limits because we were expected to fulfill a specific role or because it felt essential for survival, which is deeply ingrained in our physiology. Sometimes, we don't have any other options (and what child knows how to consistently identify and escape from neglect or abuse?). For instance, when an infant isn't held, it's normal to fuss and cry. However, when no one comes to comfort and care for them, or if this is inconsistent, cortisol levels may run out, flare up, or even give up. Yes, this can happen even early in life! It can also be triggered by ancestral memories or unresolved past life trauma, as shared by renowned researcher Bessel van der Kolk, who has made significant contributions to the field of Post-Traumatic Stress Disorder:

*"Specifically, in cases of chronic PTSD, cortisol production can become suppressed, contributing to the low levels measured in both survivors and their children... several stress-related psychiatric disorders, including PTSD, chronic pain syndrome, and chronic fatigue syndrome, are associated with low blood levels of cortisol." Also, per Carl Jung, "Whatever does not emerge as Consciousness," he said, "returns as Destiny." In other words, we're likely to keep repeating our unconscious patterns until we bring them into the light of awareness. Both Jung and Freud noted that whatever is too difficult to process does not fade away on its own, but rather is stored in our unconscious."*

*Per "Rachel Yehuda, professor of psychiatry and neuroscience at Mount Sinai School of Medicine in New York, ...one of the world's leading experts in post traumatic stress, a true pioneer ...the traumas we inherit or experience firsthand not only can create a legacy of distress, but also **can forge a legacy of strength and resilience** that can be felt for generations to come."*

*From: <https://www.scienceandnonduality.com/an-excerpt-from-it-didnt-start-with-you-how-inherited-family-trauma-shapes-who-we-are-and-how-to-end-the-cycle-viking-april-2016-by-mark-wolyann/>*

If trauma exists, it must be healed before we can truly benefit from having endured it! When our adrenal glands are exhausted, it's not a long time before the thyroid gland takes the next hit. There are accounts from war veterans, Holocaust survivors, and Romanian orphans, as the article above explains, trauma can be passed down and has a profound impact on brain function from infancy and even in utero. However, there are also encouraging outcomes. For instance, a search online using the term "Romanian orphans brain damage from not being touched" yielded 125,000 results. A related search, "*babies in orphanages don't cry,*" also yielded significant results. The positive news is that research is ongoing, and a 2015 study found that the effects of neglect or maltreatment on the brain *may be reversible*. <http://www.sciencemag.org/news/2015/01/childhood-neglect-erodes-brain>

*The Two Wires (TW) meridian begins at the inner middle finger (Per) and flows over to the ring finger (on each side of the body). It then ascends the ring finger, on the top, toward the outer arm, reaching behind the elbow's small divot or hollow. The journey continues up to the shoulder, side of the neck, and concludes with the trace around the outside of the ear to the temple. **If Per represents the cooks, gardeners, and other castle helpers (Heart/Core/Soul), then TW serves as the Security detail and firewall.***

**It's worth noting that TW, the finger where it originates, lies between the pinky and middle fingers (Hrt/SmInt) and Per. TW receives intelligence from various sections of the support team, including the brain and sensory inputs like smells, tone of voice, and any signs of danger or anomalies.** The TW journey traverses the neck, around the ear on the head, and towards the frontal lobes of the brain, ultimately ending at the temple!

When we respond to the word "heart," do we react solely from our reactive instincts (reptilian brain survival mechanisms) or do we also think thoughtfully? Many individuals exhibit an overactive TW pattern, which may necessitate tapping therapy or other interventions to address underlying issues. Tracing this Meridian backward can help calm the energy (originating from the temple, around the ear, descending down the neck and shoulders, and returning to the ring finger), as if to grant permission to pause, rest, evaluate, consider, pause again, observe, breathe, and recover.

Learning awareness-enhancing techniques is crucial for staying conscious when overwhelmed, such as through practices like breathwork, meditation, nature contemplation, and focusing (using a mantra, affirmation, or a single word like

“breathing in on the word Peace” and “breathing out on the word Love” or focusing on an image like a beautiful flower or tree).

In the addendum, I’ll share some breathwork techniques and meditations for achieving balance and enhancing awareness. Additionally, it’s important to learn to self-test foods. If you consume bread, opt for those made with non-chlorine-bleach (and un-brominated) flour. Avoid fluoridated water, toothpaste, and dental services. Also, avoid aluminum in cookware, antiperspirants, and vaccines (and mercury). Furthermore, steer clear of table salt (use Himalayan salt or Celtic salt if it’s pure) and GMOs. These substances may trigger significant alarms in the body and disrupt the endocrine glands, which is what TW stands for. Since these glands are also connected to the Chakras, maintaining TW in good condition will directly contribute to the creation of captivating new Chakra stories. As they evolve, you’ll be building a bridge between your body, emotions, and your ability to fully embrace your highest Spiritual potential, leading to a more fulfilling life!

- 6. The gallbladder (GB) is TW’s minion, the *person in the field* of life. If we are fully present, GB can function as if we are on a reconnaissance mission, not out of fear, but to observe fully and act wisely. This is our growth challenge as we evolve into more**

**wise, loving, and aware beings as a culture. TW is in the headquarters, reflecting the extent to which we fulfilled our heart's mission. GB and the liver (wood element) are the right arm, the soldiers of the heart. I see GB transforming into a Transformer: putting on a flight helmet, flight suit (*click in at the chest and hips!*), and robot legs to suit up and enter the fray.** Were you taught how to prepare, be equipped, and do it safely (so you don't immediately get knocked down or will be able to recover and get right back up again)? Were you even taught how to understand the rules of engagement? First, are you good at knowing and then asserting your needs? Do you know your true goals? How do we evaluate if they are good goals? This ultimately boils down to an essential question: do we matter? Always, YES!

In a healthy developmental scenario, we are taught to accomplish goals with assertive confidence, calmness, and clarity. Ideally, we are not disabled or, if so, only minimally affected at any stage of the process. However, if we are belittled, told we are incapable, cannot have what we want, or otherwise "cut off at the knees," it can lead to rage and frustration. With chronic exposure, it may cause us to fall back into even resentment, rage, fear, hopelessness, or despair. This Meridian runs from the head, down the back, and to the side of the legs. Emotional feelings (modeled or otherwise taught) of incompetence

or inability can cripple this Meridian until the negative or abusive thought template is challenged, healed, and replaced.

Tracing this Meridian will feel very good if it has been weakened. Imagine a spy on a mission. For the heart, we must acknowledge that others may not care or may not have (or may not have had) the ability to understand our needs, even parents or caregivers when we were children. We must understand that anger is a cue from the body that we have been violated or are not being heard. It may also be a habit or reaction from repressed anger.

**Why** are we feeling it? We must listen and respond to honor our Soul's mission! If we were not empowered to know our own truth from childhood and encouraged to take initiative or trust our instincts, this Meridian may have lost energy, gone underground, or been disabled or shut down. This kind of past pain, made of betrayal and fears, *can interfere* with or negate the knowing and truth that we matter and that our voice matters! *We all matter*. The skill is in being able to hear our own truth and to also act wisely in communicating with others. Imagine your child sitting in the middle of the road, and you see a truck barreling down. You would swoop that kid up and to safety. This is GB (working with TW) in action.

When activated by emotions like judgment, revenge, sadness, or grief instead of a genuine desire for loving communication, the energy of this Meridian becomes distorted. On a global scale, this distortion fuels the flames of rage in wars, contributing to the evolution of generations of hatred. Anger, whether felt or repressed, can either consume us or serve as a valuable warning cue. However, repressed anger (originally a healthy warning from the body, "*Hey, watch it!*") can lead to internal explosions, depending on one's Element type.

For instance, if someone steps on your foot, it's normal to feel pain and express it, such as saying "OUCH" or apologizing. Unfortunately, some individuals lack the ability to value their own truth, be appropriate, kind, or identify and recognize danger. When danger becomes the norm, it becomes the baseline for the new "normal." Additionally, being spoiled can hinder the functioning of this Meridian. Children may mirror or react to the out-of-control behavior they witness from their parents. For example, they might carry a trauma signature, manifesting as reactive or automatic responses to life, such as feeling unmotivated, fearful, guarded, judgmental, or lacking trust.

Spoiled children are also traumatized because healthy behavior involves setting healthy boundaries, trusting and enjoying acting on inner guidance. In contrast, temper tantrums are discouraged and not enabled in a nurturing

upbringing. Instead, positive behaviors are encouraged. It's important to note that a child can be both spoiled and abused. Rage and frustration can coexist with successful achievements and collapse in the same person. Complexity is a key aspect of human nature.

On the other hand, it's possible that the parent was constantly exploding, and the habits that led to this behavior became cemented into the child's personality. However, these habits can be un-cemented through the transformative power of awareness! Consciousness is essential for challenging and healing past trauma or dynamics that encouraged unhealthy behaviors. Anger and blame can trigger others' fearful thought patterns, low self-confidence, or heightened reactivity and vigilance. These negative effects can be alienating, which is the opposite of what we desire. So, how can we stay focused on our mission and maintain assertiveness? **We all need to recognize and respect the inherent value of each other to heal past wounds and create from a place of pure beauty within ourselves. Every day, focus on the goal that resonates with your heart. Imagine life as a thrilling parachute jump! Secure your flight helmet and safety belt at your chest and hips, and step into your power, extending it down to your fourth toe. Prepare for an exhilarating experience. Stay focused and land safely—or if you encounter any**

**challenges, pay attention, make necessary adjustments, repair, and return to your goals.**

**Here's the pathway:** leaving TW at the temple, we descend at the outer eye, then loop up (outside the eyes), up again, and then down to the inner place where the earflap meets the face (similar to Sm Int.); then it goes straight up, forming a 2" P shape on the side of the head, and then rises above and in front of the ear (Periscope up!); then it returns to the power points behind the head, ascends to Liv points at the hairline, descends along the center of the head about 2" apart – 1' from the center spine, on each side. Down outside the spine, then it connects at the sides of the body, outside the nipples, and enters the center/waist; then it exits again at the hips. The line then curves toward the tailbone, above the glutes to the side of the legs, down the outer side of the legs, and then it zigzags, at the lower side of the calf (up toward the shin side), and descends and ends on the 4<sup>th</sup> toe.

***I initially thought of the last three Meridians (before ST) as a group called LLL, which reminded me of the rapper LLCoolJ. So, I named it Live'n Long & Large! This name was close enough to Liver, Lung, and Large (Int) to help me remember them.***

*Optimally, if you go to bed during TW time (between 10 and 11 PM) and don't eat for several hours, your Liver (the opposite of Small Int. on the Meridian Flow wheel) has a chance to filter the blood more actively and expel toxins, creating*

*bile to aid digestion. Then, your Lung (the opposite of BL on the Flow wheel) helps the Nervous system function and exhale old news.*

*If you've taken care of your body the previous day by 5 or 7 AM, your Large Intestine (Lg Int) will have been fed and will be ready to eliminate by 7 AM. Depending on when you break your fast, this will help your Lg Int function and let go of what's not needed!*

7. **1. Liver – 1-3 AM (Liv): Liver appears to me like a delicate, fluted flower, one of those gentle beauties. Tracing this from the lateral big toe (GB) to the Spleen, it resembles a Lily that blooms under the moonlight, twists, and closes tightly during the day.** Starting from the 4<sup>th</sup> toe (GB), we return to the big toe, located on the lateral or outer part of the nail (SP is on the medial side, or toward the center). If you look down at your toes and imagine the nail as a square, facing North, this would be at the SE corner. As we trace from Liv1, at the outer big toe nail, we ascend the inner leg (but not below the leg, as with the Kidney). We then move to the groin, ascend, and scoop around the inner hip-bones to the side of the body. We continue upward, reaching a few inches and then halfway toward the center, ending under the nipples (approximately 2 ribs above the bottom). I prefer not to provide specific measurements as our bodies vary greatly. Essentially, it ends beneath the breast-line. Since this area

is near the Belt Flow, it's an opportune time to perform some front and back sweeps (with Liver more clear, we can better hear our Core/inner truth).

Tracing Liver backward feels cleansing. Begin by taking a deep breath. Start with your thumbs at the bottom center of your ribcage. As you exhale, press your palms firmly with your fingers slightly spread out (above the navel) and extend them outward toward the sides of your body. This gesture allows Liver to take a break, improves circulation, and helps clear out accumulated or stagnant fluids. I believe there's a reason it resembles a flower when we trace both sides of the body. Liver loves you deeply and works diligently to maintain your health. Your body shouldn't be treated like a playground for hedonism. We should strive to express our best Spiritual potential! The Liver honors this Spirit-Soul-Body interface and has high aspirations, envisioning us as a beautiful flower. You can honor it by recognizing when you're not in harmony, being overly critical of yourself, needing to release anger, or speaking up to advocate for yourself or others. Take time to appreciate the beauty in life! Cherish the moments! Don't rush! Take your time to notice and remember that Liver is the YIN part of the WOOD element (GB is the Yang). Allow yourself to feel your emotions and forgive the past. Anger isn't inherently bad; it's just information. Consider what happened that wasn't in harmony. Suppressing or ignoring this information creates more stress in the body, affecting you physically, emotionally, and spiritually. It's better to

address the present situation and then decide what to do about it. Why hold onto or suppress any anger or self-blame? This approach is ineffective because we can't *control others*. After all, we're here to learn and improve (but we can't make others ready to learn their lessons!). However, we are responsible for ourselves! If we ignore our feelings, it leads to excessive energy, pain, or blocks (and possibly Liver or Gallstones!). Take time to listen, understand, and honor your own truth. Don't hold onto guilt! It's never too late to heal, gain understanding, and grow. Do it for your well-being!

8. **1. Lung – 3-5 AM (Lu)... Lung and Liver (Lg) are part of the Metal Element. Lu is Yin.** When I feel Lung, it travels up from the endpoints of Liver (under the inner ribs). The connecting tributary goes under the breast and starts the Lung Meridian at the inner shoulder, about even with the top of the underarm, almost directly above the nipple. It goes out at the front of the shoulder but not over the top, swooping down along the front of the arm, at the edge where hair starts on the inner forearm, all the way down to the medial thumbnail. Take a deep sigh, release any sadness, loss, or need to let go. I like the image I get of letting your arms release and drop down... as if releasing your **heavy load of chopped wood (Logs)**. You may have worked hard to gather and cut that wood, but it's of no use to you anymore. This is like the idea of old baggage and also old business dealings (Lung is part of the

Metal Element, and Metal cuts Wood!). **Why carry around all those old stories? You're clogging up your energy stores! Time to move on, discard that data, and seek new adventures while you breathe in the fresh air. Enjoy life!**

Take a moment to breathe and imagine yourself visiting a field of flowers.

Take a deep breath and inhale the scent of lavender or night-blooming jasmine. Anyone who has ever loved you would want you to experience every moment of joy in your life. Why should you burden yourself with pain from the past? Take some time to decompress and re-evaluate your life. Feel the love and the cycle of life – events and people come and go, and it's all part of the natural order. Reflect on who has been there for you during difficult times. Now, consider what truly brings you joy and fulfillment. What are your passions and goals? What actions can you take to make your life more meaningful and positive? What story are you currently writing in your life?

**1.Lg. Intestine – 5-7 AM (LgInt)... Yang! Where is your life taking you?**

**What path are you setting for yourself? It's better to have a plan than**

**be at the mercy of others. Have you ever been waylaid? *The plan can***

*change, but you must stay focused! Have opinions – know your truth. This*

*Meridian image reminds me of being able to identify what works and what*

*doesn't, and to tactfully or even straightforwardly leave or switch directions to*

*return to a state of harmony, peace, and joy. Imagine pointing with your index*

finger! The Lung Meridian ends at your thumb, and this Meridian begins at your index finger! It ascends along the top of the inner edge of your arm, over your shoulder, up to the side of your neck, and then up to just under your nostril. Finally, it flanges upward like a mustache, pointing up toward where the ST Meridian starts, under your eyes. Perhaps there's a time in your mind when you needed to confront someone (wag your finger!) – yet you were in a powerless position to do so. Use your keen perception, remembering how it felt in your body, emotions, and thoughts, to recall this story. Then, decide how you want to feel and if you need to clear any unnecessary entanglements or previous agreements (even if these were subconscious). Unresolved past trauma can disrupt the flow. This is your chance to solely focus on your goals. Remember, any distortion or *constipation* in your body or mind is merely an unhealthy habit from a time before you gained the power to move on to your truth. After all, “work and no play makes for a tense gut and immune system problems!” Give yourself time to decompress! Heal the trauma, and you can change those deep patterns as well. Yes, it may not be an overnight shift, but you can do it!

**Let's run through the Meridian Flow Wheel to feel the interaction  
between the Meridians:**

*Starting with Water, the Kidney (Yin) Meridian, when we walk with courage (K), we gain the energy to care (Pericardium, Yin), which gives us the joy connection and confidence to command the situation (TW, Yang – gives the orders). This empowers us to fight "the good fight" – to implement – to get out into the trenches and "do what needs to be done" (GB, Yang) – without losing energy by focusing on what everyone else is doing. Only then do we have the fullest energy to embrace living (Liver, Yin – this is the beautiful Lily flower that complements SP), which assesses the situation – but sometimes fear from an overactive TW can distort energy flow. Sometimes we get too dirty in the trenches of life to know what's going on, but also, we can learn from the mess what's healthy and what's not, and we can make wise choices (like the Lotus rising into enlightenment!). When we were taught from birth to feel empowered, GB functions well – we are assertive, confident, and able to pursue our goals. However, what if we were given tools to feel empowered, but only when we pursue the parental goals? So many distortions can occur here, most of them from ignored thoughts becoming subconscious templates (these may start as subconscious during a trauma when there's not time to notice*

*thoughts) becoming automatic behaviors (such as learned helplessness if the only way to get attention is by grabbing it – illness, distress, loud fears). Every family has different dynamics. When we start to examine how the Element types and level of coping/stress management are for each family member, we gain a better understanding of what happened. After GB is out in the world working and doing, Liver does the dirty work of cleanup as its job is to help you feel fully alive – to “stop and smell the roses” – so you can be inspired to feel, to live fully – then you are more able to release loss and grief, so you can breathe deeply into this life experience so it can be meaningful (Lung)!!! Remember how satisfying it feels to thoroughly clean and then rest, basking in the joy of a job well done – that’s Liver into Lung energy. Afterward, if we can let go of any imperfections in the process, we can move on, learn from it, and perhaps gain deeper insights into other relationships or even generate new questions that may or may not require our attention. (LgInt) – Can we release toxic experiences to harness their beneficial aspects, or do we cling to pain, hindering the flow of healthy energies? Once again, after the flow of LgInt, we find ourselves at ST (7-9 A.M.). During this time, we absorb new information and nourishment, presenting us with a fresh opportunity to approach the world as a peaceful, compassionate warrior, equipped with strong boundaries.*

*At the heart of these “energy pathways” lie the Central and Governing Vessels (Meridians). I envision this pathway as an electrical orb that integrates Form*

*and Spirit – a circle of consciousness that encircles the Core Star. This is a crucial Radiant Circuit, and I believe its presence serves as a guiding light, helping us (the spark of our Spirit) remain aware of this truth. This awareness empowers us to make wise choices that ensure our safety and harmony as we navigate life in our physical bodies. I'll delve deeper into this concept in Chapter 4!*

**Another way to look at the Meridians came from my wondering WHY the Meridians are in the physical positions that they are.** Why were these choices made for the architecture of the human body and all living mammals? How does this Divine design resonate with us? This is what meditation revealed to me!

