



ACUTONICS® LEVEL I

SOUND GATES TO MERIDIAN HARMONICS

acutonics®

****** Please note we do not always follow this timeline presented below******

Theory and Application of the Earth, Moon, and Sun Cycles

Day 1: am – 9-10:55

- I. Introduction to Acutonics, Cycles, Pathways, and the Creative Spiral
- II. Introduction to Sound
 - ❖ Cross-cultural use of sound and healing
 - ❖ Music of the spheres and The Great Theme
 - ❖ Historical overview and theories regarding the use of sound and music from East and West

Break: 10:55 – 11:05 am

- III. Science and Energetics of Vibratory Energy and Sound
 - ❖ The language of sound
 - Resonance
 - Frequency
 - Rhythm
 - Entrainment
 - Vibration
 - Sympathy
 - ❖ Video clips demonstrating the power of sound
 - Cymatics
 - Tacoma Narrows Bridge
 - ❖ Use of tuning forks in an integrative health care model
 - ❖ Meridians as Carriers of Sound
- IV. The Story of Ohm
 - ❖ Ohm Earth cycle and frequency
 - ❖ Introduction of the Ohm (Earth) tuning fork
 - ❖ Listening, class discussion
 - ❖ Clinical applications; point combinations

Lunch: 1 – 1:40 pm

Day 1: pm – 1:40-3:40

V. Macrocosm to Microcosm

- ❖ The Microcosmic Orbit connects the heavenly and earthly branches to the meridians.
- ❖ The Governing and Conception vessels
- ❖ Huato Jiaji and the vertebrae as storage jars for marrow and jing
- ❖ Cellular memory and sound
 - RNA/DNA imprinting, the kidney, jing, essence
 - Reformatting new patterns
- ❖ Discussion of points for rooting and connecting, release of pain and tension
- ❖ Application of the Ohm forks to the body
- ❖ Demonstration of Huato Jiaji, points for rooting and grounding, neck and shoulder release, and sinus treatment protocols

****Practice in small groups***

Break: 3:40 – 3:50 pm

VI. Musical Intervals of the Acutonics Healing System

- ❖ The cycles and frequencies of the Earth and Moon forks
- ❖ Musical intervals, Ohm as fundamental tone
- ❖ Introduction of the Zodiac 3rd, Earth Day 5th, New Moon 5th, and Full Moon 6th
- ❖ Healing attributes of intervals
 - Overview of clinical applications and point selection
 - Point combinations

End of Day: 6:00 pm

Day 2: am – 9-10:55

VII. Exploration of Meridians and Acupuncture Points

Student Syllabus

- ❖ Water maps, star streams, and meridians
- ❖ The energy of heaven, earth, and humanity
- ❖ Poetics of points and body as storyteller
- ❖ The story of Yu and the Northern Bushel
- ❖ Relationships between yang and yin, electricity and water
- ❖ Waterways and resonance
- ❖ Points as energetic and multi-dimensional gateways
- ❖ Efficacy of sound vibration on acupuncture points and meridians

VIII. Introduction to the Five Elements

- ❖ The biological clock
- ❖ Five phases, five spirits of the elements
- ❖ Overview of each element – wood, fire, earth, metal, water
- ❖ Emotion and correspondences of each element

Break: 10:55-11:05 am

IX. Points and their Therapeutic Applications

- ❖ Discussion of specific points for common conditions
- ❖ Point selection, point pairing, entry and exit points, and cranial sacral still point
- ❖ Discussion of the application of specific intervals to points

Lunch: 1-1:40 pm

Day 2: pm – 1:40-3:40

IX. Continued — Points and their Therapeutic Applications

- ❖ Demonstration of the application of specific intervals to points
- ❖ Student practice

Break: 3:40-3:50 pm

X. Introduction to the Eight Extraordinary Vessels

- ❖ The eight original cells and embryogenesis

Student Syllabus

- ❖ Relationship to kidney
- ❖ Traditional applications
- ❖ Esoteric applications, undifferentiation and the original blueprint
- ❖ Vessel selection, opening/balance points
- ❖ Microcosmic orbits from early Taoist texts
- ❖ Clinical applications of extraordinary vessels
- ❖ Demonstration of techniques and treatment approaches using extraordinary vessels

End of Day: 6:00 pm

Day 3: am – 9-10:55

XI. Hildegard of Bingen

- ❖ Cosmic music, celestial choir
- ❖ Hildegard as healer, herbalist, artist
- ❖ Concept of Viriditas, and connection to eco-feminist tradition of TCM

XII. Solar 7th Interval, Ohm Octave, Low Ohm Unison

- ❖ Solar 7th
- ❖ The Sun and Low Ohm forks and frequency: absolute yang rooted in yin
- ❖ Ohm Octave, Low Ohm Unison
- ❖ Healing attributes
- ❖ Therapeutic applications

XIII. The Three Treasures

- ❖ Heaven, earth, humanity
- ❖ Triplex unity, jing, qi, essence
- ❖ Ren 4, Origins Pass; Ren 17, Original Child; DU 20, Hundred Connections
- ❖ Relationship to Microcosmic Orbit, early endocrine system, and Taoist Alchemy

- ❖ Heart, kidney, brain and stress connections, HPA axis
- ❖ Intervals and treatment approaches

Student Syllabus

- ❖ Practice in small groups incorporating Extraordinary Vessel pairing, the Three Treasures, and layering of tuning fork intervals

Break: 10:55-11:05 am

XIV. Windows to the sky

- ❖ Alchemical references in Taoist texts
- ❖ Shamanic traditions, cultures past and present
- ❖ Depth and power of Window to the Sky points
- ❖ Window to the Sky points, therapeutic applications, and intervals

Lunch: 1-1:40 pm

Day 3: pm – 1:40-3:40

XV. The Body's Energy Systems

- ❖ Relationship between Chakras and the Microcosmic Orbit
- ❖ Correlation of chakras to acupuncture points and the Three Treasures
- ❖ Demonstration

Break: 3:40-3:50 pm

- ❖ Practice in small groups incorporating Chakras and Window to the Sky Points

XVI. Earth Myths and Teachings

- ❖ Earth archetypes, attributes, and relationships
- ❖ Myths and correspondences
- ❖ Earth qualities and treatment approaches
- ❖ Earth summary

XVII. Earth attunement

Final wrap up

End of Day: 6:00 pm

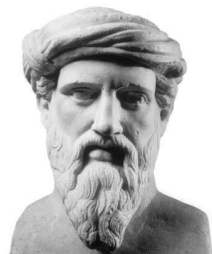
Historical Timeline

Shamanic, Metaphysical, Philosophical & Archetypal understanding of sound and energy for health and well-being transcends, time, ethnicity, and culture. It can be found in every tradition, from ancient Sumer approximately 3500 BCE to modern times, from every corner of the globe. These are some of the influences in the Acutonics Healing System.

Hermes Trismegistus a sage of remote antiquity, who represents a collection of writings, known as the Corpus Hermeticum. Some link Hermes to Ancient Egypt, and later Greece, others, place them 3rd Century BCE to the mid-first Century.



**Lao Tzu, 6th
Century BC, China**



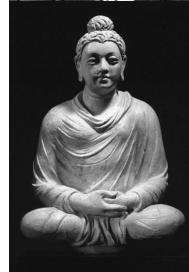
**Pythagoras
570-490 BCE
Greece**



**Chuang Tzu
369-286 BCE
China**



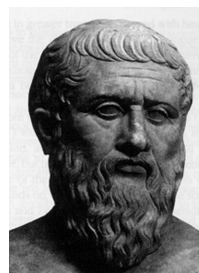
**Confucius
551-479 BCE
China**



**Budda
480-400 BCE
Nepal**



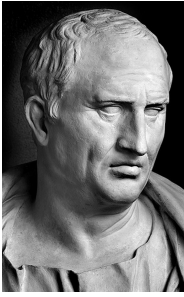
**Aristotle
384-322 BCE
Greece**



**Plato
429-347 BCE
Greece**

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Historical Timeline



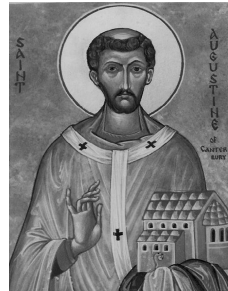
Cicero
106-43 BCE
Rome



Mencius
372-289 BCE
China



Galen
130-200 CE
Pergamun
Ancient Greece
(Turkey)



Augustine
354-430 AD
Algeria



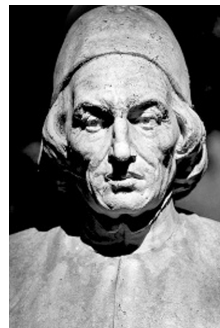
Paracelsus
1493-1541
German



Hildegard of Bingen
1098-1179
Bingham, Germany



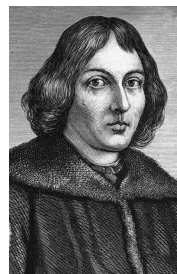
Tycho Brahe
1546-1601
Denmark



Marsilio Ficino
1433-1499
Italy



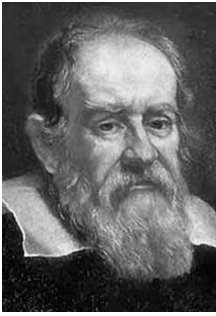
Giordano Bruno
1548-1600
Rome



Nicolaus Copernicus
1473-1543
Poland

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Historical Timeline



Galileo Galilei
1564-1642
Italy



Tommaso Campanella
1568-1639
Italy



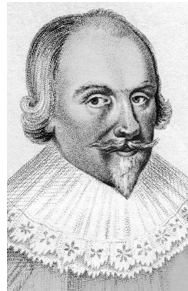
John Milton
1608-1674
England



Johannes Kepler
1571-1630
Germany



Isaac Newton
1643-1727
England



Robert Fludd
1574-1637
England



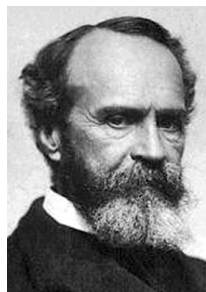
**Gottfried
Wilhelm Leibniz**
1646-1716
German



**Athanasius
Kircher**
1602-1680
Germany/Italy



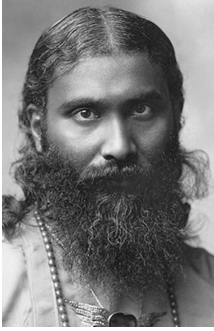
Anton Mesmer
1734-1815
Germany



William James
1842-1910
United States

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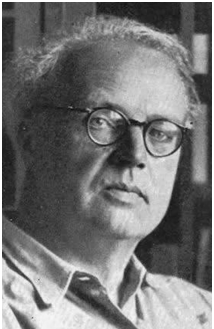
Historical Timeline



**Hazrat Inayat
Khan**
1882-1927
India
**Brought Sufisim
to West**



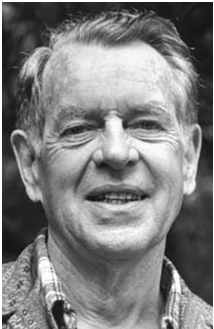
Rudolph Steiner
1861-1925
Austria



Hans Kayser
1891-1964
Swiss



Carl G. Jung
1875-1961
Switzerland



Joseph Campbell
1904-1987
United States



Gustav Holst
1874-1934



**Marie Louise
von Franz**
1915-1998
Switzerland



Hans Cousto
1948-
Switzerland

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Historical Timeline



Ellen F. Franklin
1953
United States



Donna Carey
1956
United States



Marjorie de Muynck
1952-2011
United States



Acutonics Community 1997 - Global

**The Energetics of Transformation
Through Sound Vibration**

Resonance, Frequency, Rhythm, Entrainment and Vibration

Resonance

- Resonance is the frequency at which an object most naturally vibrates.
- Everything in the universe vibrates.
- Everything has a resonant frequency whether we can audibly perceive it or not.
- From the orbits of planets around the sun to the movements of electrons around atoms, everything is vibrating.
- It is important to understand that, in alignment with the concept of sound, every organ, bone, and tissue in your body has its own resonant frequency. Together they make up a composite frequency, a harmonic that is our own personal vibrating rate. Through resonance, it is possible for the vibrations of one vibrating body to reach out and send another body into motion.
- A singer breaking a glass with their voice: the voice of the singer matches the resonant frequency of the glass and sets it into vibration.
- Joshua brought down the walls of Jericho: beat drums, blew trumpets, marched around seven times, stopped, people gave a big shout, and the walls came tumbling down.
- Sound/resonance can be destructive, but can also be used to heal and transform by restoring vibratory frequencies that are out of tune or harmony. You can use the resonant tones of the planets to align with the music of the spheres.

Frequency

- The number of periodic oscillations, vibrations or waves per unit of time.
- Measured in cycles/second. (100Hz/100 cycles/ sec)
- Sounds above 25,000 Hz are ultrasonic.
- Below 16 are called ELF. (extremely low frequency)
- The slower the vibration, the lower the frequency. The faster the vibration, the higher the frequency.
- Whales hear as high as 50,000 Hz, elephants can hear as low as 10Hz or less.
- Below 20 Hz, sound loses form.
- Sound travels 4x faster in water, so the body is the perfect sound resonator, as adults are 70% water.
- Bones and marrow have 25% water content.

**The Energetics of Transformation
Through Sound Vibration**

Rhythm

- Regular pattern of beats.
- Regular recurring pattern of activity or repeated functions of the body.
- Patterns formed from stress and unstressed actions

Entrainment

- A consequence of an action that causes something to happen.
- Draw something in and move it along in the flow.
- Solid particles, air bubbles or liquids dropped into a moving fluid are carried along.

Vibration

- The process of movement: back and forth rapidly.
- Communication of feelings from one to another.
- Atmosphere of a place or situation.

**The Energetics of Transformation
Through Sound Vibration**

Sympathy

Sympathy from the greek word sympatheia from syn together and pathos feeling.

Sameness of feeling, a feeling between persons and I would enlarge that to include a feeling between any sentient being— human, animal, mineral, vegetable for one another.

- Agreement in qualities, harmony, accord.
- A mutual understanding arising from sameness of feeling.
- An entering into or ability to enter into another's mental state, feelings, psyche, essence.
- Compassion felt.
- Physics—a relation of harmony between bodies that vibrate in one cause, like our body and planetary bodies—sympathetic vibration in the other. Physics itself=physis the essential nature of all things. So sympathy and sympathetic vibration is the physics of love and the highest and greatest universal law possible.

Our bodies are made of cosmic dust and science has proven this as our NASA labs are busy at work analyzing the primordial materials from cometary nuclei that is essentially us, analyzing the substance—the energy—which are each other and the common connecting link between substance and energy is what—VIRBARTION. And the common vibratory phenomenon that connects vibration is SYMPATHY. When two or more things (meaning two to infinity) possess the same vibratory chord—or vibratory signature—those things are said to be in sympathy or associate and correspond with one another sympathetically as though they were one thing. So a resonant vibration causes a return and a remembrance of the One.

In real terms sympathy is LOVE. It is the law that binds all things together, molecules, galaxies, cells. When this law is broken there is chaos, discord, dissonance. When adhered to it brings peace, harmony. Both are essential.

Acutonics® Tuning Forks

The Acutonics Tuning Forks are used to correct imbalances, uncover emotions, stimulate growth, development, and transformation and facilitate inner harmony and wholeness. They are applied to specific acupuncture points, acupressure points, trigger points, and Chakras to access the body's Meridian and Chakra energy systems, as well as the etheric field. The sound waves of these tuning forks vibrate and travel deeply into the body along energy pathways, effecting human physiology and reaching places not easily accessed by traditional medicine.

All Acutonics Tuning Forks are of the highest quality, precision tuned and calibrated. They are manufactured of space grade metal to our exact specifications. These tuning forks are very low in alloys, they do not pit or lose their frequency, and are the **highest grade available on the market**. Designed for use on and over the body they provide a rich clear resonance and sustain their vibration for 25 to 35 seconds. These forks are accurate to the 100th Hertz. They are light, comfortable to hold, and color-coded for ease of use.

Each Acutonics Tuning Fork is tuned to a natural harmonic series based on the orbital properties of the Earth, Moon, Sun and other planets. The frequencies are based on the work of Kepler, who in the 1620's discovered the elliptical paths of the planets. Kepler calculated the velocity of all known planets (invalidating the accepted concept of circular orbits). He presented scientific evidence of the relationship between the musical ratios and the planetary motion—the Music of the Spheres. In the 20th century, Hans Cousto translated the planetary velocities into musical tone. Cousto's musical transpositions of Kepler's planetary orbits provided a foundation for the frequencies that are used in the Acutonics System. Carey and de Muynck, co-creators of the Acutonics System, expanded on these translations as well as on the material science, and calculated the frequencies for Chiron, Nibiru, and the four largest asteroids, Ceres, Pallas, Juno, and Vesta.

Each musical combination or interval used in the Acutonics Healing System has its own unique healing properties. For example, the Ohm Unison represents the Earth traveling through the four seasons. It is the home tone in our system and is deeply grounding and balancing. It is an excellent tool for sinus treatments, sleep disorders, and when we simply have too much on our minds and need to take a calming breath. The notes that correspond with each frequency are all approximate as this is Cosmic Music. The Ohm is close to a C#.

