

Energetic Health Guide

Chris Melmoth, OMP, LMT

Vibe-Bodywork.com



The following information is for educational purposes only, and is not intended to diagnose, treat, or replace the care of a licensed medical doctor.

Contents

The Holistic Health Model...	3
Health Fundamentals...	5
Health Interferences...	9
Epigenetics...	11
Real Health is Energetic Health...	12
Levels of Energetic Health...	13
Mind-Body Balance...	14
Meridians, Chakras, & Real Chi...	17
Cranial Rhythms & The Kundalini...	21
The Free Spirit...	22
Your Daily Practice...	24
Healing With Endorphins...	25
The Spiritual Mental Exercise...	26
Opening Your Own Meridians...	28
Pandiculation	30
Overcoming Obstacles...	31
Health Fundamentals Checklist...	33
Energetic Health Checklist...	34

The Holistic Health Model



Mainstream/Western medical doctors, nurses, pharmacists, and allied health professionals have a very efficient & successful model of evidence-based diagnosis & treatment protocols that they agree upon and use under the umbrella of Allopathic Medicine. But Holistic/Naturopathic Medicine has not had a model that most of our practitioners can agree on and abide by. Everybody has their own system that they work by. And most of the time, holistic treatments are hit & miss experiments... as in, "Let's just try this technique and see if it helps", whether it be acupuncture, chiropractic, herbology, massage, etc. This approach is not efficient & precise enough, and often leaves the patient feeling misguided, dissatisfied, discouraged, and distrusting in the natural approaches that we provide.

The following outline and information is the model that I use to guide the entire holistic process, from proper assessment to successful treatment... and is one in which all holistic healthcare providers can be guided by. It is a very efficient & effective system that can truly get to the bottom of your health complaint in the least time possible, and provide you with a visual framework of all of the contributing factors to your health complaint. These are the levels to achieve in order to be physically & mentally pain-free and happy. The body will heal itself – most health problems will resolve themselves – if all interferences are removed, and it is given the fundamental essentials that it needs.

This information can help you to achieve the most efficient and effective results in order to be pain free, reverse disease, dysfunction, or degeneration, and to get back to the life you love living. However, **THE FOLLOWING INFORMATION IS NOT MEANT TO BE TAKEN AS MEDICAL ADVICE.** Please consult with a licensed allopathic medical professional before utilizing any of the information provided here, and during your consultation and treatments at Vibe Bodywork.

When we are healthy, our bodies have good circulation. We're flexible and strong in our muscles & joints. Our tissues and organs are free from structural, chemical, and emotional restrictions. We are able to relax and sleep well. When we wake up, we feel refreshed, motivated, and clear headed. And we are easily able to fight off pathogenic infections.

When we're NOT healthy, we must identify the rate-limiting variables (the imbalances, weaknesses, inflexibilities, deficiencies, excesses, stagnations, restrictions, etc) that are interfering with our overall energy flow, and ability to heal naturally & efficiently.

Listed and explained below are the steps and necessary fundamentals for health & healing, and the three categories of interferences that prevent health.

LEVEL 1: THE FUNDAMENTALS

➤ Achieve the basic necessities:

Clean Air, Water, & Food
Quality Sleep
Full Daily Defecation
Fun Exercise
Sunlight, Nature, & Grounding
Joy, Sensuality, & Relationship Chemistry

➤ Remove/Overcome the following health interferences:

BIOMECHANICS

Inflexibility
Poor Posture
Tense Muscles
Weak Muscles
Trigger Points
Misaligned Joints
Crooked Teeth
Misaligned Bite
Fibrosis
Scar Tissue
Fascial Adhesions
Injuries
Surgeries
Plastic Surgery
Head Trauma
C-Sections
Birth Trauma

BIOCHEMISTRY

Poor Diet/Nutrition, & Dehydration
Stagnant Blood/Interstitial Fluid
Deficient Blood Emotional
Acidosis/Systemic Inflammation
Drugs/Sugar/Alcohol/Nicotine
Weak or Diseased Organ Systems
Birth Control Drugs/Devices
Environmental, Mold, & EMF Toxicity
Beauty & Hygiene Product Toxicity
Cysts, Tumors, other Growths
Brain Chemistry & Hormone Imbalance
Poor Digestion or Nutrient Absorption
Infrequent or Poor Elimination
Low-Grade Pathogenic Infections
Parasitic Infections
Infected Teeth & Metal Fillings
Medication Toxicity
Vaccine Toxicity or Injury

PSYCHE

Somatic Insensitivity
Autonomic NS Imbalance
Emotional Tension
Psychological Trauma or Abuse
Pessimism/Poor Outlook
Self-Doubt
Image Issues
Stress/Fear
Anxiety
Heartbreak
Shock
Worry/Pensiveness
Anger/Frustration
Sadness/Grief
Judgment/Jealousy
No Spiritual Resource
Lack of Self Discipline
Lack of Purpose in Life

LEVEL 2: ENERGETIC PATENCY

➤ Achieve Open, Flexible, Clean Meridians
➤ Achieve Strong & Free Chakras
➤ Achieve Freely Moving Cranial Rhythms

LEVEL 3: THE FREE SPIRIT

➤ Freedom from fear throughout all tissues of the bodymind
➤ Freedom of expression though all tissues of the bodymind
➤ Discovering and fulfilling your true purpose in life

Health Fundamentals

Autonomic Balance

The most important factor for health & longevity, and the most important concept to understand in relation to healing is "Autonomic Balance". The Autonomic Nervous System (ANS) is the part of the central nervous system that is the basic control center for the entire body. The ANS consists of two modes... the sympathetic mode (stress, fight, flight, and freeze responses) and the parasympathetic mode (relaxation, rejuvenation, digestion, and reproduction responses). When the sympathetic mode is overly active, its called "sympathetic dominance". When the parasympathetic mode is overly active, its called "parasympathetic dominance". Autonomic Balance means that both the parasympathetic & sympathetic actions of the subconscious brain are working in a balanced manner, and that one is not overriding the other when it should not be.

The body is designed to function & heal properly when it is more in the parasympathetic mode, and should only allow its sympathetic actions to dominate when it is in danger. However, it is very common these days for people to be imbalanced in this part of the nervous system... unfortunately to the point that many people don't even know the difference between being relaxed and being tired. Either they are too stressed, excited, and nervously in a state of sympathetic dominance, or they are burned out, fatigued, and lethargically in a state of parasympathetic dominance. To balance the ANS, we can use a variety of techniques during your treatment sessions. However the quickest & most effective results will come when you have made the necessary personal lifestyle changes that are required. If you're always stressed & up-regulated, you MUST find ways in your life to get relaxed. If you're lazy, depressed, or unmotivated you MUST find ways to break out of it and find things that naturally stimulate you.



Now, if the autonomic nervous system is imbalanced to the point that the adrenal glands are depleted, fatigued, exhausted, or "burned out"... it will be very difficult to heal efficiently from any disease or injury unless they are somewhat regenerated first. There is not much we as holistic practitioners can do for a person with weak adrenals. The building of the adrenals (which may include rest, nutrition, and lifestyle changes) MUST be sufficiently achieved before we can move on to more significant treatment stages. This will ensure the energy levels are up enough for the body processes to be working properly, and prevent the bodywork from causing too much weakness.

Essential Nutrients

Most people will agree that every human has basic needs (water, food, shelter, etc) in order to survive. However, very few people realize just how important other aspects in life are needed for health and wellbeing. The following list of essential "nutrients" are often under-rated and over-looked by many healthcare professionals. By examining each of them for any excesses or deficiencies, it can help to determine if your mental or environmental influences are an issue or not in your mental or physical wellbeing. Many people discover that by addressing these fundamentals, most of their chronic aches & pains simply go away.

