


CAROLINE MYSS
and
NORM SHEALY, M.D.

THE
SCIENCE
OF
MEDICAL
INTUITION

Self-Diagnosis and
Healing with Your
Body's Energy Systems

COMPACT DISCS 1 – 6





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Whose Time Has Come

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SOUNDS TRUE · BOULDER, COLORADO

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INTRODUCTION

“It is by intuition that we discover.”

– Roberto Assagioli, originator of Psychosynthesis

Welcome to *The Science of Medical Intuition* home study course. This course represents both the foundation for personal insight – a toolbox for your own daily health evaluation – and the basis for understanding people and the world we share at the highest possible level.

The *The Science of Medical Intuition* home study course is designed as 12 learning modules in a self-guided format. We recommend you look over the workbook to familiarize yourself with the material before listening to the audio portion. Then, after you listen to each session, engage more deeply with its corresponding study guide chapter. To get the optimal value from the program, we suggest you practice the creative visualizations and intuitive tools many times, focusing especially on those exercises that you feel fit you best. You may also wish to keep a journal to reflect on your experiences, and to help integrate and apply what you’ve learned in your daily life.

All great physicians, all great diagnosticians, all great psychotherapists are highly intuitive. We are pleased to offer you this course and look forward to working with you as you develop your own intuitive power. We encourage you to look at your work in this course as the foundation for your future as a creative, wise citizen of the world.

Best wishes on this journey,

Medical Intuition: A Science Whose Time Has Come

“It is wisdom to believe the heart.”

– George Santayana

We are living at a time that has seen a quantum leap in the field of human consciousness, a time when our interior sense of self is radically changing. We are being invited to look at life intuitively – to trust in chaos beyond logic – and to become partners with spirit for a truly extraordinary life.

This acceleration in consciousness began in the 1960s, when the intuitive capacity of humanity was unlocked in a great “download of perception.” In this decade, we developed a passion for freedom from longstanding narrow perceptions that limited our exploration of ourselves. We said “no more” to social rituals, and instead declared our readiness to explore that which is coming from *within*. When we use the skills of medical intuition, this is exactly where we go – within.

From the *revolution* of the 1960s we moved to the *involution* of the 1970s. Once we decided what we *didn't* want, we had to discover what we *did* want. Concepts like intuitive energy, intuitive language, channeling, being in rapport with nonphysical teachers, and so on, began to surface in the mainstream.

In the 1980s we moved to *evolution*, when we began to realize the power of our thoughts and emotions – and their effect on our biology. We recognized that as individuals we are each an extraordinary system. We began to see the interconnection between our spiritual biology, our physical

biology, and our intuitive biology. We knew we had what it takes to become highly intuitive and aware of our inner guidance.

This led to the 1990s, the decade of *revelation* when we decided, “I want now to respond. I simply want to respond. I want to receive guidance. I want to have the courage to surrender and follow my guidance without a divine agenda.”

Here we are in the first decade of the 21st century. It is now our goal to become truly integrated. We want to live, finally, in an intuitive harmony in which inner guidance no longer intimidates us but becomes the sweetest voice we have. In entering a course like this you're on the cutting edge of what we think will become a major, integrated part of medicine in the 21st century.

As you will soon see, intuition is an innate capability, specific for each individual, and serving as a guide, counselor, and informer. It is an abstract quality of mind programmed from a higher level of consciousness. It is a segment of a universal mind from which all knowing and physical manifestations are derived. Each and all of our bodily cells and systems respond to this direction with intelligence. Just as in developing any skill, daily practice and training are needed to work with this intelligence and master the tools of medical intuition. Let us, then, begin.

The History of Medical Intuition

“Psychic ability is best achieved through spiritual development.”

– Edgar Cayce

Although medical intuition did not exist as a formal course of study until some time after the revolutionary period of the 1960s, *intuition* itself is as old as humanity. In the days of the ancient Greeks, there was an organized system of oracles that were looked to for hidden insights and guidance. Later, in the Judeo-Christian tradition, prophets were believed to be the medium for higher knowledge. And to this day, in indigenous cultures, we can find the role of the shaman or medicine man or woman as the conduit for intuitive information.

It wasn't until the 18th century that we saw the introduction of intuition to the medical field, with the work of Anton Mesmer. Here now are some of the key figures in the history of medical intuition. You may wish to pursue further study of their work.

Anton Mesmer (1733-1815) – Austrian-born physician who gained fame through the development of a healing technique he called “animal magnetism.” Mesmer was one of the first to use hypnosis in his practice, and is considered by many to be the father of modern psychotherapy.

John Elliotson (1791-1868) – British physician who introduced the stethoscope, narcotics, and Mesmerism to England. Noted for inducing a trance state in patients who could then use clairvoyance to make medical diagnoses.

James Esdaile (1818-1859) – British physician noted for his work in India in which he used Mesmerism as a form of “hypnotic anesthesia” during surgery.

Alice Bailey (1880-1949) – one of the first and best-known “mediums,” Bailey wrote more than 40 books based on transmissions she said to have intuitively received from a Tibetan sage named Djwhal Khul.

William James (1842-1910) – considered by many the pioneer of modern psychology, he was very active in the study of psychic abilities as well.

Carl Jung (1875-1961) – considered by many the greatest psychiatrist of all time, Jung is noted among other things for his contribution of the concept of synchronicity to the study of intuition.

J. B. Rhine (1895-1980) – first professor of parapsychology, coined the term “extrasensory perception.” Noted for his research into psychic abilities such as clairvoyance and psychokinesis.

Edgar Cayce (1877-1945) – performed approximately 15,000 psychic readings, 10,000 of which were related to medical diagnoses.

Robert Leichtman (1934-) – physician and psychic who studied “psychic attack” among other psychic abilities.

Elmer Green (1917-) – the father of biofeedback training, Green cofounded ISSSEEM (the International Society for the Study of Subtle Energies and Energy Medicine).

6. Practice visualization: look at objects; close your eyes and “see” them; recall images.
7. In a dark room with a black cloth on the wall and a lighted candle, focus on the black cloth.
8. Throw dice while visualizing the outcome in advance.
9. Throw dice willing the outcome to be a specific number.
10. Draw a card from a deck, visualizing the outcome.
11. Will the outcome of the card you will draw.
12. Will the outcome before tossing a coin.
13. Intuit the outcome of tossing a coin.
14. Conduct a “search session”: ask a question (e. g., When will I achieve my intuitive goals?) and list all the possible answers.
15. Ask a question and use a pendulum to get an answer (for some people, if the pendulum swings clockwise, this means “yes”; for others, the pendulum may swing side to side; experiment and see what happens).
16. Ask a question using the “O-Ring” to get an answer: make a circle with your dominant thumb and long finger and try to break it with the opposite thumb and long finger (see figure 3.1). Resistance means “yes.” No resistance means “no.”

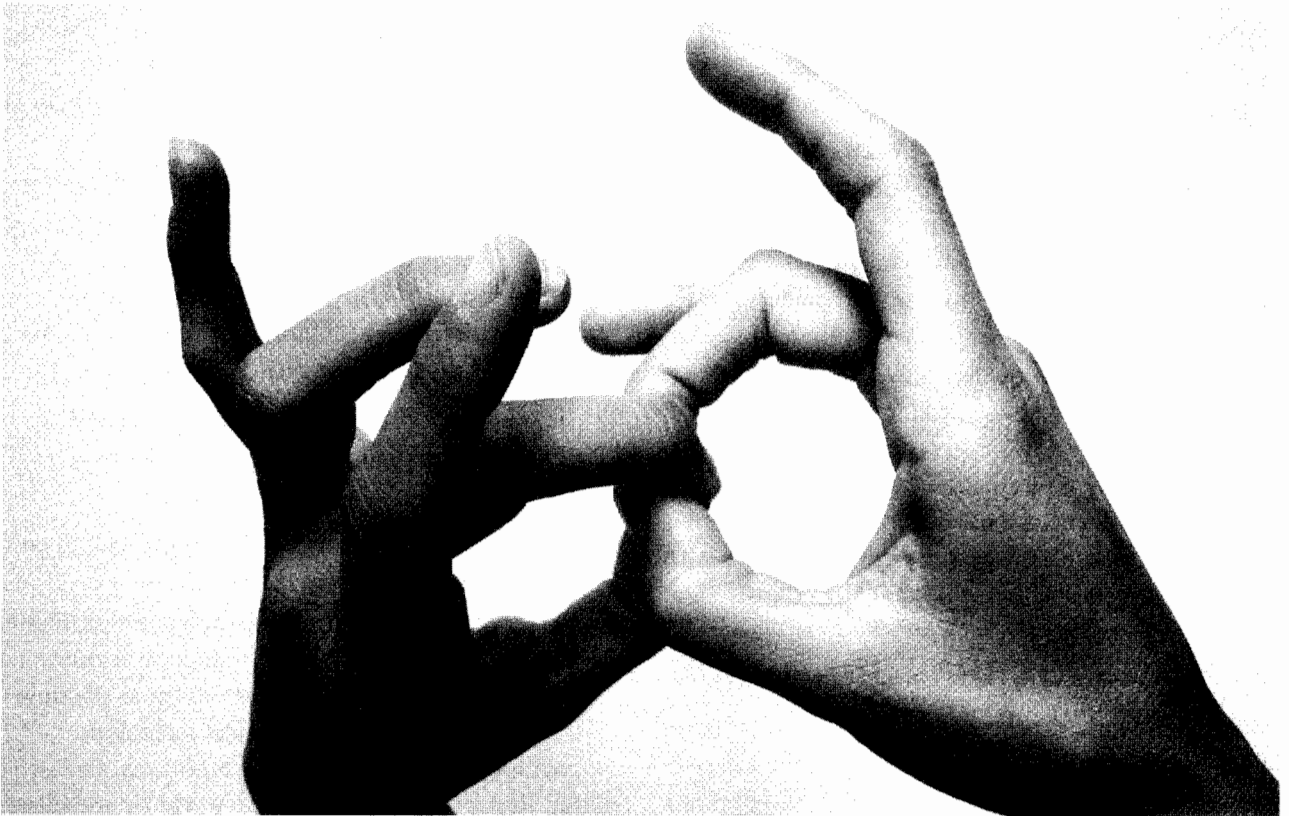


fig. 3.1: The O-Ring

17. Use “radionics”: rub a smooth surface or stone with your thumb and/or index finger. Resistance means “yes.” No resistance means “no.”