*I'll begin with the **Stomach** (ST) Meridian, which I now perceive as not only the peaceful Warrior but also as a path on our face, forming a **spiral labyrinth**. Pay attention to how it feels to drag three or all four fingers (whichever feels most comfortable). Notice if your path is filled with sand or a more varied landscape, with clutter or clarity.*

*On April 26<sup>th</sup>, 2015, I woke up to see the labyrinth not as a Zen garden but as tall, solid walls (while mentally tracing the ST Meridian). This reminded me of the TV show Maxwell Smart, with its opening sequence featuring many steel*

*doors and halls. However, in my vision, there were no locks. These labyrinth walls exuded a sense of security, strength, and confidence in their solidity, with clean lines that captivated me.*

*It's fascinating to work with these energies as life constantly shifts around us, providing ample space for learning and understanding the present moment. As you trace these powerful pathways on yourself, observe the information that emerges. I find this new metaphor to be more clarifying. Experiment with different metaphors and see how they resonate with you. They can provide direction, like encouragement, or they may lead to other insights.*

*Reflect on how your earlier self felt in this Meridian (fill in the blank with a time when you felt unresolved issues). This insight could be relevant to the insight Spirit provided me! Consider compassion not as an automatic response to giving. Be discerning. It's not always appropriate to freely give away your energy.*

*When we eat, remember that it's a form of meditation, similar to walking a labyrinth. Consider the relationship between the Stomach and Heart, as well as the Heart's Yang partner, Small Intestine. In the body, they are neighbors, and this connection extends to the Soul as well. When we lose our boundaries, Small*

*Intestine may be vulnerable to opportunistic bacteria and other infections. We might not produce enough enzymes to digest our food, leading to bloating, pain, or further imbalances. The journey begins just below our eyes. If we seek peace and truth within our lives and bodies (not just in the world or with others!), we'll discover the truth and find a way to achieve peace in every moment, even if it's just a conscious choice: relax muscles, slow down breathing, and ask Spirit or (appropriate and accessible) others for assistance. Imagine the portal between our eyes as a guiding light to help you navigate. Place your palms on your face, resting your fingertips on or under your eyebrows, gently hold, breathe, rest, and relax. Visualize this soft light illuminating your path. The Stomach must guide us through the uncertainties and be prepared to face whatever challenges arise with grace. Consider this light as a tool to plan what you accept, allow, or have unknowingly entered your inner circle. The stomach bacteria serves as a teacher, reminding us that our boundaries have been violated and urging us to recalibrate and engage in some self-work. Think of chewing each morsel of food as an opportunity to mentally go inward, notice your breath, and allow your food to do the same. When the Stomach receives it, ensure you've extracted the most goodness from it. Follow the path down past your mouth, jaw, sides, ears, temples, and forehead center. What are you experiencing in life? What sounds, smells, and sensations do you encounter? What thoughts arise from these experiences? Are you grateful for the nourishment your body receives? Are you taking in the beauty surrounding you? Make every moment a prayer and*

*express gratitude for any goodness in your life. As you follow the path, center your mind and walk down the center. Do you smell defeat, or does your nose guide you to a balanced path of awakened clarity, where you can choose to speak your truth? Continue down to where the collarbones meet at the center, slide out to the edge, and towards the corner of your shoulders. What are you carrying in life? Will you stand tall? As you descend through the beginning of the Pericardium Meridian, at the nipples, what are you loving? Are we including ourselves in our lives? Are we making space for love and compassion for ourselves and others? Is this balance? This is how our souls get nourished. The shape on the torso of this line resembles a gentle "S" and a backwards "S" (Yin/Yang) as it scoops around the heart and then inward toward the core, ending at the inner hip. As it scoops in, toward the Core Star, notice how you bow in humble gratitude to the Divine essence of truth within, at the center of your being. As we digest our food, are we digesting the reason we are here, taking in nourishment and life, growing and evolving? Consider the goodness you bring into this world, not only what you gain from this experience. What fuels you to act? Only with this balance in our lives can we complete our journey in a healthy and fulfilling way. As we reach the hips, we acknowledge both the beginnings and end points of the Core Supportive Movement Lines (CSMLs) at each corner of the torso. We take nourishment into every part of our being as we continue traveling down toward the second toe. Step with conviction and make wise choices. Recently, I started noticing something exiting my second toe—what*

*appeared to be a bullet, but then I realized it was more likely a vitamin or herbal capsule (both have a band closer to one end). On the third day, I realized it was a nutrition bullet filled with wisdom I gained from being mindful and compassionate, not only for others but also for myself. This is like food for the spleen, so we don't make hasty decisions that ultimately put us in danger or hinder our optimal use of energy. We bring this knowledge into each step as you navigate the labyrinth of life. Start anew; see, hear, and chew with no fear. If you are in distress, it's best to wait on eating and meditate instead. Take in life, food, and be curious about what you eat, both literally and figuratively. Remembering all that has been and is—you are a Divine being infused into a body. We are all human beings, regardless of gender, age, or any other defining factor. By taking time to feel our boundaries and fully enter a state of awareness, we can maximize our efforts and make the most of our time. Let Consciousness and inner wisdom guide us as we glide into clear compassion, **capable of compromise without compromising ourselves**. We can see and be present in the in-between spaces, and stand in our power to feel the Spirit that lies at our core!*

**Spleen**: *From the second toe, we begin at the inner corner of the big toe nail. We dip our toe into the pond of life – can we pause to notice the breeze, the winds that whisper secrets of smoke or a clear day; danger or safety – are you sensing from your body and Spirit/intuition awareness, or just from your mind/*

*body? Are you fully present in the moment, or are you reacting with fear to the urges, old patterns of the body, or past events that set reactive patterns? Follow the wisdom of your SOUL – body and Spirit intertwine to guide us as we navigate this Earth. It's best to avoid jumping at shadows (hyper-vigilant) or ignoring bullets (head in the clouds, or too distracted by worry or others' needs)! As SP ascends the inner legs, it flows to the torso, then to the hip and inward toward the navel. It then shoots up to the armpits and down the sides of the ribs. So, this isn't just about elevating ourselves; it's also about being present in the moment and taking in the aroma of the present. To me, the Spleen and Liver appear like beautiful flowers. This is intriguing because they are the Yin Meridians that flank the Fire Element. The Liver is on the left (WOOD Element), and SP is on the right (EARTH Element). The Spleen opens to the present moment, considering options. Don't rush to react (like if TW is freaking out), but rather consciously respond wisely, allowing yourself to be in observer mode before acting. We can observe our surroundings, the world around us, and even our bodies, and still decide how we want to respond. By observing, we can reject old habits and expectations that no longer serve us. It's time to remember the cloak of Form and honor and embrace both the fragility and magnificence of being. We must process what we digest and stay conscious so that we have more options to choose healthy experiences. With each step, I feel, I bring into my heart, my breath, a balanced response to others. Feel it, be it, love it, know it... Breathe!*

**Heart:** *The Meridian line of the Heart that flows from armpit to pinky is like a strong string (attached to the bottom of Sp Meridian, the drag floats up and anchors at the armpit) – it takes the temperature of the body. How am I digesting my life? Do I have resources that feed me well?; Relationships that honor me?; Purpose and meaning that fulfills me? These are the questions of the heart. There is an information dialogue between the Heart and all functions of the body. Like a kite able to fly upward to the blue sky and sunny day, we can fly strong, knowing we are also rooted in the Earth, grounded and aware. If we are only there for everyone else, how can we even acknowledge the kite or balloons (filled with our dreams... joy, which lifts us up) – the need to hear our own inner stirrings? Imagine raising your arms, reaching through the pinky fingers, as if a kite will lift you up high into the blue sky, beyond the clouds into endless possibilities, higher vision – let in the full scope of the potential of your dreams, your guidance, and your life mission. Heart is whispering to you always.*

**Small Intestine:** *Do you recall the 1998 movie "The Mask of Zorro" or its 2005 sequel, "The Legend of Zorro"? Antonio Banderas portrays the swashbuckling hero who defends his family with a flaming "Z" to signify his presence. Imagine the intense fire that this organ requires to function effectively! This fire isn't angry; it's a powerful force with a specific purpose. I envision this fire flowing backward, not starting as one would typically draw a "Z" but from the bottom, starting at the tip of the pinky finger and moving up to the upper back (between the inner top of the shoulder blade and spine). The middle of the "Z" ascends to*

*the cheekbone on the front of the face, while the last part returns to the mid-ear. This "Z" is oddly shaped (you must include the shoulder in the first part), and holding your arm out at the sides can help visualize it. This method has always resonated with me in terms of its feel. This is how the Small Intestine, TW's companion in Fire Element, "feels" – similar to the Zorro character, it can become overheated, leading to indigestion (and to the extent that TW is also triggered, cortisol dysregulation can result).* **Imagine lifting your arm, filled with the previous Meridian, Heart's passion, and prepare to put it into motion. Trace the pinky finger up the outer arm, along the long lower part of the Z shape, over your shoulder, and down to just between your shoulder blade and spine.** (\*If you place your hand on each side of your upper back, with your fingers there, the tip of your middle finger will be at the correct point). Then, straighten up to your cheekbone and straighten back to where the center flap of your ear meets your face (like a Bluetooth headset!). The connection is to your heart because all our best choices must be in harmony with and support your heart's needs. Houston – do we have a problem? Well, if so, get informed, make adjustments... we are online, ultimately to support the Heart, and JOY = health. As the saying goes, life is not a dress rehearsal! As we move to the top-side of your pinky/Heart Meridian, we are instructed to take this life and our Heart mission seriously. We must make important decisions that determine what we keep and what we release. What path are we choosing? Will we be guided by revenge, or will we lose all boundaries and not maintain the ability to "keep your eye on the prize" – Sm Int. is more closely aligned with the issues of the Earth Element (ST, and Spleen). Do you have healthy boundaries related to the HEART? If you "can't stomach" something – do you do it anyway, to please others? That is a boundary

violation. Also, if that is asked of you, it is unhealthy and could be a trauma pattern. Family dynamics may seem harmless or may have been severely abusive. How this behavior is interpreted is individual. The fact is, these old patterns could be at play in this Energy flow. Maybe you've had to shake a naïve friend to their senses, or point them in a better direction (or is this just something that happens in movies, like the slap given by Cher in the film Moonstruck, when she said "Snap out of it!"). I might want someone I trust to hold me by my shoulders with their fingers reaching down on the upper back, \*at the space between the shoulder blades and spine. I don't know about the slap, but it works on a figurative level! *When we need to wake up, if we're too caught up in others' needs, we won't be able to hear our own. The SM Int Meridian line, parallel to the Heart line, goes two steps further. It starts at the upper back and continues up to the head or cheekbone, then straight back to the ear. Just as the Vagus nerve of the Heart constantly communicates with the brain, this Meridian shows that it's on the same team as the Heart. These messages are just as important, as with TW. Sometimes, we forget that we're only here for a limited time, so we shouldn't waste it! But when we're in a fugue state, on autopilot, we may seem frozen, and the Sm Int Meridian may be disconnected energetically. You might feel a need to make real eye contact with others, to connect with your life, and to look forward on your life path – is it taking you where you want to be? Are you making choices that will lead you to your goals? Pay attention! The Small Intestine's job is to listen to the Heart and chew on the message! Who's driving this ship – where is it going? If the messages of lack from the Kidney/Bladder are your only source of information, you need a major overhaul!* Consider this a

wake-up call! The warning is that you are more than your body. Pay attention to your body's needs and stay true to your SPIRIT manifestation. Ask yourself why your body is here with you. Remember, we are more than just a body! The voice of your Core speaks through your Heart. The small intestine is the activator for the heart, just like the twitch of your muscles. Like the twitch, it takes action. Take time each day to go within and listen in the little moments throughout the day. We cannot be all action all the time; we need time to gather intel and process what has happened. This is another reason why SLEEP is crucial to health! Take care in waking moments to stay in observer mode. Determine what you need to seek out, not just mindlessly using what is at your disposal. We need food, rest, and proper nutrients to function optimally as human bodies and as human Spirits, since our Spirit is one with or cloaked in form. What does it mean to atone? Are you not listening? Atone – Remember to be AT ONE with your Spirit!!! If you have not been taking care of yourself and things have gone haywire, your Small Intestine organ will reflect the chaos of your thoughts and actions. We can communicate through the Meridian to the physical manifestation of our body. Remember, this is not about blame. Sometimes things happen when we were children or in uncompromising situations. The important thing is to learn from these situations NOW and don't repeat what didn't work. Teach your younger selves what being healthy IS. Stay in harmony!

***Bladder:*** *Small Int ends at the mid-ear, at the sides of the cheekbones. From there, it connects with the Brainstem (BL) if everything is in order! With Sm Int, we are tested to determine if we are looking in the right direction and if we are listening to our heart—BL begins right at the brow between the eyes. If you*

*draw a line connecting the end of Sm Int and the start of BL, you would pass through the eyes. However, we are traveling in the opposite direction from where the Stomach begins—we are now on the top side, above the eyes. We must consciously follow our thoughts (neocortex/frontal brain), as they shape our world. Does the filter of your mind bring you wisdom, open you to options, lead you to new ideas, and more love and peace? Or, do they contain dark worries, meanderings, or fears? Take some time to assess where you spend your time! Make adjustments in each present moment so that your habits reflect a healthy, grounded, and aware presence. You want to be true to the TRUTH and allow yourself healthy goals! Let it flow! A healthy BL means we observe what is coming in (like pools or birdbath fountains). We let it sink in. What is happening? To respond correctly and avoid burnout, we need to take time to feel what is going on. Then, we can let the gates open and shine! Being true to ourselves and seeing it through (because we believe in our truth) grounds us. The Bladder asks us to remember the heavens and anchor it to the Earth. We are nourished from above, and then we feed the Earth with our presence. Just like a switch on a wall, the pinky toe is where the hydroelectric power becomes electric! Let your light shine! I love this song from FAME that serves as a perfect reminder of our electric body connection with the Earth and the Sun:*

***"I sing the body electric I celebrate the me yet to come! I celebrate my own reunion, when I become one with the sun... I glory in the glow of rebirth, creating my own tomorrow, when I shall embody the Earth.,,"***

***Kidney:*** Here, we transition from nourishing the Earth, or grounding ourselves into it, with the Bladder Meridian to allow the Earth to nourish us into our K energy. The Earth is an integral part of our Meridian FLOW! We are intricately connected to our physical form in our body-Spirit relationship, so we require the Earth's energies to sustain our bodies and maintain health. Starting from the pinky toe, where the BL ends, we venture beyond the body to reach the Kidney/K1 entry point on the sole of each foot. Where better to access Earth energy than at the center of the sole of our feet? However, if we are perpetually occupied, we lack time to simply be. As I recall Deepak Chopra's keynote address at the 5<sup>th</sup> Biennial Cultural Competency Conference at Georgia State University in 2012, where I presented a poster session, he emphasized, **"We are not human doings – we are human beings!"** Yet, amidst our busy lives, we often neglect time to simply BE. Meditation practice provides an opportunity to pause, focus, breathe, listen, or simply be present with Spirit wisdom. This allows doing to emerge from being rather than allowing life's demands to dictate our actions. As we grow, learn, gain insight, and understand in relationships, the JOY of being and creating—Art, Love, Dance, Music, Writing, sharing—all can flourish from living and remembering to connect with our highest level of consciousness through Spirit! However, the risk lies in becoming like machines driven solely by the need to "get things done." We risk forgetting the beauty of being, which can also be painful and intricate. How can we lose the sacred moments when we fail to make each step a prayer, each breath a

blessing? When we touch the Earth, do we consider that it is also a conscious being capable of feeling us? Allow the Earth to fill you with life-giving drops of Love and positive energy. If there are dark thoughts or memories that seek attention and block the light from entering, give them your full attention. *Perhaps it requires healing before it releases; perhaps it needs love; perhaps it holds valuable information for you. Imagine a flower emerging from a seed, rising from the muddy ground, blossoming in vibrant colors and radiating life force. Allow this level of awakening to flow through you! Let it ascend up your legs, and inhale it deeply, reaching all the way up to the top of your sternum. Allow it to bloom in your heart, and listen to its wisdom. When we are in harmony, we draw in the minerals and elements we require and release toxins—energies that hinder our pursuit of health. We are all composed of the essence of the Earth. However, today, the soil is depleted due to poor farming practices. Reflect on how organic farmers practice composting (preserve energy, minimize waste, and honor life); utilize beneficial insects like ladybugs (maintain harmony with Nature); and cultivate communities rather than monocultures (remember that we are here to support one another!). Pay attention to the energies, thoughts, and foods you are nourishing your body with; consider the goals and visions you are planting for a fulfilling life. Seek out the positive aspects of each moment, savor the sensations, and let them guide you towards love. The Kidney Meridian sets the tone for the blossoming of the Spleen and Liver Meridians, which are the closest to the Kidney Meridian and begin on the big toe. The question arises: Are you consciously setting an*

*intention to allow positive things to flourish in your life? Stand tall, knowing that the Earth supports your endeavors. I firmly believe this principle applies not only to our plant kingdom but also to us, the mammals, including humans. Consider this quote from the poem Desiderata: **"You are a child of the universe, no less than the trees and the stars; you have a right to be here."***

**Pericardium**: *The Kidney ends just below the center of the collarbones, but the next Meridian begins below this point. Why? I sense this space nourishing the entire Heart, like a hundred tributaries. This is akin to breastfeeding; numerous rivers flowing through you. This explains why nipples are believed to not only provide nutrition but also nurture the infant's aura, fostering physical bonding and comfort. Of course, the ideal for the healthy development of all mammals is breastfeeding, and this is where this Meridian commences. The Kidney has prepared the land to be fertile with the perfect balance of pure moisture. When healthy, it indicates the presence of just enough sunlight and gentle breeze, without any leaks, stagnation, mold, or mildew. We hold the infant in our loving arms. There's no love like the love of a mother for her newborn. When I gave birth to my first child, I was astounded by the intensity of that feeling. I realized that this incredible miracle of life is often taken for granted or even forgotten. If only we could remember the exquisite beauty of innocence and respect the life we each possess. This is not a pro-life or anti-abortion argument. Who doesn't support life? I envision a future where people will be conscious enough to never*

*harm each other; to recognize when a Spirit is meant to incarnate and honor those contracts. Certainly, it's not wise or ever preferable to use abortion as a form of birth control. I believe the Soul typically enters the body around the midpoint of the first trimester and remains there for most of the third trimester, although it may temporarily leave the confines of that space (and its tiny body) during sleep, just like we do in our adult bodies! Many factors influence a decision to bring a child into the world. It's a deeply personal choice, not to be taken lightly or judged. Sometimes, we may need to end a relationship in our lives. Although we may yearn to embrace that person, numerous obstacles may prevent us from reaching out. They may not be a safe or suitable individual with whom to interact. In such situations, we can request divine love and wisdom to be sent to them, and then let it be. Remember, you can always offer yourself a loving hug and embrace self-compassion. Imagine a wise, safe, and loving being of light enveloping and comforting you. If you didn't receive enough breastfeedings, holdings, or love as an infant, imagine how that might feel. Allow your infant to receive all the nourishment and compassionate connection they needed.*

**Triple Warmer:** When in disconnect mode, TW functions like a swift and ready-to-act force. However, it must remain vigilant, not overly so or like a vigilante. Its mission is to observe the heart's needs and fulfill them. As the Pericardium ends on the middle finger, TW begins on the ring finger. Imagine having a heart sensor on your ring fingertip, like in

some video games, wired up to your arm and connected to your ear. **Houston, are you there?** That's what TW yearns to know.

*Beyond this immediate need, we must respond thoughtfully. We constantly receive intel from the Pericardium about the state of affairs. We must pay attention and take time to HEAR these messages. The body and soul await our wise counsel. Our higher wisdom (Spirit) should check the monitor to respond to perceived danger and determine if it's real (life-threatening) or merely a reminder of a past danger. It could also be a boundary violation, another person's chaos, or an emotion. Or perhaps we overreacted and need more information.*

*TW wants to have a conversation with us. By doing so, it can help us manage our energy more effectively once we stop treating it like an unwanted stranger. Just as the President meets with his staff to pay attention, we must also pay attention to TW. It represents the body (soul) checking in with home base (Spirit). What is your body telling you? Are you paying attention?*

*When TW feels unheard, it triggers alarms (neuro-hormones, such as cortisol; or neuro-transmitters, such as adrenaline). If it fires too frequently, it can actually*

*shut down some brain function and begin to dysregulate, similar to the boy who cried wolf.*

*Be clear and treat your body as if it deeply matters to you. It's your best friend. Don't disregard its messages.*

**Gall Bladder:** All your motivation, ability to accomplish tasks, begins with recognizing what needs to be done, absorbing it, and activating it with your entire being. Are you paying attention? Are you ready to move, to follow the heart's bidding? As I mentioned earlier, this is akin to transforming into a robot suit from the children's TV show "Transformer." However, in this case, you are the observer, and the "machine" is your body! Observe what you need to see—what is happening? Have you been cut off from feeling empowered in the past? Do you require healing and reconfiguration to correct faulty programming, recover from hurtful, abusive, or non-loving messages? Embrace the truth in your brain! The P of Periscope, located on the side of your head, encompasses both the Reptilian brain (FEAR) and the Neo-Cortex (conscious thoughts and awareness). What do you perceive (take it into your occipital brain)? Doesn't everyone always do their best? Their best may not have been the healthiest, but it's simply what happened! We must grant ourselves permission to be truly healthy, even if we haven't been so in the past, present, or future. It's wonderful to acknowledge any signs of love, even if your caregivers were inconsistent or inadequate. Connect with Spirit-level LOVE, which transcends the emotional pain experienced on Earth. You deserve to commit to your dreams, as anything originating from your heart is inherently good. We are here to learn. We must internalize this knowledge and let it motivate our actions, giving our lives meaning! Having "Backbone" often signifies integrity. A healthy GB is

about standing up for your truth. The Suffragette Movement and the Civil Rights Movements are excellent examples of GB/Heart-driven ACTION. Just as blockages in the Liver can develop stones that obstruct the valves in GB, you can achieve clarity and balance again by cleansing out old anger, toxic emotions, and other environmental toxins! If committed leaders and their support networks hadn't felt empowered to effect change, the dream from their hearts, the message given to TW, would never have been implemented. It is the ACTION phase of the THOUGHTS, which is carried out by GB, when we are healthy enough to take action! The pathway actually resembles that you've been wired to be all systems "GO!" As we leave TW at the temple, we lift our eyes to the outer eye as we put on our **eye gear**; then we descend to the point where the earflap meets the face (similar to Sm Int.); and finally, we go straight up – connecting the Bluetooth connection from TW; I call it **Periscope UP**. It creates a 2" P shape on the side of the head, above the ear, and then returns to the power points behind the head. We move up to the Liv points at the hairline, flowing just outside the BL lines. As we descend, we get your **Flight cap** as you move over the center of the head, about 2" apart – 1' from the center spine, on each side. We continue down outside the spine and then (putting on your **Jet pack**), **just under the scapula**, we connect at the sides of the body, on the sides of the breasts, even with the nipples. We move in to the center/waist on the back and then out again at the side hips (**clipping in a parachute pack twice**, at the chest and hips). The line then goes around toward the tailbone (like a jet pack would), above the glutes to the legs, out and down the outer side of the legs, down the side of the thighs, and then it zigzags at the lower side of the calf (up toward the shin side) and goes down to the heel at the side. Finally, it goes off the 4<sup>th</sup> toe (putting on your **robot legs** like in the movie *Edge of Tomorrow* – also a nice metaphor, the film was marketed with the tagline *Live Die Repeat*). Yes, it's Go time!!

***Liver:*** Love your Liver, it's the ultimate giver! GB ends on the fourth toe. From there, excess energy is released, flowing to the big toe, then to the outer/lateral part of the U-shaped toenail. This is where the Liver part of the Meridian Flow begins. The inner/medial corner side is the starting point of the SPLEEN.

Interestingly, just as the Heart and Sm Int share the pinky finger, the big toe is shared by SP and Liver, which are the two Yin Meridians of Earth and Wood Elements, respectively. These flank the Fire Element at the top of the Control Cycle (more on this in the next section!). Like SP, Liver gets involved in the nitty-gritty of life. Think of SP as an ally with Liver. We must assess if a situation is appropriate to enter. Then, working with GB, we receive and give information, moving forward with care, being aware is the key! Everything we take in enters our being, informs our heart, and determines if we can take another step! When we feel the love, it's easy to move forward, share, ask questions, and learn.

Liver, like SP, travels up. When viewing the Meridian moving up both sides of the body, it creates a beautiful flower shape. What grows in us? Liver ends under the nipples, and the top curve cups the Core Star! When we're willing to step into LIFE and truly embrace our Divine potential, Harmony will be greater.