Self-Discipline, Purpose, & Spirituality: Self-discipline helps the individual to establish boundaries with others, structure in life, and the ability to live methodically & accomplish goals. It also helps to tonify the body, giving the mind, tissues, and organs strength & integrity. When a person is able to shut out all external stimuli and internal chatter, and command the mind & body to focus in a balanced way, he/she may reap the benefits of self-discipline. However, some individuals may find it necessary to seek out a teacher, guru, or drill sergeant type of person to learn this from.

Without the will to live (any motivation to stay alive, thrive, and create), the spirit will soon leave the body despite anyone's best efforts. We especially see this in the elderly immediately after they lose their life partner. But others lose hope, drive, and purpose because they had dreams that they've never pursued or fulfilled. Clients are strongly encouraged to find what "turns them on" in life – what aspect of life sparks enthusiasm and excitement in the core of their being the moment they think about it... and then to follow that feeling no matter what age they might be.

A Spiritual Resource is the necessary trust in something that is much greater than you and your deepest fears. Whether you call it "God", "Source Energy", "The Holy Spirit", "The Angels", "Buddha", "The Tao", "The Higher Self", "The Universe" or any other term that describes the great Unknown that guides us toward the best outcomes in life... It just may be required for you to overcome your health situation.

Sleep, Exercise, Flexibility, Nutrition, & Defecation: Quality rest is the first and most important requirement in healing. Basically, you need to get enough quality sleep for your cells to heal. The "stiff" and "fist" tests are simple ways you can tell if you are getting enough quality sleep. If your body feels stiff, or if you are unable to make a strong fist, upon waking... you may not be getting enough sleep (this also might indicate that your diet & lifestyle has been too acid-forming & inflammatory). Also, a good way to measure quality of life is to examine how easily you fall asleep, how well you sleep, and how rested you feel when you wake up. And whether you sleep on your back, side, or stomach can give you a clue as to how much deeply-held fear may be stored up in your body. Back-sleepers tend to hold less fear, while stomach-sleepers tend to hold more.

We all know we need our daily exercise. We all must exercise regularly to maintain adequate circulation of oxygen & nutrients. The amount required depends upon each individual's unique genetics, constitutions, and testosterone levels. Some people need more than others in order to release excess energy & tension, and calm their minds. In order for the exercise to be "heart healthy", it must be fun. You actually have to enjoy whatever exercise you're doing for it to have a positive effect on the heart. So be creative and find something you like doing! Also, whichever activity you choose, you must make sure there is lots of stretching involved either during or after. Getting flexible in the tendons, joints, and connective tissue is an absolute requirement for health.

We must eat right to provide our bodies and minds with necessary nutrients. Oxygen, minerals, vitamins, live enzymes, fat, protein, and fiber from clean, natural foods are essential for nourishment and the regeneration of cells. The foods that you choose should not be determined by ideological diet plans, but rather should depend upon your unique genetics and body type, and your ability to digest and assimilate them. Initially, you want to discover which foods make you feel strong in body and sharp in mind immediately after you eat them, and avoid any foods or beverages that leave you feeling lethargic or bloated. And all biological waste products **MUST** be fully eliminated from the body daily. I cannot tell you how utterly important this is for overall health and mental wellbeing.

Sunlight, Nature, Clean Air & Water: Arguably the most important nutrient of all, sunlight is required for healthy cellular metabolism & immune function. A lack of regular intake of solar radiation is often overlooked and commonly one of the main underlying causes of disease and dysfunction in the body. Be sure to get your sunlight at the right time of day (usually morning or evening, not mid-day), and in amounts that are in accordance with your genetic needs.

Clean air is an obvious necessity that many of us are not getting enough of. If you are not living in an environment richly supplied with fresh air, you may need to get out into nature as often as possible, and use an air purifier in your home. And depending upon the climate you live in, you may need to use a humidifier or dehumidifier, especially when sleeping.

In addition... Being outdoors, especially when maintaining physical contact with the natural earth, has a significant effect on the electrons in the body, and can help reduce pain & inflammation.



And we all should know by now the importance of drinking plenty of high-quality water every day, beginning first thing in the morning. Ideally, water should be free of chlorine and contaminants, fluoride, and other inorganic compounds and minerals. But it also should not be completely stripped of necessary organic minerals, as with distilled or reverse-osmosis water. These minerals may be necessary for absorption and alkalization, and can be supplemented by adding them back into your purified water. Now I understand that some people prefer completely pure distilled water, however from my experience it simply does not feel right. But you be the judge. And of course, be aware that drinking too much water can dilute the minerals that are already present in your blood, which also would not be good.

Joy, Sensuality, & Chemistry: Pleasure & playfulness, and having the “heart of a child”, can be very freeing & healing to the mind, body, and spirit. Finding the right love and nurturing, and establishing healthy relationships with others are necessities in life, not just luxuries. Everyone needs to have people in their lives that they genuinely trust, and must have someone who is willing to be there for them. This “chemistry” occurs when we feel a magnetic quality to a relationship... when we are drawn to certain individuals for reasons that are beyond our conscious awareness. Sensuality simply is a pleasurable feeling emanating throughout the entire body that connects us to the natural world around us, and should not to be confused with sexuality. And it is important to understand that although pleasure is a main tool used in the healing process, it cannot take the place of genuine happiness.



Health Interferences

When we are healthy, our bodies have good circulation... we're flexible & strong in our muscles & joints... our tissues & organs are free from structural, chemical, and emotional restrictions... we are able to relax & sleep well... when we wake up, we feel refreshed, motivated, and clear headed... and we are easily able to fight off pathogens.

But when we're not healthy... when the body-mind is imbalanced... or the mind is having difficulty getting 'into the body'... when the meridians are not opening... when the chakras are not responding... when the cranial rhythms are not moving enough... or when the Spirit refuses to embrace life... We must assess deeper, and determine where the "interferences" are that are preventing these potentials. We must identify the rate-limiting variables (the imbalances, weaknesses, inflexibilities, deficiencies, excesses, stagnations, restrictions, etc) that are interfering with energy flow, and with optimal health and efficient healing.

There are three categories of health interferences... biomechanics, biochemistry, and psyche. The "blockages" within these categories determine how close, or far away, a person is to getting healthy... to opening his/her energy pathways and reaching the blissful state. This basically means that when an individual has a health problem, it is due to some restriction within one or more of these categories. If you are able to figure out which of these interference categories are the main problem, it can provide you the proper overview, framework, and clear perspective of just what exactly you are dealing with and what needs to be done to fix it.

Biomechanics: These issues are associated with the physical structure of the body... poor posture or gait, tight muscles, weak or misaligned joints, no sense of "center" or other structural imbalances, and scar tissue or adhesions from past physical traumas. The biomechanics of the body determine the overall flexibility, alignment, and natural flow of the physical structure. Flexible tendons, stable joints and proper alignment (including in the jaw, teeth, and bite) provide for balanced energy fields and flowing cranial rhythms.

Excess fibrous tissue growth (scars, adhesions, and other lesions & fascial restrictions) can be on the outside of the body or on the inside. They can be from injuries, accidents, burns, or surgeries (including plastic surgery, c-sections, breast implants, etc). The skin around your body is like a big envelope. Scars & adhesions are tight, bunched up tissue fibers that pull the envelope in certain directions, weakening & compromising the body's structure and function. They also may interfere with circulation and nerve flow, and can accumulate biochemical irritants.

External, and some internal, soft tissue lesions can be removed (broken down and re-aligned or "remodeled") with specific hands-on techniques. Certain foods & herbs, electronic devices, and natural applications may also be helpful.

Athletic training/therapy, physical therapy, massage therapy, stretching, exercise, yoga, pilates, gyrotonics, aquatic exercises, and hands-on manual & stretch therapies all can be helpful ways to improve & maintain balanced biomechanics.