18. Practice intuiting who is phoning before you answer.

19. Tap several times on your left or right temple before intuiting an answer and determine which works best for you.

20. Practice “sensing” each section/organ of your body. Learn what feels “good,” “not good,” or “absent.” The sense that an area is “not good” or “absent” indicates stress; learn why this is the case: is that feeling coming from internal stress, unfinished anger, guilt, anxiety, or depression? Or is it coming from chemical abnormalities or outside nonemotional pressure?

21. Do focused walking, dancing, or just free-form movement, while repeating a mantra.

22. Sit in front of a polished copper wall (three-foot strips are available at roofing companies) and stare for 10 minutes, noting where your mind takes you.

23. Listen to great music.

24. Stare into a crystal ball or large crystal.

25. Incubate a dream: lie on your right side and visualize a question as you fall asleep.

26. Use aromas: we have created a perfume called In-Tu-It (see Appendix B, p. 89), a special mixture of essential oils that is believed to assist in enhancing intuition. Before practicing any of the exercises, simply apply a small drop to the forehead.

27. Breath work

- Simply count every four breaths for several minutes.
- Walk in nature, counting every four breaths.
- Slow breathing: focus on breathing in and out as slowly and deeply as possible.

- Roll and hold your eyes upward as you practice slow breathing.

28. Free-form t'ai chi: both an intuitive and a wonderfully limbering exercise. Stand comfortably. Feel your body and sense how you might feel better right now. Follow the sensory guidance and move freely.

29. Autogenic training: with more than 2,800 tests performed on this exercise, autogenic or “self-generated” training is the most highly researched scientific technique for balancing physiology and reaching spiritual attunement (which is the ultimate intuitive process). Learn and practice in a relaxed state the following six phrases:

- My arms and legs are heavy and warm.
- My heartbeat is calm and regular.
- My breath is free and easy.
- My abdomen is warm.
- My forehead is cool.
- My mind is quiet and still.

Repeat each phrase slowly, five times, allowing a slow and gentle breath for each repetition.

30. The Lennon exercise: developed by Emporia University voice professor John Lennon, this is one of the best known techniques for allowing a natural state of relaxation. Lie on the floor with your legs raised at right angles and supported by a chair. (This posture physically prevents muscle tension.) Simply relax and follow your breath. This will help you release stored body tension and in turn enhance your intuitive capabilities.

31. Bath/Sauna

- Rose oil: soak in a pleasant bath or hot tub with a few drops of rose oil. This is both a wonderful



fig. 3.2

antidote to stress and a powerful way to assist intuitive opening.

- Castor oil: this is the best natural approach to detoxification (physical and emotional). Add one cup castor oil to a regular bath (not hot). A word of caution: after a castor oil bath, to prevent slipping, please drain tub, and wash and rinse yourself and the tub with a cheap shampoo.

32. Homeopathy: experiment with various remedies, such as five drops of Symmetrel under the tongue, to assist in altering consciousness.

33. Mandalas: find a book with these images and simply stare into them, breathing slowly, allowing yourself to merge with the mandala.

34. Pyramid: construct a pyramid of copper tubing. You will need eight four-foot pieces. The base of the pyramid should be four by four. Sit inside the pyramid, and hang a quartz crystal just above your head (see figure 3.2).

35. Time: spend some time without looking at a clock, and then close your eyes and intuit the exact time; check this with a clock or watch.

36. Dow Jones Average™: during your morning meditation, close your eyes and pick what you sense will be the closing value of the Dow; the more you practice, the better you'll become.

37. Communicating with a wise person/guide

- Imagine yourself climbing a great mountain.

When you arrive at the top, you find a wise person or guide awaiting you, sitting in front of a fire. Begin a conversation with this person. This practice allows you to tap into the collective, higher consciousness.

- Imagine yourself descending a long stairway into an underground temple. At the bottom of the stairs you enter your intuitive laboratory. Here you meet a wise person or guide. Explore different questions with this guide and listen for the answers.

38. Synthesis of Opposites: based on the teaching of Carl Jung, this exercise will enable you to merge the man, woman, child, and animal/nature aspects you carry within. Imagine yourself in a favorite place in nature. Coming from the distance is another living

being that knows the answer to a specific question you've been pondering. As this being approaches, identify what it is and ask its name. Begin a friendly conversation, and then ask your question, listening for the answer.

39. Future-life imagery: imagine what you may be in a future life. Choose a specific date and travel there in your imagination. What sex will you be? What color skin will you have? Will you be human? Explore all the possibilities.

40. Relationship drawing: all drawing activates your right brain. Draw a picture of yourself with your closest friend, nature, God, and so on to help develop your spiritual connectedness.

The Holographic View of Body, Mind, Emotions, and Spirit

“One in whom persuasion and belief had ripened into faith, and faith become a passionate intuition.”

–William Wordsworth, THE EXCURSION

The following chapter is an overview of the holographic connection between the various systems of the body – physical, mental, emotional, and spiritual. As you pursue your own evaluation of your body, you may wish to purchase an anatomy text to see the individual organs and organ systems. Ultimately, your goal will be to develop your ability to feel and communicate with the body systems, learning what they have to tell you.

THE CHAKRAS AND THE ENDOCRINE SYSTEM

Every chakra continually sends us information about the state of our physiology. Since the endocrine system plays such a crucial role in your overall health, it is essential that you use your intuition for insight into the function of the glands and the hormones that they produce.

FIRST CHAKRA

Although there are no glands present within the first chakra, the important neurochemical GABA (Gamma-Aminobutyric acid) functions in this and all of the chakras. The major inhibitory neurochemical of the nervous system, GABA provides the balance to the many excitatory chemicals produced in the body.

SECOND CHAKRA GLANDS

Gonads: Moving up to the second chakra, we have the gonads – testes for men, ovaries for women. The testes produce not only sperm, the foundation for reproduction, but also testosterone – the main hormone that physiologically distinguishes men from women. In addition, in men about one third of their total DHEA (Dehydroepiandrosterone) is produced in the testes. (Women do not produce DHEA in the ovaries.) We will examine this important hormone in greater length later as it is the hormone most responsible for overall health and longevity.

The ovaries produce not only the ova or eggs, which are responsible for reproduction, but also estrogen. There are three forms of estrogen: estrone, estradiol, and estriol, and it is ultimately the balance between these three that determines the benefits to the woman that estrogen provides: maintenance of the breast, ovary, and uterus; mood; and an overall sense of femininity.

Women also produce progesterone in the ovaries. Progesterone is a major precursor of cortisone, testosterone, and estrogen. It is the decline in the production of progesterone that is responsible for menopause.