When we see the duality of being body and Spirit, the concrete world versus the mystical, with clarity, we can see the big picture and create great beauty. Do you walk around stepping in dog poop, literally or figuratively? Do you get hurt (i.e., not eating well, spending time with "friends" who don't share your values?)

*because you weren't paying attention? Are you putting your energy into arenas that aren't aligned with your Heart? Were you trained to do this in the past? Here's your chance to re-explore your earliest memories and programming, and to consider if you agree with what you were taught. If so, what a MITZVAH! If you disagree, it's perfectly okay to do so. Instead, focus on discovering your TRUTH! Replace old dogmas, unhealthy habits, or programs with new, healthy ones. Consider journaling and writing affirmations that clearly express your new awareness. Repeat these affirmations for 1-3 months to reinforce the new understanding. Pay attention to your words. Our bodies respond to them, and we don't want to send mixed messages, including negative, confusing, or unclear ones. Unlike the spleen, the liver flows closer to the groin and stops at the ribs. It resembles a goblet and filters out and transmutes any thoughts, energies, hormones, proteins, fats, and chemicals that need evaluation. Remember, respect is not just a song title. Yes, it means taking time to process life and loving yourself.*

***Lung:*** Lung, I'm captivated by the profound sense of relief that comes with simply taking a deep breath and letting it go. It feels like **a weight is lifted off my shoulders!** From the Liver's end, we descend into the subterranean realm, ascending towards the shoulders. As if a million tributaries provide feedback to the LUNGS, our dear Heart, its close neighbor, is explored. It's as if the LUNGS are constantly not only absorbing oxygen and releasing CO2 but also assisting the heart in pumping. They seem to be attuned to the heart's rhythm.

Once we've processed life, truly feeling what we love and what excites us to be here, we can discern our life's purpose. This purpose can provide us with a reason to take that next breath. However, what can disrupt this journey? Pain; Loss; Grief; Emotional overwhelm can all lead to Depression. You know how when we feel too much, it becomes difficult to breathe? Or perhaps your habit is shallow breathing, a protective response that shuts down or minimizes energy. The problem is that these habits prevent us from fully participating in life. They can develop at a very young age. Even a difficult birth, an anxious mother, or similar family dynamics can be the catalyst for this body habit. Sometimes, it's challenging to allow ourselves to feel our emotions. Remember, feelings are like weather; they simply are what they are. If we allow ourselves to question why, we can gain a deeper understanding. It's important to remember that the body is concerned with SURVIVAL, while the Spirit is ETERNAL. These are vastly different agendas! Often, we forget and perceive the body's concerns as the sole essence of existence, leading us to react accordingly. However, we can get caught in a cycle of perpetual reactions. Consciousness can interrupt this fear pattern. When we experience the even and steady flow of Love emanating from the Spirit, we can tap into this energy and maintain balance. Maintaining balance is a continuous process! We can let love cascade down from the shoulder to the thumb. This is why meditating and practicing breathwork until it becomes a habit is crucial. Once the old habit is established, we may not remember what was not habituated. Lungs are closely associated with the process of elevating consciousness and cultivating reverence for the sacredness of our existence. We have the responsibility to take charge of our own lives, but many people prefer to complain or blame others. Perhaps they haven't discovered the profound sense of fulfillment that comes from completing a pure and uplifting dream. Of course, what distinguishes us from many animals is our opposable

thumb. Is there a particular aspect of your life where you feel overwhelmed and unable to gain control? Once you release what no longer serves you in your energy, you'll have more energy to move forward. Hold your thumbs in front of your shoulders, approximately 6 inches to a foot away, and feel the space between them. Imagine your thumbs as divining rods, as if you're dowsing for something. Find your way. Take control of your life, direct the flow, and channel your energies to propel yourself forward. I find great resonance in the song "**Between Two Lungs**" by Florence & the Machine, which addresses these profound themes.

*"The breath that carried me, the sigh that propelled me forward... Within the confines of my lungs, it was finally released... For it had been trapped... Now, all the days of desperate pleas, all the days of stealing; No more gasping for a breath; The air has filled me from head to toe..."*

We breathe in and we exhale. How aware are you of your own body? Are you exhaling as consciously as possible? What are you holding onto? What hinders your progress? Often, our habits (from our body trying to protect itself or us) are the root cause of this behavior. It is up to you to pay attention, trust, and change your behavior. What message is your heart trying to convey? Breathe into it, listen, and FEEL it! Embrace it and allow it to live within you. Be present in this moment! What beautiful song from SPIRIT yearns to be sung in your life? Sing it.

**Lg Int:** *Once we release the burdens of Lu and focus on the promising dream with faith that it can become a reality, we gain the freedom to choose our own path. Grab your MAP and start pointing and clicking! As we inhale the loving intention from the Lungs' connection with the Heart, we can assimilate it through proper digestion and elimination of what we no longer need in our bodies or minds. Follow the path from your index finger up your arm, allowing the Heart energy to flow freely in your life. Let it guide you, just as the Lung energy moves over your shoulder but in front, Lung Int is the Yang partner to Lung's Yin. This Meridian extends right up to your nose. Are you on the right track? Are you paying attention for signs and being a diligent tracker? Next, we move to the ST Meridian. Did you clear the path well to make room for positive, new energies? Remember, a life that is overly full, cluttered, and lacks space for the good dream to enter is not conducive to its manifestation. To nourish yourself, engage in an emotional, professional, or relationship Spring cleaning. We are constantly experiencing change in our bodies. We meet new people, visit new places, and try new foods. We cannot keep everything in our active files storage! We must evaluate what has nourished us and then let go of the rest. This is not about judgment; it is about maintaining good health.*

## The Elements

For instance, my husband moved to NYC in his late 20's,, and we met a few years later. Perhaps the pollution got to him (he took to running in NYC) as he began to get asthma symptoms. Later stress and/or certain chemical scents (from paraffin candles) or animal dander would also trigger this. He always tested fine with Lung Meridian (3-5PM), and out of balance with its' opposite, BL Meridian (3-5AM). How we express our stress is influenced by many factors.

In some family systems, certain outcomes are demanded that are not in alignment with an individuals' highest truth and may influence their native way of responding to life. Imagine how different children in the same family may respond to a parent who is needy, depressed/anxious, or always expecting to be cheered up. Tone covert message may be to "not have your feelings" if they are not happy. Another covert message may be to become the anointed "fixer" in the family. She may be in trauma-overwhelm, or simply did not have the tools to function in a more effective way. Yet if you are a Water Element, this can cause disconnects, making you feel unsafe, and want to 'submerge' (or get out of the home) more than usual. A Fire type may adopt anxiety, or be more likely to get triggered or feel unsafe, mirroring the behavior; a Metal may step into a parental role and become dictatorial – or negative/hyper-critical or judgmental, or, also wanting to get out of there! A Wood Element may feel and express more

anger toward that parent if they consistently do not use their own ability to be proactive or wise in responding to life. When Wood is in balance they are great achievers, and assertive... so another way that may manifest, is a Wood may become the "Golden child" to get praise and If you are an Earth Element, this can cause a worsening of the already loose boundary that Earth may have when it is out of balance. In other words, it encourages the negative aspect of over-worry and not having balance to take care of your own needs. Women in general are expected to have this trait especially when they carry multiple roles of mother, wife, earner, home manager, etc. There may be many factors at play in the baseline – and there are so many variables! Luckily, the individual's ability to monitor and adjust these patterns is directly affected by commitment to doing the work. We can learn to trace the Meridian pathway, and by knowing each section's range of healthy to unhealthy characteristics, we can use this as a template to guide our own healing path. We can learn to *access moving toward healthy*. We can raise present-centered awareness and clarity of mind with many forms of mindfulness, with practice of Meditation, and all movement forms that include observation, focusing, and conscious breathing. Examples are Hatha or other heart-centered or Yin approaches to Yoga, Tai Chi, Qi Gong, Aikido, Alexander Technique, dance, Poi Balls, Labyrinth walking, etc.). Influences on the Meridian system are the Chakra stories, the Radiant Circuit status. Consider what brings you joy! What does your heart dream of and long for? Consider those experiences that have brought meaning and peace, the joy of creating,

and feeling accomplishment. These aspects feed the Meridians. The heart is the first organ-energy connection that is derived of both Spirit and form.

What was acceptable in your family of origin is a relevant factor, although personal preferences, cultural, and other peer/social influences – and further back/past life influences may also be at play. In his family, as is true of many – a physical illness was considered more valid than an emotional one. As a child, until age nine, he shared a room with his 14 year-old brother and eldest sibling. When he lost this brother to Leukemia that year, of course, it pervaded his family experience. That year he also lost his maternal grandmother who had lived with the family. His parent's intense grief may have left no space for him to express his own grief (Lung is related to Grief issues). His family cried together, and loved each other, and the loss of a child and sibling was by all accounts close to unbearable. Perhaps later stress, even if only environmental attacked his most vulnerable trauma connection... grief. His was raised in a family of Catholic upbringing, and it was definitely a typical one, in that in the early 60's there was not a lot of encouragement to examine or express feelings, especially from children. As my husband said, it was "her way or the highway", – also, it was the *'be seen and not heard'* generation, also very much a cultural norm (pre-60's) to NOT discuss or know at all *how* to process stress, loss, grief, anger,

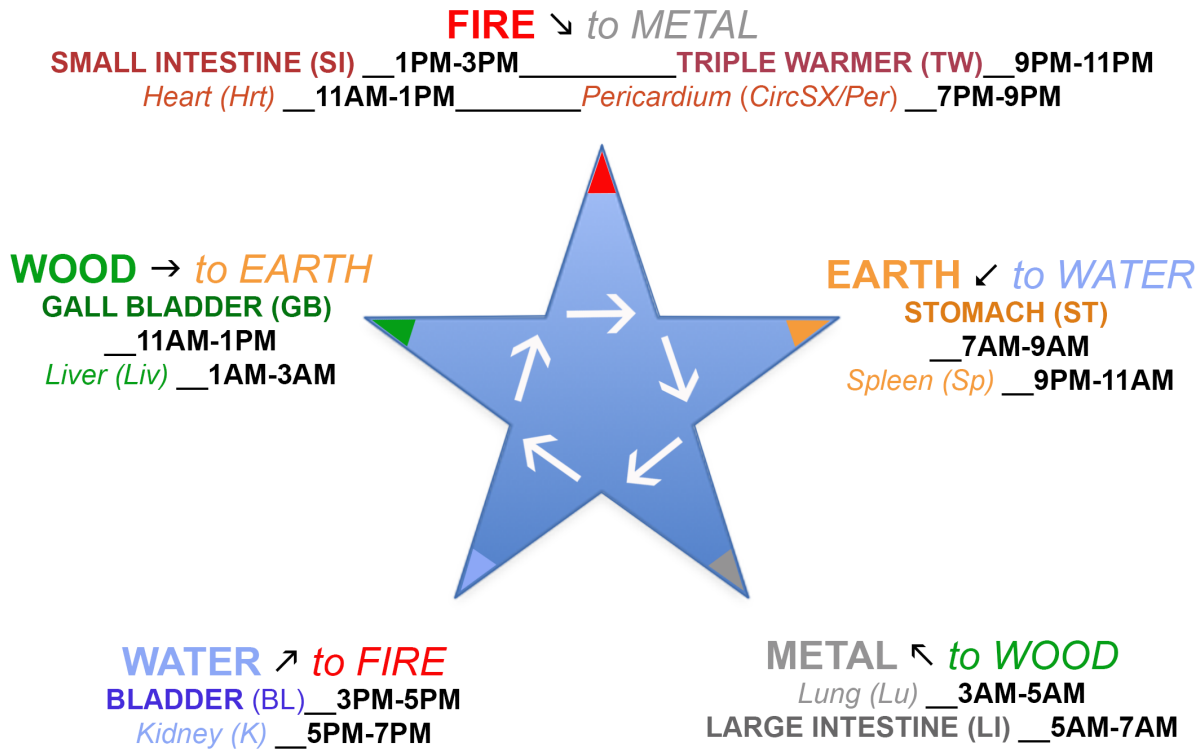
fear in a healthy way. His parents loved him, but they just didn't know how to 'be there' for him sometimes. Adding fuel to that fire, perhaps, both his parents had worked for the WWII effort in Naval Intelligence. He got the message very early on that any expression of other than joy (he was the designated comedian/fixer) was not preferable. There were no temper tantrums in his home. Perhaps some of you can relate. So, Bladder Meridian (which reflects nervous system health) was not allowed (by his mind/Spirit) to express fears, or Grief. He had (subconsciously) only *permission* to roll back into Yin Lung energy, where "I can't breathe" was a more acceptable option, than the expression of the relevant emotions surrounding these issues. What a good metaphor for all those backed up feelings! The energy could not roll forward into Liver, as expression of anger would also not have been acceptable. We always had to work on BL to get Lu to get back in order. Just having to keep in all those feelings, and maybe become the family laugh machine to boot, is a lot of pain to not show. Asthma got heard and seen. It is twisted and can get complex, but we all find ways to survive. The chart below outlines the Five Elements with the Meridians and corresponding emotions that are in each group. This is also demonstrated with a 5 pointed star, called the Meridian Control Cycle because Water puts out Fire; Fire melts Metal; Metal chops Wood; Wood disrupts Earth, Earth blocks Water! Each Element also corresponds with a color, and season, and another chart in the Addendum may help you see these relationships as well.

## **The 5 Element System**

|                                |                             |
|--------------------------------|-----------------------------|
| Water... (Kidney/Bladder)      | – Hope vs. Fear             |
| Fire... (HRT/SmInt, CircSx/TW) | – Joy vs. Panic             |
| Metal... (Lung/Lg.Int.)        | – Reverence vs. Grief       |
| Wood... (Liver/Gallbladder)    | – Assertiveness vs. Anger   |
| Earth... (Spleen/Stomach)      | – Compassion vs. Over-worry |

Conversely, this is the way the Meridians flow as we move through the day, and also as they're divided into their Element pairings, as we discussed in the previous section. They are at their strongest during 2 hour increments, starting at 7-9AM with ST (see below): Stomach/Spleen, Heart/Small Intestine, Bladder/Kidney, Pericardium (aka, Circulation Sex/CircSx)/Triple Warmer (TW, a.k.a., Triple Heater), Gall Bladder/Liver, Lung/Large Intestine.

The Elements start with **WATER**; trace up ↗ to **FIRE**; down ↘ to **METAL**;  
Up left ↖ to **WOOD**; Across right → to **EARTH**; & back down left ↙ to **WATER**



### **The Meridian Control Cycle (Element Types)**

**The Five Pointed Star ...** Water calms Fire; Fire melts Metal;  
Metal cuts Wood; Wood disrupts Earth; Earth interrupts Water -

**Yang Meridians** are shown as **BOLD, CAPS**

*Yin Meridians* are shown as *Italics*

Notice how GB is opposite Heart; ST is opposite Per; Liver opposite SmInt; TW is opposite SP, etc. (same AM and PM times). Fire Element (which expresses Joy when we are happy, think sunny Summer days) dances with Wood and Earth. Wood notices where Heart has been betrayed (anger vs. empowered) or where our ability to act on Hearts mission is stymied (GB/inner rage vs. assertiveness). Earth provides calm, stable boundaries for all the emotions going on in Fire Element, if we are not stymied by over-compassion or worry, and putting out everyone else's fires. We must learn to decipher the messages from these Elements and be like a shaman, always considering/listening for what is our best, what is for the highest good with Spirit/Guides/Totems, and all of life as it delivers omens and messages. Water and Metal also interact with each other, BL to Lu (remember this by combining BL and Lu to equal sounding out the color Blue!), and K to LgInt. Yet, although the four Meridians in Fire Element interact most with Wood and Earth Elements, it must also have Water (hydration and flow) to stay in balance and stay effective – this is what we are showing in the above diagram. The *Control Cycle* starts with Water flowing into Fire, with Fire being a bridge between Water and Metal. Yet, contrast that with how in the *Meridian Flow Wheel*, Hrt and SmInt flow into BL and K, then back to Fire Element with Per/CirSx and TW. Next flows wood Element and then Metal! In every way possible, we have one small neighborhood in our organs and this community is very close-knit. Everyone knows everyone's business! There are no secrets in the body! Yet, trauma can send us into a tailspin, hiding

information that we are too overwhelmed to process at the time it happened. Could be it was just too much for the body, could be we were too young, or could be a combo cluster which equals more complex trauma depending on the severity of the events! If we just sit on the couch eating bonbons all day, ignoring our goals and reality, we won't achieve anything! Alternately, Water, just as during Spring thaw, needs healthy Fire Element (sunshine) to not stay frozen (letting fears be in charge), or submerge too much (to remain viable for life to grow)... we can move forward and retain *hope* about the future. Metal must have Fire (Heart) to not become too rigid, and stay in reverence, able to hear wisdom. If all is in harmony as the Cycle flows from Water to Fire to Metal, then by the time the flow gets to Wood, we will be able to see and know what is our truth, and to appreciate life with reverence. Then we can ACT on the messages from Fire (from the Joy of Spirit's mission which is echoed in the Heart vs. being cut off from Spirit and Heart truth, and acting out from the body level of panic/TW overload). Liver and GB retain anger toward others or self if stymied in the process of being part of these goals. The fact is most of us did not grow up understanding that our body has its own needs. The body has its own point of view, and it hears what its host (your Soul) wants, but also responds to survival cues (what it wants, to stay alive). Sometimes, when we are at odds with our body, the body will go into high alert mode (TW/Adrenal overload; cortisol dysfunction), such as when we use too many substances or foods that do not support health/overwhelm the ST and Liver, etc. another

example is when as children, we naturally love and want our parental figures to love us, but if they never learned how to be loving and healthy, and abuse, neglect, or inconsistently provide healthy attention and guidance (or say, are abusive and violent), then we are in a catch 22. Again, the body will be triggered since we are usually too young to know how to get out of such a situation. When we learn to notice these cues, we (with Spirit level observer awareness and transcending the body's fears) are able to begin to do the work to go back and heal past selves, remain calm in new situations (or at least catch it sooner, and this is a skill we can build), even when in danger or experiencing a real reason for panic! We can then use our higher-level consciousness to calm the body, and respond appropriately.

***Meditate on the breath***, and allow yourself to receive Divine Love – let it flow through each Chakra, right into the Core – and then feel/imagine the Core Light and calm expanding out through each organ, and cell, and out to the edge of your Auric Field. This is a beautiful exercise that will help you maintain, and at least, begin to feed the Meridians and balance the emotions. This can also help the connection with higher wisdom to grow. When we remember who we are at that level, we can remain calm and access our frontal lobe and Spirit wisdom... we will make better choices. This helps the Elements to express their orientation toward the most conscious and healthy direction.

As a psychotherapist, and in my life – way before I even considered that as a

job option, many times, I saw up close and personal how trauma affects the body. There are environmental factors/traumas, which I reviewed in greater detail in previous chapters, which contribute to emotional imbalances. Shock can be severe, or chronic, and it can also have cumulative effects – eventually we get to the straw that broke the camel’s back.

Our life is impacted greatly by our environment – the family-dynamic, and external community into which we were born. This means that not only can our Element type change in a lifetime, it can be hijacked early on, and shift the innate direction in another direction. The more influences we have that tell us we are safe and loved, the more we can explore our natural Divine yearnings for beauty, knowledge, creating, and being loving toward others – in the way that our Soul chose to come into this life. In the language of the Elements, we may be supported or not, depending on the environmental factors of *family, cultural, political, religious, socio-economic dynamics*. This will affect our leanings toward feeling and expressing hope or fear/hopelessness, joy/panic, reverence/grief, assertiveness/aggression, and compassion vs. over-worry – with healthy to no boundaries. What did these variables create in your life?

I do believe, to quote Paramahansa Yogananda that the plan for creation "*can only be rooted in love... Every saint who has penetrated to the core of Reality has testified that a divine universal plan exists and that it is beautiful and full of joy.*"

Whatever happened in the past, no matter how good or NOT, can lead to our deeper understanding, and can have a good outcome. Of course, remember that the best outcome may be a few lifetimes away, but we are all headed in that direction. It is fascinating to note these trauma factors may throw us off course, and take us into places/feelings that, well maybe, we weren't expecting. When we understand how our body/mind is set up, we can navigate life better, recover quicker, and once we have worked with the energy systems to make them stronger/healthier, it puts the body/mind in a safe space so energies do not get flung into the mayhem of chaos, scrambling to survive at the drop of a hat (or a dirty look, or inconsiderate behavior of another person). We must learn to identify what are actually body responses, which we accepted as our self-truth. Such as the body having panic. The panic may have been triggered by past trauma, or fear thoughts. It doesn't mean that the fear is unfounded, but unless we examine the situation, who knows? It may just be a remnant, a habit of the body! Many people identify with their body AS who they are. Truly, the body will express its fears and need to survive, which may not reflect the truth of Spirit, which is our eternal Divine self. Are we not more than a body? If you didn't get consistently peaceful consideration, and loving appreciation as a child, you must cultivate in your NOW. We all have trauma according to Dr. Scaer – and, we can even get that trauma from in utero – or pre-utero experiences, meaning a past life. Unresolved trauma will seek resolution regardless of when or how it was initiated. There are many methods to bring harmony to these states!

Regression, using Energy testing and energy tapping are very effective supportive measures. I like to look into the Chakras and Elements to get more information so that any tapping work can be the most specific and relevant.

The 5 Elements combine Yin and Yang Meridians in six pairs. Fire Element contains the Heart Meridian, and because of its importance in the SOUL/Spirit, Fire Element contains 2 *pairs* of Yin/Yang Meridians, while each of the other Elements contains one pair of Meridians. The Radiant Circuit (more on these in Chapter 4!) of *Central and Governing* vessels (these run up the front center and spine of the torso)/they are also the home base Meridians. They sit at the Center of this star, highlighting to my way of seeing things, that the Core Star is pre-eminent – without it, no Energy system may enter the body. Everything starts with the Core – and from our first breath, as we enter this life for the first time outside our mother’s womb, we officially merge Spirit with Form. These Five Element states of Meridian groupings show us personality patterns, ways of responding to stress, how we communicate emotions – and they help us to understand the causal nature of how emotional states are generated (they interact with each other; and each Element both affects, and reflects the balance/imbalance of the Body). These systems have a powerful interplay with us, and they also interact with the physiological systems of the body, our Earth Seasons, and Emotions, which arise from the body experience. I list these with the Yin Meridian first (as best possible, mirroring the order of the Flow cycle presented in the previous section).