Biochemistry: Your biochemistry, or blood chemistry, basically is how clean & pH-balanced the fluids are around your cells, blood, and lymph. "Clean" means that they are sufficiently oxygenated & circulating, and free from excessive amounts of chemical or hormone residues, vaccine adjuvants, and other inflammatory agents. pH-balanced means the fluid surrounding the cells is slightly alkaline, and the body is free from systemic inflammation. But disease, low-grade infections, and consistently poor diet & sedentary lifestyle habits can cause these tissue fluids to thicken & stagnate, become pro-inflammatory, causing higher than normal pain sensitivities, and leading to weakness & dysfunction.

This also includes organ & tissue health. When certain organs or tissues have been damaged or have possibly been removed during surgery... this can have profound effects on the body. Make no mistake about it, you need every organ that you entered this life with. You may be able to "live" without certain ones, but there always is some negative side effect to the removal of a tissue or organ. However, if you have had organs removed, do not worry... It may just mean that you have to alter your diet & lifestyle to accommodate for any deficiencies.

Medications, diet, and exercise have a tremendous effect on the body's chemistry. The food and drinks that we consume, and how well we DIGEST & ASSIMILATE them, determine how successfully our cells are able to regenerate. Along with some medications (including birth control), they also affect brain health & mental wellbeing, hormone production and balance, and are directly related to nerve irritations & pain. Lack of exercise and excessive consumption of acid-forming foods or drugs can cause the tissue to oxidize and become inflamed, and lead to blood stasis.

Good health begins with consistent aerobic exercise, biochemical purification, blood building, and strengthening the integrity of the body's tissues & vessels. This means eating pure, natural, oxygenated foods and maintaining a balanced over-all body fluid pH. It may also be necessary to "cleanse" certain organ systems, or eat specific foods to pull chemical irritants from the tissue. These "superfoods" include sea greens, cereal grasses, animal fats & organs, herbal tonics, and other supplements.

If it turns out that biochemistry is your main issue, you may have to get rid of this problem before manual therapy treatments can be effective. Blood and/or interstitial fluid stagnation can cause your blood vessels to be weak, which can lead to easily being bruised. It also can cause you to feel more pain throughout your body due to a lack of circulation in the tissue, which prevents the proper excretion of the biochemical nerve irritants. Some of the hands-on work required may simply be too painful for you to deal with, which can prevent the level of tissue release required, and may also damage your vessels and/or tissue.

Holistic Medical Doctors and Nutritionists specialize in the treatment of biochemical issues, providing dietary regimens, herbs & supplements, and organ & tissue cleansing protocols.

Psyche: Emotional tension is “held” in the structural muscles. This means that certain psychologically stressful situations from past emotionally traumatic experiences can be intimately associated with a particular tissue in the body if not yet properly dealt with. This type of tension may be experienced as pain, ticklishness, anxiety, fear, or other defensive response. It is often the root cause of many illnesses and bad habits, as well as some spiritual beliefs & dependencies.

During deep tissue bodywork, yoga, or other psycho-structural discipline it is common that these issues may surface. When they do, clients are encouraged to use the “sighing breath” to release, accept, and let go. If past traumas are too difficult to deal with on the treatment table, clients may be referred out to a mental health professional.

If it turns out that psyche is your main interference, especially if you are currently on antidepressant medication, you may have to consult with a mental health professional to address this issue before manual therapy will be correct and effective for you.

Epigenetics



A final concept to understand is *epigenetics*, or the effect that environmental influences have on your genetic make-up. These are everything and anything that is within or around your physical and/or mental environment that may be causing imbalances that lead to disease or dysfunction, including your working & living conditions, the types of people that are around you, what you are eating & drinking everyday, etc.

Epigenetic factors are the main influences on genetic expression. Genes express themselves according to the mental or physical environment that surrounds them. Some genes are expressed via very simple environments, and others by more complex ones. Each of them has a protein “sleeve” surrounding it, covering it up until it is in a specific environment. At this moment, the sleeve is then pulled back, revealing the genetic code, which is then read by the body and put into expression. The key to not allowing “harmful” genes from expressing themselves is to keep them within the right environment according to your ancestral heritage, preventing the harmful genetic code from being exposed. This environment we are talking about here is both physical *and mental*.

Understanding your genetic heritage... the cultural aspects, the environment you evolved from, the diet & lifestyle your ancestors were used to, etc all will be important for you to discover in order to create a healthy environment & life today.

Real Health Is Energetic Health

Energetic health is a genuine feeling of vibrancy and optimism within every cell of the body. Some people just naturally have this, and others have to find it. For those of us that are on a quest to discover a higher level of being, I created this guide.

Whether you're healthy and just want to reach the optimal levels of health... or if you're not so healthy and want to get healthier... or you're sick with a disease and NEED to get healthier... The first rule in healing is you DO NOT focus on the disease. You only focus on the cure. And the cure is to get healthy! Period. You know what the right choices are... So start making them!

Now, it all starts with learning how to follow your own way. This requires that you first learn about your body type, and its unique biochemical, environmental, and emotional needs. There are many different body-mind typing systems to learn from, but in this work we will use only the most time-tested and reliable ones. The two basic body types according to the Chinese Medicine Five Elements Theory, equivalent to the metabolic types in Western Medicine, are the yang/liver type (fast-oxidizer), and the yin/spleen type (slow-oxidizer). Another simple & accurate system is the Tridosha... the three basic body types according to the ancient Indian healing system of Ayurveda... Vata, Pitta, and Kapha. These also are known as the Ectomorph, Mesomorph, and Endomorph in Western science. When you get a grasp for both the Chinese and Indian perspectives, you will see how they overlap each other and can give you great insight into how your body & mind innately work. Further study of the Fire, Earth, Metal/Ether, Water, and Wood/Air aspects of this system will deepen your understanding. The third valuable body typing system to understand is the Blood Types. Although the "blood type diet" was recently popularized by Dr. Peter D'Adamo, the concept has been well-respected in Asian countries for many decades.

After you have a basic understanding of your body type, you should understand your genetic history. Where is your family from? Did you receive more of your mother's or your father's genetics? What type of living & working environments are your genes accustomed to? Which types of foods did your ancestors eat? Then begin experimenting and finding out what works for you now... Which foods make you feel strong? What environment makes your body feel alive? Which types of people nourish you? Which career will be most satisfying to you?

In time, you will be able to more accurately trust in your gut, and act upon your Higher Self. This is what the Buddhists call "walking the middle path", the Taoists call "following the Tao", the Christians call "honoring the Holy Spirit", and so on. But whatever you decide to call it, it is an Internal Guidance System that exists to keep you alive & thriving, and will lead you through the path of least resistance toward all that you truly desire in life. It tells you when to speak, and when not to speak... When to act, and when not to act... What is a good idea, and what is a bad idea. It knows exactly what you need and when you need it, as long as you have the eyes to see it and the ears to hear it... As long as your senses are turned on enough to be aware of it! Then you may truly begin to create & manifest your own path toward complete physical and emotional freedom.

Levels of Energetic Health

These are the basic levels of energetic health that you are to attain if you want to experience the greatest virtues in life. In order for a person to be capable of achieving true optimal (energetic) health, prosperity, and longevity, he/she must possess the following psycho-structural qualities. The order in which they are listed represents the general progression of steps the body-mind takes in achieving them.

1. Mind-Body Balance
2. Open, Flexible, Clean Meridians
3. Strong & Free Chakras
4. Freely Moving Cranial Rhythms
5. A Free Spirit



Mind-Body Balance

This is when the main control centers of the body are in resonance with the physical environment around it. If the body is imbalanced it can be unaware of any external or internal stimuli that may be trying to communicate with it, which will prevent it from commanding its cellular actions toward optimal health. This also will keep the individual from being able to accurately interpret any subtle messages & guidances from the world around him/her, which leads to distorted beliefs and poor decisions. Basic mind-body balance must be restored if the person wants to ensure him/her self the best possible health, mental perspectives, and wise actions in life.