THE CHAKRAS AND THE ENDOCRINE SYSTEM

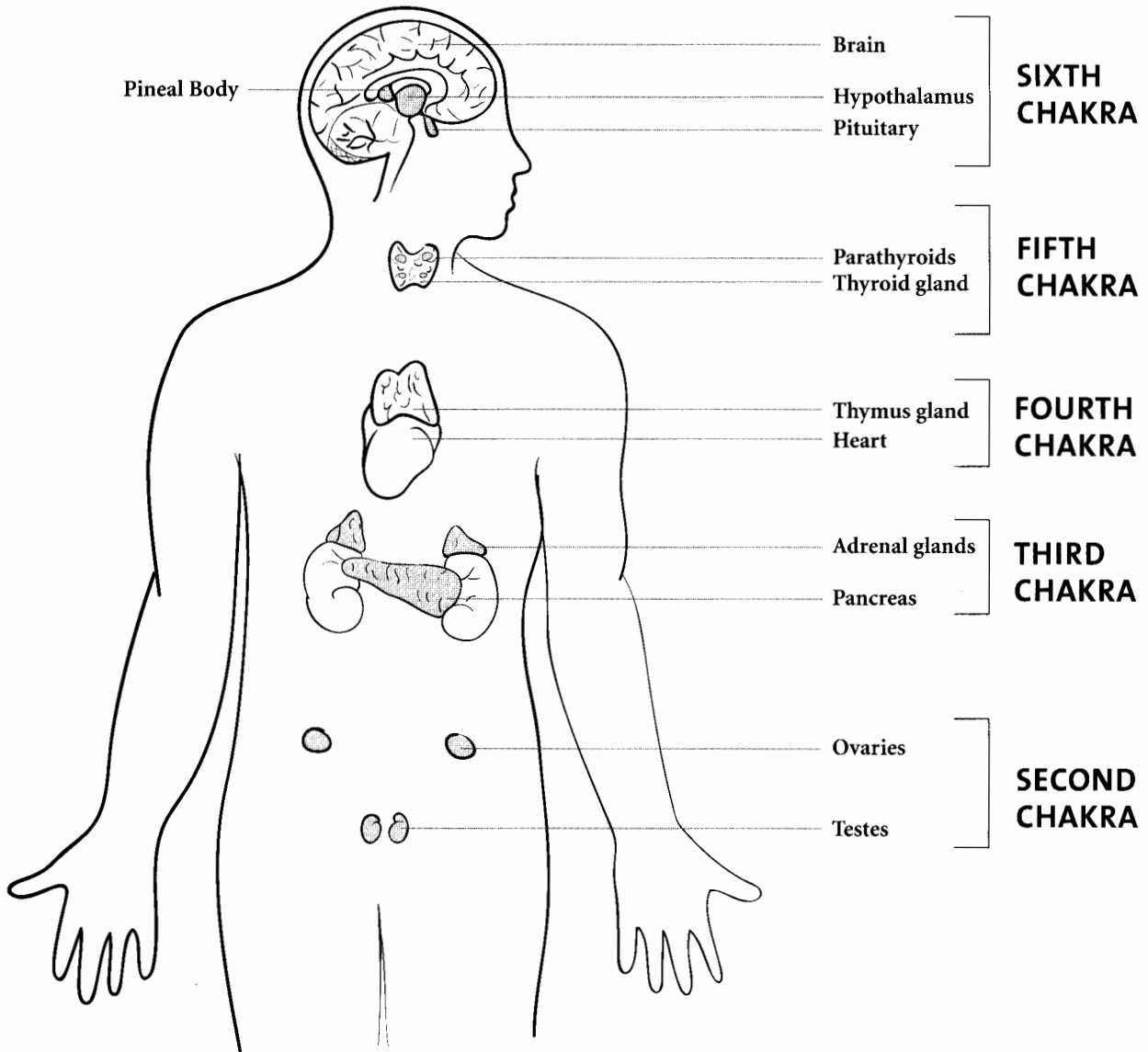


fig. 4.1

THIRD CHAKRA GLANDS

Adrenal glands: In the third chakra the most important glands are the adrenals. These very tiny organs are located on top of the kidneys. They produce a wide variety of hormones, the most important of which are norepinephrine and epinephrine, the two that are commonly called “adrenaline.” These are responsible for “fight or flight.”

The adrenal glands also produce DHEA, which we personally consider the single most important chemical in the human body as it is a reflection of your life energy or stress reserves. DHEA theoretically reaches its peak in the 20s and to some extent declines throughout life. However, healthy 80- and 90-year-olds often have much higher levels than unhealthy 30-year-olds.

We have now looked at many hundreds of DHEA levels in a wide variety of individuals. We believe that any woman who has a DHEA level below 550 ng (nanograms)/dL (deciliters) and any man with levels below 750 ng/dL is increasingly at risk for a wide variety of illnesses, including diabetes, high blood pressure, heart disease, cancer, and so on. When the levels go below 130 ng/dL for a woman and 180 ng/dL for a man, then an even more serious risk is at hand.

When the levels are above 130 ng/dL in a woman or 180 ng/dL in a man, then there are several techniques we have for assisting the body in restoring its own DHEA levels. These include stimulation of the Ring of Fire; natural progesterone cream; Dr. Shealy’s Youth Formula; and Yinergy® Oil. These are the best *natural* stimuli of DHEA production. They can be used as replacement DHEA for at least three months. At that time, an attempt should be made to wean the individual from the replacement DHEA to see if the body can maintain it on its own. There may be no single approach that can do more to restore health than getting the

DHEA levels up to 550 ng/dL or above in a woman and 750 ng/dL or above in a man.

The adrenal glands also produce cortisone (or cortisol). This is another essential hormone for life itself. The balance between cortisol and DHEA determines how well you adjust to all the various physical, chemical, and emotional stressors of life.

In addition, the adrenal glands produce a hormone called aldosterone, which is responsible for water and mineral balance in the bloodstream. And finally, the adrenal glands produce small amounts of estrogen and testosterone.

Pancreas: The pancreas is the second major gland found within the third chakra. The pancreas is highly involved in digestion, through the production of enzymes that help digest protein, fat, and starch. The pancreas also produces insulin and glucagon, the major chemicals responsible for balancing blood sugar. Insulin is responsible for lowering blood sugar, while glucagon is responsible for raising it when it gets too low. Thus there is a delicate balance between insulin and glucagon, just as there is between cortisol and DHEA.

FOURTH CHAKRA GLAND

Thymus: In chakra four, we have the thymus gland, which is one of the most critical glands in regulating immune function. It produces thymosin. Interestingly, the heart is also a very major endocrine gland, producing a wide variety of hormones and other neurochemicals related to sodium metabolism as well as the most “nurturing” hormones: prolactin and oxytocin.

FIFTH CHAKRA GLANDS

Thyroid: The thyroid gland produces thyroid hormone, which is a major regulator of overall metabolism. Thyroid also produces calcitonin, a

hormone that is responsible for maintaining the skeletal system, and regulates the balance of calcium in the skeleton. Interestingly, calcitonin is also a potent pain reliever – milligram for milligram, it is 40 to 50 times as powerful as morphine.

Parathyroid: The parathyroid produces parathormone, which regulates the blood level of calcium and its ultimate deposition in bone.

SIXTH CHAKRA GLANDS

Brain: In the sixth chakra we have the brain, the final control center for everything in the body. The major gland here is the pituitary, which is essentially a tiny appendage at the base of the brain. However, the brain itself produces a number of important hormones and chemicals. One of these is anandamide, the hormone closely related to the sensory experience of “bliss.” As Buryl Payne said almost 30 years, this hormone appears to be related to “getting there without drugs.”

Another well-known hormone produced in the brain is dopamine. Dopamine is the precursor first for norepinephrine and then for epinephrine. Dopamine is also markedly involved in mood. Individuals who have excessive anxiety appear to have a higher production of dopamine. When the brain loses its ability to produce dopamine, individuals may begin to experience difficulty such as Parkinsonism.

Another major mood neurochemical is norepinephrine. Norepinephrine is produced in many areas of the brain, in the adrenal gland, and in the sympathetic nervous system. Norepinephrine and epinephrine are the major neurochemicals of the sympathetic nervous system. Although it is the major neurochemical released during a stress response, norepinephrine is also markedly involved in feelings of anxiety, happiness, or depression.

Next in the sixth chakra we find acetylcholine, which is produced not only in the brain but in many parts of the nervous system. Acetylcholine is the major neurochemical associated with the parasympathetic nervous system. Acetylcholine is also responsible for muscle tone or lack thereof and interestingly is very much involved in memory. Cholinesterase is the enzyme that destroys acetylcholine, and there’s a very delicate balance between acetylcholine and cholinesterase essential for all muscle activity, including breathing.

Finally, there are a number of small molecules produced in the sixth chakra called enkephalins. These are small collections of amino acids that are extremely metabolically active. The best known is beta endorphin – the “natural narcotic.” Many different ones have various functions and are extremely important in mood and in immune function.

The body, brain, and mind essentially produce every chemical that can influence health or mood. Virtually all known hormones and neurochemicals that were once thought to be produced exclusively in the brain are now known to be produced in white blood cells and in the intestines. All are part of this holographic interrelationship found at every level of the bodymind.

Pituitary – anterior: In the anterior pituitary we have either the production and/or the release of a wide variety of hormones. This includes the hormones that release thyroid (thyroid-stimulating hormone); prolactin; oxytocin; ACTH (adrenocorticotrophic hormone), which controls release of cortisone, and, interestingly, contains beta endorphin; and both follicle-stimulating and luteinizing hormone, which control the production of sperm or ova and the production of estrogen or testosterone.

Prolactin, which is associated with release of milk in lactating mothers, is fascinatingly very much related to a sense of nurturing and is produced equally in men and women in a significant loving, nurturing relationship. The same is true of oxytocin, a hormone that was originally thought to be primarily related to delivery of a child but is also significantly increased and released into the blood during a loving relationship (namely after sex).

The anterior pituitary also releases growth hormone, which is particularly important in normal growth before adulthood but after adulthood remains critically important in maintenance of muscle bulk and tone, and overall regulation of the pancreas and glucose metabolism.

Pituitary – posterior: The posterior pituitary gland produces antidiuretic hormone, which is ultimately essential for maintaining water balance and the total concentration of the blood itself.

Hypothalamus: Also located in the brain, the hypothalamus produces a wide variety of hormones, in particular the “releasing” hormones, which are responsible for the release of those hormones that stimulate the glands in the body itself.

Pineal: The pineal gland, located almost in the center of the brain, and considered by many to be the “seat of the soul,” produces melatonin. Melatonin is strongly influenced by light and darkness and is actually made out of serotonin. Serotonin is one of the two major mood neurochemicals. It is manufactured from tryptophan, an essential amino acid, but also requires lithium, vitamin B-6, and vitamin B-3. Serotonin is very strikingly related to happiness. The serotonin/melatonin relationship is responsible for sleep and alertness. Serotonin is also involved in a variety of other situations, most particularly in migraine headaches, where abnormalities of serotonin are responsible for the development of a migraine.



fig. 4.2: The sixth chakra glands

THE CHAKRAS AND THE NERVOUS SYSTEM

Just as the chakras provide information about the health of your endocrine system, each chakra contains data about specific areas of the nervous system. To further assist you in visualizing the holographic relationship between the chakras and human physiology, we have provided this illustration representing each nerve center, or plexus, and its corresponding chakra.

FIRST CHAKRA NERVE CENTER

The sciatic plexus feeds the legs and feet, the foundation of our contact with the earth.

SECOND CHAKRA NERVE CENTER

The pelvic plexus contains the nerve supply to the pelvis and the important internal organs of the second chakra.

THIRD CHAKRA NERVE CENTER

The solar plexus is the area of control of all the upper abdominal organs. It is also a major area related to our sense of self.

FOURTH CHAKRA NERVE CENTER

The cardiac plexus regulates the heart. Scientists are increasingly recognizing this area as the seat of our emotional interconnectedness.

FIFTH CHAKRA NERVE CENTER

The cervical plexus controls the entire neck and arms, including the larynx, the major organ of communication. But remember – our arms and hands are a major adjunct in communicating our needs and desires.

SIXTH CHAKRA NERVE CENTER

The brain is truly the seat of intellect, wisdom, and the integration of intuition.

SEVENTH CHAKRA

The seventh chakra has no clear physical component, yet we view this area as our point of connection with soul and divinity.