A musical 3rd, a dispersing interval, is created by combining the Ohm Fork and the Zodiac Earth (F), the sound of the Earth traveling through the processional cycle of the solar system, where Earth disperses in a 25,920-year cycle. This is an excellent combination for reducing stagnation, calming the liver, and dealing with the mobilization of scar tissue.

The Story of OHM

The Earth Day 5th is created when the green Earth Day Fork (G), which represents the Earth revolving on its own axis, a 24-hour cycle, is combined with the gold Ohm fork to produce a strongly generative combination. The New Moon 5th is created by combining the Ohm fork with the New Moon Fork (G#). This 5th creates an opening in the flow of energy and is used for releasing old emotional patterns. The Full Moon 6th combines the Full Moon Fork (A) with the Ohm and is used to nourish yin and essence. The Solar 7th Interval is also generative as well as vitalizing and warming. It combines the Sun Fork (B) with the Low Ohm Fork (C#).

These represent just a few examples of the many healing intervals in the Acutonics System. This System is designed for healers at all levels of training. Whether you are a seasoned practitioner or a beginning student, we have the healing tools to meet your needs.

Color Codes

Ohm Tuning Fork (Gold):

This tone represents the cycle of the Earth as it orbits around the Sun through the four seasons. It is the fundamental or home tone in the Acutonics Healing System. It is grounding and balancing.

Zodiac Tuning Fork (Purple):

This tone represents the cycle of the Earth as it travels 25,920 years through the zodiac. It is expansive and meditative.

Earth Day Tuning Fork (Green):

This tone represents the cycle of the Earth as it spins on its axis in a 24-hour day. It is generative and creates growth.

New Moon Tuning Fork (Metallic-Blue):

This tone represents the cycle of one New Moon to the next. It is opening, feminine, and spiritual.

Full Moon Tuning Fork (White):

This tone represents the cycle of one Full Moon to the next. It is building, feminine, and bridging.

Sun Tuning Fork (Sunflower Yellow):

This tone represents the Source of light and life in our Universe. It is initiatory, masculine, and warming.

Intervals

Ohm Unison:

Two Gold Middle Ohm Tuning Forks. This is the fundamental tone interval. It grounds, balances, roots, and connects us to Earth. It provides us with a sense of the ease and safety of feeling at home.

Zodiac 3rd:

Gold Middle Ohm and Purple Tuning Forks. This interval is calming and meditative. It is expansive and dispersing and relaxes mind and muscle.

Earth Day 5th:

Gold Middle Ohm and Green Earth Day Tuning forks. This interval is generative and tonifying. It is also energetic and stimulating.

New Moon 5th:

Gold Middle Ohm and Metallic-Blue Middle New Moon Tuning Forks. This interval opens and disperses. It is feminine, nurturing, watering, and emotionally releasing.

Full Moon 6th:

Gold Middle Ohm and White Middle Full Moon Tuning Forks. This powerful interval builds and bridges. It is feminine, watering, and brings emotions to fullness. This interval is the ultimate expression of yin.

Solar 7th:

Gold Low Ohm and Sunflower Yellow Middle Sun Tuning Forks. This interval is vitalizing and warming. Its masculine initiatory power tonifies and pulls us toward source. This interval is the ultimate expression of yang.

Ohm Octave:

Gold Low Ohm and Gold Middle Ohm Tuning Forks. This interval completes and grounds while connecting us to deeper issues. As it unifies parts of the whole, it works well to energetically connect the lower and middle body.

Earth



Character of the Planet: Sustenance, nurturance, wholeness

Deity: Gaea

Tuning Fork Properties

Ohm (Fundamental Home Tone): The Earth traveling around the Sun through the seasons in its 365-day yearly orbit.

Color: Gold

Approximate Musical Note: C sharp

Interval with Ohm: Ohm Unison, Ohm Octave

Intervallic Personality: Grounding, balancing

Earth Day: The Earth rotating on its axis in a 24 hour cycle

Color: Green

Approximate Musical Note: G

Interval with Ohm: Earth Day 5th, generative, tonifying

Intervallic Personality: Stimulating, strengthening

Zodiacal Rulership: Our relationship to the whole wheel

Zodiac Earth: The Earth cycling through all signs of the Zodiac in a 25,920 year procession

Color: Purple

Approximate Musical Note: F

Interval with Ohm: Zodiac 3rd, relaxing, meditative, sedating, transcendental

Intervallic Personality: Wisdom, experience

Healing Themes and Archetypal Keywords: Grounding, nature, connectedness, sustenance, matter, physicality, mother, food, emotional homework, creativity, challenges of being in physical form, the Earth body energy as a whole, the whole life cycle (birth, life, death, wisdom, and experience).

Energetics: Earth represents the ability to be comfortable in the body, and the homework each must do. It gives the balance and sustenance needed to complete life's destiny successfully.

Anatomical and Physiological Correspondences: Body energy as a whole, balance in the body systems.

Earth Imbalances: Lack of grounding, overall feeling of imbalance, imbalances of the liver, disharmonies of the sacrum and hips, disharmonies of the legs and feet, low energy, lack of immune function, general deficiency, stagnation, constriction, stress, tension.



Character of the Planet: The two frequencies of the Moon have a distinct physiological action based on its relative orbital movement and its archetype. However, they also share the following characteristics.

Deity: Artemis, Diana

Tuning Fork Properties

New Moon: The mean cycle from one new Moon to another.

Color: Metallic Blue

Approximate Musical Note: G sharp

Interval with Ohm: New Moon 5th

Intervallic Personality: The New Moon 5th Interval, akin to the archetype of the crescent Moon, encodes a certain fluid duality. It can either be progressive or recidivist, waxing or waning, and can function as a point of release from a particular paradigm, opening us up to the concept of new possibilities.

Physiological Actions: Opening, releasing, dispelling (moves things away).

Full Moon: The mean cycle from one full moon to another.

Color: White

Approximate Musical Note: A sharp

Interval with Ohm: Full Moon 6th

Intervallic Personality: The Full Moon 6th Interval evolves from the seed of the new Moon to the blossoming of feminine beauty and harmony of the full Moon, the lunar archetype of Mother. It can be construed as the tidal tug that pulls us as human beings toward “home,” our common point of origin.

Physiological Actions: Moistening, tonifying yin energy, consolidating, building, bringing to fruition.

Healing Themes and Archetypal Keywords: Actions based on subconscious motivations, emotional and habitual reactions to life, the unconscious, the mother, the maternal principle (cosmic mother), the past, nurturing and nurturance, receptivity, adaptability, emotions and feelings, feminine side of all people, personality, matter, memory, caregiver.

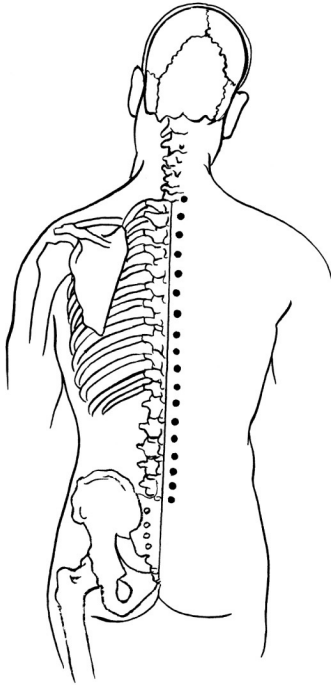
Anatomical and Physiological Correspondences: Body fluids, menstrual cycle and other physiological cycles, reproductive system, breasts, uterus, lymphatic system, hypothalamus, autonomic nervous system, pituitary gland, stomach, digestive system.

Other Correspondences: Emotions, assimilation of ideas and thoughts, intuition, the feminine aspect of human nature, receptivity.

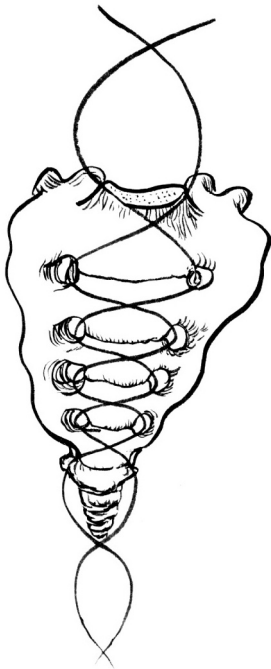
Moon Disharmonies: Fluid imbalances; cyclic imbalances; disconnection from instinct and memory; digestive and assimilative problems; difficulty assimilating thoughts, ideas, emotions, and dreams; emotional imbalances; feeling of oppression (both physical and emotional); disorders of the breasts and uterus; lack of fulfillment.

Zodiacal Rulership: Cancer

Huato Jiaji Points



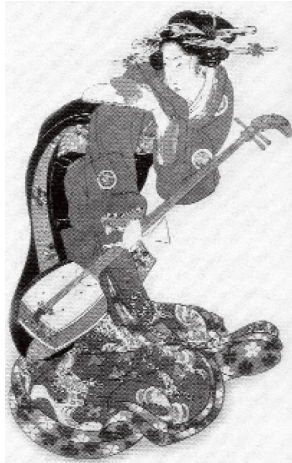
Baliao – The Eight Immortal Caves



The Great Elixir: Sound Healing, Oriental Medicine, and the 3 Treasures *Nourishing, enhancing, and tonifying the three treasures with sound therapy*

By Donna Carey, LAc and Ellen F. Franklin, PhD

Ancient cartographers and physicians believed that there was nothing on Earth that did not reflect a parallel patterning and correspondences in the heavens.



The power of sound to heal and transform can be traced to almost every culture and every cosmology across time and history.

Ancient Aboriginal cultures of Australia believe the didgeridoo was used to sound the world into existence; ancient Hellenic culture has a record of the flute being played to cure gout; and in the bible, the harp is played to ease depression. Music can lift spirits, ease depression, settle the soul down, deepen meditation, and get things moving. In Oriental Medicine and Daoism, inner alchemy and the use of sound to heal can be traced to its early shamanist roots, and was fervently embraced by Lu Yen (Ancestor Lu).

This article will discuss the use of sound to treat the essential part of our nature, exploring aspects that go beyond the physical access and relationship to spirit, and how this connection relates to the physical imbalances associated with illness. Treating original essence unites people to the source, the undifferentiated whole, the very basis of Oriental Medicine. This article will also cover treatment protocols that apply specific sound frequency to the *huato jiaji* and the sacred bone, or *baliao*, which are direct and pre-meridian links to the Kidney source and original essence.

Synthesizing theories, philosophies, and mathematical calculations, a coherent and integrated system of sound healing and education was developed that integrates both Eastern and Western science. This approach to sound healing draws on philosophy, mysticism, music theory, and theology, and initiates students, practitioners, and clients into a way of life that is in concert with the great harmonies—the life that the soul already knows but has forgotten. The Music of the Spheres is recognized for its unique healing power, and made accessible through a system of education and tools (such as tuning forks) that enable these cosmic frequencies to dance into the body via acupuncture points.

This energy-based, non-invasive treatment places precision calibrated tuning forks on specific acupuncture points to access the body's meridian system. The tuning forks represent a natural harmonic series based on the Earth, Moon, Sun and Planets. The velocities of the planets travelling around the Sun were originally calculated by Johannes Kepler in 1627, and in the 20th century, they were translated into musical tones, or hertz, by Hans Cousto, a Swiss scientist. Donna Carey and Marjorie de Mueynck expanded on the work of Kepler and Cousto by calculating additional frequencies for the system that they work with to create their system of cosmic tuning.

These cosmic sounds provide a vibrational link that helps souls, minds, and bodies connect back to their divine harmonies and destinies. This modality is especially effective when dealing with the elderly, chronic illness, and debilitating conditions where needles may not be tolerated or may not touch the essential or emotional nature of the illness. Sound bridges the outer medicine with the inner medicine and activates a cellular remembrance of undifferentiated wholeness.

Daoists refer to the study of mind-body health as the “science of essence and life.” The science of essence deals with the mind; the science of life deals with the body. Their goal is to nourish, enhance, and unify the three treasures of existence: energy, vitality, and spirit, and restore original wholeness and health of the human being. The outer medicine is used to cure illness and prolong life, while the inner medicine is used to transcend being and enter into non-being. When the inner medicine and the outer medicines are united, we have what is known as the golden elixir, or the immortal embryo, and are on the way to discovering our authentic story. Sound provides a powerful access point for this alchemy.

The concept of the three treasures was expounded by Ancestor Lu, progenitor of the School of Complete Reality and one of the great figures of Daoism. He developed the means and methods of inner medicine, inner alchemy, and was considered an immortal. Ancestor Lu understood that the Music of the Spheres must exist within and that the three treasures must be harmonized to go back to the One. *“Using real knowledge harmony, and awareness, combine them with the three treasures. When the three become one the great elixir is made.”*

The three treasures are known as the three bases or the three elixir fields: Vitality is creativity and sexuality, energy with movement, power, breath, and magnetism, and spirit with the essence of consciousness, and with thought and reflection. Spirit makes its home in the chamber of heaven, energy in the central chamber (the microcosmic orbit in humanity), and vitality in the chamber of Earth.

“This modality is especially effective when dealing with the elderly, chronic illness, and debilitating conditions where needles may not be tolerated or may not touch the essential or emotional nature of the illness.”

The three treasures also represent the triplex unity, the bond of heaven, Earth, and humanity and the shared inheritance of heaven and Earth, the basis for life and the promise for health and longevity. In the human body, vitality refers to the sacrum and coccyx, energy to the midspine, and spirit to the back of the head or brain. These three centers interact and relate directly to the total state of mental, physical, and spiritual well being. The Taoists believed that one must refine vitality into energy, energy into spirit, and spirit into openness, where we merge with the source, the place of origins, the place we come from and go back to.

How does one cultivate these treasures, create balance, harmony, longevity, wholeness? How do we call our own hearts and the hearts of those we are honored to serve back to life to deal with the physical, emotional, and spiritual disconnection so prevalent today. Many of the conditions seen in clinical practice today—chronic fatigue, infertility, renal failure, arthritis, diabetes, hypertension, living life in fear, and an inability to harness our personal will to the divine will—have a direct relationship to the kidney. And one of the most effective ways to treat the kidney and promote core healing is by working on the *Huatou Jiaji* and the Immortal Bone.

Sound vibration delivered through tuning forks enables one to work more deeply and agilely with the *huatou jiaji* and the immortal bone. The *huatou* points are located on either side of the spine between the vertebrae. Each vertebra is associated with an organ or other energetic nexus within the body, so these points can be used to balance, tonify, and renew the entire system. The vertebrae are rich in marrow and have a strong connection with the kidney, which rules bone and essence (marrow), and opens into the ear, and so is connected with hearing, orientation in space and time, memory, history, and cellular memory. The kidney is shaped like a fetus, and has a deep and eternal connection with our original embryonic energy and with the more universal forces of the water element. The human body is 70%

water, and as sound travels four-times faster in water, it makes a perfect resonator for sound. When one applies specific frequencies, one gains access deep into the essence and marrow. By applying sound to the *huatou jiaji*, one can access both the bones and the nerves, greatly enhance the flow of qi and open up the spinal energy. This expands the spaces between the vertebral discs and creates energy cushions that protect the bones and the nerves, and harmonize, nourish, and provide life force for the entire system.

It is in those spaces in between, in the still-point, that true healing occurs.

Working in the sacrum, or what the Taoists call the immortal bone, and the *baliao*, or eight immortal caves, one generates qi and connects to the original source, which can help individuals in crisis. The sacrum also connects the spinal marrow to the small brain (brainstem), the upper brain, and to the marrow within the brain. The spine and the sacrum connect branches (twelve meridians) to the celestial stems (the meridians of higher law) and help to unify the three treasures within.

Applications:

Applying the Ohm (gold) tuning forks (approximately a C#) (1) bilaterally along the spine from the neck to the tailbone creates relaxation, general balance, grounding, and tonification of organs and systems, especially kidney *qi* and *jing*. Applying the Ohm forks at the kidney *shu* points and *mingmen* further supports the kidney and adrenals and increases vitality. Continuing down the spine into the sacrum, apply the Ohm forks bilaterally in the *baliao*. Next use the New Moon 5th Interval tuning forks (approximately a G#) on the *baliao* to open and release pain, trauma, and emotional toxicity. Continue into the sacral hiatus and coccyx to liberate unresolved issues from the past. The New Moon 5th, and allows for emotional release and provides greater access to spiritual teachers. End the treatment with the Ohm (gold) forks on KID 3 (Great Abyss) and KID 1 (Bubbling Spring).

This simple and powerful treatment begins the process of nourishment and enhancement of the three treasures and the balance and tonification of all body systems. It provides access to the physical, emotional, and spiritual parts of self that are often out of alignment. When we apply the frequencies and intervals of these tuning forks, our bodies and souls remember these ancient cosmic tones. Treating the original essence unites people with the source, the Wu Qi, the undifferentiated whole, and the very basis of Oriental Medicine, inner harmony, and unity.

(1) The Ohm Fork is approximately a C# and the New Moon Fork is approximately a G#. Approximate is the key here, as they are not chromatic but represent cosmic tunings calculated originally by Kepler, with other frequencies developed by Donna Carey and Marjorie de Muynck.

References:

D. Carey, M. Muynck, *Acutonics: There's No Place Like Ohm, Sound Healing, Oriental Medicine and the Cosmic Mysteries*. (Devachan Press: Vadito, NM 2002)

M. & M. Chia, *Awakening Healing Light of the Tao* (Healing Tao Books: Huntington, NY, 1992)

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Article written and published in California Journal of Oriental Medicine.