While the Flow Wheel of individual *Meridians* is in a circle shape, the 5 Elements in the Control Cycle form the shape of a 5-pointed star, with Fire Element at the top. The arms are Wood (to the mid-left) of Fire, and Earth (to the right). The cooler Metal (bottom right) and Water Elements (left) hold the feet at the base of the star. The cycle begins at Water, and goes up to Fire, down to Metal, over to the left, Wood – then across to the right side at Earth; finally, back down to Water. This system, unlike the Meridian flow Wheel, has nothing to do with time. It is more concerned with the cycles of life, emotions, and a continuum of healthy vs. not. The flow begins with Kidney in the Water Element at the bottom left of the star, goes up to Fire, down to Metal (bottom right), then diagonally left, to Wood, and across to the right (Earth) then back down diagonally to the left, ending with Water, where we began.

I want to discuss how I see Element Types in percentages (as in she is 75% Fire, 25% Earth), the effects of family dynamics, abuse, trauma, expectations, and how life shaped us as these relate to Elements. As I worked initially with Element Types, I was surprised to find in my family of five, that each of had a majority percentage of each of the Five Types! For instance, speaking of percentages, as a child I was about 75% Metal, and 25% Earth. I remember how my body was – I stood tall and skinny, I interacted with great reverence toward Nature – maybe I was even 80% Metal! As my mother was emotionally inconsistent, I found myself mothering her, later. There was a lot of *sturm and drang*, including my mother's decision to divorce my dad when I was four, and

her chaotic re-marriage. My stepfather then was at times fun, and other times, attacking, erratic and violent. By ages fourteen-twenty, I'd switched to 75% Earth – 25% Metal. I didn't have time to grieve – I knew my stepdad had been neglected and abused. He would become an irrationally aggressive Wood Element. My mother had been spoiled as the first-born child. Her early childhood may have contributed to her being out of control at times. He'd never hit her – but he would hit me. There was a lot of yelling, sometimes. My knowledge and understanding of these issues led to an Earth snafu. It grew my compassion, and worry. My mother divorced him 2 times. The second one stuck.

Slowly as my personal life calmed down, after college, I healed the original distress that led to Leaky gut, Chronic Fatigue – what by 1992 I learned I had Full System Candida/ immune dysfunction issues, Things that were stabilizing influences included becoming married and starting a family in 1991. Within 5 years I was a happy mother of three. I began healing my over-worried, bloated, out of balance Earth – and my disappointed Metal switched more consistently to the healthier end of the spectrum: as a Compassionate Earth and Reverent Metal. In my mothering years, I edged toward 70/60 of Earth/Metal, and now with all three in college, I consider myself to be about 50-50%. It's funny, but sometimes folks mistake me for a Wood Element. I believe this is because I am a very passionate Metal, and an intense Scorpio (which has a lot of similarities with Wood). But I am also Libra rising. My husband is primarily a Wood Element (balancing into being more assertive/empowered and less falling into

aggression/too sharp states, he's now leaning about 35% into Earth in the last 10+ years). I've learned a lot from him – and have been helped by his *let's get 'er done* wiring. I had to learn how to not get mowed down by his strong assertive confidence too. I learned that just because someone is confident, and assertive doesn't mean their point of view is more relevant than yours. Many times I did not think I cared too much about decisions we made as a couple. I'd shrug, activating my Earth (*but, what do you need*) mentality, or my hippie disconnect from the material world. Later, when my point of view that had been discarded, proved a better choice, I realized I had developed resentment. However, that was my fault, and it was a painful and long process to understand how to communicate better, and to really listen to my truth – not just when I am with a client, or in big matters, but ALL the TIME! We each have an Achilles heal, and room for growth. Monitor your emotions. They are information. Are you a 10 of frustration? Are you a 10 of bored. In all important close relationships, and in business as well, your friend/spouse/parent/boss may feel an issue is a 10 of importance (on a scale from 1-10), but to you it is a 3, that is worth noting, and possibly, discussing! We also had three very immutable, strong-minded children, which means we had to be very strong leaders. We always taught them to communicate their needs, to be there best, and that they were loved, and mattered. But sometimes children are strong-minded about the wrong things. It made me develop my healthy Wood Element aspect, well!

So, to re-cap: I'll review each Element and will provide info on a few other

options. I've found that we can adopt a way of being that looks like a true Element type – however it is sometimes a phase; an interruption or deviation from your innate nature due to some combination of trauma, family dynamics and life experiences. I am not saying it is good or bad. Who am I to know what your Spirit needed?! For instance one client strongly sounded, and looked like a Water Element, she'd had a lot of losses early in her life. For ten years of her childhood it made a deep cut into her way of interacting in the world, so that fifteen years later, she was still in that way of being. As we worked through and released her emotional pain she was able to embrace true health – and she shifted toward an Earth/Metal type. Her original Element type had been disrupted by having experienced all that loss. She was in fear mode. We came to call that period of her life a *Water phase* (a long one!). The work helped her heal, and connect with the life she wanted, which is a peaceful one, full of love and joy. She is now able to process grief and loss without losing her Core of truth.

In my family learning about the Element types with my husband (as I mentioned above), and three children was extremely helpful in keeping us working together, and not labeling. It helped me to be a better parent, by noticing strengths and weaknesses so I could re-direct (me and them), and appreciate my family and myself too! My daughter, a classic Fire (though she has notes of Earth), would get dehydrated at the drop of the hat. This continues to this day, but now she self-monitors very well! Also, she would have her room as if a

tornado had hit it. Once I mentioned her messy room to Donna Eden, and she replied, "Yes, I was like that too, and I never knew how my room got that way either!". That is exactly my daughter! She loves for everyone to be happy. Once, when she was four, I had left her to finish neatening her room. After a while, walking by her room I asked if she was done. She replied, sticking out her little nose, through a crack in her door, "Yes... but don't come in" ...(this was hysterical, but I kept a straight face) and so, when I went in, nothing had been done. I told her even though it may be boring, she needs to keep her room neat. Then she cried out (panic) "do you still love me?" Of course I said yes, but this scenario happened many times! By the time she was a teen she had not improved much. By the time she was a teen, she had a friend whose parents did not interfere at all. The friend's room had rotting, moldy food among the mess, and real dirt – this was an eye-opener for my daughter. But prior to that, no matter how many times we'd sing about making the room neat; no matter how many organizational tools, videos or books, I showed her she'd always end up turning her room into complete disarray. Thank goodness she was breastfed for three years and was devoted to practically being glued to my thigh when she was a toddler, and wanted to do things like Yoga and meditate with mommy. Our early bonding got me through her teen years, and the skills she learned are coming back to her still as she enters adulthood. I had never had this issue with my boys. She is five years younger than my eldest, who is primarily a Metal, a deep seer and wise old soul with very high standards, he also has a 15% Fiery

flare when he is in a very silly mode. My middle boy, primarily is Water, and he has a dry sardonic wit. Even as a baby he was very chill, with his feet up on the stroller bar. When they were kids, they might do homework at the kitchen table. A typical day when my daughter would come home from elementary school, she'd join us, talking very fast, telling of some new 3<sup>rd</sup> grade girl drama, such as "you won't believe what (so-and so) did/said/etc... My eldest would interrupt, and in a serious steady voice (almost a groan – think disdain) he'd declare "Grace, you need to calm down"! The eldest is also a Visual sensory Type, so his tone is typically very self-assured. My middle child (Water) would moan, "Shut up, I don't care about this", or "you're so annoying"; my eldest again, (Metal) – "You are both very immature". Then in my earth mode, getting her some water, I'd chime in, in a cheerful, melodic voice: *You must be thirsty* (to my daughter). Then my husband (Wood), as he started prepping for dinner, would say in a sharp staccato, "Everyone out of the kitchen!"

*Notice the related season and emotional tone of each. The goal is to seek balance in accessing all areas (starting with Water): Hope, Joy, Reverence, being assertive, compassionate with wise boundaries, connects with Spirit wisdom. We experience all of these, but we all have differing strengths... when we are stressed we will tend to express through one or two most often, in varying amounts, often with one predominating, but not always! Also, you can look at how each Meridian in each Element relates to organs, notice where you may be backed up or blocked, this will inform you of how you are currently functioning in your flow!*

### **Elements Review:**

**Water:** Kid/BL; Winter... *usually a willowy, tall thin build, can sound whiney.*

Goes with the flow; may seem snooty or condescending – or emotionally unavailable... philosophical; may lose hope: communicate your fears and needs with those you know care and love you who will listen, be supportive, and possibly contribute something wise and previously not considered. *Notice what is working well and build on it!*

**Fire:** Hrt/Per/SmInt/TW; Summer... body type may vary – squeaky when upset, may **panic** – speech may become **manic**; learn how to stay hydrated, cool-head and body (may overheat easily!); measure discord and others' awareness level to take the pain of not feeling love off you... do not take it personally. Bubbles with enthusiasm, gregarious, love of family. *Stay calm, cool, and collected! Your love of fun needs to be something to plan and look forward to, not used to avoid life and your true goals. Pull yourself together (don't bubble over!), and share your joyful vision with the world!*

**Metal:** Lu/LgInt; Autumn ...Serious, and reverent; loves knowledge; may get overwhelmed with grief. Angels do not only mourn for humanity – they also celebrate our beauty and potential, and the trials of each unique journey. You are not alone, ever. Life can be a party – even when there is a lot of work to do, we can en-joy small moments with gratitude for being here NOW. *...even small*

*progress is important and powerful. Notice what is beautiful and good, and enjoy it!*

**Wood:** Liv/GB; Spring... Gets stuff DONE!; pragmatic, but may succumb to anger, become too scolding (barking orders), sharp or bossy; What are your goals? How can you make progress and stay peaceful? Meditate on the final outcome with specific details of best known goals, and also turn it over to the Universe, asking for support for the highest outcome. *Hold fast to the joyful whispers from your Heart; maintain your vision with calm aplomb!*

**Earth:** Sp/St; Solstices... Represented by the times between the seasons; notice transitions and changes. Nurturer, tries to help all sides and may lose boundaries, become needy, or get tied up in others needs (too much worrying, over-indulgent compassion) in the journey. May become overwhelmed with others' needs – neurotic *at extreme stress imbalance of Earth Element/secondarily, may be related to unhealthy family dynamics, trauma.* Which takes precedence: letting people walk all over you *due to the distortion* of thinking (is this a family dynamic/cultural pattern?) that *being a good helper means ignoring or at least not considering the voice of Spirit – and even, your bodily needs?* Slow and steady; trust, stay calm and carry on – and always, stay **true to you**, and **listen to Spirit**/your own inner truth. Make a commitment to choose to be healthy (know what you need, ask for guidance, balance, and listen to how YOU need to respond to your own truth), don't only notice or comply with others' stated needs. *Life is about living, giving AND receiving!*

In this way, Element 'Types' can be a bit more fluid than Sensory Types as described in the EEM literature. Element Types can shift in a lifetime, as with Doshas. Not so with Sensory Types, or Astrology. However there are influences with the latter that create a range of influences that equal raising the orientation to the "stars" or fate – we can mature and evolve, no matter these influences (or because of them). As I experience it, Element Types describe a typical body type, vocal delivery, and how we respond to stress. Sensory Types describe how we process life. There are four Sensory Types. They are Kinesthetic, Tonal, Visual, Digital. They go from non-linear to very linear, and more emotion-based to not-emotion-based (*just the facts ma'am!*). I like to consider Sensory, Astrology, Dosha, and Bach Flower Essence Types (homeopathic would be another option!), in addition to Element Types (I find these more insightful than the Myers-Briggs test, though that is a psychological test/categories worth doing as well – not as specific, yet fine in helping folks consider job options that may suit them well).

If you know how to do the Energy test called the basic General Indicator test (arm out at a 45 degree angle, perpendicular from the side of the body), you can easily test for Sensory types. This is also called kinesiology, and back in the day (in the 80's) we called it muscle testing. This book is not a manual for learning how to energy test. When I learned it through the Donna Eden

program, it was the most thorough approach, and the basics of it are covered in the book Energy Medicine. You must be sure the energy is not blocked, and this can get into those more complex issues related to trauma and energy blocks when it is. Touch for Health, another great book, and training program that a lot of chiropractors use, is what Donna learned before she taught others, and so that program/book also teaches how to be sure the test is correct. That is, we begin by creating a disruption in the flow of energy in the muscle that controls the arm, and then encouraging the flow. Some people lightly pinch the muscle that delivers energy. I just slash the air above it and that has worked well for me. Then I smooth on the body, or just above to get the energy back into flow (using my hand and intention). If it disrupts and recovers well, it is a valid test. There is the general Indicator test, and there are fourteen other tests as well, using varying arm and leg positions to test each Meridian. If those test weak, it means the energy is weak in the Meridian. Pulse tests (feeling how the energy flows in the inner wrists), when they test strong, determines if there is too much energy, which is usually a mark of pain being felt. These are also more complex tests that are part of Chinese Medicine and that are taught in the EEM program. An easy alternative is to trace the Meridian the way it flows, and test it backwards. If it is weak when you follow the regular flow path on the body with your hand (and then General Indicator test), then something is askew. If it tests strong, then it is in better shape, maybe fine, but at least, closer to the "fine" end of the spectrum! It is a skill and art, and it takes practice. It may be hardest

to work with close family members, or those who do not feel the energy. I especially do not recommend that you try to work with doubters who are going to fight the test (until you are proficient!). Tell the client you will instruct them with four eye movement directions after which, you will check their energy. Initial research for eye movements was done with NLP. The arm/energy test that goes weak is the one that is their type. I will share my handouts in the Addendum for this info. There may be complicated issues around outcomes related with energy/kinesiology tests. If the test is not clear, they probably need a more advanced practitioner to navigate the emotional and energetic issues and possible blocks. Oftentimes you can tell just from the traits, which type you are. There are Dosha and Bach flower tests online, and Dr. Luc De Schepper has written books on homeopathy types. There are many other self-tests, but these are my favorites so far!

“What is Chi? *Chi is Love.*”

– ***Ellen Farrell***

## Chapter 4 – *The Energy Systems of Chinese Medicine, Part 2: Spirit Points and Radiant Circuits*; Radiant Circuits (a.k.a.

Strange/Joy Flows, Extraordinary Vessels), Dan Tian points (or Spirit Points as I have come to call them), ...*the Core Star, the Well of Infinite Love, The Well of Pure Sight or Light*, and how they fit into CSMH.

From what I've gathered, every system measures the Core Star at its center.

Isn't it fascinating that the placenta, which nourishes and provides oxygen,

***enters the navel during pregnancy?*** The Divine Creator knew this is the spot where our energy is strongest for our souls to manifest. A body without a spirit isn't truly alive. Once we decide to move into our next life and conception occurs, our Divine Spirit *Spark* enters the mother-to-be, as explained in Chapter 1. Then our body *can come to life with Spirit*. The front (if standing) or top (if lying on the back) of that spark, which I call the Core Star, is at the navel. The back (or bottom) of it directly connects to the mid-spine and is also known as the Ming Men point in Chinese Medicine, also called the Life Gate or Gate of Vitality.

This is the first Spirit Point, a sacred portal to the infinite and Eternal Divine.

Reiki focuses on working with Chakras, and I learned that Chakras are part of Ayurvedic Medicine. As I worked with Reiki, I started seeing the Chakras wanting to anchor into what I came to know as the Core Star. From the

perspective of the Core Star and its two sister Spirit Points, and looking at the Chakras in relation to them, we can see that the first Chakra (Root) is about being on Earth, ancestors, past, and how that impacts our present; the second is the interface between our history in the present and our Spirit (source... how we create from our experience). Above the Core Star, we have the third Chakra, which appropriately measures how well we use the light and infinite wisdom while staying with joy and peace of the Core (or not). If we're not in flow, conscious with our Spirit force below and the Heart energy above (don't get caught up in the drama of life... remember what matters!), we'll run out of energy, overburdening ourselves, either giving too much to the wrong things or not managing or respecting the temple of our body. The fourth is fed by the Spirit point on the base of the sternum, between the nipples, the **Well of Infinite Love** (WoIL). While the Core Star is at the center of us all, it first expresses its vision for us in this life through the Heart Chakra, which has first been fed by this spring of the second Spirit Point that sits below the Heart Chakra. This is a portal, a wormhole to outer space, and a door to welcoming in infinite, unconditional love. It feeds the Heart Chakra, showing how your relationship with love creates your inner garden, a landscape that represents your ability to give and share love, your level or scope of generosity or need for safety, and other aspects of how you interface with the world. It makes me think of when I was nursing any of my three when they were babies, and the moments just before they fell asleep. Have you ever heard a lullaby that brings

back memories of being a tiny, safe bundle of love? It's like when you see a kitten or puppy dozing off, feeling so secure and not wanting to miss anything. That's exactly what this place does for us. It takes us back to that feeling of unconditional love, whether we've experienced it before or not. To hear it, we need to be in a peaceful state. It's not something we can force, but it whispers to us in our dreams and fills us with joy and engagement. It gives our lives meaning. We can either explore the vastness of love beyond our time and place, or we can journey inward, remembering our dreams, hopes, and the peaceful future we all want. When I first looked into a small wooden bowl, I thought it was just a bowl. But as I looked deeper, I realized I was peering into stars beyond Earth, traveling off planet, feeling free and pure love.

The 5<sup>th</sup> chakra speaks for everyone, regardless of their health status, insight, reactivity, thought patterns, trauma, or emotional blockages. If you access the 3<sup>rd</sup> Spirit Point, located between your eyebrows, you'll connect with wisdom and intuition. Your voice will align with wisdom, and you'll have no mental distortions blocking your heart joy.

Similarly, if the Well of Pure Light (WoPL) is attuned (no longer blocked by past clutter like trauma, fears, or limiting thought patterns), your 3<sup>rd</sup> eye will awaken and pay attention. You'll receive wisdom from above and know the truth at your core. This 3<sup>rd</sup> Spirit Point brings you to the level of seeing, hearing, and feeling what truly exists at your core, including information from your physical form. It

also connects you to something beyond your physical form, unlike what people, fears, habits, or societal expectations tell you. This intuitive space feeds your 3<sup>rd</sup> eye.

When you enter this portal, you can access past and future wisdom and transcend the limitations of this world by seeing and knowing the truth behind fear and the nature of reality. The 7<sup>th</sup> chakra receives wisdom from the portal above it, the greater Spirit of All, which is where we originated. We are all part of something greater, like a drop of water in an ocean. Don't let that make you feel small or insignificant. You are a unique and beautiful expression of life. During your brief time on earth, you can express your life force, learn from it, and let it shine. Those who are healthy will appreciate and honor the light within you.

Regularly connecting with this infinite wisdom, both from above and within, will enhance your objectivity and clarity, making you less easily swayed by life's ups and downs. This is measured against the incoming information from others' perspectives, demands, and clutter, as well as any accumulated or current information from the body and its patterns. In the WoPS, we translate this wisdom (if we're awake to stop and ask/receive it) against the drama and illusion, the fear and reactivity of this world. Just want to mention that what I write is not judgmental. Sometimes, childhood, war, abuse, and all kinds of

trauma can keep us physiologically bound to NOT have access to this wisdom, but it's good for everyone to know (I hope!) that access is there, waiting to be healed and reconnected. We're wired for it, and it's our journey to learn to feel, heal, share, care, and evolve!

The Eastern approach to wellness and healing recognizes systems that are less solid than organs but still impact the body and hold information beyond just nutrients, toxins, liquids, chemicals, hormones, and neurotransmitters.

I learned about the systems traditionally part of Chinese Medicine and Acupuncture from holistic doctors. One worked mostly with Chinese medicinal herbs, while the other did homeopathy, acupuncture, and nutritional support through diet and supplements. In the book "*Energy Medicine*" (and many other books on these topics), they explain how the Meridians flow (which are part of Chinese Medicine) and how Elements organize these Meridians to provide even more insights into staying healthy. They also share ancient guidelines for managing stress and staying strong and resilient.

As I worked with them, I started to see new connections between Meridians and these points. There's also a separate pathway similar to Meridians called Radiant Circuits or Joy Flows (see Chapter 3). In my view, these emanate from the three main Dan Tian points, or as Spirit told me, ***Spirit Points***.

These directly feed both the Chakras and the Radiant circuits, which then provide energy to *the Meridians*. Of course, the Chakras and Meridian energies communicate with each other, just as within each system, they do. However, trauma, freeze, and self-propagating habit fields of thoughts can disrupt this process.

Have you heard of Chakras and Spirit Points? They're like portals that open at the front and back of our bodies, like wormholes in space. The Chakras are like vortices that not only respond to our current life but also all our past lives. Sometimes, we can even glimpse into the future here (check out Chapter 2). The Meridians are like roads that are only for this life. The *Spirit Points* feed our energies, like a status report of what's happening in our current life stories and experiences. They're like waystations of the Divine, as we're all expressions of Spirit. The Core is the main point that acts as a receiver and transmitter from the realm beyond the physical world. We all come from somewhere and may remember other worlds that are different from this Earth realm. We might remember places that are more harmonious and peaceful. The wild thing is that only to the degree that we were taught to be healthy (or raised in a healthy environment with little trauma – OR we had such support *that we were resilient through trauma/s*), or as adults, we chose to figure out *how to heal our relationship with past pain* and think clearly; staying connected to our heart and higher consciousness. Only when we're at this level can we make the healthiest choices (about what's happening), and only at this intention can we most purely

express the Divine spark that's within. Wherever we are on that healthy to not healthy continuum, we experience influences in our biochemistry on our gene expression. The more healthy and *enjoying the moments in life* that we are, the more we have happy chemistry and gene expression! Think about the movie *Life is Beautiful*. How do we feel safe in our bodies? Do we see them as helpful and supportive allies? Are we respectful of ourselves and others? Do we understand when we're safe *or not*? Do we know how to check in with our emotions and stay balanced? In that movie, it wasn't his fault they were in a concentration camp. We're on Earth, and life is a great improvisation. We can never know everything that affects us, and hopefully, the more aware we are, the less BS we experience. That doesn't mean we don't experience BS! The difference between being awake and not is not letting dark thoughts and fears fill our waking moments. We have control over what we think, or at least how we respond to thoughts that pop up. Sometimes, these thoughts are warnings! I've found that many people aren't conscious in their bodies, not breathing beyond the chest, and not aware of their emotions. How can we make good choices without these insights? We rarely do! As we remove one layer of the veil of ignorance and stuck pain (trauma), there may be more waiting to be healed!