THE CHAKRAS AND THE NERVOUS SYSTEM

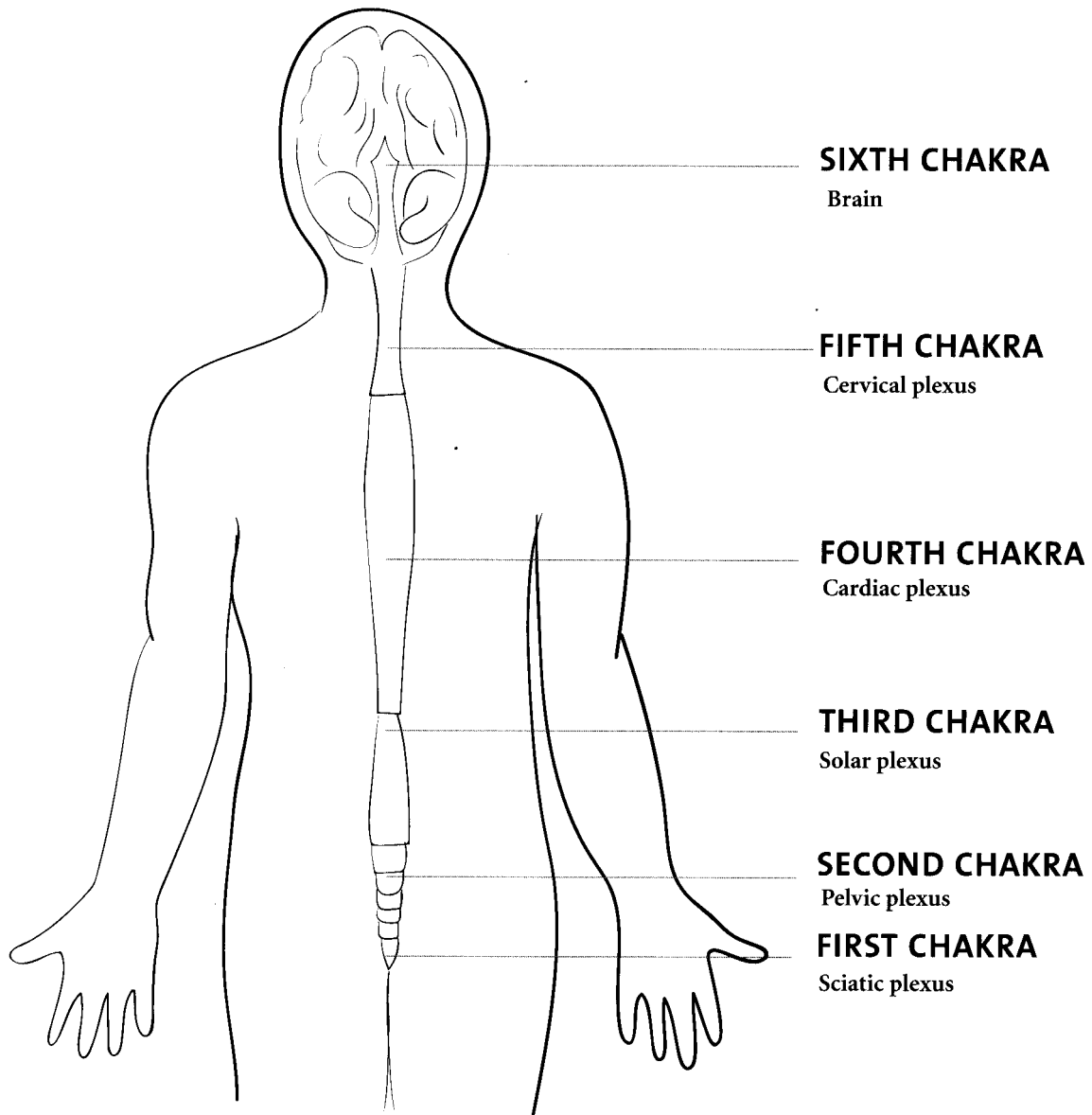


fig. 4.3

THE ROLE OF STRESS IN THE HOLOGRAPHIC MODEL

In the physical world, everything influences everything in a cyclic, interconnected relationship. The following diagram demonstrates the role of stress in the holographic picture of mind, body, emotions, and spirit. Ultimately, you will begin to see that essentially every thought is a prayer, and every prayer influences your entire physiology.

At the top of the diagram, we see that your attitude is based upon a wide variety of factors, including your genes, family, past lives, astrological influences, and the impact of God or soul in your life. When all is in perfect harmony, your stress level is at its lowest potential. However, physical factors can alter your inherited or acquired attitudes. The quality of food, air, water, and light is critical in maintaining balance between body, mind, emotions, and spirit. All of the individual minerals, vitamins, amino acids, fat, and carbohydrates provide the building blocks for all of the chemical processes. A deficiency or an excess of any one of these has an effect at all other levels. For instance, magnesium is essential for proper regulation of the electric charge on cells. A shortage

of magnesium can cause depression or irritability. Further, excessive exposure to electromagnetic contamination from television or fluorescent light can strikingly alter your entire physiology.

Moving into the core chemistry of the brain, certain neurochemicals particularly influence your mood. There is a range of what is considered “normal” amounts of neurochemicals such as serotonin, melatonin, beta endorphin, norepinephrine, cholinesterase, and GABA. However, a significant increase or decrease in any one of these has a ripple effect, which can change the levels of any or all of the others. The combination of these elements creates your mood and stress level.

Next we consider how these “mood” chemicals influence your entire hormonal and chemical world. For instance, cholesterol is perhaps the most important building block for all hormones. Stress – physical, chemical, or emotional – alters cholesterol metabolism. Similarly, progesterone affects testosterone and estrogen production, DHEA production, and so on. All of these feedback on one another and influence all of the other hormones listed in the diagram.

STRESS IN THE HOLOGRAPHIC MODEL

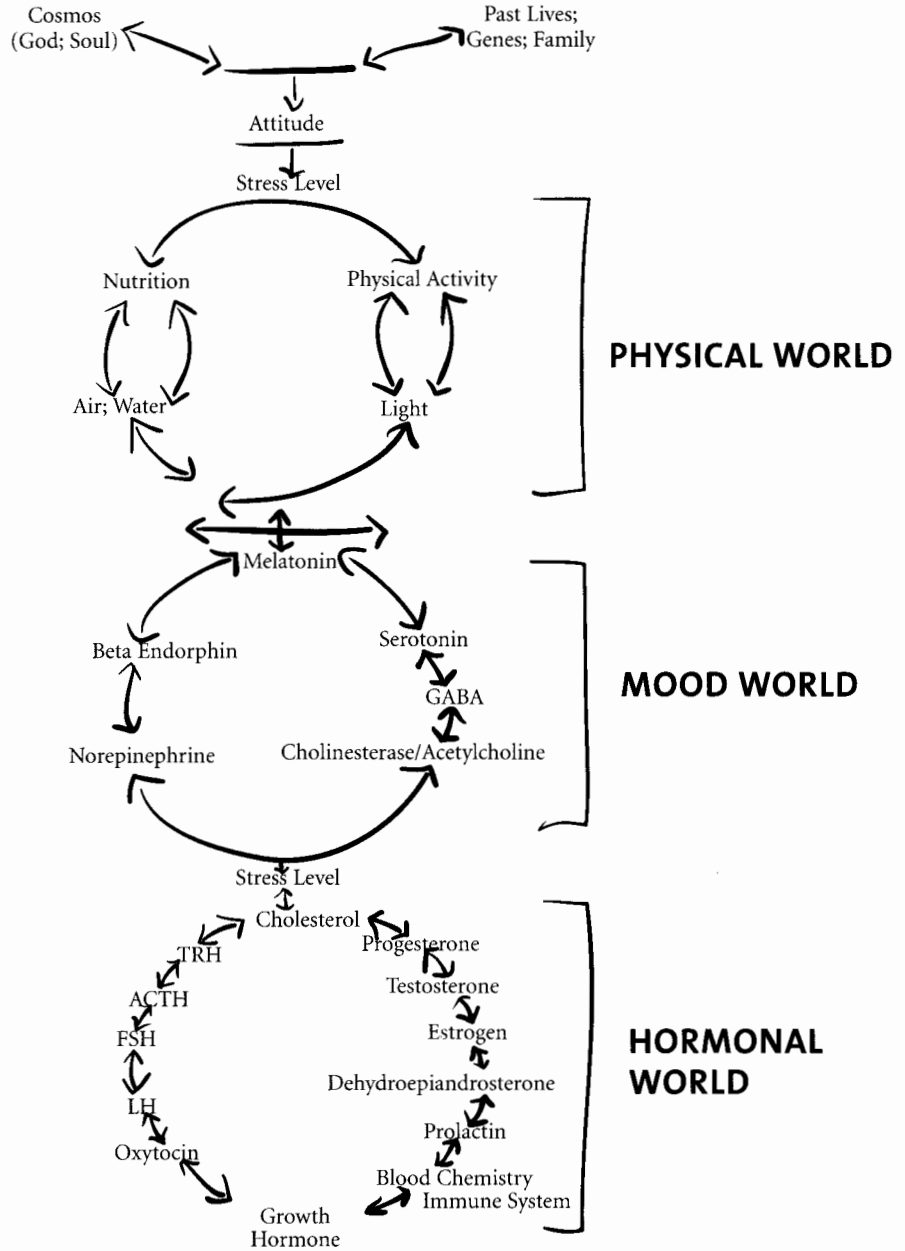


fig. 4.4

Guided Imagery for Feeling the Body / Guided Imagery for Balancing Attitudes and Emotions

“Concepts and reasonings...are in themselves inferior to intuition.”