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Cosmic Music Theory

Music Theory organizes music into a language. The function of this language is to create a system and a method of communication. Music theory and musical notation have been with us for a very long time. There are records of musical notation as far back as ancient Sumeria. Although this pre-keyboard system of musical notation has been attributed to Pythagoras, historians have evidence that Pythagoras traveled to Egypt and Persia to study the ancient Sumerian numerical system, and that this led to the development of the musical system the Western world uses today.

Music Theory is a system of arranging musical sounds in a numerical fashion. All of the ancient civilizations knew music and its Divine origins, and most of them based their scales on a division of eight. Remember that the octave (8) is the repetition of the fundamental tone at a higher or lower rate of frequency. The number 8 is held sacred by these civilizations. It is also represented by the lemniscate and the ankh symbol of ancient Egypt, as above, so below, life everlasting. In the Acutonics System, we have four octaves of our fundamental tone Ohm: Low Ohm, Middle Ohm, Ohm1, and Ohm2.

In music, letters of the alphabet are used to identify tones. In our system, we use Cosmic Tunings. (Refer to chart on page 20). The Ohm Tone is approximately C#, but not C#. We use the name Ohm to identify this tone, which is the home or fundamental tone in our system. In music, an interval is created when we sound together two tones, with their numerical description determined by the distance between these two tones. Within the octave, we have various combinations of tones from One (1) to Eight (8). In the Acutonics System, we have the Zodiac 3rd, Earth Day 5th, the New Moon 5th, the Full Moon 6th, the Solar 7th, and many additional intervals that can be found within the Planetary System.

When we sound the fundamental tone of the Ohm Fork together with the Zodiac Earth Fork, we produce the Zodiac 3rd. Archetypically, the sound of the Zodiac 3rd is one of relaxation and dispersion. This frequency was determined by measuring the Earth in its constellational orbit around the Sun, which takes 25,000 years.

Another interval is the New Moon 5th. Archetypically, the new moon represents going within, opening to self, and thus the opening to the Divine. It is the halfway point from the fundamental tone to the octave and is sometimes called the child of the parent. The intervals are archetypes in that they hold the beauty and the qualities of the personalities of the planets and the orbits they represent. They are very powerful and have the ability to carry the archetypes on the carrier wave of sound.

Musical Intervals

Cosmic Music Theory

Cosmic Tuning/Equal-Tempered Tuning

Ohm 136.10 HZ C# 138.591 HZ

Zodiac 172.06 HZ F 174.614 HZ

Earth Day 194.71 HZ G 195.998 HZ

New Moon 210.42 HZ G# 207.652 HZ

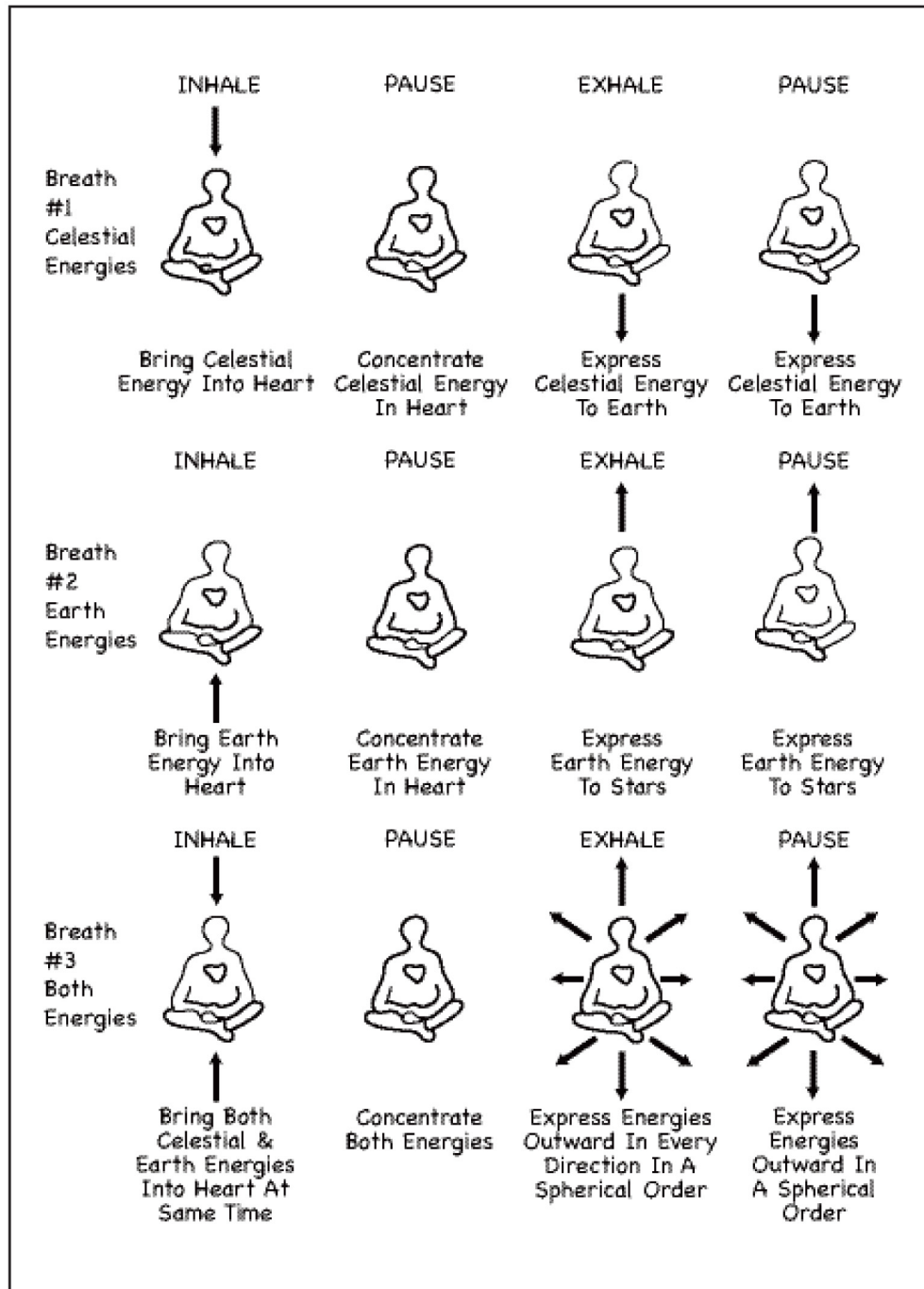
Full Moon 227.43 HZ A# 233.082 HZ

Solar 126.22 HZ B 123.471 HZ

**Introduction to the Concepts of Meridians
and Acupuncture Points**

Planetary Acupuncture Technique

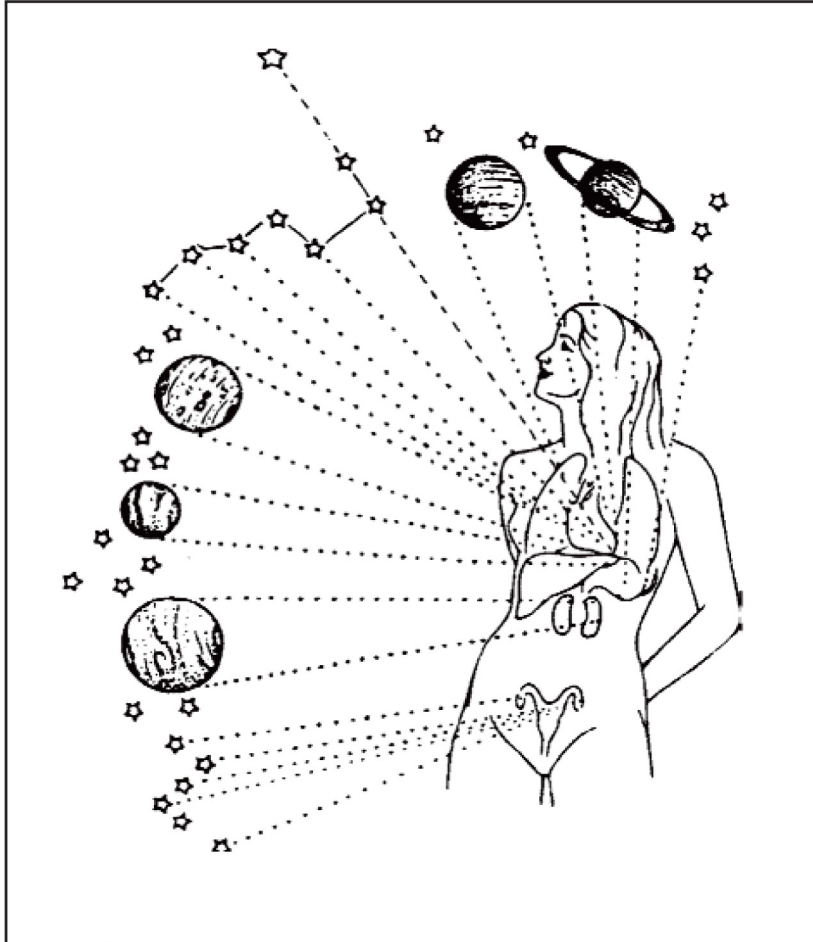
The Three-breath Sequence to Activate the Haman Energy Beam



courtesy of martin gray

**Introduction to the Concepts of Meridians
and Acupuncture Points**

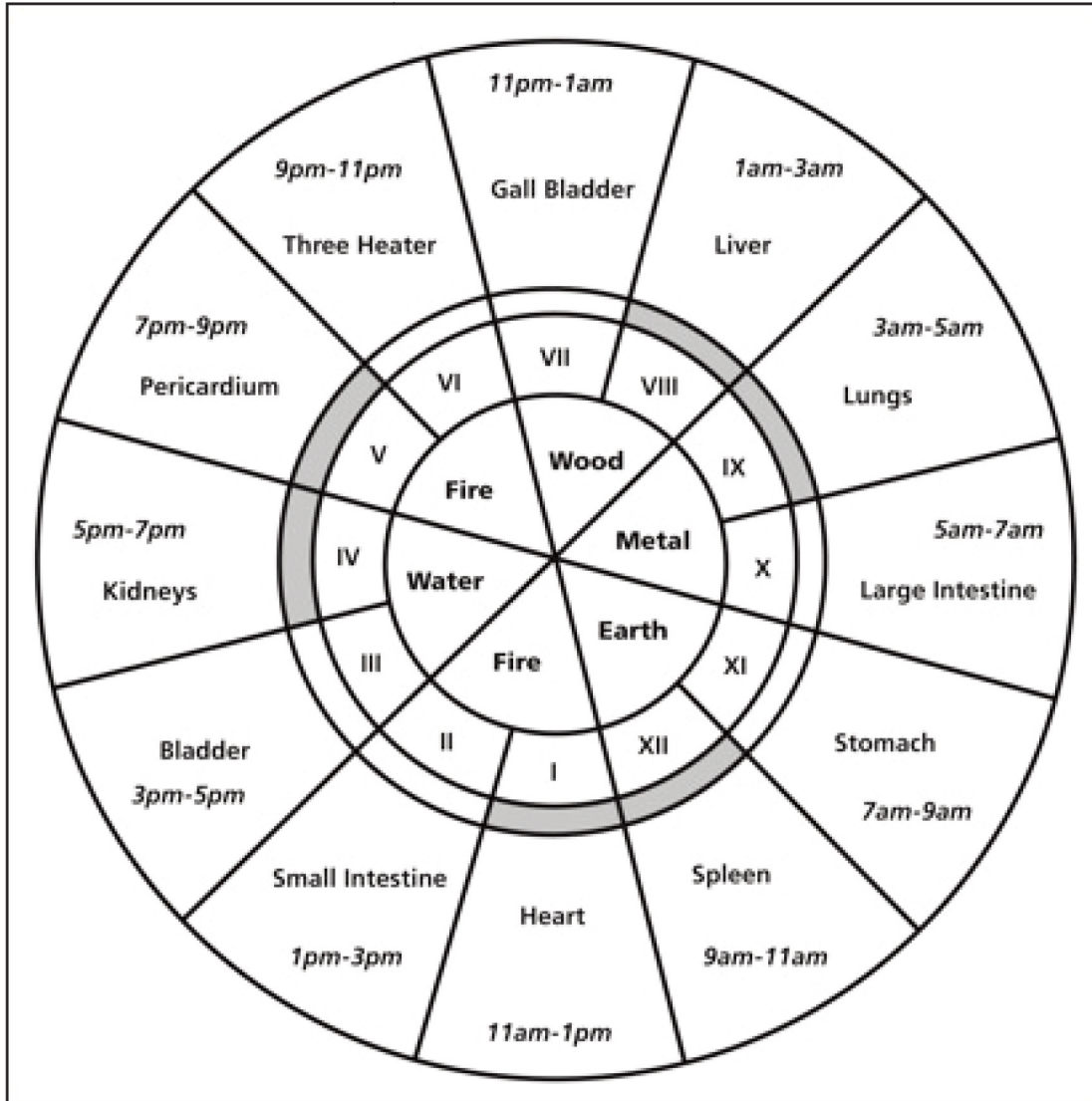
Essence of the Stellar Energies



The organs are the essence of the stellar and planetary energies. They are also connection points between the microcosm and the macrocosm.

**Introduction to the Concepts of Meridians
and Acupuncture Points**

The Biological Clock



**Introduction to the Concepts of Meridians
and Acupuncture Points**

Meridians and Their Associated Muscles

Lung (upper yin meridian) – *pectoralis major*

Circulation (upper yin meridian) – *deltoid*

Heart (upper yin meridian) – *rhomboids*

Liver (lower yin meridian) – *gastrocnemius*

Kidney (lower yin meridian) – *psoas*

Spleen (lower yin meridian) – *quadriceps*

Large Intestine (upper yang meridian) – *sternocleidomastoid*

Triple Heater (upper yang meridian) – *levator scapulae*

Small Intestine (upper yang meridian) – *trapezius*

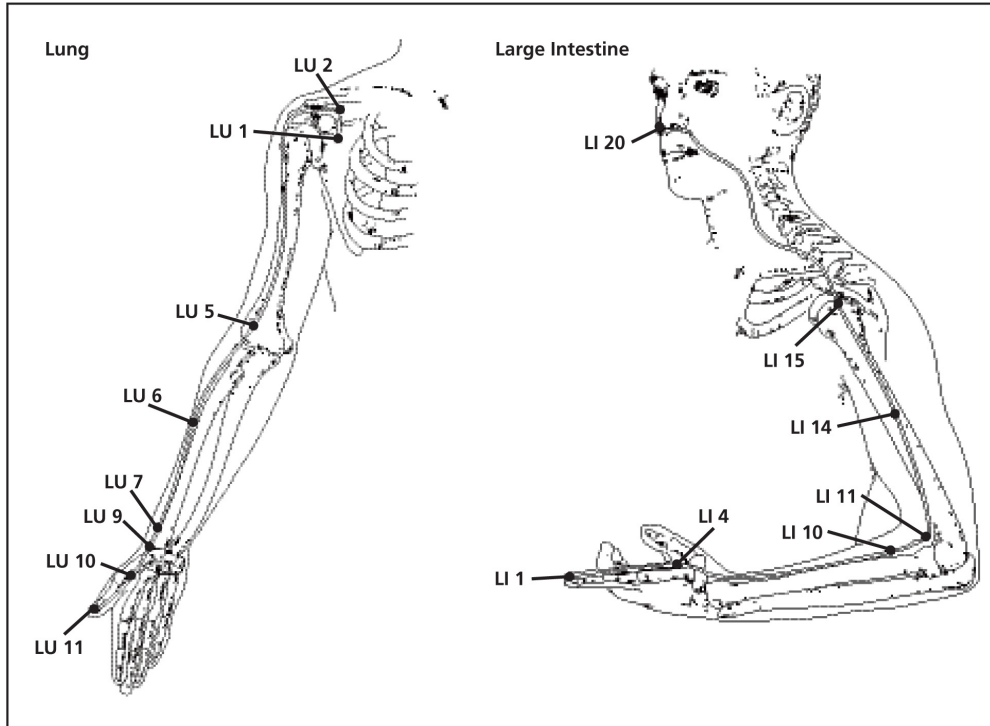
Stomach (lower yang meridian) – *rectus abdominus*

Gall Bladder (lower yang meridian) – *gluteus maximus, hamstrings*

Bladder (lower yang meridian) – *sacrospinalis*

**Introduction to the Concepts of Meridians
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The Meridian Pathways



Lung

Upper Yin Meridian

Associated Muscle: Pectoralis Major

Source Point: LU 9

Lung Meridian begins in the valley between the chest and shoulder. It is located between the 2nd and 3rd rib (2nd intercostal space) and extends along the thumb side of the inner arm, ending at the thumb side base of the thumbnail.

