

Your Energy Practice

Anxiety and the Adrenals — Part 4 Unraveling Fear and Worry

You are the sky. Everything else is just weather.
— Pema Chodron

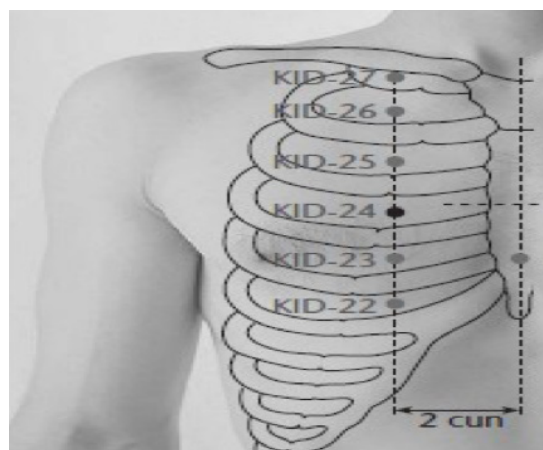
In the last installment on Anxiety and the Adrenals we spent some time discussing the ways we can counteract physiological damage that anxiety creates in the body. This column suggests new ways to create neural connections that build resilience and perspective.

When we are pounded with the biology of anxiety, the brain creates neurological stress pathways that become entrenched. The biology of anxiety is cumulative in this way; that the longer we feel it the more embedded those neurological pathways of anxiety become. When these pathways become entrenched the brain chooses those pathways of anxiety — not because we want this to happen — but because those are the stress response pathways that the brain has created. We react to a challenge with anxiety — the next stress we will react with anxiety too — sometimes simply because that is what we know. Overtime it becomes increasingly more difficult to see things any other way. Neurons literally hang out together. Anxiety becomes a habit because the neural pathways of stress become familiar and easy. How stress affects the brain is simply this — stress becomes a habit.

In this article I would like to address how to help our neurobiology create new responses to life that do not necessarily follow the path of always the anxious response. For some folks the answer to debilitating anxiety lies in what Chinese Medicine calls the “Spirit Points.”

There are twelve Spirit Points in TCM — three of those points belong to kidney meridian. The kidney meridian’s out-of-balance emotion is fear. This makes the kidney Spirit Points unique in creating an alternative neuropathway to fear and anxiety. While the kidney Spirit Points are not a direct counter to anxiety — these points will create a different neurobiology. Kidney Spirit Points build new pathways with the idea being that the building of these pathways will give the brain a choice of alternate routes to take when faced with challenges.

The kidney Spirit Points are K23, K24, K25. All three points sit on the chest. The kidney Spirit Points are bilateral, so, in essence, you have six kidney Spirit Points.



K 23

Chinese Name: Shen Feng

English Translation: God’s Area – Spirit Seal

K 23 unblocks the expression of the heart and for some it can take months to fully appreciate the energetics of this point. Here is the quality and essence of our own unique inner seal receiving the guidance of the heavens. Shen Feng opens our soul seal. This touches the deep inner essence of who we are and what we can become. Shen Feng opens our hearts to the wonders and special gifts within.

K24

Chinese Name: Ling Xu

English Translation: Wild Land of the Spirit

This point is used to revive the spirit by reconnecting you to a profound source of wisdom. This point is also called



the Spiritual Burial Ground. This point allows you to sense the unresolved 'baggage' weighing you down and understand how to gracefully let it go. This point imparts a deep connection with your soul while boosting vitality. K 24 is an excellent point to reawaken hope and wonder.

K 25

Chinese Name: Shen Cang

English Translation: Treasury of Hiding Place of Spirit

Shen Cang is the safe storehouse of the treasures of the spirit. Here are the reserves of the spirit — the pantry of dreams, visions, secrets of the Heart and the reaches of destiny — here our soul can feed on what it needs to grow and develop. Here is our search to understand what the heavens need to reveal, giving our spirit the dreams and visions we need.

Holding, rubbing and pressing are great ways to stimulate the essence of being uplifted out of the habit of anxiety. Overtime, stimulating the kidney Spirit Points gives the brain the ability to create an alternative vantage point to the tediousness of anxiety. That vantage point of the bigger picture creates a neurobiology of a macro vision of ourselves. The micro — the myopic — view of life with anxiety is small and tedious. The potential of the Spirit Points is the perspective of the wide and long-term vision.

Rubbing these points in the midst of overwhelming anxiety gives the brain an opportunity to take a different route. Daily massaging these points builds a perspective that can then be marshalled in times of high anxiety. Working the Spirit Points daily establishes neural pathways of well-being that are we are able to call upon in moments of overwhelm.

There is an energy exercise that Donna Eden teaches called *Heaven Rushing In*. She explains that there is a vortex over heart and when we feel the world crushing us we can call in the energy into this vortex and find comfort using this exercise. This exercise is another way to stimulate the kidney Spirit Points. Here is the link to see Donna do Heaven Rushing In – www.youtube.com/watch?v=n-wvZTul7NY.

Unrelenting anxiety takes its toll on our spirit and can separate us from the potential to change course. The kidney Spirit Points give us a pause — a momentary rest — to reset and reroute our neural chemistry. In the next issue we will continue to examine more ways to build a new biology of resiliency and contentment.



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