—THE CATHOLIC ENCYCLOPEDIA, 1910

THE PRINCIPLES AND BENEFITS OF GUIDED IMAGERY

Every body function that can be measured can be regulated. Deeply experiencing the feedback of body feelings accelerates learning and healing. Most illness today is the result of the stress response. The stress response is initiated by these factors:

EMOTIONAL	CHEMICAL	PHYSICAL
Anger	Sugar	Physical inactivity
Fear	Alcohol	
Guilt	Caffeine	Trauma
Depression	Nicotine	Infectious agents
Anxiety	Drugs and toxins	Chemical toxins
	Excess salt	Weather
		Physical work when you are in poor condition

The response is additive. Prolonged stress leads to dysautonomia, a state of imbalance in the function of the internal organs that causes disease. Dysautonomia is prominent in:

High blood pressure	Allergies
Spastic colon	Asthma
Migraine	Hormonal disturbances
Rheumatoid arthritis	Cancer
Diabetes	Most illnesses
Pain	

THE BENEFITS OF GUIDED IMAGERY

Relaxation reduces the stress response by lowering: blood sugar to normal levels; insulin requirement; adrenaline production; and excess cortisone production. Relaxation is enhanced by avoiding caffeine, nicotine, sugar, and the emotional, chemical, and physical factors described above. Relaxation assists in healing of stress diseases, dysautonomia, and tension-anxiety feelings. Finally, disorders of the autonomic nervous system can also be regulated by specific guided imagery techniques, such as those found in this program. (Note: Relaxation may be insufficient in more serious stress diseases.)

THE TECHNIQUES OF GUIDED IMAGERY

The following methods are all effective for enhancing the experience of guided imagery:

1. Relaxation: relaxation can be achieved through the use of any of the following guided imagery techniques:

- Focusing attention on anything pleasant
- Breathing regularly
- Counting breaths
- Repeating “I am...relaxed” or “I am...calm and serene”
- Vigorous physical exercise followed by rest
- Pleasant music

2. Body balancing: for greater access to intuitive insight, it is important to first achieve a state of physical balance. Some of the body-balancing techniques you will learn as part of the guided imagery exercises on this program include:

- Pulse localization (feeling pulse in each body point)
- Specific phrases (autogenic training)
- Muscle tension/relaxation
- Energy circulation
- Energy expansion
- Talking to the body and loving it
- Collecting tension and breathing it away

3. Emotional balancing: if emotional stress is not balanced dysautonomia results. Here are some of the emotional balancing techniques you will learn as part of the guided imagery exercises on this program:

- Detachment – being nonemotional about an event
- Recall of problem – first we detach, then recall

- Decision making – practice “feeling” which choices are the wisest in a given situation (e. g., assertion, divorce, or acceptance and forgiveness)
- Self-assertion to correct a problem
- Divorce the situation or person with joy
- Accept the situation with forgiveness and joy
- Intelligent use of will – since will is your expression of needs and desires, practice using your intuition in making choices and communicating your will

TIPS FOR PRACTICE

Guided imagery should be practiced regularly, once or twice a day, for 10 to 20 minutes. Create a sacred space where you will be undisturbed, and light a candle or incense. As you practice, try to become more aware of and interested in spiritual ideals.

TRAINING THE SENSES

In order to benefit from guided imagery, you need to train your senses. The best way to do this is by learning to retrain the nervous system. Some people gain this ability within a few weeks but, for most, daily practice is essential for three to six months.

The retraining system requires several steps, which include the following:

1. Maintaining a positive attitude.
2. Focus of attention on *now* instead of upon past or future concerns.
3. Belief *you* can do it. The best technique for proving to yourself that you *can* control sensations or feelings is temperature biofeedback. This is accomplished by observing the temperature of your right index finger (unless you have pain there; if so, use the left index finger). Attach a small glass

thermometer to your finger. Be sure the bulb is open to air on the top side. After about one minute, close your eyes. Breathe slowly and comfortably and focus your attention upon the following activities:

- With each inhalation, state, “My right hand...” and add upon the exhalation, “... is warm.”
- At the same time, imagine that your right hand is being pleasantly warmed by the sun beaming down upon it.
- At the same time, allow yourself to feel the pulsation of your heartbeat in your right index finger.
- Continue for 10 minutes and then check the temperature of your finger. With practice you can “control” circulation and temperature. When you can raise the temperature to 96 degrees within 5 minutes, you have excellent control. At that point, if you have pain in any other part of your body, you can gain control over *feelings* in the painful area using the same principles. This procedure allows you to begin the practice of *altering feelings* (sensations) in any body part.

4. Sensory Biofeedback: Every cell in your body sends information to the brain and receives information back from the brain. With practice, you can learn the basic feelings in each and every body part at any given moment. Essentially there are only these sensations (feelings):

- Good – okay – relaxed *or*
- Unpleasant – tense – painful *or*
- No feeling

5. Changing Body Feelings: Unpleasant, tense, painful, or absent feelings imply a lack of adequate balance or harmony and definitely suggest a need for restoring balance. The following techniques may help achieve this goal:

- Feedback Awareness: Mentally feel each part of the body, systematically sensing the status of each of the following areas. When you notice simple tightness or tension, often you can mentally adjust the tension down to feel “okay.”

Face and scalp

Neck and throat

Shoulders, arms, and hands

Chest and breasts

Abdomen

Back

Buttocks

Pelvis

Sexual organs

Thighs, calves, and feet

- Talk to the body (neurolinguistic programming): Words and images create feelings. Whatever feelings or sensations you wish to create in body functions can be done by repeating the positive phrase of the desired goal – e.g., “My hand is warm,” “My back is perfectly comfortable,” and so on.
- Imagine: Just as seeing the sun beaming down upon your hand assists the warming process, positive creative imagery assists you in accomplishing your goal – for example, see yourself happy, active, comfortable, and so on.
- Feeling the pulse: When you relax the tension in any part of your body, the local blood vessels relax and dilate. Feeling the pulse anywhere (except inside your head, which may cause migraine) is good for healing.
- Loving it: Focusing a feeling of love and appreciation upon any part of your body feels good. You

can't afford to dislike any part of your body, even if it hurts. Treat it like a beloved child and love it.

- **Tense and relax:** By voluntarily tensing a group of muscles and then consciously relaxing them, you achieve a deepening state of relaxation and balance. And you can change sensory perception or feedback awareness. You can do this systematically head to toe, group by group, or you can use this technique for local muscle relaxation.
- **Breathing through:** By imagining – pretending – that you are breathing through the skin, you achieve a new sense of awareness. Practice first doing this exercise with a part of your body where you have no pain or problems. Learn to continue breathing through a part continuously for 15 to 20 minutes and it will become numb or anesthetized – a great tool for pain relief. Once you can do this in a “normal” part of the body, you can do it in any part and control pain.
- **Collect and release:** Imagine that you are collecting tension (or any sensation) as you breathe in, and blowing it away or releasing that feeling as you breathe out. This is a super technique for quick release of tension and for altering feelings/sensations.
- **Circulating electrical energy:** Every cell in your body receives electrical energy from and sends electrical impulses to the brain. By imaging that you are circulating this electrical energy, you can gain considerable control over sensation and re-establish balanced feelings. Practice circulating the energy from your neck down the back of your arm and hand as you breathe in, and up the front as you breathe out. Then practice circulating the energy from your heels up the back of each and every part of your body as you breathe in; as you breathe out, circulate the energy down the front of each and every part of your body through the tops of your feet and into the soles of your feet. In areas where there has been trauma or injury or psychological stress, you may not feel the electrical energy move. You need to practice over and over, mentally moving energy through such areas to achieve balance.
- **Expanding the electromagnetic energy field:** Electricity creates magnetism. Imagine this electromagnetic field as a living halo, much like heat waves, expanding out one inch in diameter around your feet; calves and thighs; buttocks and groin; abdomen and back; chest; shoulders, arms and hands; neck; face and scalp. Then imagine/feel this electromagnetic field expanding 12 inches, starting at your feet and moving upwards slowly and systematically. When you can do this exercise well, you *cannot feel pain*. You will feel as if your body is numb or asleep and your mind is alert and awake. You may feel dissociated or “out of your body.” Mastery of this technique is an ideal way to control pain.
- **Pain and stress/tension dials:** Imagine in front of your left eye a circular dial with one hand and numbers 1 to 10. This represents your pain dial. First allow the hand to move to the level of pain you are feeling. Then move the hand to zero and hold it there for five minutes. Meanwhile, create a similar dial in front of your right eye. This one represents your state of tension. First see where the hand is as you start. Then move the hand to zero and hold it there. Sense that your pain and tension dials are directly wired together. The longer you can hold both hands at zero, the better you'll be at controlling pain and tension. After five minutes, allow the hand to float up to the level you are now feeling. Repeat as often as possible to create zero pain and tension.

6. Programming goals: You can practice this technique for training the senses at any time, but it works best when you do not have any unresolved anger, guilt, anxiety, or depression. Short positive affirmations are best, preferably not more than six words (e. g., “I am free of smoking”; “My weight is [your ideal]”; “I am happy.”). Make signs – post them on mirrors, refrigerators, and so on. The more specific you can be the better. Once you have trained your senses, you will be able to apply these skills to the challenges of resolving unfinished business. Specific goals can be programmed and become habit (conditioned) through practice of these techniques, which include:

Positive attitude

Belief in self and the possibility of health

Relaxation

Balancing the body and autonomic nervous system

Balancing emotions

Spiritual attunement – the ultimate goal for everyone, spiritual attunement is getting in touch with the divine, soul, or higher ideals to realize purpose in life

RESOLVING UNFINISHED BUSINESS

BALANCING EMOTIONS

In order to deal with unfinished business, you must first learn to acknowledge the physical and emotional feelings created by unresolved issues. Then you are ready to practice specific techniques for resolving or releasing these past experiences. Let’s now review why emotions create unfinished business, and consider how to deal with them.