Large Intestine

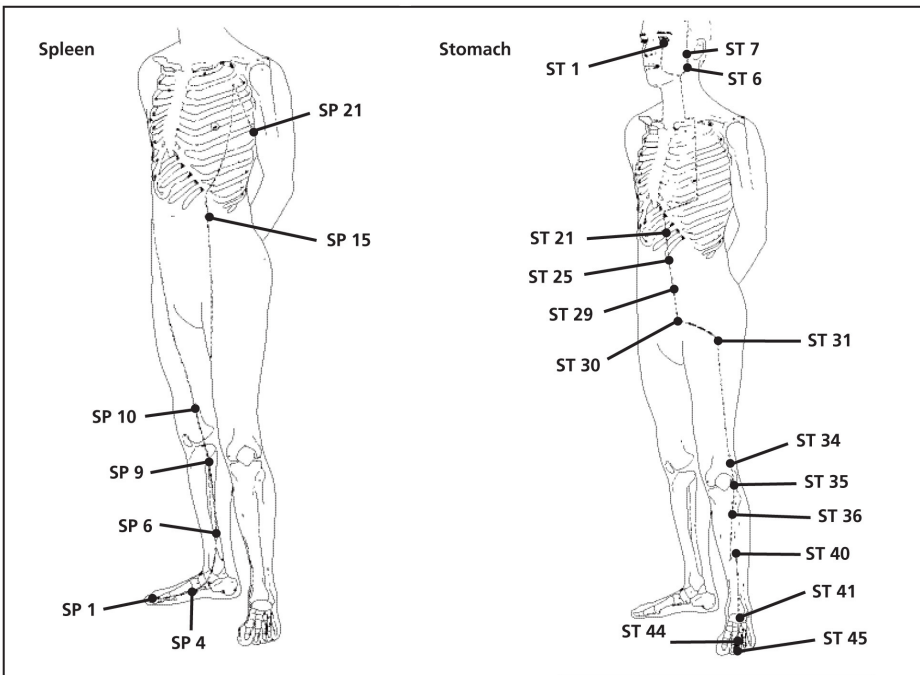
Upper Yang Meridian

Associated Muscle: Sternocleidomastoid

Source Point: LI 4

Begins at the thumb side base of the index finger, travels along the outer arm, past the intersection of the deltoid, over the shoulder, across the neck and the sternocleidomastoid muscle, and across the jaw to the flare of the nostril.

**Introduction to the Concepts of Meridians
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Spleen

Lower Yin Meridian

Associated Muscle: Quadriceps

Source Point: SP 3

From the big toe side at the base of the big toe nail, along the arch of the foot, up in front of the ankle bone, along the inside of the leg, past the groin, and angling up along the ribcage toward the lung meridian, then down to end underneath the armpit.

Stomach

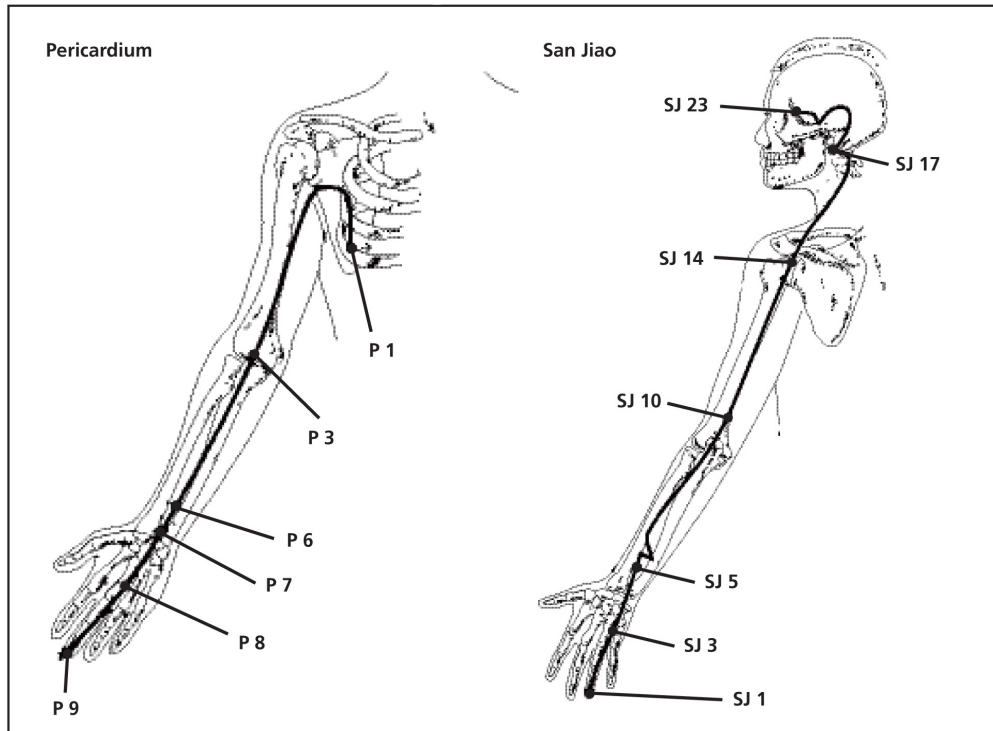
Lower Yang Meridian

Associated Muscle: Rectus Abdominus

Source Point: ST 42

Begins below the center of the eyes, travels down and over to the jaw, up to the forehead, then down the side of the throat to the collar bone. It jogs over the nipple line then down the ribcage and angles into the lateral edge of the rectus abdominus. It then goes down past the belly and the groin and jogs laterally to go down the front of the leg, the outside of the knee cap and down between the tibia and the fibula, past the ankle ending on the little toe side of the second toe nail.

**Introduction to the Concepts of Meridians
and Acupuncture Points**



Pericardium

Upper Yin Meridian

Associated Muscle: Deltoid

Source Point: P 7

Travels from just outside the nipple, up across the pectoralis and deltoid muscles, and down the middle of the inside of the arm, along the biceps, and between the radius and ulna to the thumb side of the base of the middle fingernail.

San Jiao

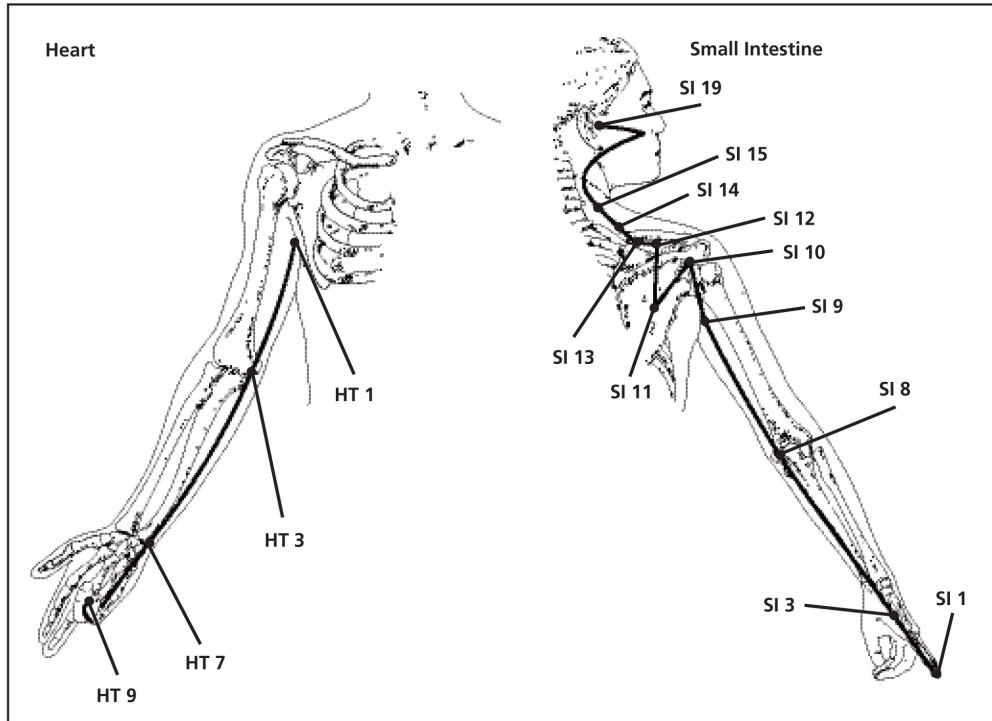
Upper Yang Meridian

Associated Muscle: Levator Scapulae

Source Point: SJ 4

Begins at the base of the little finger side of the third fingernail, travels up the middle of the outside of the arm, across the deltoid and trapezius muscles, up the lateral side of the neck, and around the ear to end on the orbital ridge outside the eyebrow.

**Introduction to the Concepts of Meridians
and Acupuncture Points**



Heart

Upper Yin Meridian

Associated Muscle: Rhomboids

Source Point: H 7

Begins in the center of the armpit and travels along the inside of the arm to the base of the little fingernail.

Small Intestine

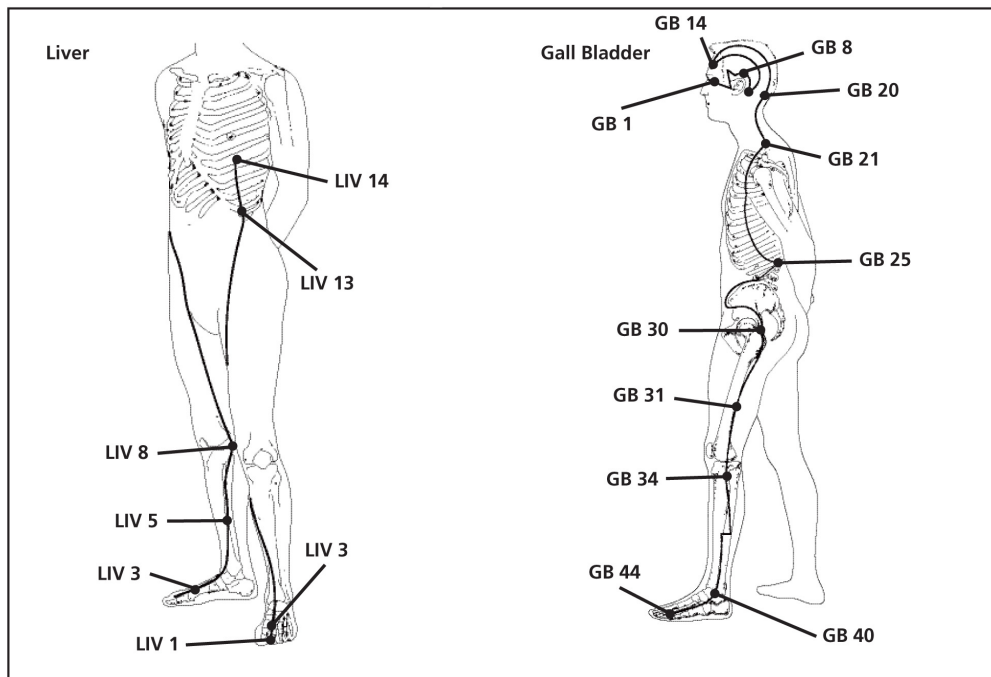
Upper Yang Meridian

Associated Muscle: Trapezius

Source Point: SI 4

Travels from the little finger side at the base of the little fingernail, along the outside of the arm, past the elbow's funny bone and the triceps to the deltoid, zigzagging down over the spine of the scapula, and up along the trapezius, across the neck and the jaw to the cheekbone, then back to end at the front of the ear.

**Introduction to the Concepts of Meridians
and Acupuncture Points**



Liver

Lower Yin Meridian

Associated Muscle: Gastrocnemius

Source Point: LIV 3

Travels from the base of the little toe side of the big toenail, travels up the inside of the leg and thigh, angles out to the waistline, then back in and up to end in the 6th intercostal space directly below the nipple.

Gall Bladder

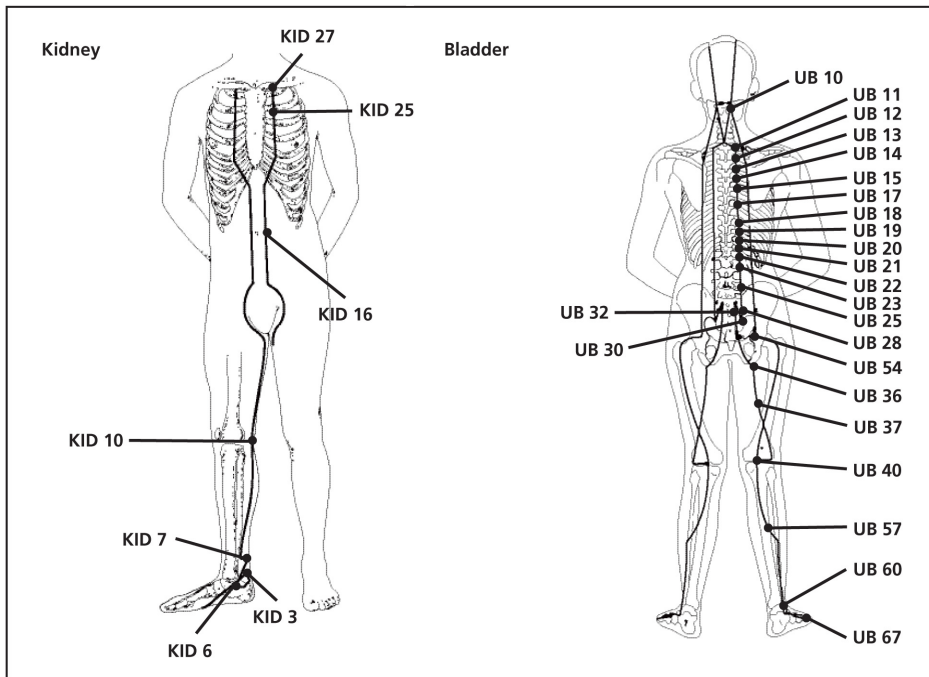
Lower Yang Meridian

Associated Muscle: Gluteus Maximus, Hamstrings

Source Point: GB 40

Begins at the outer edge of the eye orbit, directly lateral to the corner of the eye below the end of the San Jiao Meridian. It then moves down the ear, then up across the temple to the forehead, and back toward the edge of the ear and around behind the ear to the occipital ridge. It then goes back up around the head to a point directly above the middle of the eye on the forehead, and back around and down the neck to the trapezius behind the shoulder, under the armpit to a point directly below the end of the Liver Meridian. It then angles back to the posterior side of the body, and arches back along the iliac crest, and down the lateral side of the leg to the front of the ankle bone to end at the base of the little toe side of the fourth toenail.

**Introduction to the Concepts of Meridians
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Kidney

Lower Yin Meridian

Associated Muscle: Psoas Iliacus

Source Point: KID 3

Begins on the sole of the foot and travels up to the innermost part of the leg to the genital region, then up the medial side of the rectus abdominus to end just below the clavicle.

Bladder

Lower Yang Meridian

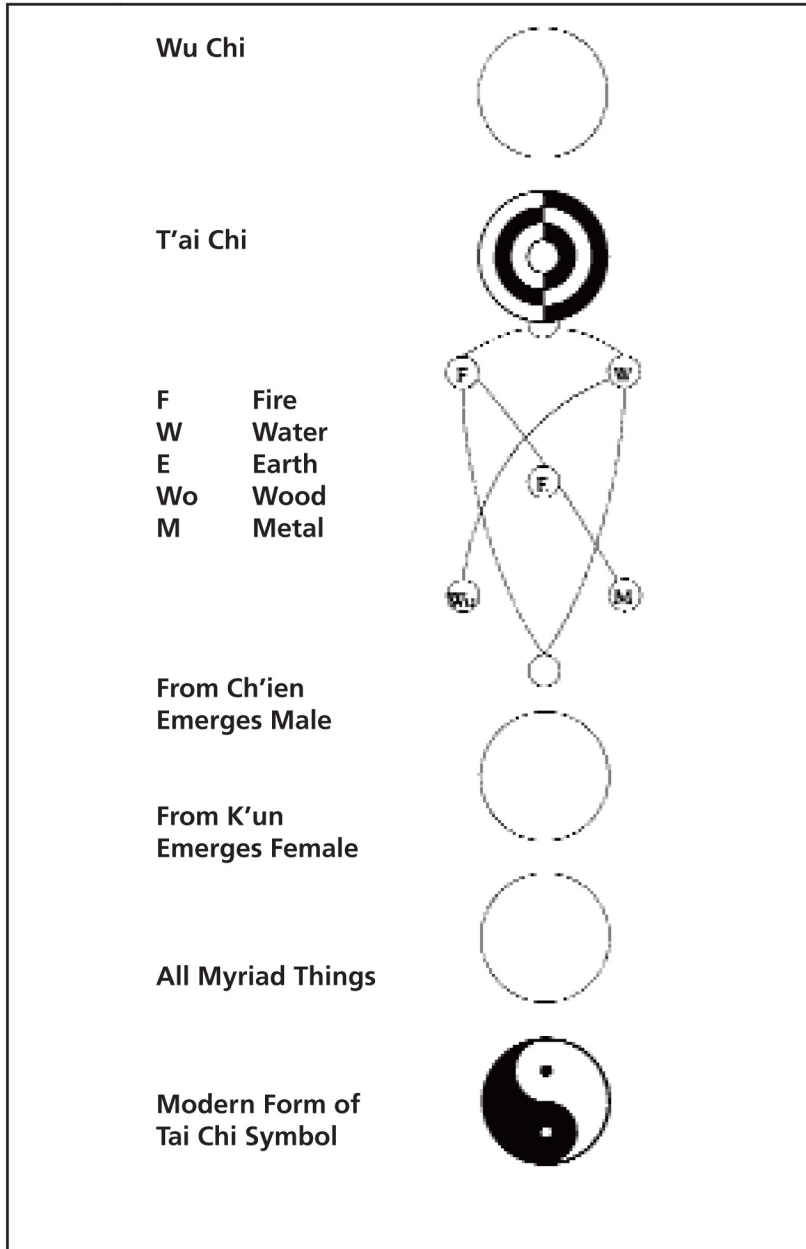
Associated Muscle: Sacrospinalis

Source Point: UB 64

Begins at the innermost corners of the eyes, travels across the forehead and over the top of the head, down the neck along the side of the spine to the sacrum, zigzagging medially up, then down the sacrum to the coccyx. A parallel line begins at the right angle of the scapula, down along the glutemus and the middle of the back of the leg, ending at the outside base of the little toenail.