Aside from the normal day-to-day stresses that commonly throw people off balance, there are deeper, more unconscious ones that can take control of our lives. These mind-body imbalances may originate from many different sources. Whether it is from excessive athletic activity growing up, a serious accident, injury, or surgery, from some form of abuse, or simply from continuous daily cycles of debilitating psychological stress... somewhere along the line there can be a significant physical or emotional trauma that permanently effects the body-mind, preventing the person from living & feeling life in a balanced manner.

Mind-Body Balance consists of two things... balanced Somatic Sensitivity and Autonomic Balance. Somatic Sensitivity is the ability to feel the sensations within and around one's own body. Some people are too sensitive in their bodies (hypersensitive), and others are not sensitive enough (hyposensitive). When a healthy level of somatic sensitivity is present the individual feels, experiences, and responds to sensations in appropriate ways. When the somatic sensitivity levels are imbalanced, the individual lacks feeling or awareness of what may be occurring within or around him/her, and often responds in inappropriate ways. The Autonomic Nervous System (ANS) is the part of the central nervous system that is the basic control center for the entire body. The ANS consists of two branches... the sympathetic (stress, fight, flight, and freeze responses) and the parasympathetic (relaxation, rejuvenation, digestion, and reproduction responses). When the sympathetic branch is overly active, its called "sympathetic dominance". When the parasympathetic branch is overly active, its called "parasympathetic dominance". Autonomic Balance means that both the parasympathetic & sympathetic actions of the subconscious brain are working in a balanced manner, and that one is not overriding the other when it should not be.

Hyper-sensitive types are overly-sensitized, and are hyper-aware of their bodies and their surroundings. They are easily "spooked" and can be overly reactive, and therefore tend to seclude themselves, living lives of internalization or yin... which often leads to excessive sugar & carbohydrate intake, or alcohol & depressant drug abuse. This lifestyle leads to chronic emotional/psychological issues, anxiety, skin sensitivities, allergies, and adrenal weakness. **Hypo-sensitive** people are dulled in their senses, and lack body awareness and feeling. They tend to live lives of excess or yang, leading to chronic issues such as weight gain, diabetes, high blood pressure, heart/liver/kidney disease... often accompanied by excessive amounts of greasy or salty foods, sugar, caffeine, and stimulant drugs. People with balanced nervous systems have a mentally and physically healthy level of awareness and sensitivity within their bodies and their surroundings.

Now it is possible for a person to be balanced in somatic sensitivity, yet still be imbalanced in the ANS. Likewise, some people are completely balanced in the ANS, but still very desensitized. Before a person can truly go any further in the quest for optimal health, balance in both the somatic sensitivity levels and in the autonomic nervous system MUST be established first. After this, the individual may begin to truly seek out the things in life that are most meaningful & fulfilling, and let go of those that are not.

Furthermore, a balanced level of somatic sensitivity is a healthy level of awareness, or "connection" to the body... a proper amount of "mind" or "God" within the tissue. If you want to prevent injury or illness from occurring, or if you want to heal a specific area of the body, you must first put a sufficient amount of your mind, your attention, your love, and your acceptance into it. One of the things I tell my spiritual clients who have developed a chronic health issue is... In that particular area of the body, where the disease has developed, they are lacking "God".

To balance the nervous system of the hypo-sensitive types it is usually a matter of "taking away" the excesses of their lifestyle. We may begin with a more simple, yin (cooling & raw), vegetarian diet, and then start making lifestyle changes that help the person to become more sensitive to his/her body and surroundings. To balance the nervous system of the hyper-sensitive types, it is a matter of "building up" of their tissues and mental tolerances, creating more psycho-physical insulation in their lives. Physically, adding more protein and fat to their diets... mentally challenging their ability to withstand daily psychological stressors ("hardening" as the psychologists call it), and helping them to develop a permanent level of relaxation and trust within their emotional core. So in order to achieve an overall balanced level of somatic sensitivity, you must get properly connected within the mental aspect of your body tissues. If you are aware of your body sensations, this will help to ensure that you are able to be aware of *and respond to* the health of your tissue, organs, body systems, and energy levels... as well as the best aspects of life. To be connected to your body is to be connected to your life!

The ANS consists of the Sympathetic branch (fight, flight, or freeze) and Parasympathetic branch (relaxation, reproduction, and rejuvenation). The body is designed to function optimally when it is more in the Parasympathetic mode, and should only allow its Sympathetic actions to dominate when it is in danger. The so-called "blue zones" are places around the world where populations live the longest. The people who live in these zones live "parasympathetic lifestyles", in which the majority of their days are spent in a genuinely relaxed state. However, in the rest of the world it is very common for people to be so imbalanced in their nervous systems that they don't even know the difference between being relaxed and being tired. Either they are too stressed, excited, and nervously in a state of sympathetic dominance, or they are burned out, fatigued, and lethargically in a state of parasympathetic dominance.

To balance the ANS, we can use a variety of techniques during your treatment sessions. However, the quickest & most effective results will come when you have made the necessary personal lifestyle changes that are required. Sympathetic Dominance is THE MAIN CAUSE of pain, anguish, frustration, and premature aging & death.

There are several simple tests that a qualified practitioner can do to assess mind-body balance, including hands-on (manual) tests for somatic sensitivity & awareness, observing your ability to relax, and observation of your eyes, face, posture, walking patterns, etc. If further investigation is required, we may ask questions about your lifestyle habits, diet, and sleeping patterns.

The basic mind-body assessment should be done at the beginning of every holistic session to determine just how connected and balanced you are. Any person who does not pass this initial test IS NOT a viable candidate for natural healing modalities, and IS NOT ready for deep energetic work. Most holistic treatments will be a waste of time, energy, and money if you do not meet these basic requirements. Why? Because in order for these types of treatments (herbology, acupuncture, chiropractic, energywork, hypnosis, energy psychology, etc) to work at a level that is worth your time & money you must be relaxed enough in the nervous system and strong enough in the hormonal system for the treatment to be effectively assimilated by your cells & organs. THIS is one of the main reasons why most holistic therapies are not respected by the mainstream medical community. And THIS is why the studies that have been done on holistic treatments do not accurately reflect the true potential of alternative medicine. The studies do not take into account each patient's level of mind-body balance. The truth is that if you tested natural treatments exclusively on balanced patients only, we would see drastically different results.

Also, sufficient mind-body awareness is what allows us to be able to establish effective emotional coping skills. Without the basic tools necessary it will be very difficult, and possibly dangerous, to deal with any "demons" that may come up during deeper work. In addition to this, if you are a vegan or vegetarian, this may make it even more difficult to deal with mental or emotional issues. Although it may be possible to maintain a healthy lifestyle while on these diets, it is not recommended during this work. A diet high in omega-3 fatty acids (found more in animal products) is better for brain & nervous system, and endocrine health, and will help to keep you grounded and feel insulated, which is necessary during deep energetic work. And will help you better cope with & deal with any negative emotions that may arise.

NOTE: As previously stated, if the autonomic nervous system is imbalanced to the point that the adrenal glands are depleted, fatigued, exhausted, or "burned out"... it will be extremely difficult to heal efficiently from any disease or injury unless they are somewhat regenerated first. There is not much we as holistic practitioners can do for a person with weak adrenals. The building of the adrenals (which may include rest, nutrition, and lifestyle changes) MUST be sufficiently achieved before we can move on to more significant treatment stages. This will ensure the chi (energy) levels are up enough for the body processes to be working properly. We cannot open up & release any restricted chi in the body if the overall chi levels are too low for the rest of the body to handle it. It simply will fatigue the body too much. The adrenals are the basic battery pack, the initial source of all "drive" in the body. They must be nurtured throughout life if you want to live a long & prosperous life, and they must be regenerated enough before moving on to deeper energetic work.