*Take a moment to feel your hands and feet, each finger and toe. Imagine the energy flowing from above your head, down your spine, and out your heels. Feel it trickle up from the Earth through the K1 point on the bottom of your foot. Throughout the day, pay attention to the emotions you feel. Rate them from 0*

to 10. Also, notice if the people you're talking to have similar values or priorities. This can make you a better communicator and help you use your emotions to understand what others mean when they speak. It can also help you stay balanced by distinguishing between what you feel as truth and what you actually do in life. And it can help you achieve your goals more easily. For example, I remember a client who wanted to go back to school. She chose a career that she heard paid well, but she had no interest in it. When she rated her interest level, it was below three! But when she considered putting her energy into a career that was exciting to her and realized she could also thrive in it, she realized that it was a mistake and avoided it. How many of us have followed a path because of superficial reasons or because a parent told us that only certain jobs make us 'important'? We learn either way, but I'm all about getting to the good stuff as soon as possible. There are no mistakes, but there are shortcuts (like learning from those who came before you)!

Over the past decade, I've had the privilege of working with Chakras, and I've noticed something fascinating. When Chakras shift, and I share my observations with the owner of the Chakras, healing begins to take place. The client receives the Reiki energy, and I also connect with Spirit and the Chakra energy itself, which is incredibly wise and insightful. Often, people ask, "*What do you need?*" and "*What happened?*" These are powerful questions that lead to a meaningful conversation, a dance between the client, me, the Chakras, and the client's own Chakras. The client shares their experiences, and I also feel the physical cues,

like the stomach or colon gurgling when relaxation and healing occur.

Sometimes, clients even fall asleep, weep, laugh, shake, or howl. It's all part of the healing process, and it's all good information. On two occasions, clients started trembling while on the table. They were receiving the Chakra reading and were ready to release the trauma issue that came up. This isn't a conscious choice; it's a natural bodily function. Trembling can be frightening or worrisome if you don't know that it's a normal way for the body to release built-up anxiety and hormones like cortisol. When I lead my Inner Journeys trainings, I create a safe environment and guide clients through simple exercises that gently stretch and stress the muscles activated when the body feels traumatized (like when it wants to curl into a ball). The body will freeze, stop breathing, and this can stay stuck in the energies if not discharged immediately after. Usually, people try to push away the 'bad feelings' or memories and ignore them. We're told to *get over it, move on, and keep a stiff upper lip - only girls cry*, etc. Some resort to drinking or drugs to block nightmares or avoid the thoughts and feelings that haunt them. None of this helps us release the original fears or pain. We can address all of this process in the Chakra. We have a status of the Chakra itself and the underlying reasons for its shift. Both are uniquely yours, and your story matters. We're here to learn, and we all make up or are made of the Divine. Our innocence and inner beauty are all part of this beautiful matrix of love.

I think of the **Core Star** as the first Energy, and Spirit Point as the one that enters the body. It's like a beautiful star floating down from the Spirit realm, a divine spark that enters the mother-to-be. This Spirit becomes the Soul essence (Spirit bonded with form) of you. Now, I know we're not talking about test tube babies, but I imagine the Soul spark wouldn't enter until the embryo is implanted in the "mother" or surrogate mom. As you know, the cord between mother and fetus is through their navel. That's why we hear so many references to the Earth-Mother, Father-Spirit/Sky/Heaven.

This place exists between where the second and third Chakras will later develop. It's a topic that people debate a lot, and I've often seen these points quoted as Chakra locations. When I was younger, I wondered if early seers of Meridians were seeing Chakras when they described Dan T'ian points. But now I know they were connecting with a system that predates Chakra development, or even Meridian development. Chakras and Meridians don't exist before that.

I think Chinese Medicine seers were initially focusing more on bodily function and the interplay of the Meridian/Elements and physical environment on us. They wanted to be in harmony with the Earth, seasons, and emotions/relationships. The Ayurvedic system, which comes from a perspective of seers who honor *past lives and reincarnation* (the Spirit journey), showed them more

information about Chakra stories and our Spiritual development (where I often see past lives).

Imagine a tiny version of yourself, like a Lotus flower, sitting behind your belly button. The light would come from your tailbone, shoot up your spine, and spread out in a circle around you. This is our gateway to our spirit, the space between form and formlessness. It's like an endless, dark, and smooth void filled with peace, love, wisdom, and joy. This place is inside us, but it's also a path to before and after, to the place we go after we die and before we were born. The Core Star and the next two Spirit points show me how we enter form: first, the Core (and at the same time, the CSMLs), then the Well of Infinite Love and the Well of Pure Sight; the Chakras (like books being put on a new shelf), and at the same time, the Meridians (like new wiring being put into a house!). From these three points, the Radiant Circuits come out (starting with the Central and Governing Meridians, which circle around the Core and the whole body and head. They're also Radiant Circuits. This is why any Meridian can be connected to the Central vessel and the Governing because Radiant circuits can move around as needed!).

I've noticed that the Core Star and two other Spirit Points seem to be made of denser material than the Chakras. They're also smaller, but they're infinite within. The Core is like the main portal to Spirit, while the other two have the most specific lenses through which to see and attend to Spirit's mission. They embody the paradox of being a Spirit in a body (energy vs. form, energy in

form, form as energy, energy creating form, intention and creation, formlessness in form, eternal Spirit vs. time-limited body, etc.). This place of the Core holds the center of the data (spread out into the Chakras and CSM Lines) – of being pure and without any drama. It’s an active, alive, living presence, our self, but it’s only one aspect of self. We’re only a part of the greater consciousness to which we’re connected/our larger Spirit group/s, our mother ship. If you don’t know your Core, it’s hard to be the captain of your ship (body/Soul Journey) and navigate through life with any semblance of clarity. Gary Zukav talks about this, and if you haven’t read his book, *The Seat of the Soul, I highly recommend it!*

The Core is like a gateway to our origins, the Infinite – and it’s also our own divine spark. When we focus our attention and intention to listen, be one with divine wisdom, or as I did, surrender to *the divine will*, we awaken more spirit. We come to consciousness through many different life experiences, and knowing the portals that directly affect this clear connection is a direct way to access higher consciousness.

Just like an inspired artist, musician, or dancer creates from truth and the heart, our spirit doesn’t live in fear. If you look at a black hole, it might look like a black star or planet with light at the edge (that’s getting sucked into it). I don’t

want to get into a discussion about black holes – that’s a whole other topic! But the image is evocative, and I use it here to help you feel its infinite void of space *and* its measurable quantifiable space (in the body). It’s circular and solid, but it’s also not. What does the navel resemble? It reminds me of a wormhole entry point to me! I wondered if a black hole can get full, and I found that no, they just become a bigger black hole!

<https://www.quora.com/Can-black-holes-become-full-If-yes-what-happens-to-a-full-black-hole-and-if-no-why-not>

This reminds me of an experience... can we get too full of wisdom and experiences? No, we just have a more vast store of information, insight – and to extrapolate, more insight! Some people do feel like there’s MORE to them. We measure this in consciousness, not size. So the more evolved you are, your consciousness grows, not your waistline! It doesn’t mean they’re perfectly evolved in all ways, but it does mean something!

The Core Star is like a direct link to Spirit, just like the other Spirit points in different ways. This is how they differ from the Chakras. The Chakras are portals to knowledge about how we function in our bodies. They can access or reference deeper CSM Lines information that holds information about past lives or in-between lifetime memories. The seventh Chakra opens to that Spirit realm, but

it's more about measuring our spiritual development and connection in this life. It's also a place where our guides can be present, waiting for us to hear them! The first Chakra is our portal to Earth energies, ancestors, and more about our orientation to the present moment on Earth. It also connects us to our Spirit-Nature guides/totems, historical Earth guides/influences, and our sexual and overall Nature connection status.

We travel through this portal in the Core, to the back (spine side) to recall past life memories. The **Ming Men point** is a term in Chinese Medicine that describes the spot where the Core Star meets the spine. Ancient texts say it's the beginning of all the body's energies (it gives the spine consciousness, which makes sense!). As the CS enters from the Navel, it fully enters the body, about 1-2 inches all around in the baby, expanding more like 3 inches in the adult, possibly a bit more, 3-5 inches in someone who's taller or bigger than average.

In front of this point, a foot or two into the Field, we have a mini conductor, a magnetic connector to the Core. It's good to connect with all of these, which exist above the head, below the feet, and also on the sides and back. These are key to doing the **Snap & Sweep** Exercise that's described in the Addendum. Honor your Core and expand its consciousness and light throughout your being to the edge of your Field.

The next two portals or Spirit points get smaller and smaller. Really, they're not like a tiny needle tip or pencil point... they're more like a place, the opening is about an inch or so. Lipton wrote in his book *Spontaneous Evolution*, about Leonard Laskow's work on how intention can create healing outcomes. He said, "*love is the glue that holds things together.*" I found this truth to be proven in this next Spirit point.

Bruce Lipton's quote really speaks to me, and it's not just true in Laskow's research, but also in Emoto's water experiments. I see this in our energies and in life all the time. It's always better to *lead with love, no doubt about it.*

The second thing I've been learning about is the **Well of Infinite Love** (WoIL). I used to know it as the *Sea of Tranquility* or the *Sea of Chi* from my EEM training in Chinese Medicine. But Spirit told me to use the name WoIL. Months later, I remembered the other names and put it all together. I realized that **Chi is actually LOVE!**

When I first started seeing this, it looked like a perfect little wooden bowl filled with deep, pure love water. That's when Spirit showed me the **Heart Zip** exercise. It's a combination of the Bridge Circuit and the Heart shape on your torso. It also connects the Central/Gov. circuit, the central line up your body,

and the line connecting all the Chakras to your mouth. I'll put more info in the Addendum.

I see the Heart Zip as the starting point of the Bridge Circuit. The Heart Zip is another way to honor the Core. You start at the WoIL, visualize or trace the heart shape, end by placing your thumbs at your navel, and let your middle fingers land on your pubic bone. When you start to see how the CSMLs connect, you'll see that here too. The lower diagonal lines help anchor this point from your navel to your hips.

A few years back, I noticed something peculiar in the WoIL. It looked like a tremor, like water becoming choppy or a well of unhappy energy. I saw this while checking a client's Assemblage Point (AP) because it was disturbed. Over time, whenever I spotted this tremor in the WoIL, in other sessions, or clients, I'd check the AP too. And guess what? There was a consistent correlation, proving that they're connected. Now, I'm thinking that the outliers in the *Snap & Sweep Exercise\** might be another place we can check how the Core is doing. It's all about our relationship with the Core, because the Core itself is constant. Fear and other emotions can mess with our ability to merge, acknowledge, or accept this incredible goodness! I noticed that some people have a stronger connection to the portal, it's more developed, evolved, or maybe even less disturbed. It's like an infinite well, but just like we don't know how deep a

reflecting pool is until the water is disturbed or we enter it, I didn't know what this well was until I had a reason to look deeper. When I looked again at the small wooden holder of infinite love, I was suddenly transported to a cosmic star-filled landscape with no boundaries. It was unconditional, infinite, pure. The container was there initially just to give form so I could access something so vast and formless that can't be contained. Our energies are truly amazing!

Just like the Core Star has outliers that show its status and give us a reference point (\*like in the Snap & Sweep exercise), we have the AP for this point. But now, when I look at the energies, I see a shadow point right behind me, like a complement to the AP. Some Shamans even strengthen this point to use as an alternate AP when they're in stealth mode. The AP is usually out in front, but when you can see the whole Auric Field, you can put it behind too, to hide it, and still see the whole picture. When I entered this point, I found it to be a portal, just like the Core Star. As if we didn't already know, the idea of Love and matters heart resonance in our energies is highlighted here. If it's stressed out, it will reflect the AP experience, which is about a foot away from the body in the Auric Field, right perpendicular to this point. The AP is a glowing beacon, an expression of our heart's Spirit projection, if it's not stressed out or being manipulated to hide, or some other distortion. The AP is our orientation of self in the world, and it usually sits at about the edge of the Auric Field. I've seen waves like a lake after a stone has been thrown, but these are energy waves. Too much disruption equals distress. We can also *enter this portal; we can enter*

*the heart of Love here. It's beyond any human experience because it takes us into primordial being-ness. Use this point to connect with the heart energies of the body. Tracing the heart shape on the body engages the Regulator Radiant Circuit.*

The third point is between your eyebrows. It's located below the sixth chakra, which is at the forehead. It's connected to the Regulator Circuit on your head, which is a heart-shaped area that starts here. Check out the **Regulate Your Face** exercise, which is part of the Flow Reset Laminar, in my Addendums for more information. This point is known as the Well of Pure Light. I used to call it the Well of Pure Light or Pure Sight because of its amazing glow, and because when you consistently seek it, you'll find that the information here helps you become a better seer. It's like stepping into Heaven. Here, we access *intuitive content* and related information. This point is between your eyebrows, and its energy is translated into the sixth chakra, which also connects us to messages from the seventh chakra, our spiritual guides and other life information, and our highest self-awareness. The point is very bright and small (the better the connection, the brighter it is), and even though it's small, it's a very concentrated, brilliant energy!

In Reiki, I discovered that certain points on the back of the head, upper back, and back of the heart are particularly sensitive. When I started practicing regularly, I focused on checking behind the third eye (6<sup>th</sup> chakra) and behind the

heart (4<sup>th</sup> chakra). If someone seemed overwhelmed, I would return to the top of the shoulders, as it's a good place to look for additional insights.

Below these chakras, the Radiant Circuits emerge from the second and third Spirit Points. Reading the backside of the body also provides valuable information. The back of the heart reveals our orientation towards self-love. The back of the third eye tells us what we *didn't want to see* or what we needed to *let go of*. Just like a dark crystal that holds unresolved past pain, it can also contain memories or fears from our experiences.

I'll focus on how I see these Spirit Points as they relate to the Radiant Circuits. I think of the Radiant Circuits as the expressions of how fully we've developed our connection with Spirit, love, and how we relate to others. They also represent our inner sight and seeing with the eyes of Spirit. How we relate to ourselves, our chemistry, and trauma/stress can all affect our ability to see clearly. When we're fully connected to and developed with these energies, they'll flow healthier, or they'll be available as backup energies to our Meridians and Chakras. When we bring love, happy life experiences, thoughts, and ways of dealing with others/life/stress into our orientation, our RCs will shine. Are you a glass half full or half empty person? Or maybe you're a person who doesn't check in with yourself enough to assess what's going on, period! Focusing too much on a desire to feel full by gaining 'things' from the outside world can mean

you don't pay attention to your inner status, truth, or needs. Focusing too much on where life has left you feeling 'empty' (loss, grief, problems, or potential ones) can lead to depression, hopelessness, and forgetting the infinite potential of each moment. Not having an inner connection or ability to focus inward can mean you don't know when you're in danger, overstepping your or others' boundaries, or feeling generally chaotic or out of control. These points, and the RCs that bring their health into our form, are great places to start meditations. Wonder about the wonder that you are. We're all part of the Divine.

My impressions are not statements of fact. As with all science, I can only share what I see and understand up to the time I wrote this book. Here, Edinburgh Acupuncturist and author **Jonathan Clogstoun-Willmott** refers to the 12 Meridians (or channels) versus the 8 'extraordinary' vessels or RCs. <http://www.acupuncture-points.org/chong-mo.html> - states:

"The functions of these extraordinary channels integrate the functions of the 12 ordinary channels. It is thought that when the foetus forms in the womb, the first channels that form are these extraordinary channels, giving space and form for the developing body and the lattice of 12 ordinary acupuncture channels that will infuse it.

So, later, when these 12 channels are formed, they do so on the energetic and physical structure laid down by the extra-ordinary channels."

**Dr. Yang, Jwing-Ming** is a wonderful resource, and his website gives us great insight. Dated March 5, 2012 From: <https://ymaa.com/articles/the-eight-extraordinary-qi-vessels-part-1>

He compares the 12 (Meridians) "channels" as he most often calls them, to the "8 vessels" (or Radiant Circuits/RCs, per Donna Eden language). Know that terms like *vessel* and *channel* are used interchangeably by others, as is the term *Meridian*. Most importantly, he shares that these 8 vessels are energy or **Qi reservoirs**. He goes on to say that TCM usually most uses the 12 "organ-related channels" (Meridians) and only the "*Governing and the Conception vessels*" (this may be confusing since **Central/Gov** or "*Conception*" and *Governing* are usually included as the first 2 Meridians as well (which he refers to as channels). However, he does not include them as Meridians!

Few texts exist, and they range from:

*"the second part of the Nei Jing chapter of the book Huang Di Nei Jing Su Wen (The Yellow Emperor's Classic,) (Han dynasty, circa 100-300 B.C.) by Ling Shu. Also, some of the vessels were mentioned in Bian Que's classic Nan Jing (Classic on Disorders,) (Qin and Han dynasty, 221 B.C. to 220 A.D.)..."*

to the 16th century when,

*"all eight vessels were deeply studied by Li, Shi-Zhen (1518-1593 A.D.) and revealed in his book Qi Jing Ba Mai Kao (Deep Study of the Extraordinary Eight Vessels). From then until only recently, very few documents have been published on this subject. Although there is more research being published, as yet, there is still no single document, which is able to define this subject systematically and in depth."*

Past writings glean this information from these few texts. It is interesting that,

*"Odd has a meaning of strange in Chinese. It is used simply because these eight vessels are not well understood yet. Many Chinese doctors explain that they are called "Odd" simply because there are four vessels that are **not***

**paired.** *Since these eight vessels also serve the function of homeostasis, sometimes they are called "Homeostatic Meridians." French acupuncturists call them "Miraculous Meridians" because they were able to create therapeutic effects when all other techniques had failed. In addition, because each of these channels exerts a strong effect upon psychic functioning and individuality, the command points are among the most important psychological points in the body. For this reason, they are occasionally called "The Eight Psychic Channels."*

*Here is how he sees the 8 vessels, and how they are usually described. I hope by using his terms, from the TCM, and also listing the EEM terms, it will reduce confusion and make reading other TCM sites easier. RC = Radiant Circuit; Mai = vessel.*

| <b>TCM Vessel</b>                                    | <b>vs.</b> | <b>EEM RC's</b>         |
|------------------------------------------------------|------------|-------------------------|
| 1. Governing Vessel (Du Mai).....>.....              |            | Governing/same          |
| 2. Conception Vessel (Ren Mai).....>.....            |            | Central                 |
| <b>3. Thrusting Vessel (Chong Mai).....&gt;.....</b> |            | <b>Penetrating Flow</b> |
| 4. Girdle (or Belt) Vessel (Dai Mai).....>.....      |            | Belt Flow               |
| 5. Yang Heel Vessel (Yangchiao Mai).....>.....       |            | Regulator/Yang or back  |
| 6. Yin Heel Vessel (Yinchiao Mai).....>.....         |            | Regulator/Yin or front  |
| 7. Yang Linking Vessel (Yangwei Mai) .....>.....     |            | Bridge/Yang or back     |

The following site, Yin Yang House, page title: *TCM Acupuncture Theory - Extraordinary Vessel Master Coupled Points* was also an excellent resource in figuring out the above chart, and also gave alternative spellings (i.e., Yang Qiao, Yin Qiao vs. Chiao) of the TCM names, and more great info, such as where the RCs originate! They state that Central, Gov, AND the Chong Mai (Penetrating)

pathways all **originate "in the ming men and passes through the uterus and down to CV 1"**! These are the only 3 that begin as such per the yin yang house site. [https://theory.yinyanghouse.com/acupuncturepoints/theory\\_ev](https://theory.yinyanghouse.com/acupuncturepoints/theory_ev)

*IBA global healing, concurred in part, with other's findings stating:*

"The main Chong Mai pathway starts in the perineum, then flows up to a point just above the pubic bone, and continues to flow bilaterally right up through the abdomen into the chest, and then up into the face. It gives out many branches to all the vital organs, and its main function is to regulate the Qi and blood in the 12 main meridians and their corresponding organs." <https://www.bodytalksystem.com/learn/news/article.cfm?id=761> had this to say:

While Acupuncturist and author, Jonathan Clogstoun-Willmott quoted previously, also discusses the Chong Mo/Chong Mo on his site: <http://www.acupuncture-points.org/chong-mo.html>

He states:

*"Of these extra-ordinary vessels, perhaps the most difficult to get a grip on is Chong mo, because it seems to be implicated in so many situations. Chong Mo has many functions. They all revolve around **the fact that it is seen as the 'ocean' from which everything else emerged and then developed. Like a sea, it is nourishing and supportive.**"*

*"...From the point of view of Blood, it looks after many aspects and functions of the abdomen. From the moment the newly-fertilized egg attaches itself to the wall of the mother's womb, into what becomes its umbilicus flows the sustaining life-blood from the mother..."*

*"It is as if life and blood from your mother poured into your early cells behind your umbilicus there, so that would have been where Chong Mo first laid out the 'vessel' you needed to grow in.*

**Internal Branch:** flows through the uterus (probably the prostate gland in men) and emerges on the perineum at acupuncture point [Conception Vessel 1 Qichong, Rushing Qi](#).

**Spinal branch:** *from Conception Vessel 1 it travels up the front, or inside, of the spine to the small of the back. However, combining with the Conception channel it continues on up the front of the spine to the head."*

In 2012, I took a class and learned about the *Open to Joy* Protocol from Vicki Matthews, ND. She explained that these protocols provide "energetic support" for each other. For example, I noticed the first four vessels or RCs coming out of the central hallway, which is similar to the Ming Men in Traditional Chinese Medicine. This website also agreed. It made sense to me (and I saw it when I looked inward) that the Core Star would be where the first RCs (Central/Gov) would appear. Since I had her Master and Coupled points matched with the EEM RC names, it was great to have the Yin Yang House site, which showed the same Master and Coupled points with the correct TCM names. This practice (with a needle in acupuncture) uses a fingertip for EM work. I often use the middle or Pericardium (PC, also known as Circ Sx). We start holding the Master point for about 30 seconds and then add the Couple points together for another 1-2 minutes. I'll go from *Yin to Yang* for each vessel pair. I see it this way:

Central (Ren) and Gov (Du) **feed** Yin/Yang (alternate spelling Qiao) Chao/  
Regulator

Belt or Girdle Flow (Yin/Yang Dai) **feeds** the Yin/Yang Wei, or Bridge Flows.