**Introduction to the Concepts of Meridians
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Tao Wu Qi

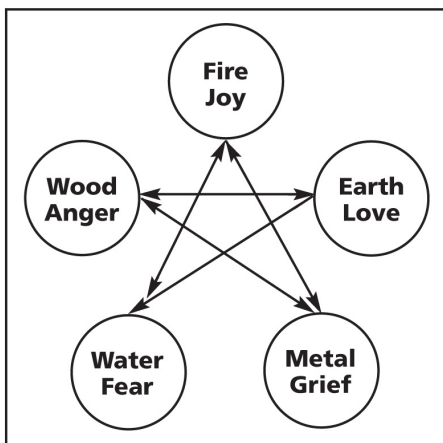


Introduction to the Concepts of Meridians and Acupuncture Points

Introduction to Five Element Theory

Five Element Theory refers to the differentiation between five different qualities of qi vibration that manifest in the Universe. The Five qualities manifest as the Elements of Fire, Earth, Metal, Water, and Wood.

The arrows forming the outer circumference of the circle show the Creative Cycle, in which each Element fosters and nourishes the succeeding Element. It can be memorized by a simple list of analogies:



Fire Creates Earth - think of ashes

Earth Creates Metal - think of gold miner

Metal Creates Water - think of condensation

Water Creates Wood - think of watering the garden

Wood Creates Fire - think of logs in the grate

In clinical practice, this means that disharmony in an Element is passed on to the next Element in the cycle. This phenomenon is known as the Law of the Mother-Child and relates to the TCM saying: "If the child screams, treat the mother." If an Element is weakened and symptoms develop in the child because the mother is not nourishing it, then the root cause of the problem is in the mother element, which needs to be treated along with treating the child." The Control Cycle refers to the crossing arrows within the circle of Elements. These relationships represent the counterbalancing forces that hold the Creative Cycle in check. It can be memorized by simple analogies:

Fire Controls Metal - it makes it malleable

Metal Controls Wood - it cuts it down

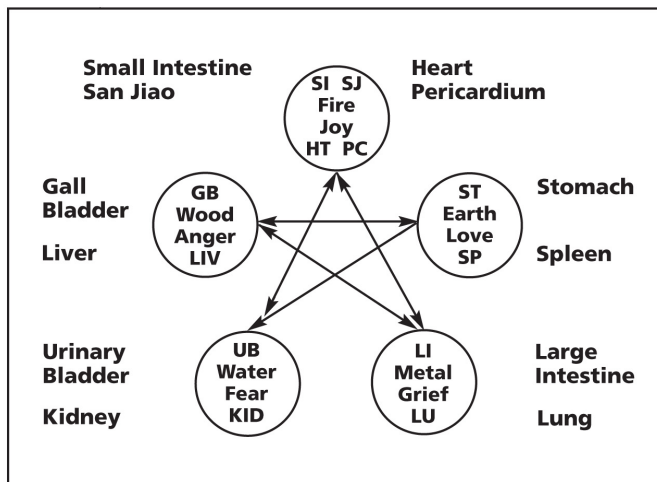
Wood Controls Earth - its roots bind it together

Introduction to the Concepts of Meridians and Acupuncture Points

Earth Controls Water - as banks contain a river

Water Controls Fire - it extinguishes it

Each of the Five Elements is associated with particular body organs, one Yin and one Yang. The associations are physiological and psychological rather than relating to just a physical structure or location in the body.



The Five Elements are also called the Five Energy Transformations. The traditional Chinese viewpoint toward emotional qi is valuable in that it shows the relationship of emotions to each other, and clarifies the underlying truth that whatever we choose to name the emotions, underneath they are all an expression of the flow of emotional qi through our bodies. If we block the expression of our emotions, we interrupt the natural flow of qi in our bodies and invite disease.

Differentiating between the qi of the Five Elements as they manifest in nature is a helpful part of any healing work.

**Introduction to the Concepts of Meridians
and Acupuncture Points**

The Nature of the Five Elements

Fire

Fire represents spirit, consciousness, and the expression of unity in all life, love, affection, and joy. It includes communication and expression of ideas and feelings. It is spontaneous, lively, and social.

Earth

Earth represents solid matter, being grounded, stability, and practicality. It also symbolizes nourishment, caring, and concern for others, while representing the analytical mind and contemplation.

Metal

Metal is linked to the breath, the energy body, and the continuous rhythm of taking and letting go. It is related to the formation, maintenance, and dissolution of energy bonds, and the growth of wisdom. It is the ability to face the truth and become one with it.

Water

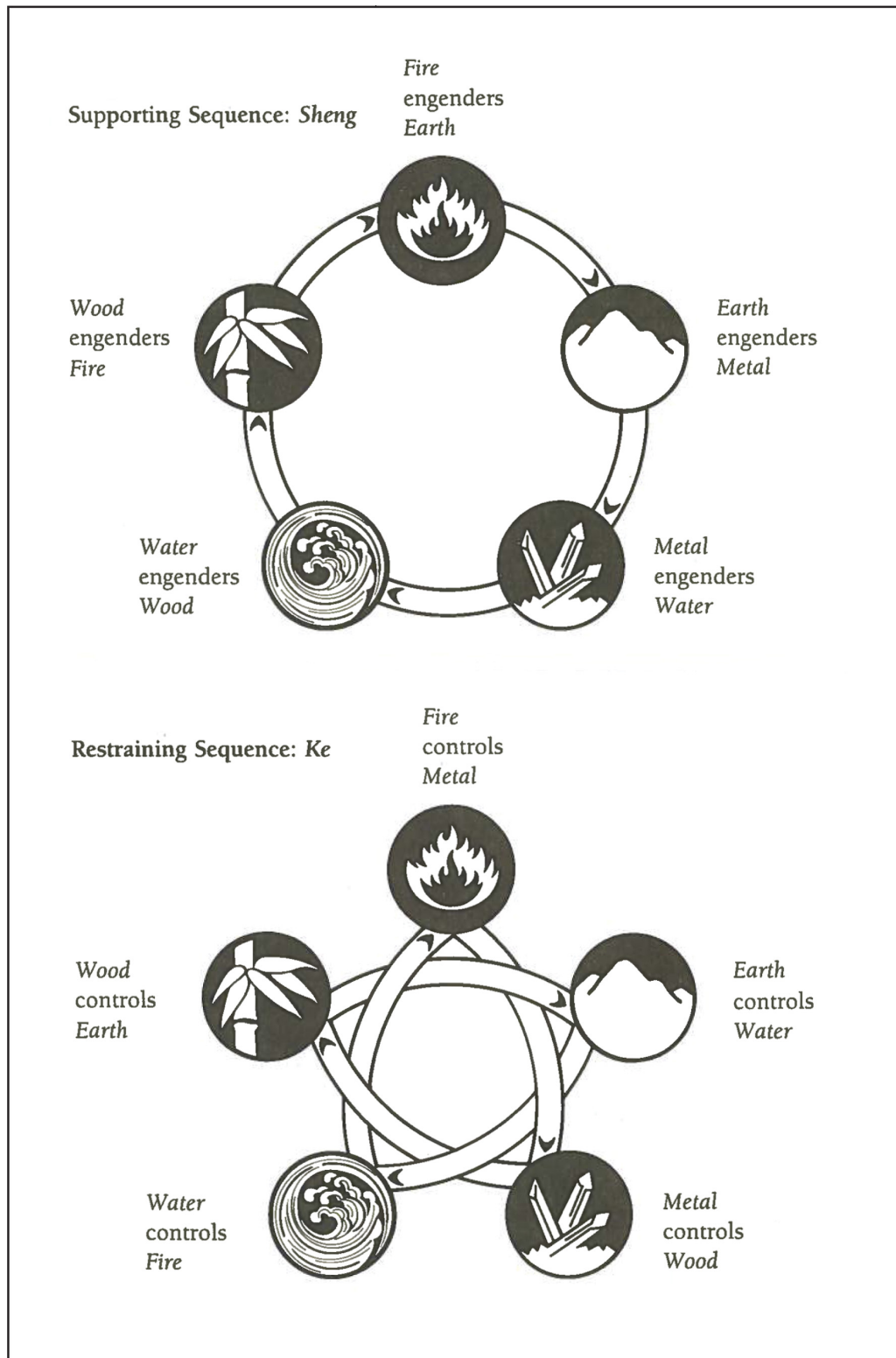
Water represents energy storage, conversation, inner strength, and faith in self, as well as the focused energy of will that is directed at the achievement of goals. It also represents the major developmental changes of life, as well as the limitations set by fear.

Wood

Wood represents intuition and the harmonious unfolding of an individual's potential. It can represent plans and decisions as an outer manifestation of that unfolding. It also represents the free-flow of self-expression, creativity, and independence that is in harmony with the needs of others.

Acutonics® I: Sound Gates to Meridian Harmonics

Introduction to the Concepts of Meridians and Acupuncture Points



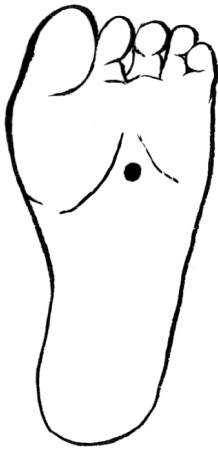
Acutonics® I: Sound Gates to Meridian Harmonics

Introduction to the Concepts of Meridians and Acupuncture Points

| | Wood | Fire | Earth | Metal | Water |
|---------------------------------|---|--|---|---|--|
| Season | Spring | Summer | Solstice & Equinox | Autumn | Winter |
| Climate | Wind | Heat | Dampness | Dryness | Cold |
| Color | Green | Red | Yellow | White | Blue/Black |
| Sound | Shouting | Laughter | Singing | Weeping | Groaning |
| Taste | Sour | Bitter | Sweet | Pungent | Salty |
| Odor | Rancid | Scorched | Fragrant | Rotten | Putrid |
| Emotion (balanced) | Assertiveness | Joy | Compassion | Reverence | Hope |
| Emotion (out of balance) | Anger | Panic & Hysteria | Worry | Grief, not letting go | Fear, Paranoia |
| Direction | East | South | Center | West | North |
| Yin Organ | LIV | H/P | SP | LU | KID |
| Yang Organ | GB | SI/SJ | ST | LI | UB |
| Sense Organ | Eyes | Tongue | Mouth/Lips | Nose | Ears |
| Parts of Body | Sinews, Tendons & Ligaments | Blood Vessels | Muscles | Skin/Hair | Bones |
| Metabolizes | Fats | Proteins | Carbohydrate | Minerals, Oxygen | Water |
| Fluid Secretion | Tears | Perspiration | Saliva | Mucous | Urine |
| External Physical | Nails Manifestation | Complexion | Flesh | Skin | Head Hair |
| Qi Energy | Hun (Spiritual Soul) | Shen (Spirit) | Yi (Thought) | Po (Animal Soul) | Zhi (Will or Ambition) |
| Virtue | Human Kindness | Propriety | Faithfulness | Righteousness | Wisdom |
| Greatest Virtue | Strength | Living in the now, Accomplishment | Caring & Passion | Honoring Protocol Compassion | Honesty & Excellence |
| Greatest Fault | Lack of Sensitivity to Others | Losing Balance, Easily Overwhelmed | Manipulative & Interfering | Need to Control & Be Right | Intolerance |
| Stress Response | Explode | Fall Apart | Over-react | Cut-off & Withdraw | Internalize (go deep under water)/ detach |
| Primary Concern | Work | Stimulation | Details | Rituals | Secrets |
| Archetype | Pioneer | Wizard | Peacemaker | Alchemist | Philosopher |
| Essential Theme | Growth & expansion can be baby-like curious, endearing, tactless, searches for truth. | Spirit, warmth & enthusiasm transcend ordinary existence | Creativity, Midwife for others' transitions | Completion, distilling essence from experiences | Consolidation, Seeking knowledge and understanding |

Introduction to the 8 Extraordinary Vessels

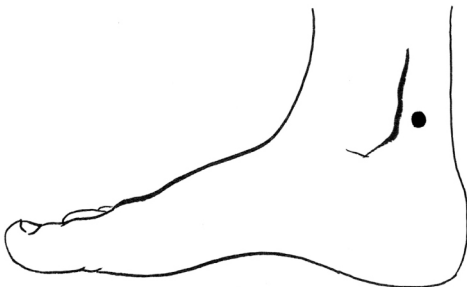
Key Points, Poetics, and Therapeutic Applications



KID 1, *Gushing Spring (Yong Quan)*

Location: When the foot is bent and the toes are curled, it is the depression in the center of the sole, the heart of the sole.

Therapeutic Applications:

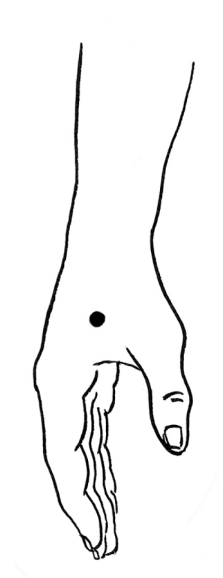


KID 3, *Great Ravine (Tai Xi)*

Location: In the depression behind the inner ankle bone.

Therapeutic Applications:

Introduction to the 8 Extraordinary Vessels



LI 4, *Union Valley (Hegu)*

Location: In the depression between the index finger and the thumb, about half an inch below the webbing.

Therapeutic Applications:



LIV 3, *Great Surge (Tai Chong)*

Location: Located one and a half to two inches below the webbing of the big toe, in the depression between the tendons.

Therapeutic Applications:



REN 4, *Origin Pass (Guan Yuan)*

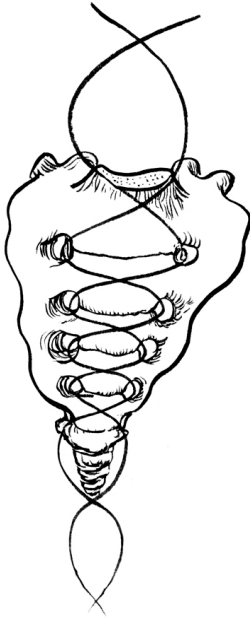
Location: Four finger-widths below the navel.

Therapeutic Applications:

REN 6, *Sea of Qi (Qi Hai)*

Location: Two finger-widths below the navel.

Therapeutic Applications:



The Eight Seams Consist Of Four Bilateral Points:

UB 31, *Upper Bone Hole (Shong Liao)* located in the first sacral foramen.

UB 32, *Second Bone Hole (Ci Liao)* located in the second sacral foramen.

UB 33, *Central Bone Hole (Zong Liao)* located in the third sacral foramen.

UB 34, *Lower Bone Hole (Xia Liao)* located in the fourth sacral foramen.

Therapeutic Applications:

Contraindicated during pregnancy.



UB 10, *Celestial Pillar (Tian Zhu)*

Location: On the back of the head, slightly above the hairline, on either side of the nape of the neck, at the outer edge of the trapezius muscle.

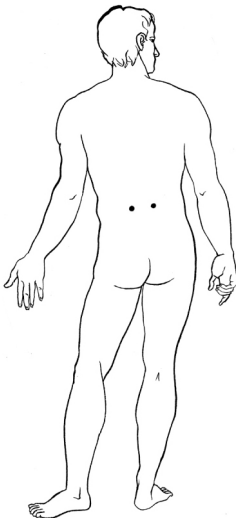
Therapeutic Applications:



UB 60, *Kunlun Mountains (Kun Lun)*

Location: In the depression between the outer anklebone and the Achilles tendon.

Therapeutic Applications:

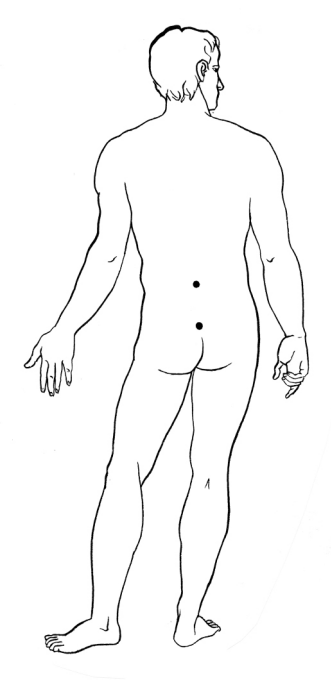


UB 23, *Shu Point of the Kidney (Shen Shu)*

Location: Two fingers' width lateral to the 2nd lumbar vertebrae, in the space between the top of the hips and the bottom of the ribs, on the quadratus lumborum muscle.

Therapeutic Applications:

Introduction to the 8 Extraordinary Vessels



DU 2, Low Back Shu (*Yao Shu Du*)

Location: At the sacral hiatus.

Therapeutic Applications:

DU 4, Life Gate (*Ming Men*)

Location: Below the 2nd lumbar vertebrae.

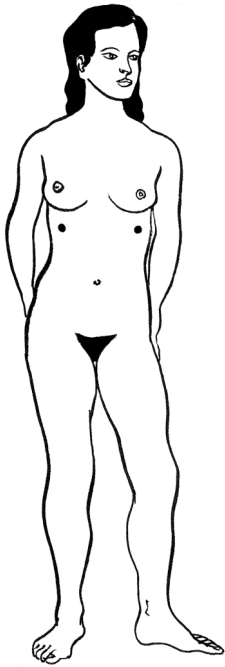
Therapeutic Applications:



DU 16, Wind Mansion (*Feng Fu Du*)

Location: One inch above the posterior hairline, below the occipital bone.