Meridians, Chakras, and Real Chi

When we say we're "opening your meridians" or getting you to "move chi", this basically means that we're drastically improving your circulation of blood, oxygen, nutrients, photons, and bioelectricity, which ensures that you have healthy tissue & organ systems, a healthy outlook on life, and are mentally balanced.



Traditionally, the meridians are considered to be specific, well-defined, pathways of bio-electric energy that exist within the neuroendocrine & circulatory systems. But since the DNA of every cell in the body is crystalline, and therefore capable of producing an electric charge, the meridians can be made up of any tissue in the body... including the myofascial & skeletal, nerves, blood & lymph vessels, and the organs. However, it is the connective tissue that holds the most potential energy in the body. Chakras are the major nerve & endocrine centers in the body, and represent the basic stages of psychological development. They can take a lifetime to open and strengthen, and must be dealt with in honor and patience.

There always is a certain amount of electro-magnetic current 'flowing' in and around your body - an energetic grid or field that keeps your body in alignment with your internal and external environment. But very few people ever open these meridians enough to experience genuine "chi" flow. For most of us, however, this is our true path in life. After we get balanced & re-connected to our bodies, clear our blockages, and open our meridians & chakras, we may be able to truly reach a deeper understanding of our life's full potential and purpose. But until we do, life will only be a vicious cycle of sickness, despair, depression, bad habits, guilt, denial, distraction, self-consciousness, and minimal health and happiness.

As far as mental imbalances or emotional concerns may go... The concept of opening meridians is a traditional Eastern medicine concept, which is a holistic philosophy. In it, we do not engage in talk therapy, psychoanalyze, or treat psychological issues separately from the rest of the body. We simply treat all of the meridians that may have an effect on mental wellbeing. So just as in the East, in these treatments we are simply opening the meridians, and along the way the psychological issues will naturally balance themselves out.

An authentic chi experience will stimulate a very noticeable response... a type of stress hormone and nervous energy release that feels really good! When you were a child, do you remember how you felt when you got excited about something? It was genuine exhilaration, and you felt it throughout your body, from your head to your toes. It was enthusiasm, elation, euphoria, fun, pleasure, joy, invigoration, inspiration, and optimism, all wrapped into one momentary feeling. It was wild and raw, and it boosted your immune system and cellular regenerative capabilities beyond any other healing modality. That was real chi!

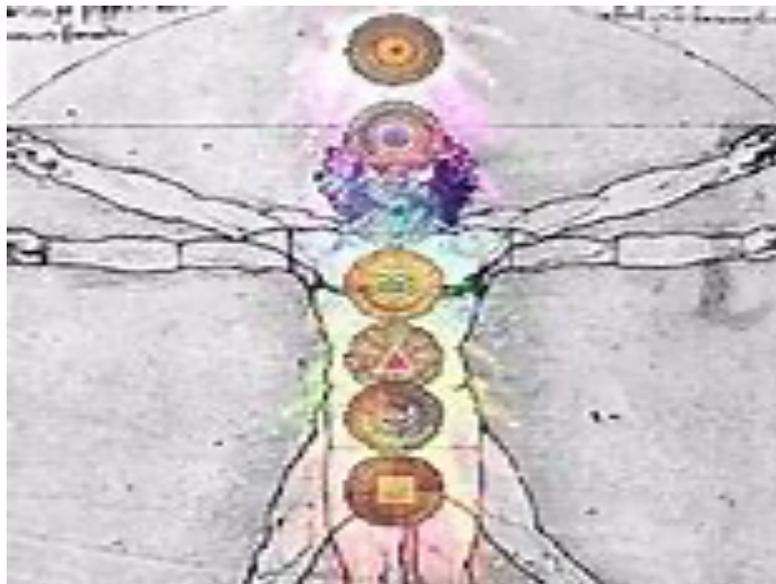
As adults trying to reestablish these natural sensations... It may first occur as a deep relaxation in which you get more "into your body" or "let your hair down", becoming more sensitive to external stimuli. Then you'll begin to feel tingling sensations or chills coursing down your body and out your limbs. You may also get a cool "menthol" feeling in certain areas. But when the meridians begin to fully open there are waves of heat throughout the body, and you might break into a light sweat.

These bodily sensations then lead to natural mental and emotional highs that help us to begin looking at life more optimistically, and that's when we learn how to truly transform our lives and manifest our true potentials.

THIS is what you should be getting from your yoga or chi gong practice, from your church service, from all of the various types of holistic treatments you pay for, from the healthy foods and drinks you consume, from your personal relationships, and eventually from all of the other activities that make up your life.



The modern perspective of the chakras is that they represent the stages of psychological development. For example, if an individual never learned to assert his/her self in a balanced way, the solar plexus or mid-back muscles (3rd chakra) will be contracted with a certain tension. This is a "weak" chakra. And if one chakra is weak, another one will over-develop to compensate. So in this example, if the 3rd chakra is weak, the 5th chakra may become strong to compensate. If this person has difficulty mentally and physically expressing his/her desires, he/she may become verbally (5th chakra) "gifted" at talking his/her way out of certain situations that he/she has difficulty asserting his/her will in, or may be able to easily verbally manipulate situations to get his/her way (passive-aggressiveness). But once we "open" that 3rd chakra by relaxing or tonifying the mental & physical aspects of the nervous system and musculature in that area of the body... the tension is released, the solar plexus is stimulated, the person learns how to properly use his/her willfulness & aggression, and the 5th chakra (throat) will naturally relax and become less active.



As stated before, the body is a mirror image of the subconscious mind and core beliefs that are developed *or repressed* during the first 7-9 year of life. Some of this programming is carried over through the genes, but the rest of it is determined through childhood. When the posture, shape, or weight of the body is unnatural... when the voice is too high-pitched, or there is stuttering... when there are chronic organ weaknesses... and wherever there is guarding, tension, ticklishness, pain, lack of sensation, numbness, etc... There may be an issue in a chakra region. But when all or most of the chakras are overly reactive (systemic) this usually indicates sympathetic dominance... an autonomic nervous system imbalance where the body-mind is in a constant state of stress & up-regulation. This condition must be normalized first before we will be able to accurately assess the chakras.

Now, the “demons” are found in the chakras. This is one of the reasons why it is so important that we not attempt to open the chakras until the mind & body have been balanced, and a “Resource” has been established. Before proceeding with chakra work, clients are required to first establish a sufficient *Resource* in their life, which basically is some thing that you truly believe in that you can rely upon for strength, support, and motivation when confronted with the worst circumstances or fears in life. Most people have a certain deity that they believe in, but it does not have to be a traditional God. It can be whatever Resource works best for you.

During these sessions, and in your personal life, we will move back & forth from probing the demon to backing off and allowing the Resource to fill your body-mind with higher levels of freedom, empowerment, and healing. You will be supported and encouraged to move past any weaknesses that arise as we use specific techniques to strengthen your chakras, personal will, breath, and mind.

Eventually, you will be able to feel your way through life from the real self, being driven through your day based upon genuine senses and intuitions... experiencing your desires as natural motivators that help keep you on your wave, and truly led by the Spirit.