Emotions are physical sensations or feelings resulting from *perceptions* of safety or threat: safety

engenders joy and contentment; threat elicits fear. All fears fall into five categories:

1. Loss of life
2. Loss of health
3. Loss of love
4. Loss of money/security
5. Conflicts of meaning or purpose (including all ethical issues)

There are only four reactions to fear:

1. Anger
2. Anxiety
3. Guilt
4. Depression

There are dozens of synonyms.

Anger is desirable if you act upon it to stop the fears. It is harmful if you continue to be angry without resolution. Anxiety and guilt may be useful if they lead to actions that solve the problem. Grief is natural when a loss occurs. Prolonged depression prevents you from personal growth.

There are only three possible *solutions* to fear and the emotional reactions to fear:

1. Fighting/asserting yourself adequately to bring about resolution
2. Fleeing/divorcing the unacceptable with joy so that you don’t have to continue suffering
3. Accepting/Forgiving: going for sainthood – accepting those aspects that cannot be changed

In every fearful situation or relationship, feelings need to be acknowledged and resolutions sought. Ask yourself which feels better: Assertion? Divorce? Acceptance and forgiveness? To answer you can spend 10 minutes or 10 years. The ultimate choice is yours. Solutions come from integration of heart, mind, and emotions.

Your goal is to resolve all your unfinished business (anger, guilt, anxiety, or depression) by working to

feel the best solution. There are several “insight” exercises that can help you reach your goal including meditation, age regression, working with your self-image, and wise person attunement. These give you blueprints for exploring your feelings. Practice over and over until you understand the importance of *choosing* the best course of action for each major stress in your life.

THE IMPORTANCE OF FORGIVENESS

Forgiveness is the most powerful spiritual alchemical act. It transforms cell memory to rewrite the code managing your biology. It removes toxic memory that is producing illness.

Before practicing forgiveness, you may want to learn to avoid unnecessary anger, guilt, and sadness. Practice the following contemplative exercises in a quiet, meditative experience.

1. Recall the last time you became very angry. Where do you feel the anger? Does it feel good? Now just practice releasing the anger. Is there a better way to deal with the situation?

2. Recall an experience of guilt. Did you really harm anyone other than yourself? Is there any value in feeling guilty?
3. What is your greatest sadness? How can you learn from that experience?

When you feel ready, here are some exercises to help you practice forgiveness:

1. Recall every person who has ever harmed you. Imagine confronting them and telling them how you feel. Write a letter. Keep it for a week and then safely burn it in a ceremony.
2. Ask yourself what you contributed to the situation between yourself and each of the individuals who have harmed you.
3. Remember to practice recalling and blessing all those who have helped and nurtured you in the past.
4. Tune in to your higher self. Practice saying and feeling, “I know that at my innermost being, I am magnificent, wise, and loving.”

Sensing Information through Chakras 1, 2, and 3

“The intelligence which goes with sex and beauty, and arises out of sex and beauty, is intuition.”

D.H. Lawrence, SEX VS. LOVELINESS

It’s important to familiarize yourself with the chakras as these represent the physical, emotional, and spiritual aspects of all parts of your body and mind. Each chakra is associated with a color, a sound, and a basic frequency. Each has specific strengths and fears associated with it. There are physical areas where the primary chakra energy is manifested. And of course there are diseases that occur when a chakra is out of balance. We will guide you here through specific questions to help you gain insights into further work that you may wish to do with each of the first three chakras.

FIRST CHAKRA – TRIBE

COLOR: RED

NOTE: C

BASIC FREQUENCY: 7.8 HZ

MEANINGS:

Physical Grounding

Gaia

General Creation

Baptism

“All is one” – The Divine creates and protects all human tribes’ spiritual needs. We must learn to accept fully our sacred contract with our family of origin (birth family) and the spiritual lessons related to this.

Accept personal responsibility for living the Golden Rule.

FEARS:

Physical survival

Group abandonment

Loss of physical order

STRENGTHS:

Tribal/family bonding and honor, support and loyalty

PHYSICAL AREAS:

Feet, ankles, knees, legs, coccyx, rectum, immune system

ENERGETIC DIS-EASES:

Coccygeal pain, sciatica, varicose veins, hemorrhoids, rectal tumors/cancer, depression, immune disorders

QUESTIONS FOR WORKING WITH THE FIRST CHAKRA

1. What beliefs/values of yours do you:

- share with your family?

- differ with your family?

2. What beliefs that you share with your family create:

- anger, guilt, anxiety, depression?

- joy/acceptance?

2. Which of your superstitions create:

- fear?

- pleasure?

3. Can you define your personal code of honor?

4. List situations where you did not live up to your code of honor.

5. List situations where you have resolved the issues listed in question 4.

6. List unfinished business (anger, guilt, anxiety, depression) with:

- mother

- father

- sibling

- other family members

7. What are you willing to do to heal any relations noted in question 7?

8. List all the blessings you received from:

- mother

- father

- siblings

- other family members

9. What are the major values you would wish to instill in your children if you had/have any?

10. What tribal rituals/traditions do you wish to honor and continue?

11. List tribal values you wish/need to strengthen.

12. On a scale of 0-10, 10 being absolute health with no deficit whatsoever and no lack of full expression of this chakra, how healthy and how well balanced is your 1st chakra? _____

SECOND CHAKRA – PARTNERSHIP

COLOR: ORANGE

NOTE: D

BASIC FREQUENCY: 15.6 HZ

MEANINGS:

The power to act with integrity creatively, sexually, and financially

Communion

Physical desires

Work

Sense of personal identity and emotional boundaries

“Honor one another”

Creativity – children and ideas

FEARS:

Loss of self-control, or being controlled by others; loss of physical power

STRENGTHS:

Strength to survive on one’s own, take risks, and recover from loss

PHYSICAL AREAS:

Sexual organs (internal and external), large intestine, 3rd lumbar vertebra through sacrum, pelvis, buttocks

ENERGETIC DIS-EASES:

Low back and pelvic pain, origin of sciatica, Ob-gyn problems, sexual potency, prostate, and bladder problems

QUESTIONS FOR WORKING WITH THE SECOND CHAKRA

1. Do you have a lot of creative ideas?

2. Do you act upon them or deny them?

3. List your personal creative strengths.

4. List ways in which you use/express your creativity.

5. List ways in which you use/express your negativity.

6. How comfortable are you with your sexuality?

7. What are you needing/willing to do to be well balanced sexually, to honor your sexuality?

8. Have you been abused sexually?

9. Have you abused others sexually?

10. What is your personal code of honor?

11. When do you not keep your word?

12. Do circumstances determine your ethical behavior?

13. Do you feel that Divine justice influences your life?

14. How much do you control others:

- sexually?

- financially?

- in power plays?

15. How much power does money have over you?

16. Do you violate your values for financial security?

17. How much of your life is dominated by fears of:

- financial security?

- physical security?

- sexual security?

18. What are you needing/willing to do to resolve your fears of:

- financial security?

- physical security?

- sexual security?

19. What are you needing/willing to do to use your creativity optimally?

20. On a scale of 0-10, 10 being absolute health with no deficit whatsoever and no lack of full expression of this chakra, how healthy and how well balanced is your 2nd chakra? _____

THIRD CHAKRA – SELF-ESTEEM OR EGO

COLOR: YELLOW

NOTE: E

BASIC FREQUENCY: 22.4 HZ

MEANINGS:

Personal power in relation to outside world

Ego

Personality

Self-esteem

Confirmation

“Honor oneself”

FEARS:

I’m no good/inferior

Someone else won’t take responsibility

I have too much responsibility

STRENGTHS:

I'm okay

I have what it takes to succeed

PHYSICAL AREAS:

Upper abdomen, umbilicus to rib cage, 12th dorsal through 2nd lumbar vertebra, pancreas, liver, gallbladder, spleen, kidney, adrenals, small intestines, stomach

ENERGETIC DIS-EASES:

Stomach/small intestinal ulcers or tumors, diabetes, pancreatitis, indigestion, anorexia/bulimia, hepatitis, cirrhosis, adrenal excesses or deficiencies, arthritis, transverse colon problems

QUESTIONS FOR WORKING WITH THE THIRD CHAKRA

1. List your personal strengths.

2. List your personality/esteem weaknesses.

3. How strong is your self-esteem?

4. How honest are you?

5. How often do you distort the truth?

6. How critical are you of others?

7. How much do you blame others?

8. How easily do you admit your errors?

9. How easily do you accept constructive criticism?

THE SCIENCE OF MEDICAL INTUITION

10. How strong is your need for approval by others?

11. How strong are you?

12. List relationships you've kept for individual or group approval.

13. How much do you respect yourself?

14. How strong are your personal commitments?

15. How much do you:

- enjoy taking responsibility?

- fear taking responsibility?

- resent others' failure to take responsibility?

16. How strong is your desire to change your life?

17. What are you needing/willing to do to change your life?

18. On a scale of 0-10, 10 being absolute health with no deficit whatsoever and no lack of full expression of this chakra, how healthy and how well balanced is your 3rd chakra? _____

Sensing Information through Chakras 4, 5, 6, and 7

“Our supreme reward in the supernatural order will consist in the intuitive apprehension of God.”

–THE CATHOLIC ENCYCLOPEDIA, 1910

We will now continue our exploration of the chakras as we move “above the waist” into your alchemical laboratory – chakras four through seven. Ultimately, your goal is to achieve balance between the interactions of these four chakras for harmony of body, mind, emotions, and spirit.

FOURTH CHAKRA – LOVE

COLOR: GREEN

NOTE: F

BASIC FREQUENCY: 30.2 HZ

MEANINGS:

Love is the only authentic power. Lack of forgiveness is the greatest personal poison. The challenge is to learn to forgive and to love unconditionally.