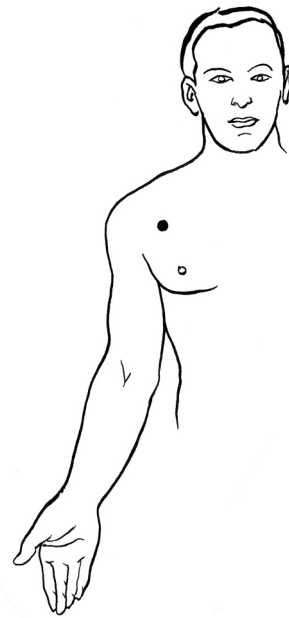
Therapeutic Applications:



LIV 14, *Cycle Gate (Qi Men)*

Location: Two intercostal spaces below the nipple.

Therapeutic Applications:

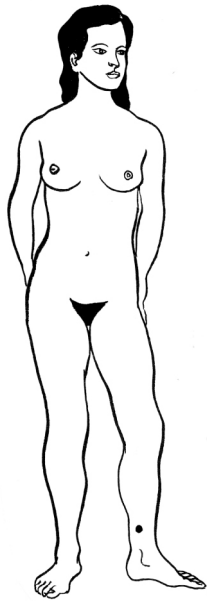


LU 1, *Central Treasury (Zhong Fu)*

Location: Six inches lateral to the midline, in the first intercostal space, in the depression between the pectoralis chest muscle and the shoulder bone.

Therapeutic Applications:

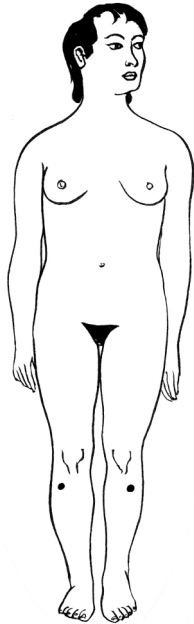
Introduction to the 8 Extraordinary Vessels



SP 6, *Three Yin Intersection (San Yin Jiao)*

Location: Three inches above the tip of the inner anklebone, in the depression behind the tibia.

Therapeutic Applications:

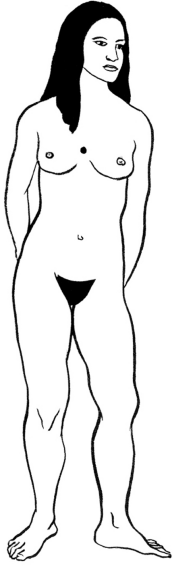


ST 36, *Leg Three Li (Zu San Li)*

Location: Four finger-widths below the kneecap, on the outer side and a finger's breadth off the shinbone.

Therapeutic Applications:

Introduction to the 8 Extraordinary Vessels



REN 17, *Chest Center (Dan Zhong)*

Location: In the center of the chest, level with the fourth rib.

Therapeutic Applications:

Guidelines to Living within the Hologram

Awakening to Zero Point: The Bottom Line

1. **“The patterns of what you want to have in your life you must first become.”**

The laws of the grid/matrix relationships allow for, as well as predict, that the patterning of energy experienced is a direct and immediate consequence of those radiated and projected.

2. **“You will experience the patterns with which you most identify.”**

Your reality will be that with which you have resonance and affinity. Other realities may coexist and be observed, while remaining separate from your world.

3. **“Do not allow yourself to be limited by that which you have been taught.”**

To live within the boundaries of what has been taught is to limit your own experience. Prior knowledge becomes the pivotal point, the springboard from which to access new and more complete truths.

4. **“To the degree that you are able to see the events of life through the single eye of the heart, as opposed to the polarity of the logical mind, to that degree will you heal the illusion of separation.”**

“Seeing” the events of life for what they are, as opposed to “looking” at the same events through the lens of what is expected, serves to heal the feelings of separation in polarity. In the heart, there is no polarity.

5. **“The greatest gift that you may offer to another is the gift of yourself, in wholeness, completeness, and truth.”**

Through living the highest truth that you are capable of, you have mirrored into the collective whole the greatest gift of all. Within that truth all possibilities exist and you have become a focal point of wholeness, purely through being.

From “Awakening To Zero Point” - Greg Braden

Compass Center Direction

From: Vitality, Energy, Spirit, a Taoist Source Book

Translated & Edited by Thomas Cleary

The Mysterious Female

Understanding Reality says, "If you want to attain the eternal immortality of the valley spirit, you must set the foundation on the mysterious female. Once the true vitality has returned to the room of yellow gold, the globe of spiritual light never parts."

One opening in the body is called the mysterious female: it receives energy, whereby it gives birth to substance. It is the spiritual capital, where the three bases aggregate without further distinction. Vitality, spirit, and the higher and lower souls meet in this opening, which is the root of the restoration of the gold elixir, the place where spiritual immortals congeal the sacred embryo.

People of old called this the Stem of the Ultimate, the Handle of the Primal, the Source of the Open Emptiness, the Root of Undifferentiated Wholeness, the Valley of Cosmic Space, the Source of Evolution, the Opening Back to the Root, the Passway to Restoration of Life, The Point of True Unity, the Yellow Room in the Center, the Capital of the Fundamental, the Altar of Preserving Unity, the Crescent Moon Furnace, the Red Sand Cauldron, the Lair of the Dragon and Tiger, the House of the Go-Between, the Lead Furnace, the Earth Pot, the Spiritual Water, the Flower Pond, the Divine Unity, The Chamber of the Spirit, the Pedestal of Awareness, The Crimson Palace. All of these terms refer to one point.

But if you look for it in the body, it is not the mouth, not the nose, not the heart, not the genitals, nor the liver, the lungs, the spleen, the stomach; not the umbilical sphere, not the coccyx, not the bladder, not the perineum, not the aperture between the kidneys and the genitals, not the point 1.3 inches below the navel, the point between the eyebrows, the center of the brain, nor the lower abdomen.

So then where is it? My secret is called the unified attention in the center of the compass; if it is not scattered, it forms the embryonic immortal. The corresponding statement of the Triplex Unity says, "Real people plunge into the abyss and float around keeping to the center of the compass." This is the place.

Lao-Tzu said, "Much talk runs out of reason; it is better to keep to the center." It is right in the center, the region where fire and water interact, precisely in the middle of the heaven and the Earth within the body. The empty opening where the systems of the eight channels and the nine apertures interlink is a tiny pearl hanging in space. It is not based on physical form, but arises from understanding the Way.

Acutonics® I: Sound Gates to Meridian Harmonics

Introduction to the 8 Extraordinary Vessels

The Confluent Opening and Balancing Extraordinary and their Indications

| Extraordinary Vessel | Opening Point | Balance Point | Anatomical Indication | Energetic Indication |
|----------------------|------------------------------------|-------------------------------------|---------------------------------------|---|
| Du Mai | SI 3, Back Ravine | UB 62, Extending Vessel | Neck, back, shoulder, | Kundalini rising, energy integration, |
| Yang Qiao Mai | UB 62, Extending Vessel | SI 3, Back Ravine | inner canthus | blown out sacrum |
| Ren Mai | LU 7, Broken Sequence | KID 6, Shining Sea | Throat, chest, lung | Throat chakra issues, spiritual disconnection, |
| Yin Qiao Mai | KID 6, Shining Sea | LU 7, Broken Sequence | | nurturance, Kundalini rising |
| Chong Mai | SP 4 Grandparents Grandchild | P 6, Inner Gate | Chest, heart, stomach issues | Intergenerational patterns, heart chakra |
| Yin Wei Mai | P 6, Inner Gate | SP 4, Grandparents Grandchild | | |
| Dai Mai | GB 41, Near to Tears | SJ 5, Outer Gate | Cheek, outer canthus, | Lingering emotional pathogen, |
| Yang Wei Mai | SJ 5, Outer Gate | GB 41, Near to Tears | posterior ear | energy trapping, fence-sitting |

Introduction to the 8 Extraordinary Vessels

Extraordinary Vessels

Keys to Working with and choosing the vessels: Intentionality

The opening point “lights up” and activates the vessel and the balance point holds the energy

Look at what the vessels name is: Motility, Girdle, Conception

Look at what sea it governs: sea of Yin, Yang, Blood

Look at where the vessel goes: Encircles the waist, penetrates the uterus

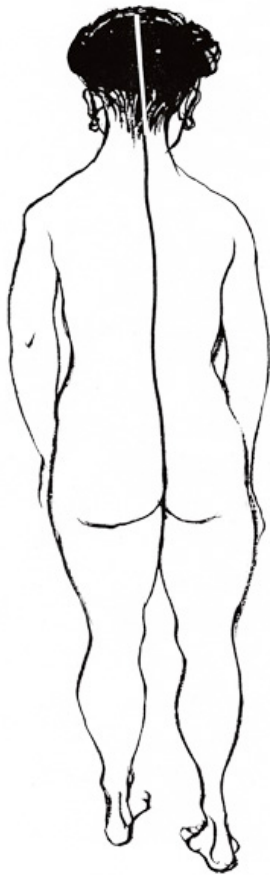
Look at the Harmonic keynote

Look at the trigram and hexagram

Understand the depth of the names of the opening and balance point: Inner Gate, Grandparents grandchild

Understand the applications both on the physical and psycho-spiritual levels

Introduction to the 8 Extraordinary Vessels



Du Mai (Governing Vessel)

Du Mai Called: Sea of Yang

Harmonic Keynote: To Initiate

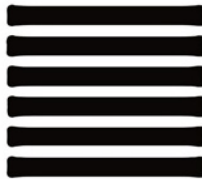


Du: Creative Origination

Trigram: Ch'ien/Heaven/South



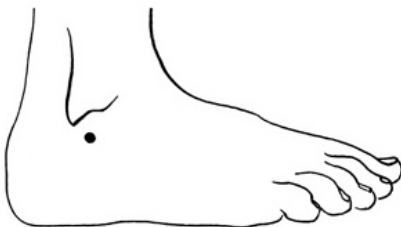
Hexagram 1: Ch'ien - Creative Origination



Opening Point: SI 3, Back Ravine



Balance Point: UB 62, Extending Vessel



Introduction to the 8 Extraordinary Vessels



Ren Mai (The Conception Vessel)

Ren Mai Called: Sea of Yin

Harmonic Keynote: To Allow, to Respond



Ren: The Receptive

Trigram: K'un/Earth/North



Hexagram 2: K'un – The Receptive



Opening Point: LU 7, Broken Sequence



Balance Point: KID 6, Shining Sea



Chong Mai (Penetrating Vessel)

Chong Mai Called: Penetrating Vessel

Harmonic Keynote: To Shake, to Shock, to Embrace All



Chong: Trauma

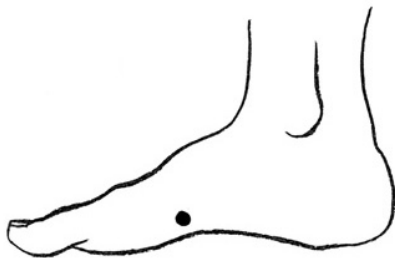
Trigram: Chen/Thunder/Northeast



Hexagram 51: Chen – Trauma



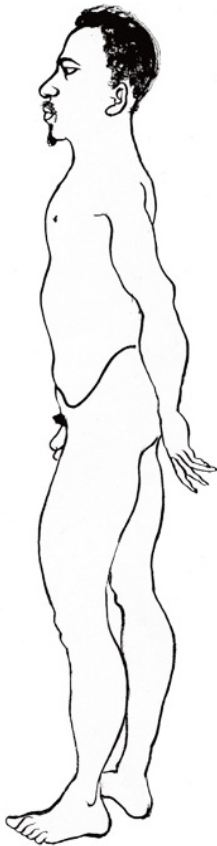
Opening Point: SP 4, Grandparents/Grandchild



Balance Point: P 6, Inner Gate



Introduction to the 8 Extraordinary Vessels



Dai Mai (Girdle Vessel)

Dai Mai Called: Horizontal Vessel, Girdle Vessel

Harmonic Keynote: To Connect, to be Joyful



Dai: Delight

Trigram: Tui/Lake/Southeast



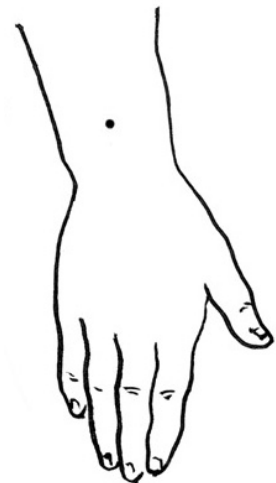
Hexagram 58: Tui- Delight



Opening Point: GB 41, Near to Tears



Balance Point: SJ 5, Outer Gate



Introduction to the 8 Extraordinary Vessels



Yang Qiao Mai (Yang Heel Vessel)

Yang Qiao Mai Called: Yang Motility Vessel,
Yang Supervising Vessel

Harmonic Keynote: To Ascend, to Animate



Yang Qiao: Stilling

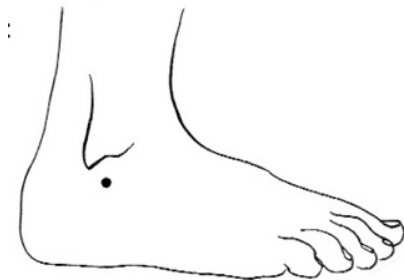
Trigram: Ken/Mountain/Northwest



Hexagram 52: Ken – Stilling



Opening Point: UB 62, Extending Vessel



Balance Point: SI 3, Back Ravine



Yin Qiao Mai (Yin Motility Vessel)

Yin Qiao Mai Called: Yin Motility Vessel,
Yin Supervising Vessel

Harmonic Keynote: To Ascend, to Brighten and
Attach to the Will of Heaven



Yin Qiao: Illumination

Trigram: Li/Fire/East



Hexagram 30: Li – Illumination

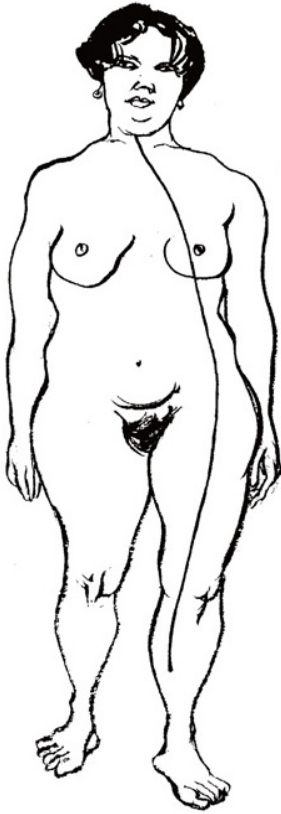


Opening Point: KID 6, Shining Sea



Balance Point: LU 7, Broken Sequence





Yin Wei Mai (Yin Linking Vessel)

Yin Wei Mai Called: Yin Linking Vessel

Harmonic Keynote: To Network, to Move to the Interior



Yin Wei: The Watery

Trigram: K'an/Water/West



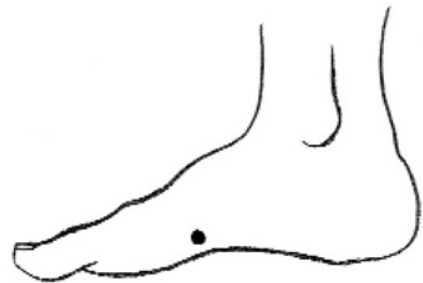
Hexagram 29: K'an – The Watery Depths



Opening Point: P6, Inner Gate



Balance Point: SP 4, Grandparents/Grandchild





Yang Wei Mai (Yang Linking Vessel)

Yang Wei Mai Called: Yang Uniting Channel

Harmonic Keynote: To Network, to Move to the Exterior

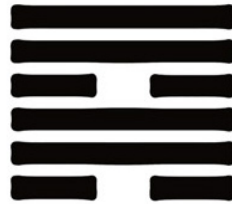


Yang Wei: Proceeding Gently

Trigram: Sun/Wind/Southwest



Hexagram 57: Sun – Proceeding Gently



Opening Point: SJ 5, Outer Gate.

Balance Point: GB 41, Near to Tears



Sun



Deity: Helios, Apollo

Tuning Fork Properties

Color: Sunflower Yellow

Approximate Musical Note: B

Interval with Low Ohm: Solar 7th

Intervallic Personality: The Solar 7th Interval is a conveyor of strong yang energy. Powerful, warming, strongly tonifying, and initiatory, it seeks resolution and strives for completion. The Sun helps to overcome limiting environmental conditions and to put us in touch with the divine seed.

Zodiacal Rulership: Leo

Healing Themes and Archetypal Keywords: Perception of life, self-identity, creative potential, urge to be and create, vitality, individuality, essential being or nature, radiation of spirit, essence of self, ego and will, consciousness, individuality, desire to achieve significance, leadership potential.

Anatomical Correspondences: Heart, thymus, spine, back, physical essence.

Other Correspondences: Masculine (yang) energy, unconditional love.

Physiological Actions: Heat generating, drying, vitalizing, activating, circulating, combusive

Specific Disharmonies: Disorders of the heart and circulatory system, imbalances of the thymus gland, weakness of the spine and back, low self-worth, depression, seasonal affective disorder, immune system deficiency, cold conditions, yang deficiency, significant lack of energy and vitality, arthritis.