What I see is that what's been called the Penetrating Flow or Chong Mai is quite different from the other 8 vessels. It's the central hallway where the CS

implants. As I see it, the Sushumna of the Nadis (as covered in Chapter 1) are the Ayurvedic version of this energy aspect, and the Penetrating Flow/Chong Mai (or Mo) is the TCM version of the energy aspect of the central hallway that reflects the remnant of the physiological cloaca... which is illuminated by the Core Star when it enters the form.

By the way, the author and Edinburgh Acupuncturist on [acupuncture-points.org](http://acupuncture-points.org) shared this information,

*"It is arguable that Chong Mo is **the very first** 'channel' to form, being not so much a channel as an arrangement of membranes and fascia inside and through which the organs (kidneys, intestines, heart, etc) will grow."*

He continues,

"Chong Mo has many functions. They all **revolve around the fact that it is seen as the 'ocean' from which everything else emerged and then developed. Like a sea, it is nourishing and supportive.** ...From the point of view of Blood, it looks after many aspects and functions of the abdomen. From the moment the newly-fertilized egg attaches itself to the wall of the mother's womb, into **what becomes its umbilicus** flows the sustaining life-blood from the mother... It is as if life and blood from your mother poured into your early cells behind your umbilicus there, so that would have been where Chong Mo first laid out the 'vessel' you needed to grow in." <underline added by Ellen for emphasis> Yin Yang House does show this as the pathway of the Chong Mai:

*"Originates in the ming men and passes through the uterus and down to CV 1. From here it emerges at ST 30 and continues upwards along the kidney meridian to KD 21. It then flows up the throat, encircles the mouth and continues up to the forehead.*

*A second branch flows from CV 1 inside the spine to the UB 23 area.*

*A third branch flows downwards towards the foot where it splits into 2 branches and follows the KD and SP meridians."*

It seems like the Belt Flow brings the Core Star Energy or Life Force to the lower back and legs. The Yin Yang House site doesn't show the Ming men as the origin of that channel. But in EEM, we learn to trace these RCs. EEM references start from the back and sweep up the sides to the front. I started tracing this flow by getting the fingers under (if the client is reclined) and crossing over each other, on either side of the Ming Men at the back of the spine. Then, I pull the fingertips out, to the sides of the body (this would be Yang, part 1). Next, I sweep from the sides to the front at the waist or below the ribs. With both palms, I cross from one side to the other, at the Navel (and/or slightly above or below), about the distance of the full palm (relative to that person's size). This would be the Yin part. Going down the legs on the outer leg to the foot would again be Yang (part 2).

It was really interesting to me that both Central and Gov, plus Penetrating Flow all originate in the Ming Men... but that Penetrating Flow...

I'm seeing these energy flows, a.k.a. Joy flows, Extra-ordinary vessels, or Radiant Circuits, a bit differently than current information has revealed.

**I have an idea.** What if the Governing Vessel represents the Yang side of the Core Star, or the Ming Men point? That way, both the Governing and Central Vessels would come out from the Core Star. I also think the "Thrusting" (Chong

Mai), or Penetrating flow, is connected to this central hallway. And I believe the Belt Flow has a Yin and Yang side, and the Penetrating flow (Chong Mai) isn't one of the 8, but rather it's the energy that first enters the form right after the Core enters. So, we have the Central/Gov, Belt/Penetrating, Bridge, and Regulator (the last two have Yin and Yang or Front back parts). Sin

So, there are two RCs that I see that address expressions of the Core Star. The first is the Central and Governing (front and back of the torso) connection, which is the big circle that surrounds the Core Star – like electrons circling the nucleus. I see this pair being on the exterior front/spine of the body, and also as almost a reflection of a wheel, even a bit like an energy representation of a circular cell wall, a visible perpendicular from the front and back of the body. I believe this first RC also implants as the first Meridians because they both correlate with our life beginnings. At the deepest level, this means they arise out of Spirit entering form, as it resonates through the body, even into the Field.

Being here on Earth, in our physical bodies, depends on the flow of this circle. If we're in harmony with our Core, this RC will be in excellent shape! This is a significant departure from conventional current information. I see the Belt Flow, which I feel emanating from the Ming men, in the back, where the Core Star meets the spine. It then flows forward, around the waist, over the Navel, and crosses to the opposite side. Finally, it traces down the leg to the foot. When

using a full palm, the belt line isn't a thin line! It then flows down to the foot. This grounding awareness connects our Spirit beginnings to being grounded here on Earth. Sometimes, in a very confident person, covering over the Core Star almost from the bottom of the ribs to the top of the hips, it looks to me like a red silk wide cummerbund of golden threaded sideways figure 8s. You might want to mentally try one on... it's at least worth the experiment! Maybe the colors can change to fit your current needs too!

I see the Bridge RC (Heart Zip) – the Heart on the torso – as being born from this place of infinite Love. The symbol of the Heart shape is ancient, as is the infinity symbol, which can be drawn sideways down the spine or on the front and sent to the spine side of us. These sideways 8s that finish off a line flowing down to the heels are also part of this. Are you sending this love out into the world, and as much as you want it to be the way you want it to be? Sending out hatred, fear, or feelings of separation or disconnectedness only increases negativity and creates more fear. Love begets love, and this RC helps us establish healthy boundaries with it in ourselves and with others.

I see the Regulator Circuit (Regulate your Face) and the Heart on the face as reminders to let in love even when we're thinking seriously. But if we focus too much on our thoughts, it can block out all the good stuff. Feeling is important because it holds information. To connect with Spirit wisdom, we just need to be,

listen, allow, choose to connect, be open, and observe. We need to be still and calm to start connecting and hearing these messages. Once we're connected, we can keep it going by checking in regularly. Why have an opinion about something we don't know without asking for help? Seeing everything helps us stay nonjudgmental and not attached to the results.

*"We are all wired for Divine connection."*

- Ellen Farrell

**Chapter 5 – *Understanding Core Star Matrix Lines*** – what they are, and how they fit into CSMH – also, how patterns form (emotional/ancestral relationships and our responses to them and life) – and can and must be shifted to achieve the 3<sup>rd</sup> Eye upgrade.

Here's a quick rundown of what I think the Core Star Matrix System includes. It's got the Chakras from Ayurvedic healing, the Meridians (and the Elements that make up the Meridians), the Radiant Circuits (which are like strange flows of joy and extra vessels), and the Dan Tian points (which I call *Spirit Points*). I also added the CSMLs, which are related to the Touch for Health/Applied Kinesiology term, cloacals. I'm not the first person to notice these systems, but I do see how they connect in new ways. As someone who sees energy as a psychological intuitive, and as someone who's always curious about the "why" of things, I kept asking Spirit and the Energies questions! From the start, I could see more clearly about each of these four lines – just like with the Chakras, I see their function and main area of focus. I noticed over time that each Line had a theme. I wondered about it. I observed. Since I see 360 degrees of each line, I started seeing and working in their relationships in new ways. I started seeing their functions, specific Chakra affiliations, and reasons why they were in the shape they were in. My own Grid healing experiences have been really powerful

and impactful, and I had a lot of past life memories and healings during them. I had a Grid healing before the Advanced (Year 4) EEM training, and during the 2010 training we also received and provided all the techniques with a partner. For a year after my GRID training, I practiced with many clients and did all the tests as taught. That first year I completed 25 GRID sessions, and most of these clients had done at least 6-8 hours of work before. At the same time, as I was still doing all those tests, a different way to do them came to me! So, for another year I did both the EEM way and my way. I 'saw' the same things – that's what I saw that matched what the tests revealed. I always approach testing with a curious mind. Even when I have a hunch about the outcome, I'm always pleasantly surprised when things don't go as planned (and my curiosity grows even more!).

Here is the in a nutshell version of how I see Core Star Matrix Healing. What I see is that these Energy Lines intersect the Core Star. *They go through the Core Star, crossing diagonally (to the corners of the torso at the shoulders and hips). Between each shoulder and hip on the right and left side of the body, a column on each side of the torso is also present.* They are similar to the Cloacal lines – but I see following a different pathway, and as part of CSMH, so I had to give them a different name. I will go into how I see the Cloacal vs. Grid line, and how I see each CSML has a specific function. There is a second part to them that cannot come on line until the healing is complete!

I discovered this after doing many GRID sessions! It probably was over that year, doing over about 40 GRIDS that I realized the patterns. In each Line I see a theme and related stories that help us understand why that Line was not able to be healthy – and I watch it shift, and heal. Some clients have several stories in their Lines, and some have one. Some are peaceful, imparting hope and joy, and some show a violent past, painful loss, and amazing correlations with current relationships. It is not my function here, to repeat, to teach anyone how to work with Grid/CSML energies. As I've worked on these lines, in most, I found a past-life story (always helping us understand their NOW better). Less often, some have only a current life story – but it was a powerful life changing one. One that comes to mind was the client's infant first poetic experiences of his mother (who died when the client was not even a toddler); one was a clearing of a densely smoky Line – this not anywhere in her Intake form, her difficult teen years, and addiction. What needs to heal is what shows up. As I work through each Chakra, preparing to do the deeper work, I see these Lines accessed when each Chakra is healed and balanced enough to reconnect into the Core. I see them dancing with current status, and shifting with the new healing energies. I must be done with seeing, clearing, balancing each Chakra, processing those stories with the client. All other energy work is completed – and all other systems must test as healthy. All trauma (currently known) is completed including Energy Tapping if that was relevant, then I re-test to confirm status. Once I measure that, we are ready to get to the underpinnings, which I have

come to call (Core Star Matrix Lines) Re-Connection (rather than Grid). By then, I can see and test if there is a Column or Diagonal that is not healthy, and if more than one, which one wants to be worked on/needs re-connection most. I have seen more than one Line repair in one 2 hour or less session. I have never had a full CSML session take more than 1.5-2 hours (not including extra/prep work). It is of course, possible that at some point, I will have one take longer, but it will be the exception, not the rule. I had done over 80 CSML RE-Connections as of January 2016.

Trauma is a common issue, and I've come to think of the Chakras as containment fields for trauma. Imagine emotional splinters that cause emotional splatter. The deepest of these breaks also reside in the CSMLs. Just like a wide net catches a stray ball or bullet, we try to hold things together. It's better than falling apart, right? But how strong and solid can our energies be? How much can they contain with repeated, chronic, or even severe levels of unresolved trauma?

By unresolved, I don't mean a happy outcome. That's not always necessary. We can learn valuable spiritual lessons, gain insight, and reduce or even eliminate emotional scars when we go through a painful or difficult situation with enough support. Those benefits can come from healing after the event or events, too.

When we have people with whom we can process what happened and all our feelings about it, we're in a better place to be objective and not be troubled by the events like post-traumatic stress, flashbacks, and self-defeating internal messages. It's like the difference between a scar and an open wound. The scar can make us stronger, but the open wound is vulnerable to infection and can fester, creating complex trauma reactions and increasing emotional distress or buried memories.

Traumatic events often happen in childhood or later and always want to heal. This includes situations that caused shock, neglect or abuse, emotional disconnects, seeing others in distress, issues of loss and violence.

The CSML lines don't develop, they may be burnt, fractured, or shut down, frozen, or atrophied (signs of not developing in a healthy way). Empty or under/undeveloped energy can look like a break, smoky, or misty, like a fog where the free-flowing energy line should be. I'll give examples in each line. According to the Energy Medicine (p.210), paperback book, "*periodic chakra balancing will be restorative for your basic grid.*"

There are many ways to balance our energies, and it's important to have a practice in your toolkit to check in with Spirit, calm your body and mind, and

clear toxins from your body and mind. Yoga, meditation, exercise, and creative, fun pursuits can all help with this. But when we feel something deeper is out of balance, we need to address the ROOTS of the problem to heal fully. This work is deep and powerful, so it's not a first step in doing healing work. Do you know how to test effectively with kinesiology? Start small and build your skills! If you don't know how to breathe correctly, haven't looked at your emotional history and habits, or haven't been working diligently on yourself energetically, start there! It's not recommended that you work on other people without proper training.

I've been on a journey of healing and spiritual growth for a long time. We carry over our wisdom and experiences from past lives, both good and bad. In 2005, while I was still a college counselor, I attended two trauma therapy trainings for EMDR. As a Licensed Counselor, I saw a lot of trauma in different settings, including colleges, communities, and even a high-security prison. It wasn't until I realized I was experiencing a new level of insight that I heard from Spirit that I needed to share it with others. I had already been hearing this message in 2007, but I wasn't yet aware of the new things I was seeing or how they connected in a new way. Spirit is incredibly patient with me. For example, I was already seeing the Lines and Core Star then. I found that after completing about 60 GRIDS over a two-year period, according to the Donna Eden (EEM) protocols, the area *under the collarbone* was always a good spot, but you can test to find what works best for each client. I see it starting at the point where the

collarbone and shoulder meet (in the ligament between the Humerus upper arm bone and the clavicle). Next, I find the second point to hold, which is between the inner hip bone and the pubic bone. It's about 4 inches in the groin, where the leg meets the torso. If a client is sensitive, they can place their fingertip on that area. You can test it by placing your finger on top of theirs (GI or SP). If they have shoulder weakness, another option is to test the Pericardium/Circ-Sx Meridian Muscle test. You can disrupt the buttocks/upper glutes muscle flow and see if the energies go weak or strong. The client can do this if they want. Then, you can test on the 1' separated feet. Holding the outer ankle, the client should remain unmovable with a strong test. You and your client may have a feeling about the exact correct spot. To find the spot, you can try the General Indicator test. Swipe down through the Pectoralis muscle attachment at your arm, keeping your arm at a 45-degree angle. Or, you can do the Spleen (SP) test. Swipe down through the Latissimus Dorsi muscle, just under your shoulder blade. Keep your thumb next to your body, shoulders down, and arm straight. Use two fingers, two inches above your wrist. Back in the 80s, when I first learned muscle testing, we didn't know about testing the muscle to make sure you're working with a muscle that's not blocked. Donna Eden (EEM) and *Touch for Health* both teach these methods. Make sure the client has their arm straight and shoulders down. Reassure them that the body has its own wisdom, and we're just observing. This might give them a reason to use only the arm muscles when testing or checking, or to think about the outcome.

*As a beginner, remember to take your time and not rush or force anything.* The energy that flows through muscles is electrical, just like the energy that moves through Chakras, Radiant Circuits, Meridians, and CSMLs. I believe the main connection is through the Core Star. Connecting all these energies and optimizing them to hold the energy can help you awaken your true SPIRIT potential. It's time to plug in! A strong result on the test will indicate the correct point (this is great validation if you're unsure about the location). I usually use the General Indicator test when the client is standing for the test, but it can be a bit tricky for some when they're reclining on the massage table. Also, always make sure you and the client are clear and grounded before testing. Avoid dehydration, keep devices away, and avoid standing directly in front of the client. Chakra to Chakra can also skew the test. This isn't a manual for learning to do kinesiology, or muscle/energy testing. I'm just giving you some basic information. But when you do use this skill, don't rush, always do no harm, and do the test that's most comfortable for the client!

I can see which lines are out as I do the Chakra work, but I always double-check with my test. This confirms for the client and is just another way to be sure. It's important to note that these deepest energies are powerful and can be quite intense. They're not something to take lightly if you're not ready to deal with the emotions and sensations in your body that may come up. If you have trauma issues, be prepared to refer to a qualified practitioner (check out my article in the addendum). But I love the idea that we can each know how our energies at

these deepest levels are laid out (as I see them) and start to wonder what your energy lines contain, how they flow, and how to have a better conversation with your body, mind, and spirit about these issues.

I did the EEM official GRID tests for about two years (to learn these tests, which complement what I see, you must complete the fourth year of the EEM Innersource certification program). Since then, I've completed almost 80 as of May 2015. By 2012, I started calling them exclusively CSML Re-connections. I had been doing Reiki since 1987 and channeling readings. My development of seeing in the body started with seeing/hearing stories. I didn't expect this to happen, nor did I wish for it or even know it was something I wanted. I would never have made anything of it, but when I talked about what I saw, clients confirmed that it was relevant to them. I started a private practice, this time integrating my holistic skills and working with clients regularly for about a year and a half (by about 2007) before I was regularly noticing seeing the Chakras anchor into the Core. I then started seeing the energies burst from the Core as healing in the Chakras/Soul enlightened/re-awakened the Spirit connection. Later, and likely because I had gone through training since 1999 as a psychotherapist, I was able to see the related energy systems too, to ask why is this here, and more assertively, to ask, "*what do you need to heal?*" and "*is there anything else?*"

I started noticing the Core light up when the Chakras anchored. And as I saw the Chakras anchoring in the Core, the CSM Diagonal Lines would light up, radiating out from the Core. At first, I just saw a faint light following the pattern a few inches out, diagonally. But as I started entering the Core stories, I'd feel something physical from the client's story. After the story ended and healing shifts took place, I could also see the line itself (360 degrees). Sometimes, I'd see the Line energy first, before the story. I was really curious about what I was seeing!

After completing the Advanced program EEM Grid training in 2010, I realized that what I was seeing were cloacal lines. But at the deeper levels, I now see that these are the same Grid energies described in EEM and Touch for Health. We may differ in where these lines flow, but the tests for EEM would still apply. As I recall, when Donna first discovered what she now calls GRID energies, she was holding cloacal lines. But maybe the client was ready to deal with deeper emotional blocks, or she was holding the points long enough for the client to access emotional content. Readiness is key! I'm just seeing a specific step of how the energies connect through the Core Star to each corner of the torso, before awakening up to the Spirit Point, the Well of Pure Sight, which leads to connecting with and *upgrading* the 3<sup>rd</sup> eye/sixth Chakra. When this upgrade occurs, a rapid wave of new energies enters, which advances the level of this Chakra once the Lines below are corrected.

Just as all the Chakras relate with each other, the Lines also are connected (through the Core Star!). Also, the Core Star can send more energy to the other Spirit Points when it is more firmly anchored in the form (physical body). Watching the energy of the Chakras and Lines as they evolve is exquisite. Stories unfold like Technicolor film sequences, radiant images depict the status, and tell us everything – in the body energies, there are no secrets – but information is only shared when the Soul is ready and willing! I am sharing what I see so you can use apply it to enhance your work in healing and going deeper into entering a Spiritual experience of being. In the EEM training the Core Star is not addressed.

I first came across these lines when I had my first Grid work done in early 2008. I felt the energies correcting in my Meridians, Heaven to Earth flow, and in my 3<sup>rd</sup> eye as the final step. It took me many years to put all the pieces together as I worked in hundreds of sessions on my own clients. Most of my Grid/henceforth CSMH clients had at least 10 sessions before. It's a shame to know how much stronger we can feel after completing this work, yet some of my past clients (who had already done all the Chakra work and had balanced Meridians) were energetically ready but decided not to proceed with this work. They said they "felt fine" or maybe they just didn't want to spend the money. In fact, they did feel much better than before coming in, but imagine how much better they could feel! When we've been in darkness for years, to have one bulb turned on is like a miracle. But imagine if you could harness the sun and stars! I love

watching HGTV and homebuilders who start rebuilding from the studs of the home.

If you have faulty wiring in your home, the electrician will eventually tell you that you'll need to have *all the wiring replaced*. It can be tough to let go, especially when family members are sick and not interested in the work. I had to learn to see each of them in their full potential and send them that vision as a prayer. We all have our own time, and we'll evolve as we're ready. When we return home (after we're released from our physical bodies, we're already there and will remember everything), the challenge is to remember while we're still here. I had some interesting moments with my father after he passed away. He visited me during client sessions and could see powerful shifts during those sessions. He said to me, "*Oh, I get it now.*" Before he passed, he got vaccines and mercury poisoning (I didn't do any tests, but he had all the symptoms after the H1N1/Flu combo shot, which he got twice in one year). He was diagnosed with cancer and went through three years of nothing short of hell on earth, in and out of hospitals and nursing homes. He visits me regularly now. Last time he looked great and told me, "*I didn't die.*" *They were wrong - actually, I'm still alive!*

Last year, I had a dream about my uncle, my older brother who passed away just a few months after my dad. In the dream, he showed me a scene of my grandparents, dad, and others, and he said we're having a big party! I saw a cake being made and decorations. I sent a message to his widow to ask about

it, and she told me that the next day was his birthday. I never lived near my uncle, so I didn't know when his birthday was celebrated. Now, I wonder if one of my kids will have twins someday! I think it's possible that one day, I'll meet my dad and maybe even my uncle (as a boy or girl/s) through one of my son's children, who are in their early 20s right now. Before I leave this life, I hope I'll meet him again in some way. Until then, I'm so grateful for our continued relationship in the spirit world.

I'm so glad most of my clients wanted to go all out and get their Chakras read, their locked habits cleared, and more. Especially since I focused my work on not just being more balanced, successful, energized, pain-free, or healing trauma, but also on helping them evolve their souls. I like to make sure we get everything we can at each session. Yes, life is wild, and new things will come up, but if we have a strong foundation (like new wiring and a sturdy frame), we're more likely to avoid getting short-circuited or burning down the house.

When we look deeper and open ourselves up to these Core level energies, we have access to the healing and corrections that we didn't have time or the ability to understand when they were disturbed, or some or all of the environment didn't support healthy development.

I teach my clients to *breathe correctly*, with what I call Core Star Breathing. This helps keep their torsos from freezing. We also address any trauma templates with Energy tapping that I developed. I found that many clients had trouble tracking with their eyes, so I'd have them place their palms on their knees and tap on the back of their hands.

I started doing similar work to get into emotional/energetic disconnects with guided imagery and having the client place their palms on their heart or 2-3<sup>rd</sup> Chakras before learning EMDR. I found that the work became more specific later by adding those protocols of identifying the level of distress, negative self-statements, and belief in positive goal vs. achievement of goal statement.