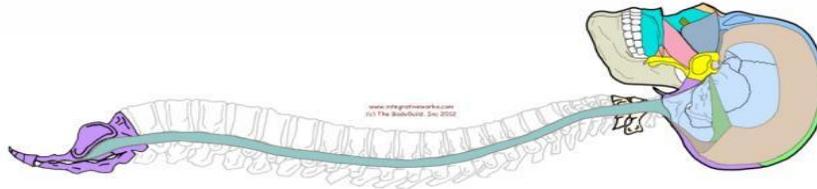
You can make a lot of progress opening chakras by just working on yourself. That’s what having a personal yoga or chi gong practice is all about. But here’s the catch... To fully open a chakra you **MUST** go beyond your own psycho-structural parameters. You **MUST** be taken out of your comfort zone. This can be very hard to do to yourself, and is why sometimes we need someone else to push us beyond our limitations... such as bodyworkers, yoga teachers, personal trainers... drill sergeants! This is **REAL** energy work I’m talking about here. When the chakras truly open, and that chi or prana really gets circulating, it is strongly felt - no question about it. And it is life changing.

However, Dr. Medici once said, “Don’t force it. When the body is ready to open up, it is like plucking ripe fruit from a tree. It will happen naturally”. As we progress with the treatments, we will do just enough work to shake things up in body-mind, but not too much for the mind to handle. We must allow enough “processing” time for your subconscious to update itself to the new realities and freedoms it is experiencing.



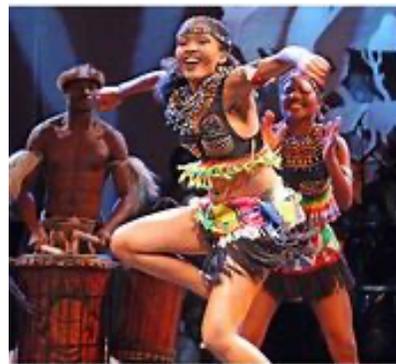
Cranial Rhythms & The Kundalini

If you have what I call "core rhythm" it means your cranio-sacral system is functioning freely, and your meridians and chakras are sufficiently opened. This means that your skull, spine, sacrum, and nervous system are free of any deeply rooted tensions and structural restrictions. This allows you to be relaxed enough so that you can heal properly and efficiently, and be in sync with nature and your everyday environment. This sense of freedom is the key to sensuality (fully sensing the world within and around you).



Some signs that this rhythm is opening up include deep abdominal breathing, and a sense of getting "into the body" or "letting the hair down". Then the body may begin to twitch in certain areas or shake uncontrollably as the nervous system starts to release its tension. This may then turn into emotional releases, side-to-side jerking & fish-like movements, or a very smoothed out snake-like rhythm that can clearly be observed. This "cranial wave" as some call it, I believe to be the same phenomenon as the "kundalini awakening", and indicates that the neuro-endocrine system is releasing its dural tension, toward a state of full-body freedom. This process of "unwinding" tension, combined with or without the cranial wave, can last minutes to even hours. It is normally more visible and pronounced in "pitta" & "vata" body types, than in "kaphas". Clients are encouraged to let the process continue for as long as the body requires... as long as it feels pleasurable & right, and there are no time constraints. If the process must be stopped for any reason, the skilled Therapist can easily stop it, without doing any harm.

A fully patent cranio-sacral system includes the concept of "hypothalamic intelligence". If there are restrictions in this system, the hypothalamus may not be working as optimally as it should, which can lead to a weakened immune system, slower healing potential, and a myriad of chronic disease conditions. But open cranial rhythms are not only important for overall health & wellbeing, they also allow us to be rhythmic & coordinated, and move smoothly & naturally... when walking, talking, dancing, in athletics, and in personal relationships.



The Free Spirit

This is the final stage of self-discovery. Your own personal will to create and express your desires and objections without restriction, and the ability to resonate with your surrounding physical and psychological environment. In an overly-civilized society such as ours, where there are many rules, laws, and social restrictions, maintaining a wild spirit can be very difficult. Often people seek out sports, martial arts, exotic dance, or excursions into nature to find this type of freedom, but rarely ever properly release their deeply rooted fears and tensions to experience this freedom throughout their many layers of tissue and mind. However, this is our goal! ...and the only way to truly reach the bliss state.

After mind-body balancing is achieved, it is common for some clients to lose this essential connection within weeks or days, due to imbalanced lifestyles. But once the meridians, chakras, and kundalini are open, they usually remain open to some degree. When we refer to 'opening meridians' as the key to achieving optimal health, we basically are talking about all of these energy systems (no matter what you want to call them), opening up, strengthening, getting more flexible & resilient... alive!

THIS is how you strengthen your body & immune system. THIS is how you remain sharp & focused. THIS is how you stay young and beautiful. THIS is how you prosper in life and form the most fulfilling relationships. THIS... is how you find your bliss!



And that's it!

So get the rest of your life in order so that you can make this path your number one priority. You may even have to become a little obsessed with it in the beginning to gain momentum. But if you consistently keep on it, and recognize & celebrate those small successes along the way, you will succeed.

This guide will be a companion along your journey. It will keep you on track and focused on the most relevant milestones. Whether you are in the middle of a healing from some dysfunction, disability, or disease, or if you simply are trying to reach a higher level of human potential and existence... If you ever get stuck, or feel like your head is spinning from information overload, just follow & refer back to this guide and the Energetic Health Checklist (located on the last page). Within it are the most important aspects of health to be concerned with.



Your Daily Practice

The first step will be for you to develop your own daily practice of self-healing. This is a ritual that you create to rejuvenate your body and mind. It is the special time you take out of each day for yourself to “open your own meridians” and ensure that your neuroendocrine system is balanced. It may consist of one technique or many, and may include a form of meditation, breathing exercises, yoga, tai chi, or chi gong... it may be a martial art or other athletic activity, in a group setting or by yourself... it may involve nutrition, herbs, tonics, superfoods, or supplements... dry brushing, cold showers, ice baths, saunas, sun-gazing, swimming, or treading water... it may be done indoors or outdoors, whichever better suites your day.

However you decide to design your practice, it will require you to designate the right time & place to get healthy, centered, grounded, and connected to your resource... your source of ultimate truth and guidance in life. This is YOU time, and may also be spent focusing on anything that you desire... your health, your goals, or anything you may wish to manifest in your life or in the lives of others. Although there are many different options to choose from when designing your daily practice, it must include at least one activity that is significant enough that it crosses your psycho-physiological threshold. It must shock your system out of its comfort zone to create an exciting systemic vasoconstriction (a sympathetic response). Then it should be followed up with an activity that causes a relaxing systemic vasodilation (a parasympathetic response). This is what truly balances out your neuroendocrine system (your body’s control centers), and helps you to purge emotional & biochemical toxicities.



HEALING WITH ENDORPHINS

“Endorphins control the transmission of light between the cells.”
~Dr. Vincent Medici~

Quite possibly the most insightful, profound, and important lesson that my teacher, Dr. Medici, ever taught was the concept of healing with endorphins, and how it is the number one main factor that determines who is likely to heal from a chronic illness, and who most likely will not. In his radio show #628, Dr. Medici explains the deeper meaning behind the pioneering work of Candace Pert, PhD, and her groundbreaking book ***Molecules of Emotion***, in the field of Neuroscience.

Endorphins are peptides produced in the brain that block the perception of pain and increase feelings of wellbeing. They are produced and stored in the pituitary gland. Every cell in the body contains a receptor sight for these peptides. When they bind with the cell, healing “chi”, or biophotons, move throughout the cellular complex.

“The road to health... the road out of relentless chronic symptomology... the road out of disease... the road to radiant health... All of it’s the same track, in the sense that what you’ve got to do is make sure that you design a practice for yourself... a health regimen that increasingly produces endorphin...”

WHICHEVER HEALING REGIMINE THE PATIENT IS DOING, IF HE/SHE DOES NOT NOTICE – ENJOY – TAKE PLEASURE IN – GET EXCITED ABOUT – GET OPTIMISTIC ABOUT THE SMALL IMPROVEMENTS THAT ARE BEING MADE, THE TREATMENTS WILL NOT HELP.