Deepening our Connection to Nature, Earth, and Self: Alleviate Stress with Acutonics and The Three Treasures

By Donna Carey, Lac and Ellen F. Franklin, PhD

Living and working on 35 acres in the mountains of Northern New Mexico, we are fortunate to see and experience the extraordinary benefits of being in the natural world. Growing our own food, walking among the ancient pines, listening to the calls of the birds that stop to drink at the pond, following the tracks of bear, coyotes, and mountain lions along the trails. There is a sense of peace and stillness in these mountains that is deeply renewing. It is also humbling to witness the vast power and wildness, the raw potential and the infinite natural cycles. Our personal experiences are supported by the growing body of research which cites the tremendous benefit of being in the natural world to improve health and well-being. This is something that Taoist philosophers and Oriental Medicine practitioners have known for thousands of years. The natural world and its cycles play a critical role in the development of a balanced and sustainable way of life, a life that is built in harmony and a deep recognition that what is out there in the natural world and the greater cosmos is also within us. We are living at a challenging time. Each day we bear witness to the rising statistics in heart disease, autoimmune disease, obesity, cancer, and depression. At the same time, we are surrounded by daily examples of rapid environmental devastation. This article explores the direct correlation between the stress to our planet and the rise in human distress and stress-related illnesses. Does the disconnection from nature result in a sense of fragmentation that prevents us from being in attunement with our true “Nature,” our true “Self?” Ecotheologian Thomas Berry believes that when we activate modes of being, physical, biological, and psychic, we are able to experience the sacred dimension of the Earth and the greater universe. Each mode of awareness, our individual self, biological self, Earth self, and universe self, help to shape our experience and relationship to Earth (Berry, 2009). These same ideas are contained within the tenets of Taoist philosophy where there is deep recognition of the relationship between heaven, Earth, and humanity. When these are not in proper alignment it may present in physical form as a disconnection among the brain, heart, and kidney energy, in the form of chronic stress. Specific approaches that are designed to reduce the chronic stress response and improve health are presented. These techniques can be applied using acupressure, acupuncture, or through the application of specific sound vibrations to acupuncture points. We place particular emphasis on simple point protocols including the *Three Treasures and Buddha’s Triangle*. “The natural world is the larger sacred community to which we belong. To be alienated from this community is to become destitute in all that makes us human. To damage this community is to diminish our own existence.”

Stress occurs when environmental demands exceed our ability to adapt and cope and results in both physiologically and psychologically measurable events. Small amounts of stress may have positive outcomes, such as arousing us to act when in danger, or helping us become more resilient. However, far too common life events, such as conflicts, unemployment, loss of a loved one, financial concerns, physical or emotional abuse, work or school related challenges, and natural disasters, are serious

The Three Treasures

stressors that can impact a person's health and well-being. Numerous research studies indicate that stress makes us more vulnerable to illness, and also suppresses the immune function (Groer, et al., 2010). Chronic stressors, such as our current global environmental crises, can result in heightened negative emotional states, which lead to high-risk behavior. Ongoing negative emotions increase the risk of disease, including diabetes, depression, and heart disease, and may also impair social relationships (Kendall-Tackett, 2010). In the 1920's, Cannon identified the stress response as part of a unified mind-body system that impacts the sympathetic nervous system. He also made the connections between high levels of stress and our increased susceptibility to disease. As our body responds to a stressor, it engages in what Cannon called the fight or flight response. When the body is threatened, frightened, or responds to an emergency situation, there is sympathetic activity and heightened adrenal activity. Cannon demonstrated that physical and emotional stimuli could reach critical levels of intensity, which had the potential to overwhelm the body's homeostatic mechanism resulting in damage (Baum, 1987). The daily reports and potent visible examples of earthquakes, rising sea levels, and extreme weather that is being experienced globally may well be keeping us in a heightened state of fight or flight.

Hans Selye, expanding on the work of Cannon, attempted to identify and systematize the effects of nonspecific agents on the body's internal systems. He identified a physiological process called the general adaptation syndrome (GAS), which has three phases. The alarm phase includes detection and mobilization, resulting in the secretion of corticosteroids. The second phase is resistance, or a restocking of weapons, and the third phase is exhaustion, where all of the reserves are depleted (Baum, 1987, pp 2-3). As a result of Selye's research, stress was integrated into the study of human physiology and psychology.

When we live in a state of constant stress there are direct biological effects that increase the risk of disease. If the brain perceives danger it engages the sympathetic nervous system, HPA axis, and inflammatory response. The interaction within these systems is bi-directional so that chronic stress and our immune response are inter-connected, increasing the risk of inflammation, neurodegenerative, and autoimmune disease (Groer, et al., 2010, p. 15). Evidence of the impact of chronic stress on our physiological and psychological health is growing. Stressed individuals have increased susceptibility to colds and flu, heart disease, weight gain, and depression (Myers, 2010, p. 533). Stress also impacts renal, liver, kidney, and pancreatic functions and contributes to hormonal fluctuations in women (Baum, et al., 1987).

There is a direct correlation between the devastation to our planet and increase in human distress that often leads to depression. E.O. Wilson is credited with identifying the *biophilia hypothesis*, which essentially states that we need and benefit from our relationship to the natural world (Wilson, 1984). Numerous studies have demonstrated the advantages of being in nature and that personal health and well-being profit as a direct result of this contact with the natural world. Exposure to natural environments also supports our ability to recover from stressful events and enhances our ability to recover from illness (Ulrich, et al., 1991). As the natural world on which we depend for our very survival is destroyed, stress

The Three Treasures

leads to distress, and depression. Heightened stress, over an extended period of time, has also been proven to lead to a rise in suicide. One study identified a significant rise in suicide and a 17% increase in depression and anxiety in New Orleans in the four months after Hurricane Katrina (Myers, 2010, p. 530). By 2020 the World Health Organization estimates that depression will be the single greatest cause of disability worldwide.

The relationship between the Earth body and the human body, as one uniquely connected entity, has often been cited by indigenous cultures around the globe. It is a basic tenet of Oriental Medicine, and Taoist philosophy, which recognizes the deep ecological connection between our outer and inner landscapes. The human body mirrors the Earth body, and yet the predominant worldview is not one of cooperation or awareness of this connection but one of domination over nature. Our estrangement from the natural world and our own nature may well be at the root of our psychological and social distress. This deep sense of disconnection can manifest as loss of will or desire. It is as though we do not know our place here on Earth or in the greater universe, what is our true journey, our soul's calling, and reason for being. What is our true nature?

Oriental Medicine has always been a true medicine of the mind, body, and spirit. Rather than chasing individual symptoms, there is an understanding of the deep inter-connections among the physical, emotional, and spiritual. Our responsibility as clinicians is to truly listen, and to recognize these interwoven pieces. Contained within our clients' stories, there is a global intelligence, the ecology of the human body, which relates to the ecology of the Earth body. Perhaps what we are being called to recognize is something that is as basic and deeply pervasive as alienation. When we are cut off from the natural world, or witness its destruction, do we lose a part of ourselves? Does this sense of loss result in an overall numbing, increased anxiety, fear, and sorrow? Has our heart strayed? Mencius, a follower of Confucius, said: Sad it is indeed when a person gives up the right road instead of following it and allows their [sic] heart-mind to stray without enough sense to go after it. When one's chickens and dogs stray, one has sense enough to go after them, but not when one's heart strays. — (Lau, 2004)

So our focus for our clients and ourselves amidst the global environmental challenges of these times should be directed toward the strayed heart-mind. Can we help to call it back to life, to understand that recovery of the self and recovery of our planet Earth are one and the same? By fostering a return to center we are embracing the *Wu Qi* and honoring our greater relationship within the cosmos.

For the past seventeen years, through our work with Oriental Medicine, sound therapy, and gems (which represent the integration of sound and light), we have had excellent clinical results ameliorating the symptoms associated with stress. In an Acutonics session, we focus our intention on reconnecting to and aligning the individual with the Earth and the cosmos. A treatment session will generally begin and end with the Ohm tuning forks. Symbolically, and scientifically, they represent the frequency of the Earth travelling around the sun through the four seasons, in its 365-day yearly orbit. It is linked to our ability to create harmony within, and to reconnect to the diverse cultures and species, of all life forms, that

The Three Treasures

populate the Earth, our home. The forks are applied to specific acupuncture points that help to calm and soothe the entire body, unifying mind, body, and spirit with Earth energy.

The end result is a deeper level of internal and external harmony, a true sense of coherence, and a renewed sense of balance. There is a shift in perception of what is within and without; the body, mind, and spirit are able to achieve far greater unity that results in an increased well-being. The Tao is always to be practiced in the midst of daily life. Stop talking about lofty wonders and the empty void. Just carry out the human Tao, and there will be no shame in your heart. When you fulfill your nature, you'll know heaven and earth are the same. — Energy, Vitality, Spirit, Thomas Cleary (1991)

Stress Signs and Symptoms:

Anxiety

Panic attacks

Fright, fear, hopelessness

Depression

Insomnia

Sleep with nightmares

Restlessness

Irritability

Forgetfulness

Night sweats

Dry mouth

Hearing loss

Memory loss

Increased cortisol levels

Endocrine imbalances

The Three Treasures

The concept of mind-body-spirit medicine is deeply embedded in the Taoist and shamanistic understanding of Oriental Medicine. It is found within the powerful triad that is represented by the Three Treasures. The Treasures embody a triplex covenant among heaven, Earth, and humanity. This covenant focuses on nature and the intimate relationship between humanity and the cosmos. The Three Treasures provide a framework to deepen our understanding of the dynamic equilibrium between the natural world and the personal world, which are intermingled. When there is a connection among Earth, nature, and the heavens, our cosmic connection is activated, and we gain access to our heavenly endowed Nature. There is no mutual exclusivity. Rebuilding these powerful access points provides a rich foundation to reduce stress. They invite us to experience that for which the heart yearns, a return to center, the place of promise, home, and hope. When we access and connect The Three Treasures, there is a renewed sense of promise, a rebirth, and remembrance of how it feels to live in balance, health, and harmony. This is true physiological and psychological coherence, resulting in greatly reduced stress.

The Three Treasures

Manifestations of the Three Treasures

Mind – Body – Spirit

Past – Present — Future

Heart — Kidney— Brain

Upper—Middle — Lower Elixir Fields

Jing — Qi — Shen

Energy — Vitality — Spirit

Heaven — Earth— Humanity

Outer — Inner — Center

Yin—Yang — Non-duality

Human—Terrestrial—Multidimensional

Stress and the Labyrinth of Life

As practitioners we cannot eradicate the conditions that cause stress, but we can help our clients come into proper relationship with the stressors in their lives. The stress response can be examined with new insights that create awareness of the consonance (harmony) and dissonance (discord) which unfold in our lives. Both are essential—but it is through the journey into relationship and relational elements that we evolve as learning humans in the labyrinth of life. Three Treasures can serve as a gentle reminder of the powerful peak experiences to be found by embracing the natural world, including a sense of euphoria, harmony, and a deeper union with the cosmos.

Finding the Heart Qi

There are numerous interpretations of and ways to discuss *Qi*, but for the purpose of this dialogue let us simplify the conversation. Our heart connects all of the other organs and their spirits through the natural force of our soul, our *Qi*. So when we talk about heart, we have to distinguish the meaning of shen—our original *Shen*, *Yuan Shen*, from personal *shen*, which resides in the heart. This aspect of *shen* affects mental activities, emotions, memory, alertness, consciousness, and sleep. The heart governs blood and its flow to every cell. It represents our divine seed, our internal sun, around which everything circles. In its broader context, the *shen* refers to the complex of our emotional, mental, and spiritual consciousness. It penetrates and influences all of the internal organs, glands, brain, memory, nervous system, senses, emotions, subtle bodies, and our conscious and unconscious thoughts. Since the heart governs consciousness, each of the internal organs houses a part of our consciousness and our spirit. The heart rules and has responsibility for all of the various aspects of our mind, consciousness, and spirit—it is the true mixer. It directs and processes our intention, willpower, thought, memory, and nervous and sensory input.

The Brain, Kidney, Heart Connections

The brain is the sea of blood and marrow (*Jing* essence). It is a curious organ—in a sense an extraterrestrial organ. It stores impressions and blueprints and connects with them through the physical

The Three Treasures

and non-physical realms. These are united with the kidney through *Yuan Qi* and cosmic memory, which connects to the bloodline of history and time. It is through this connection with the heart that essence, the heavenly blueprint, is brought into expression.

Through the Kidneys there is a remembrance of Earth (kidneys). It is the Kidneys realm to remember both our cosmic identity and our earth identity and essence. The Kidneys store Jing —both cosmic and terrestrial (*yang and yin*). This is essential, for it is where the divine and human will meet and find unique expression in the shen —the heart.

The heart holds the keys to memory. It is the seat of our emotions for not only our experiences in the Earth body, but deeply connects to the memory of our celestial blueprint. This blueprint is imparted from the heavens (interacting with the brain/mind) into the Earth (Kidney) and is in constant communication with these intersecting fields. The heart combines the will of heaven with the will of Earth and expresses it uniquely. It receives *Qi* and information from both elixir fields.

The heart is the mixer—mixer of wounds, pains, and joy. It uses the will of the kidneys informed from the brain, and integrates wisdom, dreams, symbols, and archetypal impressions. Somehow it makes sense of them—makes sense of loss and birth, of sorrow and happiness—of particles and waves, of democrats and republicans, of male and female, of all the disparate parts.

But sometimes it is our fears (kidney) that place judgment and impede the soul's progress. So the heart has a big job—but knows it is not alone. It is in the company of the battery (kidney), and champion of our strong will. When it is in connection with the higher will, it can help the heart express its divine mission, its true song. This is the song of balance and harmony, peace, non-duality, and coherence. It is reconnection with our true nature, our true spirit.

Though there are many external influences that cause stress and numerous techniques to relieve stress, like exercise, meditation, breathing, and connecting with the natural world, these are sensory exercises. They do not acknowledge that the root of stress is often a deep disconnection from spirit, or from our true home, the Earth. We are the Earth and the Earth is a manifestation of humanity; destruction of the Earth and loss of the natural world and habitat create imbalance in our spirit.

The greatest recipe for the reduction of stress is to reconnect with the natural world, which can lead us to a deeper understanding of our own nature, and to keep the Three Treasures balanced and in constant contact with the larger matrix, so that we are able to remember the whole.

Accessing The Three Treasures

Regardless of where we look when we work with The Three Treasures, we are dealing with the superhighways of the central nervous system, with our psycho-energetic core, and the co-mingling of deep holographic fields, that are braided and integral. It is the axis known as the *Central Channel* that runs between the microcosmic orbit to unify *yin* and *yang* and all polarities. This is the deep multidimensional channel that connects the sacred scriptures of the cosmic and the earthly with our interior awareness. We can distill this into three specific areas that unite the macro and microcosm to

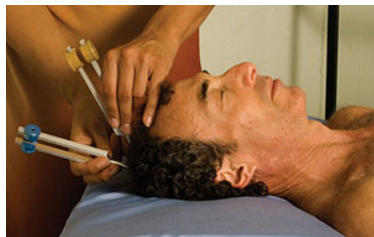
The Three Treasures

provide a deep sense of coherence. The Three Treasures are represented in three specific points of the body. Du 20 (GV 20, *Bai hui*), Gate of the Ancestors, provides access to our heavenly *Qi*; Ren 17 (CV 17, *Shan zhong*), Original Child, Center of Our Inner Storehouse of Light, mediates between heaven and Earth; and Ren 4 (CV 4, *Guan yuan*), Origins Pass or Gateway of Origin, connects with our core, deepening our connection to the Earth.

The contact points of the Three Treasures can be accessed with needles, with touch, or with directed sound and light through the combination of Acutonics Tuning. Alternatively, Ohm Unison or Mars/Venus tuning forks can be used to create balance and provide an opening into the larger hologram. Musically the Mars/Venus tuning forks create a musical 5th, which is a powerful gateway. They also represent a true balance point between *yin* and *yang*, which help to unify the disparate yet complementary aspects within us.

HEAVEN-*Shen*-Spirit

Heavenly *Qi* is considered the first great force. It is a universal force, a cosmic force. It is incomprehensibly vast, bountiful, and beautiful. It includes the energies of the planets in our solar system and beyond. This first force is about sympathetic resonant physics. It represents the spirit of universal love and connection, which pours forth in generosity and abundance, to the soul, spirit, and *qi* of all sentient beings. This universal force has a special ability to nourish the yang aspect of the spirit and soul.



Contact Point: Du 20 (GV 20, *Bai hui*), Gate of the Ancestors, Hundred Connections, Heaven, the upper elixir field, seat of the spirit, relates to *Shen* and spirit. It calls on the wisdom of the ancients to align us with the harmony of the heavens, providing access to the Music of the Spheres. It relates to the brain, the mind, and the sea of marrow; and it imparts the heavenly given *Jing* to the kidneys. This point supports the

reconfiguration of chaos into unity, inviting peace, calm, and higher perceptions. It calls in the first great force, the force of universal love and connection. It connects to the brain, the endocrine glands, and cosmic energy through the force of our great *Shen*.

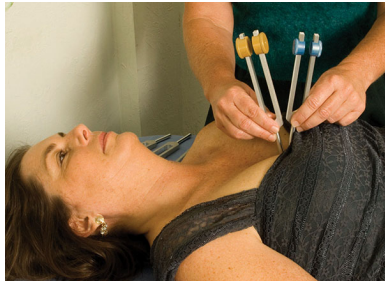
Treatment: Apply Ohm Unison or Mars/Venus tuning forks.