Marriage

“Love is Divine power”

FEARS:

No one loves me

I am controlled by others

I have been emotionally wounded beyond recovery

STRENGTHS:

I am a loving person

I forgive those who have harmed me

I am unconditionally loving

PHYSICAL AREAS:

Heart and circulation, lungs, rib cage, diaphragm, thymus, breasts, esophagus (shares arms, shoulders, hands with the fifth chakra)

ENERGETIC DIS-EASES:

All heart diseases, asthma, lung and breast cancer, thoracic spine, pneumonia

QUESTIONS FOR WORKING WITH THE FOURTH CHAKRA

1. What emotional injuries do you need to forgive?

2. What relationships do you need to forgive?

3. Describe how you use emotional wounds to control others.

4. List situations/people who have controlled you with their wounds.

5. How willing are you to be controlled by the wounds of others?

6. What are you going to do toward being controlled by the wounds of others?

7. List fears that prevent you from being emotionally healthy.

8. Can you be emotionally healthy and have intimate relationships?

9. What does forgiveness mean to you?

10. List those you need to forgive.

11. What prevents you from forgiving them?

12. List people you have wounded.

13. What do you need to do to have those people forgive you?

14. What are the limits for you in a healthy relationship?

15. List the healthy relationships you have.

16. On a scale of 0-10, 10 being absolute health with no deficit whatsoever and no lack of full expression of this chakra, how healthy and how well balanced is your 4th chakra? _____

FIFTH CHAKRA – WILL

COLOR: BLUE

NOTE: G

BASIC FREQUENCY: 38.0 HZ

MEANINGS:

- Lying violates body and spirit
- Faith in our ability to make decisions
- Confession
- “Surrender personal will to divine will”

THE SCIENCE OF MEDICAL INTUITION

FEARS:

Lack of authority or power of choice

STRENGTHS:

Faith, self-knowledge, personal authority, ability to keep one's word

3. List those you control and why.

PHYSICAL AREAS:

Mouth, teeth, gums, trachea, larynx, cervical vertebrae, thyroid, parathyroid (shares shoulders, arms, and hands and esophagus with fourth chakra)

ENERGETIC DIS-EASES:

Over- and underactive thyroid, throat, gum, or tooth problems, TMJ, cancer of larynx, voice problems, scoliosis

4. How often do you express yourself honestly?

QUESTIONS FOR WORKING WITH THE FIFTH CHAKRA

1. What does a strong will mean to you?

5. How do you sense divine guidance/will?

2. List people who control your will.

6. How much do you trust guidance that does not guarantee an outcome?

7. List your fears concerning divine guidance.

8. How do you pray for divine guidance?

9. Can you say “thy will be done” and believe it?

10. List situations where you lose control of your will.

11. List situations where you need to change your use of will.

12. List reasons:

- not to change situations described in question 11

- in favor of change

13. On a scale of 0-10, 10 being absolute health with no deficit whatsoever and no lack of full expression of this chakra, how healthy and how well balanced is your 5th chakra? _____

SIXTH CHAKRA – WISDOM OR INTUITION

COLOR: INDIGO (BLUE-PURPLE)

NOTE: A

BASIC FREQUENCY: 46.8 HZ

MEANINGS:

Mind

Intuition

Wisdom

Ordination

Seek only the truth

FEARS:

Fear of truth

Fear of sound, realistic judgment

Fear of discipline

Fear of one's shadow

STRENGTHS:

Intellect, detached evaluation of insights, inspiration, emotional intelligence, integrating creativity and intuition, detachment

PHYSICAL AREAS:

Brain and nervous system, eyes, ears, nose, pituitary, pineal

ENERGETIC DIS-EASES:

Brain tumors, strokes, blindness, deafness, seizures, learning disabilities, generalized spinal problems, panic and depression (shared with seventh chakra)

QUESTIONS FOR WORKING WITH THE SIXTH CHAKRA

1. List personal beliefs that lead you to interpret negatively the actions of others.

2. List the negative behavioral pattern in your relationships with others, especially those that recur most often.

3. List your attitudes and beliefs that disempower you or make you feel victimized.

4. List beliefs that you still accept or react to emotionally, even though you know they are not true.

SEVENTH CHAKRA – SPIRITUAL CONNECTEDNESS

COLOR: VIOLET

NOTE: B

BASIC FREQUENCY: 54.6 HZ

MEANINGS:

Our sense of connectedness to the divine, the transcendent, God, soul
“Live in the present moment”

FEARS:

Loss of meaning
Lack of purpose
There is no God
There is no life after death

STRENGTHS:

Unity with God and the universe
Divine grace
We have to believe that every aspect of our lives, including the suffering, has meaning and purpose, even if this is beyond our rational understanding.
Ability to trust life, values, ethics, courage, selflessness, humanitarianism
Ability to see the bigger pattern in life, faith and inspiration, spirituality and devotion

PHYSICAL AREAS:

This is essentially the very top center of the head, governing vessel 20 in acupuncture terms, midline above the ears.

ENERGETIC DIS-EASES:

In general, diseases of the muscular system, skeletal system and skin tend to be most influenced by the 7th chakra issues; psychoenergetic dysfunctions of all kind, including mystical depression; chronic exhaustion not due to any physical illness; extreme sensitivity to light, sound, or other aspects of the environment

QUESTIONS FOR WORKING WITH THE SEVENTH CHAKRA

1. List instances in which you have sought and gained insight or guidance from meditation or prayer.

2. How much do you:

- bargain with God?

- complain to God more than you express gratitude?

- pray for specific “gifts” – money, relationships, position?

- pray purely in appreciation and thankfulness

3. What is your specific spiritual path?

- Do you need to refine this more?

- Have you found gurus or guides?

- List the gurus or guides who have greatly influenced you spiritually, either positively or negatively.

4. Do you feel that your connectedness with the divine or God is more real than that of most religions or other spiritual traditions?

5. How much are you expecting God to give you a reason for the pain in your life? List specific instances where you feel short-changed because of some suffering.

Sensing Archetypal Information

“The feminine is a queen, infinitely fertile, omnipresent in its brooding industry, but passive and abounding in intuitions without method and passions without justice.”

– George Santayana

THE THREE LEVELS OF POWER

As emphasized in the *Energy Anatomy* audio learning course, there are three levels of power: tribal/physical, personal/emotional, and archetypal/symbolic. These three levels or columns and their corresponding chakras are illustrated below.

THREE COLUMNS OF POWER

Tribal	Personal	Symbolic
3	7	8
2	6	
1	5	
	4	

First Column

The first column represents our tribal connection. At this level, individuals consider all aspects of power external to themselves. This is the primary source of the various superstitions and obsessions we maintain. The first column functions in a long-standing tradition whereby people relate with one another only at the level of their tribal environment.

The first chakra – physically associated with the legs and buttocks area – is the chakra that grounds us to the earth. If we dwell only in the first chakra, our behaviors and attitudes are dominated by

conditioned responses learned from our family and society (tribe).

The second chakra, found in the lower back and pelvis area, is associated with the psychophysical aspects of sexuality, finances, and other issues of security. If our intuitive abilities are limited to the first column, we believe that we have little control over our ability to make a living, and we think that our success or failure in relationships is determined primarily by the outside world.

The third chakra is located in the upper abdomen, from the umbilicus up to the chest. Of all the chakras, this is the only one that has the same name in both metaphysical and medical literature: the solar plexus. At the third chakra level, our sense of personal worth – our self-esteem – is dependent upon the opinions of the rest of the world or of specific individuals outside ourselves.

Second Column

The second column is the site of your “intuitive laboratory,” the meeting place of the fourth through the seventh chakras. When you enter this level, you begin to ask, “What about me? Why do I have to live my life for someone else?” You gain insights that show you where your unfinished business is still causing you pain, and you begin to see when it is no longer valuable to continue fighting a particular

battle. In the second column, you reclaim your power. You literally withdraw the strings that attach you to the past.

The fourth chakra involves the chest, the heart, the breast, the lungs, and the thymus gland. This is the area between our external world and our internal and higher world. The fourth chakra is associated with our feelings of judgment and rejection or love.

The fifth chakra is associated primarily with the neck, the mouth, the arms, and the hands. This is the means through which we express ourselves.

The sixth chakra consists of the brain, the eyes, the ears, and all the glands inside the brain. This is the level of wisdom or knowing, the chakra where intuition manifests itself. The sixth chakra is where we “download” information from the higher realms.

The seventh chakra is located at the top of the head, and represents our connection with God and soul. This is the area through which intuitive information comes into our conscious awareness from the higher self.

The ultimate goal in working with the second column is to balance the interaction of chakras four through seven to fully reclaim our power and prepare for ultimate surrender of the internal will to Divine will.

Third Column

When we begin to recognize that our internal concerns still do not complete our concept of the world, we begin to see things in symbolic terms. This is the realm of archetypes. Although it's not physically located in our body, but in the collective unconscious of humanity, the eighth chakra is truly the chakra from which major intuitive insights, creativity, inventions, new ideas, and so on, come to us.

Questions for Applying the Three-Column Model of Perception in Your Life

To help resolve issues of the first level of power, ask yourself the following questions:

1. How much of my behavior is based upon habit?
2. How much of my behavior is based upon society's dictates as opposed to my own?
3. How far will I go to stand on my own two feet?
4. Do I live my sexuality as I truly know it to be?
5. Do I compromise myself to be financially secure?
6. Do I recognize that I am fundamentally okay?
7. Am I holding on to feelings of guilt over past situations?

To help resolve issues of the second level of power, ask yourself the following questions:

1. Whom do I need to forgive?
2. Why am I unwilling to forgive? (Please refer to the exercises in Session Five for help in overcoming issues around forgiveness.)
3. Does reliving the past help me?
4. Can I recognize that continuing to hurt won't solve a problem?