During your healing process, whether it be the coffee enema, getting more flexible, fasting, sleeping, lowering your blood sugar, the ketogenic state, bite alignment, feeling more relaxed, etc, etc... as you are doing it or experiencing it, you must get “stoned” by high levels of endorphin being released into your system!

Realizing and celebrating the natural endorphin “high” that is produced from your daily pleasurable experiences, your relationships, your healthy foods & exercises, exhilarating activities, laughter, sexuality & sensuality... the feelings of euphoria that fill your body and mind, IS THE KEY TO MOVING BEYOND UNHEALTHY HABITS AND MOVING FORWARD TOWARD OPTIMAL HEALTH AND GENUINE BLISS.



SPIRITUAL MENTAL EXERCISE



This simple exercise can be your greatest life companion, and the "resource" that you must have in order to endure beyond any physiological or psychological interferences that are preventing you from living the life you want to live.

Now, if you already have your own heavenly resource in place, meaning that you practice a particular spiritual or religious faith and already have some concept of God that you can think of and rely upon whenever you need help, healing, strength, or guidance... Then you may not need this exercise. But if you do not already have a strong spiritual resource in place, then I would encourage you to embrace this exercise. You can even call it a prayer, if you wish. But from my experience and understanding, sometimes traditional prayers are not enough to deal with the many "demons" that come up in life. Most of the time, prayers come just from the head or heart. But a genuine exercise with God, is all encompassing throughout the entire body. So this work may better be described as a spiritual exercise.

Here's how it goes... Whenever you need help in life, no matter what it is, you can rely upon this technique. Whether you feel worried or scared and need support and reassurance, weak or instable and need strength and endurance, lacking focus or needing guidance, or in need of healing, you can access this divine energy whenever you like. It doesn't matter the time or day... it is always here for you to access. It is your best friend in any time of need.

And here's how you do it...

1. Visualize God as the Sun, picture in your mind's eye God's golden rays as energy shining down on you and into you.
2. Inhale God's golden light, the golden colored rays of energy that you need to endure and succeed in any given moment. It may be for peace or calming, strength or energizing, focus or intelligence, the ability to speak or express yourself clearly, the ability to be genuine and honor or see the perspectives of others, health or healing, happiness or laughter... anything you need or desire. Inhale it as deeply as you POSSIBLY CAN into your body, into a specific area that needs healing or strength, calmness or insight, or into your whole body for relaxation or rejuvenation.
3. Then, strongly visualize and exhale out all of the dark energy or restriction that may be present in your body. Blowing all of the negativity out and into the universe letting it all out to be dispersed as God only knows how to get rid of it.
4. Continue this inhalation of good and exhalation of bad as long and as much as you need to, until you feel in your body and mind a sense of relief, reassurance, focus, understanding, or strengthening.
5. After you have successfully accomplished the goals of this exercise, you should feel a sense of resonance, where your energetic frequency and the energetic frequency of that which you desire are synchronized.

This exercise is for WHATEVER you may need in any given moment... Just inhale it deeply and passionately into your soul, into your body and mind and/or any necessary body tissues. Expanding and increasing God's healing golden rays of circulation throughout. And then expelling all negativity, interference, or evil out of your body completely. When you are finished, you should feel FULL of God's Golden Light... It should be intensely emanating from the core of your being, outward through every cell of your body, and illuminating your entire being and the world around you.

Opening Your Own Meridians



The meridians, chakras, kundalini, spirit... All of these make up the body's energy fields. But for simplicity, we often just use the word "meridians" in place of all of these.

During your bodywork sessions, we will use a variety of techniques and approaches to establish a mind-body connection and open your meridians. However this work will plateau if you simply are not ready yet. Sometimes certain things must occur first in life before the body-mind can relax enough for these changes to be made. Other times it's just a matter of retraining the body-mind to feel life in ways that it never has before, which can take time. So to supplement the clinical work we are doing, it will be necessary for you to work at it in your private life as well.

The primary way to begin getting connected to your body & life and opening up your energy fields is to begin seeking out that which "turns you on", and begin giving up any activities, people, or other things that are not turning you on or supporting this quest. Find things in life that the moment you think about them you feel their positive vibrations in your body... excitement, pleasure, relief, satisfaction, exhilaration, strength, empowerment, freedom, optimism, redemption, etc...

During your daily practice, meditate on these things. Think about all aspects of the life that turn you on. Then go out into your world and experiment with them. Find out which foods make you feel light, solid, and strong... which types of individuals you share the most magnetic vibrations with... which daily activities keep your body physically feeling alive & energetic... which home environments most nurture your particular body type... which career makes you feel like you're doing what you love in life.

Pandiculation



One easy way to begin feeling your energetic body is this...

When we wake up in the morning, the first thing that many of us do while still lying in bed, is stretch out - arms overhead, back arched, and yawning. I'm calling this the "yawning stretch", but technically it is called *pandiculation*, and it doesn't only take place in the morning, but can occur throughout the day whenever we need it.

But why do we do it, and what is the need being met by doing it? According to doctors and scientists the yawn is a phenomenon still not fully understood. Some say that it brings oxygen to the brain, while others argue against this. And stretching is simply thought by most to elongate muscles, and free up restrictions in the many tissues of the body. But these are the eXoteric explanations. The following eSoteric understanding of yawning and stretching may provide more insight.

The yawning stretch is an innate, animalistic action. When we are not blocked by an over-active conscious mind, we use this 'tool' sub-consciously to open our own meridians, and allow chi to flow through the body and into the brain, which wakes us up. When we are tired, the yawn is used to bring circulation (chi) into the brain by stretching the connective tissues of the jaw & cranium. But when done throughout the body this action can stimulate chi into the nerves, organs, bones, muscles, etc wherever and whenever its needed.

As you become more aware of this deeper meaning when you do this yawning stretch, you will begin to feel the chi release and flow immediately after. Beyond that, you will be able to use stretch and breath throughout your day to keep your meridians open, heal damaged tissue, and remain balanced in mind & body.

But eventually, you may experience what we call a full-body "wave" or "unwinding", in which the central nervous system gets stimulated in a way that you feel the natural urge to move your body in a wave-like or snake-like motion. Sometimes there also may be twitching, shaking, or a fish-like "shimmy" involved. This indicates that your system is releasing deeper levels of tension from your nerves and connective tissues. This experience is mostly involuntary, feels amazing, and can last several minutes.

Taking this experience to the highest level, what you eventually want to do is find things in your life that naturally stimulate this body response the moment you think about or come in contact with them.

Now, in the subtle beginning stages, mind-body balancing & opening meridians can go hand-in-hand. When getting connected, remember that if you are the hypersensitive type, you will have to start giving yourself things that calm, insulate, & ground your nervous system, not excite it. If you are the hyposensitive type, you will need to find things that stimulate you and make you more sensitive in your body and mind. When opening meridians, remember that every approach & technique used must cross a certain psycho-structural threshold in order to stimulate the energy sensations sufficiently to be felt. This may be as simple as a cold bath when your body is hot, but can also be more extreme, such as Banya therapy, depending on your own particular health levels & constitutional needs.

There are three basic approaches to opening your energy fields... biomechanically, biochemically, and psychologically. Some people will need one of these approaches, and others will need a combination of these. It all depends on where the blockages are. If the blockages are purely in the diet, then you would primarily focus on fixing your biochemistry. If your blockages are in the fact that you are not physically flexible enough, you'd mainly work on your biomechanics. And if your problems are all in the way you handle things emotionally, you'll need to focus on psychology. Where it gets tricky is when these categories overlap. For example, some emotional issues are caused by poor diet... Some structural issues are caused by liver blood stagnation... Some emotional imbalances can be caused by structural imbalances in the skull, or from biochemical hormone imbalances... Some poor biochemical dietary habits can be caused by emotional issues... And so on. A classic example of this is the "yogi" that is very flexible & strong, and has mastered pranayama & the asanas, yet still is not circulating energy sufficiently due to mind-body imbalance, poor blood chemistry, blocked emotions, past head traumas, etc.