HUMANITY-*Qi*-Energy

The second great force is the energy of our cosmic or higher Self, our individual cosmic *Qi*, our divine spark. These are the particles of sound and light that are present in our essence. They are a part of Nature, in our own nature and our personal *Shen*. This *Qi* is wound into us through a spiral motion, much like the spinning vortices of cosmic dust in the formation of stars and planets and other celestial bodies that are accreting in time. We are cosmic dust formed from the dust motes of the multi-universes. The ancient Taoists and other indigenous cultures perceived this, and modern science has proven it.

The Three Treasures

These cosmic particles and waves nourish our mind, body, and spirit, and our entire physical structure. Humanity is the highest vibrational genesis of the Cosmic force and can gather in this force through meditative and inner alchemical practices as well as through dreams and creative expression.



Contact Point: Ren 17 (CV 17, *Shan zhong*), Original Child, Center of Our Inner Storehouse of Light. This point is also known as the middle elixir field, the seat of breath, representing the cosmic breath within us. This field incorporates *yin* and *yang qi*. It is the force that mediates between heaven and earth. This is the great mixer. It creates harmony that can be experienced through the illumination, love, and purity that emanates from the Sun and heavens, and from the modesty,

rootedness, balance, and nourishment that comes from the Earth. It is our heart. This is the chalice that mixes and animates the will of heaven and Earth to fulfill our desires and destiny. It connects the heart and all the other organs through the force of our soul as directed by the High Self.

Treatment: Apply the Ohm Unison or Mars/Venus tuning forks.

EARTH-*Jing*-Essence

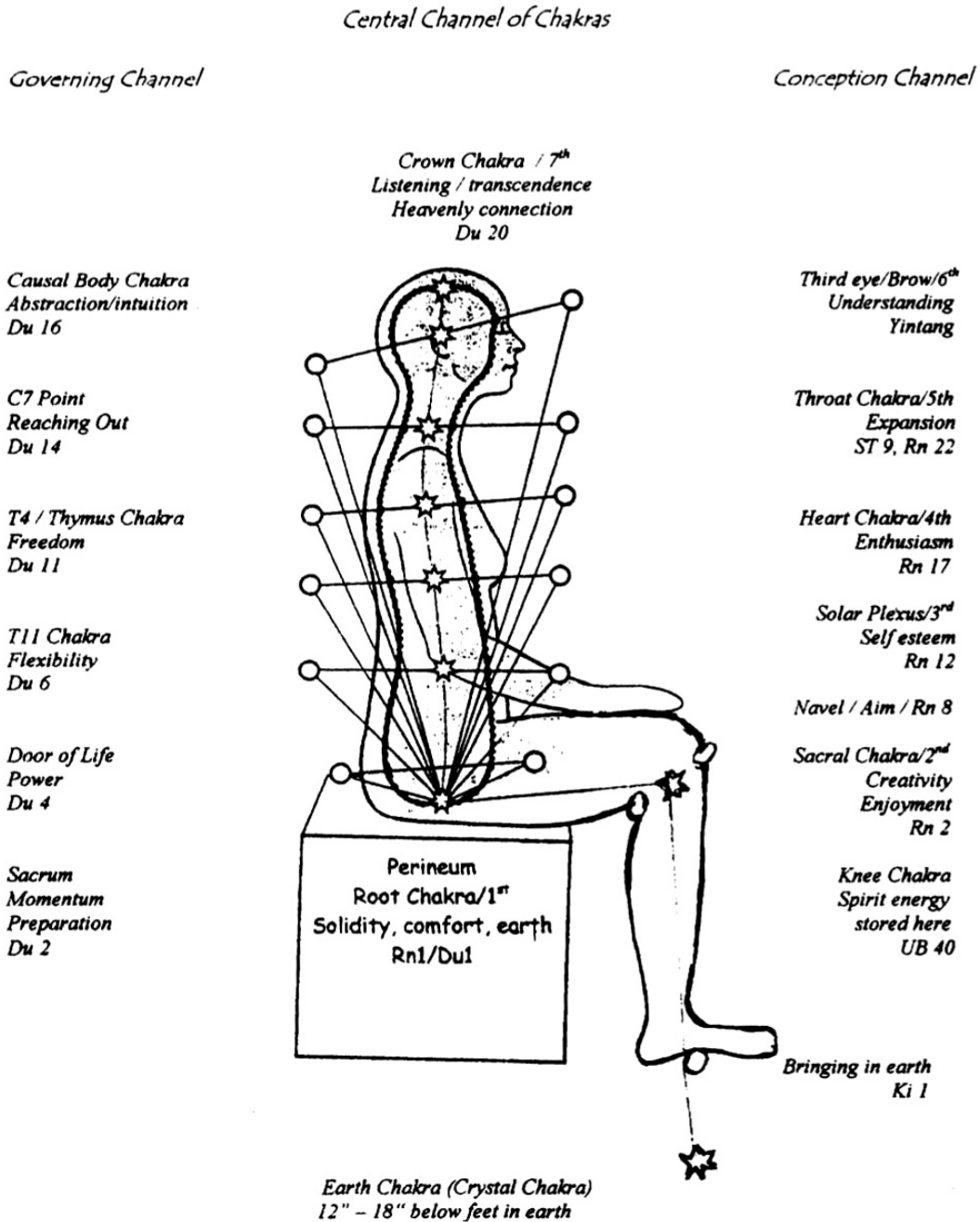
The third great force is the Earth force, which includes all the manifest energies of this incredibly diverse and beautiful planet we walk upon, our home. The Earth force includes all the myriad things, plants and the animals, water and minerals, geological formations, oceans and mountains, rivers, streams, caves and forests, grasses and meadows. The gravitational fields and inherent magnetosphere and the earthly five elements are powerful aspects and manifestations of the Earth force. All of these energies nourish our physical bodies with *qi*, with potent life force, and supply each and every cell in our bodies with the energy and capacity to self-heal by coming into balance. Earth force has a special ability to nourish the *yin* aspect of the spirit and soul.



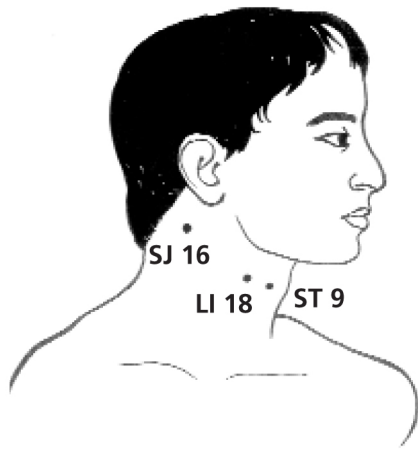
Contact Point: Ren 4 (CV 4, *Guan yuan*), Origins Pass or Gateway of Origin, EARTH, the lower elixir field, seat of essence, *Jing*. It is connected to the kidneys, and abdomen, the pelvis and legs—it is Earth centered and gives us deep access into our rich garden of inner essence imprinted from the heavens. It can reach everywhere to nourish and to integrate. It is our root and core, which helps us preserve in our Earth bodies and register the will of heaven.

Treatment: Use Ohm Unison, Ohm Octave, and Mars/Venus tuning forks.

Central Channel of Chakras



Window to the Sky Points



ST 9, *People's Welcome (Ren Ying)*

Location: An inch plus to the side of the Adam's apple.

Therapeutic Applications:

LI 18, *Support the Prominence (Fu Tu)*

Location: Approximately three inches lateral from the prominence of the larynx

Therapeutic Applications:

SJ 16, *Celestial Teacher (Tian You)*

Location: At the outer border of the largest sinews of the neck (sternocleidomasoid muscle) behind SI 17, Celestial Appearance.

Therapeutic Applications:

Window to the Sky Points

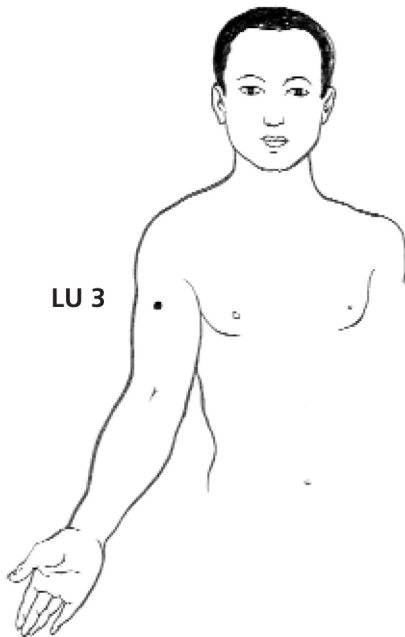


The Windows and the Viewing

UB 10, *Heaven's Celestial Pillar (Tian Zhu)*

Location: At the hairline on the nape of the neck.

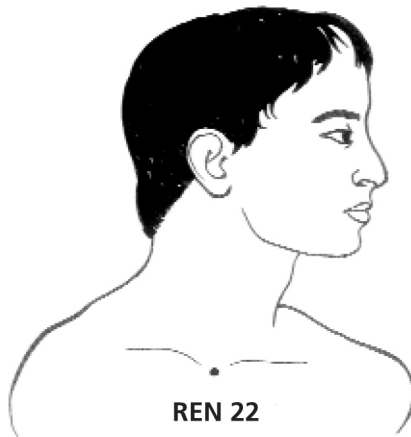
Therapeutic Applications:



LU 3, *Heavenly Residence, Celestial Storehouse (Tian Fu)*

Location: Found by raising the arm straight up beside the head, then turning the head and touching the arm with the tip of the nose.

Therapeutic Applications:



REN 22, *Heaven Projection, Celestial Chimny (Tian Tu)*

Location: In the depression above the sternum.

Therapeutic Applications:

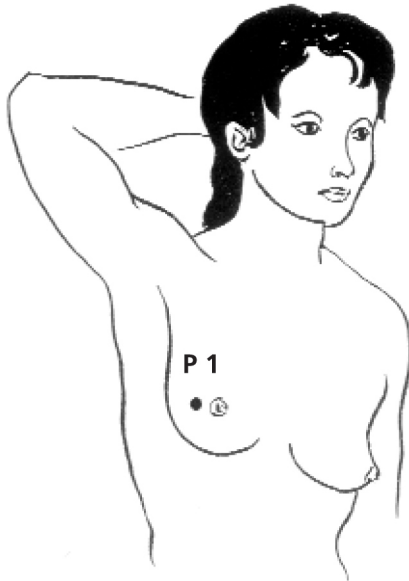
Window to the Sky Points



DU 16, *Wind Palace (Feng Fu)*

Location: In the depression below the occipital protuberance.

Therapeutic Applications:

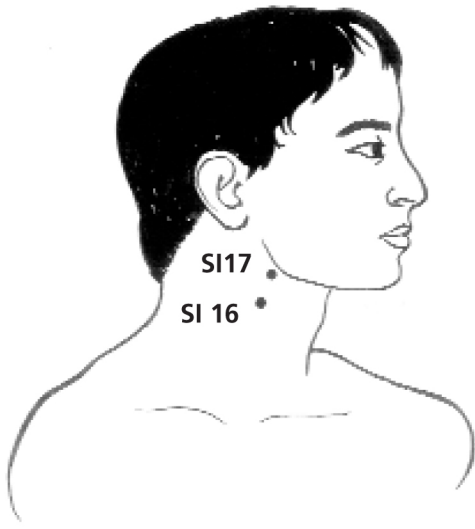


P 1, *Heavenly Pond (Tian Chi)*

Location: About one inch to the outside of the nipple in the fourth intercostal space.

Therapeutic Applications:

Window to the Sky Points



SI 16, *Celestial Window (Tian Chung)*

Location: Behind the sternocleidomastoid muscle.

Therapeutic Applications:

SI 17, *Heavenly Appearance (Tian Rong)*

Location: Below the ear in the depression between the corner of the jaw and the front of the anterior border of the sternocleidomastoid.

Therapeutic Applications:

Chakras and Their Correspondences

1st Chakra

Name: “Muladhara” or “Root Support;” **Root Center**

Located: Base of the spine & perineal floor, at DU 1 and REN 1

Purpose: Survival, will to live, trust, money, home, job

Focus: Grounding with Earth & quantity of physical energy

Energy State: Solid

Sense: Smell

Psychological Functioning: Survival

Emotion: Stillness

Gland: Adrenals (gonads secondary)

Areas of Body Governed: Spinal column, kidneys, organs of elimination, legs & feet, stress responses

Color: Red

Symbol: Four lotus petals & a yellow square

Element: Earth

Gem: Black tourmaline

Musical Tone: Do

Sacred Sound: LAM

2nd Chakra

Name: “Svadhithana” or “Her Special Abode;” **Sacral Center**

Located: Below navel, mid sacral lower abdomen; DU 2 & 4, REN 2, 3, 4, 6 and UB 31 & 32

Purpose: Desire, pleasure, reproduction, sensations, feelings, food, sex, appetite

Focus: Will to feel and express love and compassion and be emotional

Energy State: Liquid

Sense: Taste

Psychological Functioning: Desire, sexuality, quantity of sexual energy, and quality of love

Emotion: Tears

Gland: Gonads

Areas of Body Governed: lower abdomen, reproductive organs

Color: Orange

Symbol: Six petals, a sea monster, and a god with his shakti

Element: Water, Flute

Gem: Carnelian

Musical Tone: Re

Sacred Sound: VAM

Energy Systems

3rd Chakra

Name: *“Manipura” or “City of Shining Jewel;” Solar Plexus*

Located: Solar Plexus

Purpose: Seat of the ego, self definition, self interest, personal power, freedom, intellect

Focus: Will to think and know, control, clearing house for the lower centers

Energy State: Plasma

Sense: Vision

Psychological Functioning: Will resulting in power; self worth

Emotion: Laughter and anger

Gland: Pancreas

Areas of Body Governed: Stomach, spleen, liver, gallbladder, upper abdomen

Color: Yellow

Symbol: Ten petals (dark blue) and a red yoni yantra

Element: Fire

Gem: Tiger’s Eye

Musical Tone: Mi

Sacred Sound: RAM

4th Chakra

Name: *“Anahata” or “The Unstruck Sound” (OM), Heart Center*

Located: Between the shoulder blades in the dorsal spine behind the heart, DU 11 & REN 17

Purpose: Transforms the Earth’s energies to the spiritual; heart of our feelings and love for others (relating); giving, perceptions of love and of acceptance (ourselves as well as others).

Focus: Love and radiance, love without attachment, openness to life

Energy State: Gas

Sense: Touch

Psychological Functioning: Love resulting in balance and growth

Emotion: Love and wisdom

Gland: Thymus

Areas of Body Governed: Heart, blood, vagus nerve, circulatory system, arms, chest, hands, respiratory system

Color: Green

Symbol: Twelve red petals and a smoke colored hexagram

Element: Air

Gem: Malachite or rose quartz

Musical Tone: Fa

Sacred Sound: YAM

5th Chakra

Name: “*Vishuddha*” or “*Purification*” or “*Gateway of Great Liberation*,” Throat Center

Located: Center and base of the throat, DU 14 & 15, REN 22 & 23

Purpose: Will to express, will to receive; abundance, flowing manifestation, listening to intuition

Focus: Love of truth and its expression

Energy State: Vibration

Sense: Hearing

Psychological Functioning: Communication resulting in creativity, communicating sense of self to others

Emotion: Connecting

Gland: Thyroid

Areas of Body Governed: bronchial, vocal chords, lungs, and ears

Color: Blue

Symbol: Sixteen purple petals and a white yoni yantra containing the full moon

Element: Ether/sound

Gem: Turquoise

Musical Tone: Sol

Sacred Sound: HAM

6th Chakra

Name: “Ajna” or “Command” or “Insight,” Brow Center

Located: Yin tang, 3rd eye

Purpose: The seat of the mind; seat of intuition and spiritual awareness, and center of integrated personality

Focus: Visionary, clarity of vision, intuition, compassion, and wisdom

Energy State: Image

Sense: Extrasensory perception

Psychological Functioning: intuition resulting in imagination, capacity to visualize and understand mental concepts, and the ability to carry out ideas

Emotion: Dreaming

Gland: Pituitary

Areas of Body Governed: lower brain, left eye, nose, nervous system, throat, and spinal cord

Color: Indigo

Symbol: Ninety-six petals, a figure of the goddess holding a book, a drum, a skull, prayer beads, and the white yoni yantra

Element: Light

Gem: Azurite

Musical Tone: La

Sacred Sound: AUM

7th Chakra

Name: “*Sahasrara*”, meaning “*thousand fold*”

Located: Located on top of the head, DU 20

Purpose: Unification of the higher self with the human personality. Oneness with infinite. Spiritual will, inspiration, unity, divine wisdom and understanding. Idealism, selfless service. Perception beyond space and time. Continuity of consciousness

Focus: Higher will or knowing and wisdom

Energy State: Information

Sense: Empathy

Psychological Functioning: understanding, one with the flow resulting in knowing, integration of total personality with life and spiritual aspects of humanity

Emotion: Bliss (“inner female spirit triumphant”)

Gland: Pineal

Areas of body Governed: Cerebral cortex and nervous system

Color: Violet or pure white

Symbol: 1000 lotus petals

Element: Thought

Gem: Amethyst

Musical Tone: Ti

Sacred Sound: Combination of all the sacred tones, the music of all spheres.



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