All Meridians must be able to hold in healthy flow before one is ready to have this connection. But the lines can be tested at any time, just like Chakras and Meridians. If the Chakras aren't happy, you know the Meridians and Elements will be off – they're not reflecting root issues. Why waste time working on branches when you can address the roots? It can help, but it won't usually shift root-level distortions.

This work is so thorough and deep in each Chakra that I found that none of my clients needed more than a typical 1-2 hours to complete their Re-connection. Here are a few things that stood out to me. I see that each line either goes

through or is fed by the Core through the diagonal line. After the lines are unblocked and flowing, dots start popping up from the shoulder points to the third eye, and it starts to evolve. This isn't mentioned in the EEM approach because that's how I was taught it back in 2010.

I also see each line in a holographic way. I think of them as columns or tubes. Of course, the columns go from shoulder to hip on the same side, but they get their energy from the lines that go through the Core Star. Every time the energy is awakened and anchored into the Core (which helps to get a healthier flow in each Chakra), these lines shift and get stronger and healthier.

I also see about 5-6 inches above the body, a blue-ish white CSML Frame that follows the lines. If you're sensitive, you can feel it at each corner if you make a figure eight movement there. I see this frame like an energy "Lucite" bolted at each corner. When I look at the front of the body, it looks very bright, and the back of the body is like a photo negative, so it's hard to see the end of the "bolts" - they're there, just less visible. If you want to check them out, try twisting them. It feels to me that if you make circles going in toward your center, you're making the connection stronger; go outside that circle and make a wider circle that reaches to the outer body, to clear any corrosion!

**To test**, make sure all *pre-tests* of Chakras and Meridians are strong. You can start learning about Alarm points and how to test Meridians by reading the *Energy Medicine* book by Donna Eden with David Feinstein. If you're not already trained by the EEM program, this is a great place to begin. Or, if you've become proficient in practices like Chiropractic/Touch For Health, Muscle Meridian tests, Chinese Medicine, Acupuncture, or Pulse testing, you're already on the right track.

The Re-connection work will be most effective if you make both energetic corrections and address any stuck thoughts, beliefs, or negative templates (subconscious or otherwise). The more severe, chronic, or complicated the issues are, the more likely you'll need to work with a well-trained trauma specialist who uses EFT, Energy (Meridian) Tapping, or EMDR. If you're not familiar with these approaches, there are many books and online resources available that can help you learn more.

It's important to note that these approaches are best delivered by someone who is passionate about this work. PTS is a physiological trauma reaction, and *anyone who experienced severe or pervasive trauma will likely have post-traumatic stress*. If they had poor coping skills, inconsistent parenting, or other trauma, the likelihood that the new trauma will be resolved is lower. Current

coping skills and high functioning don't clear past trauma. The "splinters" (or at least the biggest ones) need to be addressed. If your client has serious clinical issues, check out my article 'Referral Suggestions... When and why to refer to a psychotherapist'. It's in the Energy Medicine Handout Bank (edited and reviewed by David Feinstein) and I've included it in the Addendum. There are many resources, like Mary Sise, Carol Look, Gary Craig, David Feinstein, and more. Carlos Casteneda's book 'The Eagles Gift' talks about a healing process called Recapitulation. It's an ancient Shamanic technique that reminds me a lot of EMDR. Once you learn these techniques, you can do them on your own. But if you have frozen memories, working with an experienced practitioner will be the best way to access them and get support to move forward. When we work on the eyes or hands, it's like working on Meridian points in EFT. Both activate energy systems and cell memory, which goes deeper than just thoughts. It goes beyond the two-inch area of the forehead and brain into the whole being. I also want to mention David Berceles's Trauma Releasing Exercises (TRE). I learned about them from Dr. Robert Scaer at a NICABM Conference workshop around 2007-9. I found the exercises easy to do alone and very effective when done as a group. Dr. Scaer's books on the Trauma Spectrum and Dr. Peter Levine's work and books on Somatic Experiencing Therapy also add valuable information to the topic of healing trauma. If you want to learn more about brain research in healing trauma, Dr. Stephen Porges is a great place to start.

*If you notice consistent reversals in progress, it might be a sign of frozen content, like trauma. In that case, it might be time to refer your client to a professional. For your own records, it's a good idea to keep track of when you've assessed the need for referral or discussed any concerns with the client. Also, make sure to document any inconsistencies in their behavior or other suspected evidence of trauma. When preparing your client, always be clear and gentle. Before starting any work, it's a good idea to have and share an informed consent form that outlines your training and the specific things you'll be addressing in sessions. For example, you can mention that the client will remain fully clothed, that you'll be working with Energy Systems, and that you're also a trained... (fill-in-the-blank). It's important to be aware that a referral may bring up feelings of rejection or fear in your client. When everyone is aware of what you'll be doing, it creates a safer and more healing environment. It's also crucial to be aware of your own abilities and training when working with individuals.*

Sometimes, developmental issues can be resolved with energy work alone.

However, if there's any doubt, you can use a list of possible imbalances to determine if a referral is appropriate. If developmental issues, such as traumas, safety, trust, or boundary issues, are at play, once they're healed, it can have a profound impact on the client's well-being.

Whichever of the Lines of energies have presented as most weak/blocked – that is your priority to hold those two points at the top corner, and hip of the torso. If there are one or more secondarily weak lines, I've seen these also shift once the

original emotional splinter is resolved. **KEY Topics:** *It is good to address with the client prior to doing any re-connection work, to notice any issues in how they relate with **Love and compassion for self and others, Spirit, ability to manifest in alignment with Core truth, and feelings (note levels from 0-10 of feeling safe, grounded in childhood harmony (regardless of what occurred) – and how they feel about self-love.** During the work I would also make this part of the conversation, and also: *do they notice any shifts?* Make a list or chart this in your client’s file! Other things to note are: **levels of feelings of shame, blame, guilt, fear, anger, resentment, or lack of trust in self or others** (note any shifts that occur).*

**Feelings of safety**

**1    2    3    4    5    6    7    8    9    10**

**Grounded...**

**1    2    3    4    5    6    7    8    9    10**

**Harmonious...**

**1    2    3    4    5    6    7    8    9    10**

**Self-Love...**

**1    2    3    4    5    6    7    8    9    10**

I can't promise you'll get the same results I've had. I'm keeping an eye on the Lines and what's happening in real time, so it's important to make those **Key Topics** part of the conversation. That way, your client can be a guide, just like your intuition. You can always test with kinesiology during the session to see if there are any other issues that need more time (like during Chakra work). But once you're holding those CSML points, it's best to stay connected until the end. That's why asking questions is important... Also, note on your records which Lines were weak and in what order. You can retest in future sessions. I've noticed that clients feel shifts in their energies or bodies as I see these shifts in the energy. Remember to clarify with the client what they feel as you feel, see, hear, or smell something new. Never judge what information you get - ask why it's there. You can ask your client or note when working on yourself when these shifts occur. Of course, some clients don't feel much, so ask anyway! You never know when something important might come up, and clients might not realize it's helpful to share it with you! Also, some clients don't ever - or rarely - remember when something significant happens. Help them remember by writing it down or sending an email, etc.! When painful memories of stories surface, paired with the healing intention, healing occurs. Just like a toddler comforted by a loving mother from a bad nightmare, we can all feel more resilient and centered by acknowledging *out-of-balance energy flows, the need for healing past painful memories*, and identifying any past healthy, loving memories. Then,

introduce *healthy energy flows*, new healthy memories, and a better understanding of past pain.

*Let's find your key points on your torso, where your arms and legs meet. Place your middle fingers in these points. Now, swipe your fingers in the Field above the line and immediately check. Before we start, I do a Chakra Nadi 3-point Spinal Release and lace the Crown Crossover. This includes gentle, slow Leg rocking... palms touch at the outer legs only, from mid-thigh moving down to calf. I might lift the legs, or work with the Kidney entry points on the soles of the feet, if that's relevant for an ungrounded client.*

We can also do sweeping the Field, figure eights, tracing CS Heart Zip, The Heart Cradle (see Addendum), or have the client hold their palms overlapping the Heart Chakra. If Heart or TW needs support, I'll hold strengthening and control points. I like to use some essential oils on the forehead, just like I sweep up after doing the Crown crossover.

**By the way**, these aren't the EEM GRID tests. Those tests and preparations are more complex and are only taught in the 4<sup>th</sup> year EEM trainings.

I'll go over each line and give you examples of what I've seen there and the consistent healthy markers.

**Right Column, *Developmental Line*:** Right shoulder to Right Hip: The right column is always showing up as a tree of some sort. Gems are found in some trees – these reflect treasured lessons or traits that we learned from this life. They might reflect stones that are beneficial for us; or our feelings about that time in our life. The roots of this tree (at the Right Hip) are fed by the Heart Line, which comes down from the Left shoulder. The Branches send energy into the Right Diagonal line, informing the Creative Manifestation Line. The energy doesn't care where you got your "sunshine" – if you got it somewhere, is what matters (past or present) – it will feed your creative soul. It will make you feel alive, connected with Nature, Love, and LIFE... the clouds passing, blue sky smiling, green leaves shimmering in the sun, the breeze flowing, branches and trunk bold and strong, your healthy roots firmly planted in the NOW.

If you've experienced a traumatic event in your life that hasn't been resolved, it's likely to show up here. It might be deeper than the chakra story or a past life trauma (in any line). The earlier it happened in this life, the closer it is to your right hip (in the Right column Line). Sometimes, a story in this life can be a way for past life healing to come through. For example, about four inches from your right hip might be early childhood. Usually, if the branches are not green,

there's no sun, or the tree is charred, split in two, or has barely any roots (this alone has shown up in many different ways), there will be multiple places in childhood that are not connected. It's interesting to think about for yourself by reviewing your coming into being from the perspective of what was going on in your family when you were conceived, to now – where any distress or disconnect may have occurred. It's also important not to judge these events. Just observe any thoughts that are artifacts of that time, what skills (or lack thereof), level of health, loving kindness, healthy boundaries, etc., existed. When I see blocks in the energy line, they show up as a number that I see in my mind – just like with the Chakras. But I realized that the location on the line reflected the age of the client. We can re-parent and heal from trauma (of all kinds, at the Soul/Spirit level). Caregivers/parent figures may not have had the skills to provide you with the love you deserved, they may have been hurtful or abusive. They were only doing what they knew. They too were broken. Healing emotional/psychic distortions may not bring back or heal a broken relationship, but it can un-break what was broken within. We can heal and be stronger for having had the experience.

**Right Diagonal, *Creative Manifestation*:** From the Right shoulder to the Left hip. Did we get enough space (healthy boundaries), sunlight, and joy in the developmental years of our LIFE? Were we able to connect with people who saw our potential and supported our goals – or were we exposed to ideas and energies that inspired our creativity and feelings of trusting our inner guidance?

The effects of these factors, and the individual's interpretations of those factors, informs our ability to create in the world. Sometimes we had great mentors in a business sense, but were not feeling the love – as in emotionally or physically absent parent/s. Then, the Heart Line can be shut down, and yet the CM Line can still be relatively healthy. We can be very productive and successful in societies eyes – yet without the Heart being healthy, our feeling of being connected Spiritually, having found our mission in life will not be active. If the heart Line is too damaged, the roots of the Right Column Line (Tree), will not be optimally fed, and the tree will wilt, or otherwise not form in a healthiest version. I have seen the CM line shift tremendously after Spirit and Heart Lines are activated. What was a moderately healthy vine becomes more rich new growth on green vines, multi-layered with blue light, full of more energy and potentials! Can we access the beauty and joy of life, and belief in ourselves to create a beautiful life? This is not only about what we produce in the way of material things, but also our productivity in successfully reflecting our Spirit knowing, and our hearts vision – our mission in the world.

**Left Column, Spirit Line:** The Left column I always see as having heavenly light – shimmering. Occasionally I've seen Angel feathers, shimmering rose (if heart influence is strong), creative sparks (infinite color potentials, from left hip 2<sup>nd</sup> Chakra influences). Mostly though, it's the white, and gold type energies, ethereal and glowing that I see there. For instance, one client for whom family religion was a strong influence had powerful experiences in Catholic school. Her

current status was hyper-religiosity, which made questioning or even admitting fears about her spirituality difficult. She had a strong break in this line. Around the time of her communion, she had questions that went unanswered by her teachers. She doubted the information she was given. It was a painful time for her and made her feel she could not trust her elders' teachings, or that there was such a thing as Spirituality/God. This was complicated and underscored by earlier childhood developmental distress of abuse during religious classes. She was frightened, and some boundary violation was at play. Two breaks in the two different lines. All the material was not articulated – it was completely unresolved trauma, making a clear and deep mark in the energies!

**Left Diagonal, Heart:** From the Left shoulder to the Right hip. I started seeing pink type flowers here, many shades of pinks and shimmering energies. Where there is love in a person's life, especially when this foundation is laid in the first few years of life, this line will be strong. When mixed messages (about one's worth, value and feeling that their presence *matters*) are at play, it will disrupt this line. For instance if a person grows up in a home that hits all the marks of healthy environment, such as: a nice home, children do well in school, dress appropriately, family participates in community events, all appear happy – yet they are never hugged, nor do they hear they are loved or good; or maybe judgmental cultural or religious messages make the child feel worried, unsafe – inadequate – or invisible; or maybe there is abuse that happens in the home (the secret never discussed in public).

The tree in the right column might seem ordinary, but it could be glowing with health. However, the Heart Line might be weak or broken, lacking the energy to nourish the roots. I've seen many stories here about past-life lost loves, betrayals (or complex betrayals that we didn't fully understand), and thoughts about self-worth and regrets related to relationship dynamics that contribute to current problems. These stories help us understand appropriate boundaries, gain new insights, and gain a deeper understanding.

I've seen stories about past lovers who never showed up. I've also seen stories about one who didn't save his lover's life or abandoned her (bitterly regretting it later, and carrying over the behavior of being overprotective in this life or being rigid and fearful). One who failed by being absent (trying to impress her by showering her with riches when all she really wanted was him there or that's what she came to realize). These stories explain why they couldn't show up. Were they killed valiantly trying? Or did they take another lover and forget about you? Or was her demand causing unnecessary pain and difficulty? Were they taken advantage of for financial riches? Or did they have a confused idea of how to protect you? Were they abused, and trying to teach you to be strong the only way they knew? Or did racial hatred or a desire for power cloud their actions?

Whether trauma/energy psychology, past-life therapy, or CSML work (these can overlap) is related to present-life situations or past trauma, it's all valuable information either way. Love can bring us back together, but we may still be learning. Where we are on the spectrum of our ability to deliver a healthy relationship is worth identifying and calibrating. Templates from the past being truly incorporated with a genuine desire to be devoted is not always the case. Yet, with this work, we can release all levels of trauma, creating less new trauma with our loved ones. In addition, sometimes we needed to feel the love from Spirit that is eternal and infinite to counter the fallible nature of human existence.

Either way, we all need love, and knowing that we matter is essential for thriving.

*“Global coherence refers to the mental-physical-emotional-spiritual well-being of the greater community of human beings, while acting in concert with their own hearts, each other and nation to nation in harmony with our living planet...”*

- Gregg Braden From YouTube: Gregg Braden
  - Institute of HeartMath

**Chapter 6 – *The Auric Field*** (a.k.a., MorphogenicThought/Habit Field), and the Vortex of the Merkabah (the fusion of the Light body in the Physical body) ...its effect on Energy Flow, and how it fits into CSMH

Imagine each of us as a spinning universe of thoughts and energies, whizzing around the core of the Core. This energy field is measurable, as shown by research by Barbara Brennan, a renowned healer and author on the Human Energy Field. Scientists like Rupert Sheldrake and Lynne McTaggart have also explored this concept in their work.

*The Heart is the reason we're here, while the Core is the center of where and how we are. It connects us to our past. The Well of Pure Sight is how we perceive this energy field. Those who can see energy systems contribute to this understanding.*

*Although my observations may not seem scientifically rigorous, they are measurable. Through repeated experiments, I've noticed that I see the way people feel. What matters to me is that I see things that resonate with my clients.*

*For instance, I once saw a giant bear claw that had taken a chunk out of a client's energy field, which I believe was her animal totem, trying to get her attention. Another time, I saw a guide from ancient times that another psychic had recently mentioned to the client. Recently, I saw a grey/black wolf in the aura over the right shoulder of someone I was speaking with during a spiritual exploration session. The wolf seemed to be a very powerful teacher for him.*

*I've also seen passed-over loved ones (from the front of the 7<sup>th</sup> chakra), places that hold sentimental value for my clients, or places that have brought them comfort and solace (both in the Field and the outer reaches of the Chakras, which are interconnected). These experiences are part of my readings.*

Here's a glimpse into your past, present, and future potential. Your Chakras radiate outwards, along with smaller Portal wormholes called Spirit Points, with the Core at the heart of it all. The Merkabah 3D triangles that form the six-pointed star have the Core at its center. This star spins so rapidly that it creates a mesmerizing effect, like a giant egg or sphere. We're like giant crystals, with our tendons, ligaments, and the vast majority of our physical being, water, resonating as ENERGY!

The *Crystal Healing Aura Meditation* is a practice that can help you reclaim lost pieces from your past. Back in 2000, I went through a traumatic release and

saw my Field as an egg-shaped structure with *countless facets and vibrant colors*. Sometimes, I had given myself away or allowed my energy to be taken without realizing the danger or the people who were self-serving, traumatized, reactive, or ignorant to the extent that I would be harmed. These moments felt like missing puzzle pieces.

I remembered vivid images of shock-filled moments from my past, where I felt like I had to lift my mouth off the ground as I struggled to comprehend what had happened. In those painful moments, I allowed the energy I had lost to return to me. I called myself back from those times, and I felt and saw the beautiful colors and life force returning, filling in the empty spaces in my soul, represented by my outer Field.

Energy cords are a concept that's been around for a while, but I'd like to share what I've observed and what's worked for me. Just like someone can be aggressive and reach out to grab your arm without asking, energy cords can manifest and affect both givers and receivers. To live ethically (which is the healthiest way to be), we should only send love, healing, or good wishes/prayers. We shouldn't impose or attack with violent images, hold on, or try to take energy from others (unless you're an infant, this is being overly needy and may even be felt as physical pain, which could be perceived as aggression or fear in others, or it could lead to aggression or avoidance from people with victimhood habits, which might reinforce this unhealthy behavior). Trying to get

energy by taking it from someone else is the wrong way to go. We want to flow energy through our Chakras, from Heaven and Earth – check out the *Anchor & Ground* Exercises! However, these behaviors often happen in the subconscious, so they're not fully conscious thoughts. Whether you call it a vortex, a cord, or a hook, we don't want to hang on or give away our energy. It's our job to use it discreetly, honoring Spirit and our life mission, and taking care of our bodies. Sometimes, poorly managed Chakras (remember, trauma habits can affect these energy centers) can be inverted or projected out into the Field, like a beacon trying to control the world. This is a gross misuse of our energies! We can "check in" with our guidance by asking in the moment or by setting an intention to have Spirit guidance always be a priority to hear above the noise of life.

Cords can form from a young age, especially in intense relationships. Past trauma, whether from past lives or family ancestral patterns, can also plant seeds in your habit-fields, just as much as new trauma in your life. All these factors can influence how your energies work.

Have you ever experienced surprising emotions or behaviors in yourself or others? Or felt strange sensations in your body, like a tight throat or gut, stabbing pain, headaches, or even feeling like someone was thinking of you and sending energy? These are all clues that deserve your attention.

Are you picking up their energy, their pain patterns? Or are they sending out cords to get energy, sympathy, or even power over you? Are you sending out feelers to hold on or control, even if you think it's for their protection? This is unethical and will likely be felt as an invasion.

This type of interaction usually leads to rejection and distance.

We need to learn how to cut off our own cords and, if we're working with clients, help them find theirs. We also need to protect ourselves by making our own energies healthy and conscious. This way, we can redirect incoming cords and recover faster from rare negative attacks. Consciousness is our greatest protection! If you have a relationship that's not working well, you can try a scientific observer approach. Just start by being curious about what's happening between you. I don't recommend doing this work until you've practiced the core star Breathing consciously for at least a couple of months. That means five minutes or 20 breaths, where you expand on the inhale and compress your abdominals on the exhale. It's like a new habit, so the amount of practice and need to address emotional splinters (that caused the original freeze) will vary. Whenever you feel stressed, take a deep cleansing breath and shake it off. Always take enough time to rest, even if it means 20 slow exhales on deep expansive breaths. *Imagine a beautiful flower blooming, a deep forest, a sunset, or ocean waves.* Whatever helps you relax! Use what works for you – a place you know or any place you know of! You'll need to make my **Anchor & Ground**

and ***Snap & Sweep*** exercises habits that you practice throughout the day (at home and *in your mind, as you're out in the world*)! Checking in with the Chakras by visualizing or working with a crystal, and feeling/tracing the Meridians is also key. You can mentally sweep or check your Field while in a large group or with another person. Once your energies feel healthy and are flowing well, you can try this work.

**Imagine sitting** in the center of your being, feeling your core. Now, expand the energy outwards, making it glow and feel healthy. Feel the wisdom flowing in from the top of your head, and the Earth energy flowing in from the soles of your feet. Now, think about the person you're having trouble with. Imagine them in your mind, about 10 feet away, or further if it feels safer. Let them glow in their own healthy energy field. It's not your job to make their field healthy; you can just imagine it, and that's like sending it to them. This exercise helps you see them clearly as separate. What does the cord feel or look like? Is it a thin thread or a giant metal pulley? What color is it, and what materials are it made of? Where does it attach (think of your Chakras and Meridians)? Do you feel any connection between you and them, or between them and you? Maybe it won't be a clear cord - just feel what's there! It might look like something else, but either way, it will feel constricting, invasive, or otherwise not good. These feelings could be from relationships that are long over, but the emotional pain is still there, or they could be from current relationships.

