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Energy Medicine for the Soul: Energy Medicine Tools for Cultivating the Indomitable Spirit

First in a six-part series examining the role of Spirit in the Quest for Healing the Body.

"There is a place within you that is free from the wounds of the past and unburdened by fears for the future. It is the source of your real power – your true self and it available here and now."

-- Deepak Chopra

I have been practicing Energy Medicine for 39 years now. It is spectacular work. In all these years, I have become most appreciative for how energy practitioners are always on the lookout for the core issue — the root cause. It is the hallmark of our work with subtle energies — we treat the root cause of the dysfunction — we want the root. The practice of any energy method can ease symptoms for sure, but true well-being is found when we are able to connect with the epicenter of the why things went array in the first place. Energy practitioners search for that nucleus with the hope of collapsing the disease process like the losing pull of the Jenga block.

"It's the classic block-stacking, stack-crashing game of JENGA! Whoo Hoo"

It is always a good day in my clinic when that critical block

finally gets pulled and the block-stacking disease process crumbles.

Here is the truth of this: As Energy Medicine practitioners, when we pursue core causes in clients, we inevitably run into the core self of those clients. The process of getting sick and then getting better reveals their story. The tracking of this narrative unveils the strata of how they are assembled. What is bared by the desire to heal, even in the most ravaged and broken of bodies, is essence.

It is what we know to call Soul.

I am here to tell you the soul self has anatomy. It has meridians. It has points to hold. It has pathways and processes that would surprise most. The soul is treatable, trackable and energy testable.

The origin of the anatomy of this soul is chronicled in Jerry Alan Johnson's masterpiece Chinese Medical Qigong. Johnson discusses at length how the human body forms commencing with the Big Bang explosion. This explosion, no longer than a nanosecond, is the epic twinkling moment when the sperm and egg meet. What defines us, in the next nanosecond, are the very first eight divisions called the Eight Extraordinary Vessels.

In *Chinese Medical Qigong*, these eight divisions are what our entire physical selves are derived from. Johnson writes these eight divisions, in this order:

- Central Vessel
- Governing Vessel
- Yin Regulator
- Yang Regulator
- Penetrating Flow
- Belt Flow
- Yin Bridge
- Yang Bridge

It is from these Eight Extraordinary Vessels (8 EVs for short), that our full physical self is derived. The 8 EVs are the anatomy of our core self. When we study these 8 EVs we are studying the energy anatomy of the soul.

Here is why the 8 EVs are meaningful to those focused on easing pain and broken bodies. The Extraordinary Vessels hold our healed whole selves all the days we are attached to the planet. Our human anatomy is spun from the gold of our spirit anatomy — from these 8 EVs. When our

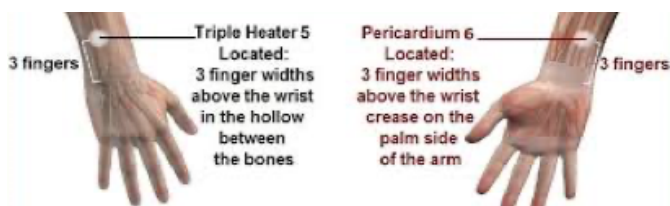


human anatomy gets sick, the spirit anatomy, in a mirroring relationship to the mounting disease, is assembling a resolution. In direct proportion to the issue, the 8 EVs are intimately intertwined, in an equal and constant ratio of spinning energy to the disease process. The bigger the problem (the illness) the bigger the 8 EVs response (the getting better). It is an extraordinary skill set to procure — the how to's of weaving the 8 EVs into our physical anatomy.

Over the course of the next five articles we will study the 8 EVs in ways that are meaningful to our physical bodies. We will discuss the Kingdoms of each vessel. What each vessel governs. Where each vessel flows in our bodies. Where the key points are on the 8 EVs and how to work with them. Accessing the direct connection between the Spirit Points and the Extraordinary Vessels. Most importantly, well most important to me, how working with these flows connects us to our destiny and our purpose, and thus, reflect all the formulas of a joyful life.

Just to get us started on this journey, let me leave you with this energy exercise that infuses two of the Extraordinary Vessels into the system meridians of Circulation Sex and Triple Warmer.

Circulation Sex and Triple Warmer are two meridians that govern safety. Triple Warmer governs our outer safety; it makes us run faster than the bear chasing us. Circulation Sex governs our inner safety; it makes us choose the apple over the Snickers and compels us to take good care of our sweet inner self. If we do not feel safe it becomes a lag on our immune systems. Feeling safe is tantamount in developing a powerful immune response. These two systems are intimately intertwined with our immune response to just about any stressor. We want a connection with that part of us that is not damaged by the harsh realities of life. We want to feel safe in the ways that are governed by that piece of us that sees the big picture.



Circulation Sex 6 – Chinese name Neiguan - Inner Gate. Inner Gate is the Master Point that connects with the Extraordinary Vessel Yin Bridge. It is a point that bridges us to our purpose and destiny. It is the inner why to the why

we do things, or get sick, or date a person... It is a master point to open the pathway into the soul.

Triple Warmer 5 – Chinese name Waiguan – Outer Gate. Outer Gate is the Master Point that connects with the Extraordinary Vessel Yang Bridge. It is the point that bridges the path between your soul and body to your purpose and destiny. It is the outer why we react in the ways we do, why we take offense, why we let someone walk all over us. It is a master point that compels us to the soul path.

Hold these two points together on the left arm first with *deep pressure*.

Three breaths.

Continue to hold these two points together with very *light pressure*.

Three breaths.

Hold on the other arm with the same directive.

This is such a simple and powerful thing to love to do. You may even be able to master holding all four points/ both arms at once. It is what you can do if you feel lost — literally, like “I do not know how to get back to my hotel?” — or lost — like, “why do I reach for that beer when I know I have to drive home?” This little energy exercise is a particularly smart starter point to pave the way to introduce you to your core self. €

References

Jerry Alan Johnson, *Chinese Medical Qigong Therapy: A Comprehensive Clinical Guide*, 2000.



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