When you're opening your own meridians you first nurture (biochemically, emotionally, and structurally) your own constitution beginning with yin & yang. If you are primarily yin, add more yang to your life. If you are primarily yang, add more yin to your life. After that, if your constitution is very vata, you will want to nurture yourself with more pitta and/or kapha. If you're more pitta, you want to nurture yourself with more vata and/or kapha. And if you are more kapha, you'd nurture yourself with more vata and/or pitta. Beyond that, you may wish to explore other body-mind typing systems, such as the Chinese 5 Elements, and how it relates to your needs.

This all will require you to do some research, get to know your own type, and seek out and experiment with the different types of environments, relationships, activities, and foods that help to balance you out.

At some point during the meridian opening process, you may experience discomforts, such as intense burning, itching, aches, pains, pins & needles, nausea, foul smells coming out of the tissue, etc... These all are simply part of the cleansing & purging process.

Now, if you happened to live in an environment or country where the possibility of having a life that turns you on seems impossible, do not worry. Know that the Universe changes according to your subconscious beliefs. With enough positive vibrations radiating from your body-mind out into the world, anything is possible.

Overcoming Obstacles

Now, after you have started out on this new and exciting path of health & self-discovery, you may run into a little trouble...

First there is the Herxheimer reaction (aka the Healing Crisis, or Menken Response). This is a phenomenon that can take place in the hours or days following any healing session, and basically means that sometimes the patient might feel worse before he/she feels better. This "herxing" may cause the patient to feel sick, nauseated, develop a headache, or be in more pain than before, and probably is due to the movement of certain chemicals & waste products out of the body's fat tissue and lymphatic system. If these irritants aren't fully excreted out of the system in a timely manner they can linger and make the patient feel sick or sore. This is a common problem, and is why some practitioners recommend drinking plenty of water after each treatment. However this may or may not help to avoid the unpleasantness.

More specifically, this reaction is most likely the result of waste products from intracellular bacteria in people who carry chronic low-grade infections. Any therapeutic treatment can stimulate an inflammatory immune response in the body, which kills these bacteria. When they die, they release their toxins. This can make patients feel that their condition is actually getting worse. However, this is not a bad thing. It shows that the treatment was effective, and that the body is beginning to "detoxify" as a result of opening up the tissue and increasing circulation into areas that were chronically stagnant.

It will be important to possess the strong will to endure beyond this challenging period. This determination becomes especially crucial when "cleansing" the biochemistry and internal organs. Many people will stop treatments, believing they have done something wrong, but as long as a qualified doctor is guiding them, should be encouraged to continue on. It will be crucially important at this time for the patient to sleep well after each treatment session.

Secondly, it has been said that everything you want from life can be found just outside of your *comfort zone*. This "comfort zone" is a subconscious parameter that is learned at a young age, and is used by the body to ensure its survival.

Based upon the individual's life experiences and environment, the subconscious mind stores learned beliefs, called engrams, which establish his/her outlook on life and personal limitations. After this initial "programming" stops, around the age of seven, these core beliefs will be "played back" like a recording on a loop, determining the person's primary perspective in every aspect of life. Of course even after this period we are capable of learning new core beliefs, however it generally requires more heavily emotionally affecting experiences to engrain new beliefs during adulthood.

So basically, the first part of your life is spent learning your personal mental & physical parameters, and for the rest of your life you have the choice to live within those parameters, remaining within your comfort zone, or go beyond them by pushing the limits of those beliefs.

There are many ways that people attempt to change their subconscious beliefs, including hypnosis, psychotherapy, energy psychology techniques, psychosomatic bodywork, meditation, and moving meditations, such as yoga, tai chi, and chi gong exercises. Other people like to challenge themselves with extreme physical activities, lifestyles, and regimens. But quite often, it simply is life itself that changes us. Whichever way suites you, there likely will be a blockage that you may eventually come up against.

Since these subconscious parameters are set up for the body's survival, it will fight back against your will to change if the core beliefs that are associated with the parameter are not changed as well. This is what I call the "Demon of Limitation", which is the part of the subconscious mind that tries to prevent an individual from moving permanently beyond his/her limits in life.

As you attempt to go beyond the edges of that which you are used to, or when some situation in life pushes you to your edge... your "demon" may surface. This basically means that mentally, emotionally, physically, or biochemically you are coming face to face with one of your negative core beliefs. However, with patience, perseverance, acceptance, and a belief in a higher power you may overcome this demon. When this shift genuinely occurs, there will be clear and noticeable changes in your outlook on life & self, and possibly in your body or facial structure (the physical body is a mirror-image of the person's subconscious programmed beliefs).

Once you're on your healing path, your demons are going to try to throw you off course... try to distract you from your goals. This is done in ways that are under your radar. There are things that slip in and take control that make you want to avoid your path... avoid doing the work that needs to be done on your path. So you almost have to become a little hyper-aware, if you will, of your own negative tendencies, of your demon's negative tendencies. And as you become aware of those distractions, those things that are pulling you away from doing the things you know you should be doing, the better you're going to get at it, the less that demon will have control over you, and the closer you will be to actually overcoming that demon... to releasing that negative control pattern, and replace it with better, more updated understandings.

The DNA in every cell of your body is a crystalline structure, and if you stimulate a crystal with just the right frequency, it will emit energy. This essentially, is how we initiate a chi release. But in order for it to work, the edge of the crystal must sufficiently be crossed. And in healing, the threshold of your personal edge must be crossed. So when we venture beyond the comfort zone... when we push slightly beyond the edge of the psycho-structural tissue... we can "move chi".

Of course its possible to move chi while still within the comfort zone... anything that is significantly pleasurable can do this. But it is not comparable to the higher level of chi that is released from pushing the tissue's psycho-structural edge. And quite often there is no truly effective "chi release" and no genuine, permanent healing of cells if the patient remains in his/her comfort zone during the treatment. He/She usually must be taken at least slightly beyond the edge for real healing to begin.

Health Fundamentals Checklist

- Autonomic Balance
- Self-Discipline
- Purpose In Life
- Spiritual Resource
- Sleep
- Exercise
- Flexibility
- Nutrition
- Elimination
- Sunlight
- Nature
- Clean Air
- Clean Water
- Joy
- Sensuality
- Chemistry

Energetic Health Checklist

In order for a person to be capable of achieving optimal health, prosperity, and longevity, he/she must possess the following. The body-mind usually "opens up" in this general order. If you are unsure where you stand in relation to this list, and/or what you need to do to make progress... just consult with and/or get assessed by a qualified practitioner.

1. BASIC HEALTH FUNDAMENTALS: Sleep, Exercise, Flexibility, and Diet must be optimized...
2. MIND-BODY BALANCE: Healthy levels of somatic sensitivity & nervous energy must be achieved...
3. OPEN, FLEXIBLE, CLEAN MERIDIANS: The myofascial tissues must be flexible & radiating with chi upon stimulation, with no chronic pain...
4. STRONG & FREE CHAKRAS: The psychological nerve & endocrine centers of the body must be free from restriction...
5. FREELY MOVING CRANIAL RHYTHMS: The Kundalini, or core rhythm, must be unrestricted and freely flowing upon stimulation...
6. REMAINING HEALTH FUNDAMENTALS: All or most of the other health fundamentals must be achieved...
7. A FREE SPIRIT: By far, this most important aspect of human health & potential that can be achieved...