Hey there! I'd love to hear about your emotions and memories. Rate them from 1 to 10, and let's explore any good memories or positive experiences you've gained from knowing this person and others. Also, have you noticed any disconnects or issues with certain people? Did they reject you, ignore you, or not consider your needs? Did they betray you, disappoint you, or violate you? Did they abandon you? Or did you end up misusing your energy reaching out to them? Did you not want to let them go or not let them decide who they needed to be? Remember, trying to control is a trauma reaction. Imposing our ideas on others, especially beyond the mother-infant relationship, is not appropriate. Staying safe and deciding who we spend time and our lives with is our choice. We can ask others if they're willing to compromise, but it's *their prerogative*. They may not want to compromise, even if it's a valid option. But remember, the boundaries require that *we not be compromised*. We can always communicate with others on an inner level, expressing feelings and making amends. It's important to listen for their response. Knowing what a healthy response would have been can help us understand. Imagining that healthy response happening can also have a healing effect, even if the person involved was/is not able to provide it. They may have their own issues that prevent them from being healthy at this time. Each of us has our own integrity, life mission, and hearts desire, which are sacred and inviolable. Ignoring that law can lead to negative karma, which means we add something to the list of things we need to learn and remember. Since our Spirit loves being healthy, we'll always want our Soul

experience to stay clean. This means at some point, we'll feel what was incorrect in another way and keep experiencing it until we understand what healthy is. So, why not work consciously to stay in harmony with being healthy by consciously choosing it and making it a priority?

Once you understand what's going on between you (pay attention to your body's feelings and emotions), you can start noticing and letting go of any cords that aren't pure love. You can ask the cord what it needs so it's ready to leave your energy field (it might melt, get smaller, or disappear when it's ready). Some cords are more invasive and stuck, so we might need to tell them to leave. We can give back or send the other person's energy to them, and take back what we gave away (if there are cords going into them to send or take energy). Also, remember to call back your own energy. If the feelings or issues are too overwhelming, you might need to talk to a trauma therapist to make sense of it all.

All animals and plants have this energy field, as shown by Kirlian photography. Reptiles have a less dense field, bugs and insects even less. The simpler the organism, the less complicated the energy field. The more we're aware of our environment as living beings, the more we need to use our consciousness to interact with it. Chakras exist in all mammals! Each of the 7 Major Chakras starts in the body but also has a vortex that connects to and goes out into the energy field. Since I mostly focus on the deepest levels of human psychology, I

can tell that those levels are happening in the body, which is why I can read them when I focus on the body deeply, usually using my hands as receivers. But I've also seen many of the other layers related to physical health, emotions, thoughts, how we should be treated, fears, animal totems, Spirit Guides, or any spirits trying to talk to or get a message to the person. I also see the status of the energy field itself there. I often see Life Colors in the 7<sup>th</sup> Chakra area above the head, along with the Chakra color. Sometimes, a very active energy or emotion shift is visible around the body too.

When you have a strong connection with your Core, the colors and energy in your Field become brighter, more balanced, and clear. This also boosts your Spiritual Resonance. A golden shimmer at the edge of your Field indicates that you're highly attuned and a great color to send and feel to awaken your energies. It's fun, healing, and can give you valuable insights. Start by letting your body tell you *what it needs*. Working with the Chakra colors, including shades of red, orange, yellow, green (and pink), blue, indigo, violet, and silver, and metallic shades, can be helpful. But just try it out a few times to feel the changes. Pay attention to if the color gets too hot (burning or angry) or too wet (moldy or invaded). If so, switch it out for a richer, healthier version. For example, hot pink might be invigorating for one person but showy or indulgent for another. Don't judge yourself or others. We're all different, and it's important to notice the feelings. Some people are tough on themselves, while others avoid feeling difficult emotions (like fire). Others might avoid feeling happy, optimistic

thoughts (like metal). We all need balance! On the other hand, you might be a metal element who appreciates happy colors like a sunny yellow to calm your mind, which has been exposed to a lot of pain. While a typical fire element might prefer sunny thoughts most of the time, they might benefit from a deep, rich blue. Trust your intuition and experiment! *Don't judge yourself or others.* I love that quote I first read as a teen in an Edgar Cayce book (he was quoting the Bible). It's worth making one of your most important mantras! It aligns with (as I adapted it) "be your best!" and the **Four Agreements** by Don Miguel Ruiz.

The Merkabah is like a 3D holographic geometric energy that helps our bodies connect with the Core. You can think of it as the Jewish Star in a 2D. Early Kabbalistic seers saw it and the inside chamber as the Tree of Life. It's made up of a pyramid shape with 3-sided isosceles triangles. The top pointed one starts just above the head and ends at the waist. The bottom pointed one starts below the feet and ends at the shoulders. They spin super fast, and when we're healthy, they emit a bright glow. The healthier we are, the stronger the glow!

Now, here's the thing: when we see a floppy, weak, or inconsistent energy in the Field, the CSMLs are all messed up, and the Merkabah shape doesn't spin correctly or healthily. The *upright triangle* has its bottom line at the base of our torso (it goes about a foot or two from each hip where our legs meet our torso). At its top point, it goes above our heads (about 1-2 feet, depending on how tall

we are). It flows from right to left. The *down-pointing pyramid* intersects our body across our shoulders. The down-facing pyramid point ends below our knees, or if we're sitting, about 1-2 feet below the base of our torso. It intersects the upright triangle because its widest section is outside 1-2 feet from our shoulders. The upside-down pyramid spins left to right.

*Merkabah Flow*: Bend your arms so the palms face up, about 8-12 inches from your chest, palms shoulder-level. Start with your hands just outside your shoulders and slowly move them toward the outer neck. Then, move them across your chest from your left shoulder to your right. You might start to feel this flow. It's also a great ***Merkabah Meditation*** to visualize this directionally flowing. Imagine seeing both the triangles spinning (with yourself sitting inside), then seeing the Core Star shining in the center of it all. Let it all glow and get brighter until all impurity and darkness is gone.

Just like any universe, things are constantly changing and evolving. There might be a lot of surface activity, but there are also deeper, more significant themes at play. When I was attending a lot of conferences in the early and mid-2000s, I had some great opportunities to observe the energies in large groups of people. Seeing the energies in my clients shift as they used the ***Snap & Sweep*** and ***Anchor & Ground*** Exercises over the years has been incredibly rewarding! The full exercises are in the Addendum, but for a quick version, imagine visualizing your Core Star. Feel the energies of pure peace, love, wisdom, and joy

expanding out to the edge of your Aura. Little glowing electrical points are places to "**Snap In**" the clarity that is the Core. These are above/below your head, and 4 at your navel (front/back, right/left) are like magnetic connectors between the Core and the Field. When outlying points get clogged, a nice deep sigh on your exhale can help! Add in a mental or physical sweep of your arms, and it can be even more effective, as you "**Sweep**" away and clear any clogs or blocks. Visualize your Aura strong and glowing with health! To **Anchor & Ground**, there are two parts. The first grounds you into the Earth (very stabilizing and reassuring), and the second grounds the Earth into YOU, and feels very nourishing and rejuvenating. Visualize the portal about 1-2 feet above your crown. Let it be open 1-3 inches and see heavenly light swirling into you from above. Let it go through each Chakra, down the central hallway, the Core (and the 2 Chakras below the Core), and down toward the back of your legs, out like a shaft of white light through your heels into the Earth. Part 2: Vital life force energy from the Earth percolates up through K1 at the center of the sole of your foot, up your center legs, reverse the Chakra and Core path up to the portal, but it doesn't go into the portal - it flows like a fountain all around you and cleanses the field.

I noticed something interesting while working on the laminates for the exercises. There's this batting effect about a foot out from the body that I've been calling the **Aura Shield**. In Chapter 5 of the CSML section, I mentioned the blue lines

that stabilize the Lines. This is different. It's farther from the body, almost like a cushion. It's denser than the Field beyond it, but not like armor.

Remember when football players practice on their Field in high school? They'd ram into a big metal wall to practice. Well, I looked up football blocking, and apparently, these cushions are called "blocking pads." But the ones I saw online are probably some kind of foam mixture. The ones I remember were more like thick cotton batting, maybe with some dense foam too.

In the energy Field/Aura, this batting looks like a neutral color with a front and back. It's about the size of a 1-2 inch pillow, with a slightly darker cord edge at the seam, so you can't see the stitches. They come in sections.

As I was feeling and seeing the release of swirling, toxic grey/black energies from my body and from others I've taught this technique, I noticed areas that were more vulnerable. These were also the areas where the release would occur most.

When we're out in the world, we might forget to release others' tensions and fears. But we don't forget the tension of traveling, leaving home for extended periods, like the conferences that had attendees away from home for 2 weeks to a few days. Even tourists on vacation may carry some of this tension from the chaos of travel, like delays, missed connections, rushing, or worrying about leaving behind family or friends.

There are two pads at the front of your body and two pads at the back. The front pads are about two to three inches apart in the center of your torso and go from above your head to below your knee, extending out to the front side of your arms (top if you're reclining). The center opening is the widest at your core (for obvious reasons). The edges and seams aren't rigid lines because there aren't rigid lines in the body or in energies, except for the geometry of the Merkabah and similar shapes like the Diamond shapes that sparkle in a happy Field (Donna Eden, 2008 Advanced Conference).

In the back of your Field, also about 1-2 feet away from your body, there are two smaller pads (usually closer to a foot, but it may expand or relax to vary a bit, depending on how big your Aura has gotten!). These pads cover from the sides of your arms to your spine. About 1-2 inches out from each side of your spine is no padding – so the area of your spine is not covered, an area of about 2-4 inches. These pads also extend from above your head to below your

buttocks, at least to mid-thigh. The front of your knee is covered, but the back of your knee is not, except for a fibrous material, kind of a thinner version of the covering – almost web-like, without the inner batting (not the thick inner energy batting), does extend to the heel from mid-thigh. So when you imagine or work with releasing or shielding your Auric Field, these are areas to be aware of. This is kind of like the Lungs of your Aura (which is itself like the Lungs of all of who we are), allowing an ebb and flow and yet still, some structure and filtration within the Aura. Our body without bones, Core, and CSMLs would have no structure, and our Aura has the Merkabah and *Aura Shield*. This protection only from awareness – it's not about a physical buffer – this is another place we can check in with awareness, recognize the need for raising awareness, and work to maintain it – it's an ongoing process. The padding, which can look a bit like a Shield, may also be used as sensors in the outer energies.

I received a message from Spirit, and I wanted to share it with you. It's about how we can enhance our intuition and communication skills. Imagine this: you're in a room, and you can sense someone's presence, even if they're not there. It's like having a window glaze that lets you see out, but you can still see in. That's what we can do with our intuition! We can become more aware of what's happening around us, and we can even communicate with others on a deeper level. Spirit says that we can speak when we're ready, and we can even hear what others are thinking. It's like having a superpower! And guess what? Our love for each other is also reflected in our energies. So, if you're feeling a

connection with someone, it's probably because you're both on *the same wavelength*. This Auric Field component is like a filter that helps us understand what's happening *between us*. It can feel cozy and comforting, like a warm hug, or it can feel unsafe and alarming, like a siren. Sometimes, it can even feel cold or like someone is trying to drain your energy. But don't worry, you can always check in with yourself and ask if you're feeling *positive, neutral, or negative energy*. Sometimes, it's just a feeling in the room that you don't quite fit in with. Or maybe it's just a piece of information that you can hear by connecting with this aspect of your intuition. And sometimes, it can even feel like there's a place you need to be. It's like a nudge from Spirit, telling you to go somewhere. This is an amazing feeling system, and I think it's something that we should all try to develop. It's like having a superpower that can help us connect with others and understand the world around us. So, let's embrace our intuition and see where it takes us!

*"Everything is Energy*

*...Match the frequency of the reality you want*

*and you cannot help but get that reality...*

*This is not philosophy. This is physics."*

**– Albert Einstein**

## **Chapter 7 – *What are Energy flows?*** How energy moves in the body, what initiates it, Electrics, and Infinity-8's.

Let's talk about two important things: how energy enters *and leaves our bodies*, and something we've already covered in previous chapters: where and *how* that energy flows through our body's energy systems. Another thing to keep in mind is that the type of energy that flows through each system can vary, but they're all electrical at some level. Imagine an electrical outlet, like the Meridians, which are like electrical wiring. Or think of opening a door, which I often call a portal, to direct information from our spiritual origin and between our lives in form. In between, we're still alive, pure consciousness, in harmony with the Heavenly realms. Our Core is connected to a whole new outlet - all the other energy systems feed off this Spirit outlet, and we receive the flows, which then feed into the other systems (through the Spirit Points, Radiant Circuits, Meridians, and Chakras). Our Core is plugged into the infinite creative force of consciousness, from which we all came.

Information is constantly coming and going, and our body/mind is always responding to Spirit and the environment (beneficial nutrients-foods vs. toxins, thoughts, others' energies). So, our Auric Field and Chakras are always interacting with the Meridians as we move through our emotions in response to life,

relationships, and our dreams for our life... and our fears or limitations. But there are ways we can work with our energy to help it do what it needs to do to stay healthy. Just like the blood in our body flows in a specific direction, and visualizing it flowing in a healthy way can benefit us. When we acknowledge our energy flows and make that awareness a priority, we can directly affect creating harmony by simply choosing to do so.

We often miss out on noticing who's in charge of our own selves (body, mind, and spirit). Our self is our soul, expressed in physical form. When we use our consciousness to choose being in harmony with our core (pure peace, love, wisdom, and joy), we'll better direct our energy, behavior, and thoughts to align with that core and create, support, and live in total harmony. This way, past trauma is no longer a problem. To eliminate pain and hidden, frozen memories, we should at least ask ourselves, "If there were anything from the moment I was conceived to now that might still cause me distress to recall, what would it be?" If any emotions come up as you recall memories (or family stories from before you have memories), that's your trauma target to work on. You can do this by returning to that memory as you were at that age, meditating, or especially if you feel more agitated or unable to feel resolved and peaceful, by using EMDR or some form of energy tapping. All of this reality is reflected in our field, just like the Chakra stories (which contain all these memories) and the health of our energy system. We're working with the primal forces of Heaven and Earth in the basic entry and exit energy flows: one from Heavenly energies (which provide guidance for this life) that comes in

through the portal above the Crown Chakra (1-2' above the head); and one from Earth energies (which feed the body/mind) that goes up into the soles of the feet, with the K1 or Heart Chakra center point being the biggest entry point.

Of course, we also absorb the nutrients and energy from the food we eat. Making healthy choices and eating mindfully, with gratitude, can help our digestion and boost our energy. It's fascinating how the Central and Governing Meridians start and end at the mouth, encircling the core! This symbolizes how we take in energy (like breathing) for our body and mind. The more we align ourselves with the core message and expand the core energies (with our breath), the better connected we'll be to healthy flows and a healthy aura. Embrace it, breathe it, and let it be who you truly are!

We're also deeply connected to our eternal Spirit family from the core, just like the safety line for mountain climbing or bungee jumping. It's our lifeline, our umbilical cord to our Mother (Spirit). This idea of falling is a perfect metaphor for life. We're falling into space, timeless, yet our bodies are limited by time. We're always somewhere on that line. This reflects how we take in energy for our Soul (Spirit in form), which is how we evolve consciously. Both aspects are crucial to elevate our being to the next level. Is there an end to this journey? I doubt it. Samadhi and Nirvana don't even mean it's the end of the journey. I believe there are always new

paths being created, new information to learn, and that's what makes the creative spirit so incredible.

I see the way energy travels vs. the pathways or location, to be the same as with the nervous system, to be electrical. Meridians, Radiant circuits are like this wiring; Chakras electrically anchor into the Core, and the CSMLs electrically extend out from it, and they are all electrically sending messages. Chakras are like store houses (often called databases), like files in computer hard drive, which digitally maintains and catalogues information. They communicate with each other via the Central channel (Meridian), as it goes in and out of the Core. The Spirit Points also talk with each other via this channel. They are made of pure energy from the Source. The Core opens us to our Divine eternal experience. It is the source of Chi, or life force. Isn't it interesting that we all need love to survive? Our brain does not wire well without touch (the body's way of *feeling* love), and we know when we are in a loving environment, or *not*. Plants even grow better when loving intentions are sent! Communities where groups have meditated and sent out peace and loving intentions have been documented to have measurably lower crime rates! So much of our energy relates with LOVE. So, I guess a third energy flow is Chi, which is also saying LOVE. Heart Meridian, Heart Chakra, The Core and Well of Infinite Love, and the Heart Line (CSML). Two of the Radiant Circuits are Heart shaped! Every system is tied into love. Without the Core, we have no Meridians or Chakras, etc. The Core is like the plug that provides electricity to a toy or other machine, robot, etc. It

implants the *Well of Infinite Love* (under the Heart Chakra, between the nipples on the sternum, it is our source of pure love), and the *Well of Pure Sight* (between the brows, it is the source of intuitive “seeing” or knowing wisdom). The 3<sup>rd</sup> eye is more about tracking truth. The portal above the 7<sup>th</sup> Chakra is how we receive information from our guides and Angelic realms. If your experience or idea of Spirituality is not one of direct connection, we may not have developed a relationship with Spirit helpers at this level.

## **Developing Intuition**

*Ellen Farrell, MA, NCC, LPC, EEM-AP*

A lifelong pursuit, the art of applying and the skill of developing intuition is something to which I am devoted! I can't even imagine life without my Spirit partners, the voices of nature, animals, and plants. When I was a child I remember being amazed by the ants' industrious activities, the ethereal beauty of snow covered hills and trees dripping with glittering ice, the fireflies shimmering dance, and the bumble-bee who said hello, and asked how I was doing! Life appeared to me as a magical dance of emotion, Love and color. Through this engagement with wonder, I developed early in connecting with inner stillness. Also, I was very curious and asked for clarifying information, sometimes relentlessly (a source of annoyance for my parents!).

On the other hand, my family always ooh'd and ah'd over my brother's intelligence, the perfect math score on his SAT's, and his acceptance to an Ivy League University. However, there was always a slight shaking of the head in regard to his lack of common sense, a "*What was he thinking?*" kind of wonderment at the choices he'd make. So what is the connection between intelligence and intuitive connection or ability? They are really two completely separate scales! We can certainly live well without extreme intelligence, but we live poorly without intuitive connection! This skill isn't something you can get all

“type-A” over either! It is a subtle craft, and a process. However, the more astute we are, the more we may be able to access intricate and complex information!

Also, through observation as an integrative psychotherapist (and Reiki practitioner since 1987), I’ve seen that early exposure to death and loss, and/or when children have been placed in situations where they were expected to be aware to prevent or “fix” a parent’s mis-behavior (as with ACOA/Dysfunction), that this skill may develop out of necessity. But when it grows in a healthy wonder-*full* environment, it will also develop with healthy boundaries and ethical application. So, for a balanced use of intuition, one ground rule, seek to *do no harm*, work on yourself, ask Spirit for help, and develop the ability to be in the stillness. When we go there, peace and clarity will give us the space to be present to hear the information from a higher source. Through the window of our intuitive eye, wisdom filters down – just as it rises up from the depths of our being into our awareness.

### **Tips to Connect with Intuition, How do we do it???**

Often we get information and disregard it – or just plain aren’t paying attention. I’ve seen many frustrated and resigned guides, tired of practically shouting wisdom at an oblivious human! However, most of us have had moments when an image pops up, or wisdom whispers through our mind... Ever been thinking of someone, then the phone rings and it’s them? Ever feel someone enter a room, behind your back – or felt someone’s eyes on you? First of all, always intend to

connect with the highest level of Love, truth, and wisdom! Also, there are two ways to use intuition – when we “get” information, and when we “seek” information! These may happen independently of each other...

Be gentle, patient and trust your process. Here are some tips to increase the clarity of what you “get” – and your ability to “seek”...

- Risk! Go within, listen, and then apply what we have learned! The application – responding to what we “get”, is key – it’s how we grow a deeper relationship with our intuitive connection.
- Listen! Enter into a state of surrender. To take total responsibility while allowing a more advanced awareness to enter in.
- Build body awareness (Tai Chi, Yoga, Mindfulness movement, breath-work, bodywork, etc.); visualize your body from fingertips to toes, from seeing it in front of you, behind, facing you, facing away, see it seated in each Chakra, and in your Core, etc.
- Chakra movement and awareness, Tai Chi exercises – create/feel the energy ball between your hands
- Get centered/grounded – connect with the breath (Energy Exercises!)
- Use guided imagery to visit other places, people and times, with evocative music to explore emotions/thoughts/body-sensations. Develop 3<sup>rd</sup> person objective-perspective consciousness.

- Use forms of mindfulness and concentrative meditation to calm the monkey mind. This leads to present-centered awareness and ultimately to Divine connection.
- Set an intention, apply attention, and then disconnect from the signal, let your vision, or whatever is for the best come to you in a way that is for the highest good.
- Explore, notice how images (information) may be heard, tasted, seen, felt as knowing or kinesthetic, (remember everyone perceives differently) – information may come in a song, a story, metaphors, scents, memories – notice patterns in how information comes to you.
- Expand inner vision to see things or beings from a distance from different perspectives, or at the cellular level – from within and without.
- Raise awareness of the auric fields, etheric, emotional/astral, mental, and beyond that, the connection to Universal Love, the blueprint for your soul, past lives, the golden light of the auric outer edge, and Spirit, Angels/ guides
- Identify what are possibilities, potentials, & probabilities – note clarity level of the image/info.
- Practice non-attachment to outcome, opening at will to listening/seeing/ feeling
- Ethics of sharing/when-where, (always with permission!).

This is a life-long commitment to spiritual development and we can truly help ourselves make more informed decisions, have clearer boundaries, and be safer and healthier when we tune in and act on the generous wisdom that Spirit is always making available for us and putting onto our paths. Yes, listen/watch for clues, omens, and patterns. Life is a magical journey, and we are indeed magical beings of Light!

## **Ephemeral**

– *from Stories From My Heart*©

Ellen Farrell 2014

A Life,  
a dream.  
Made up of moments,  
swirling waters  
of sapphire and sage.

Time and thoughts  
fleeting, as flickering  
sparkles of sunlight  
dance and disappear.

A knowing and forgetting  
here – and  
then gone.

Peering into your eyes,  
all I know is Love.

And the quiet  
moments between  
all the doings

are dream times  
of remembering –  
that I am all I see,  
that I am  
in the Eternity  
in each moment.

Wisdom calls  
from the silent  
distance.

I will meet you there.

I am  
the shimmering light  
that dances  
in the darkness.