To help resolve issues of the third level of power, ask yourself the following questions:

1. Can I see patterns of behavior in my life that are recurrent, and am I ready to use conflicts as opportunities for insight and growth?
2. Do I find myself in a situation I don't know how to get out of? If so, how did I get there? What can I do to avoid returning to this situation?
3. Am I ready to stop sabotaging myself?
4. Am I ready to use all my archetypes as guides?
5. Am I ready to stop being a victim?

A GALLERY OF ARCHETYPES

We recommend that you read the book *Sacred Contracts*, listen to its audio companion, and then create your own archetypal wheel. In order to evaluate yourself and become skillful at self-diagnosis you will need to become familiar with the entire gallery of archetypes and your own sacred contracts. Unfinished business and the dis-ease associated with it are almost always the result of a failure to recognize a life lesson that was presented through an archetypal experience. Study this list and ask yourself whether your anger, guilt, depression, or anxiety might be related to any of these archetypal energies. When you can see the world in terms of archetypes, it allows you to see the broader implications of a given situation. In the study of medical intuition, a working knowledge of these archetypes – even the ones that you don't feel connected with personally – will help you understand yourself and your relationships from a much greater perspective.

The archetypes listed here are just a few of the many ancient patterns that exist in human consciousness. Many additional archetypes that are closely related are mentioned in parentheses, such as Hermit (found under Mystic), Therapist (under Healer), or Pirate (under Rebel). Please read through the entire list, looking at all the archetypes in parentheses, before assuming that the one you're looking for isn't here. Naturally, it's impossible to list all the hundreds of archetypes that exist, but these are some of the most common, and include just about all that are mentioned in this program or in *Sacred Contracts*. If you feel that you have an archetype that isn't found here, please do not hesitate to give it careful consideration, and feel free to include it in your support team.

We've reduced each archetype to its essence to fit into this study guide; more detailed listings appear at the end of the book *Sacred Contracts*. Remember that all archetypes are essentially neutral and manifest in both light and shadow attributes. Accordingly, we have tried to include both sets of attributes for each listing, along with brief cues to help you determine whether a given archetype may be part of your lifelong support team of 12. In evaluating whether an archetype is part of that intimate group, pay special attention to whether you can perceive a pattern of influence throughout your history, rather than only isolated or recent incidents. Never evaluate your connection to an archetype only by obvious markers. You have to stretch your imagination and burrow into yourself to discover your life patterns, lessons, and gifts. This inner knowledge does not surface easily.

ADDICT

(*Conspicuous Consumer, Glutton, Workaholic – see also Gambler*)

- Not limited to drugs, alcohol, food, and sex
- Helps you recognize when any external force has more authority over your will power than your inner spirit does
- Perseverance in breaking its hold empowers your psyche
- Shadow Addict represents the absence of self-control and internal balance, and compromises your integrity and honesty
- Look for a lifelong pattern of trying to maintain order in struggles over needing a substance or person so intensely that you compromise relationships, finances, integrity, character, or emotional and psychological well-being

ADVOCATE

(Attorney, Defender, Legislator, Lobbyist, Environmentalist)

- Embodies a lifelong devotion to championing the rights of others and a passion to transform social injustices
- Dedicated to inspiring the empowerment of groups or causes
- Shadow Advocate manifests in false or negative causes and seeking personal gain
- Ask yourself how much of your life is dedicated to social causes and a willingness to take action

ALCHEMIST

(Wizard, Magician, Scientist, Inventor – see also Visionary)

- In its highest manifestation seeks complete spiritual transformation
- All these archetypes share the trait of converting matter into some form of altered and enhanced expression
- Wizard and Magician produce results outside the ordinary rules of life, using supernatural powers and entertainment, respectively
- Shadow Alchemist appears in the misuse of power and knowledge through seduction and trickery
- Shadow Wizard manifests either as use of ingenuity for criminal or unethical purposes or as feelings of superiority
- Must be associated with your physical life in some significant way, showing invention on a regular basis

ANGEL

(Fairy Godmother/Godfather)

- Has a strong connection to the angelic realm through art, music, or literature

- Provides a channel through which angels' presence is palpably manifested
- Shows a prominent loving and nurturing character
- Fairy Godmother/Godfather helps someone in need anonymously and with no expectation of any return
- Shadow Angel manifests as claims to be in touch with angelic guidance for the sake of control or ego enhancement; or acting innocent to mislead others

ARTIST

(Musician, Author, Dramatist, Actor, Artisan, Craftsperson, Photographer, Sculptor, Weaver)

- Could be a chef or landscaper as easily as painter or photographer
- Embodies passion to express a dimension of life beyond the five senses
- Creates an emotional field that inspires others
- Shadow Artist may manifest in clichés such as eccentricity, self-indulgence, or the “starving artist” syndrome
- Look for a continuing need to make art or to bring art to others

ATHLETE

(Olympian)

- Ultimate expression of strength of spirit represented by the power of the body
- Has strong code of ethics and morality
- Professional skill level less important than will power and strength of spirit
- Shadow Athlete manifests as misuse of strength; false sense of invulnerability; dirty play; or lack of honor that compels one to cheat

- Look for a lifetime dedication to excellence in sport accompanied by strength of spirit

AVENGER (*Avenging Angel, Savior, Messiah*)

- Needs to balance the scales of justice, sometimes aggressively
- Pursues war criminals or corporations that harm society
- Shadow Avenger manifests as resorting to violence, from acts of ecoterrorism to bombing abortion clinics
- Look for a lifelong pattern of defending or representing causes in behalf of others

BEGGAR

(*Homeless Person/Indigent*)

- No need to be starving for food to be considered a Beggar
- May “beg” for attention, love, authority, and material objects
- Represents a symbolic test that compels you to confront self-empowerment
- Shadow Beggar manifests as chronic dependence, lack of belief in your own abilities
- A lifelong pattern of learning about the nature of generosity, compassion, and self-esteem is fundamental

BULLY

(*Coward*)

- Should be evaluated by far more than whether you bully people
- Symbolically, we bully our spirits into backing down from challenges
- Beneath the Bully lurks the Coward, which the Bully masks

- As an ally, the Bully alerts you when you are in danger of backing down to your own inner fears
- Shadow Bully always gives in to fear by lashing out
- Honestly assess whether you have a lifelong pattern of bullying others to cover your own fear

CHILD

- Variations including Orphan, Wounded, Magical/Innocent, Divine, Nature, and Puer/Puella Eternis (Eternal Boy/Girl), many of which are present to some degree in every psyche
- One aspect is usually dominant
- Choose carefully, because you can have only one Child archetype in your Wheel

CHILD: ORPHAN

- Best known pattern in many fairy tales
- Reflects feeling that you are not a part of your family or tribal spirit
- Helps develop psychic independence based on personal judgment and experience early in life
- Shadow Orphan manifests as failure to mature, and obsessive search for surrogate family structures to experience tribal union rather than moving on
- Evaluate your childhood memories, particularly if your painful history arises from the feeling that you were never accepted as a family member

CHILD: WOUNDED

- Holds memories of abuse, neglect, and other traumas endured during childhood
- May also awaken a deep sense of compassion and desire to find a way to help other Wounded Children
- Often opens the learning path of forgiveness
- Shadow Wounded Child may manifest as self-pity,

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blame, and resistance to moving on through forgiveness

- Look for a habit of blaming a painful childhood for all subsequent dysfunctional relationships

CHILD: MAGICAL/INNOCENT

- Sees potential for sacred beauty in all things
- Embodies wisdom and courage in the face of difficult circumstances
- Is gifted with imagination and the belief that everything is possible
- Shadow Magical Child manifests as lack of faith in miracles and transformation; attitudes of pessimism and depression; and as the belief that energy and action are not required, allowing one to retreat into fantasy
- Look for pattern of transcendence over apparently negative circumstances from early in life

CHILD: DIVINE

- Closely related to Magical/Innocent Child, but distinguished by its redemptive mission
- Associated with innocence, purity, and redemption, god-like qualities that suggest a special union with the Divine Itself
- Shadow Divine Child manifests as an inability to defend oneself against negative forces
- Ask whether you see life through the eyes of a benevolent, trusting God/Goddess, or tend to respond to others with fear of being hurt or with a desire to hurt others first

CHILD: NATURE

- Inspires intimate bonding with natural forces
- Shows affinity for friendships with animals
- Has inner toughness and ability to survive

- Shadow Nature Child manifests as a tendency to abuse animals, people, and the environment
- Look for a life pattern of relating to animals such that your psyche and spirit need these bonds for your own well-being

CHILD: PUER/PUELLA ETERNIS

(Eternal Boy/Girl)

- Determination to remain eternally young in body, mind, and spirit
- Shadow Puer Eternis manifests as an inability to grow up and accept responsibilities
- Shadow Puella Eternis shows in women as dependency on those who take charge of their physical security; a consistent inability to be relied on and to accept the aging process
- Look for a pattern of resilience and youthful enthusiasm in all things, or, perhaps, a continuing immaturity

CLOWN

(Court Jester, Fool, Dummling)

- Embodies ability to communicate profound messages through humor
- Represents what people would like to do or say themselves
- Often wears a mask that covers one's real emotions
- Generally male
- Court Jester or Fool is a manifestation of the Clown in a "royal" setting, including political satire
- Dummling does not so much impart wisdom as kindness and simplicity
- Shadow Clown or Fool manifests as cruel personal mockery or betrayal, and breaking of confidences
- Consider your use of humor in association with

power, especially in a way that is fundamental to your personal protection and survival

COMPANION

(Friend, Sidekick, Right Arm, Consort)

- Loyal, tenacious, unselfish
- Provides a symbolic service to a stronger or more authoritative personality
- Emotional rather than sexual support helps you focus on your mission
- Shadow Companion manifests as betrayal, which damages the soul

DAMSEL

(Princess)

- Always beautiful, vulnerable, and in need of rescue, specifically by a Knight
- Must become empowered and learn to take care of herself
- Princess is associated with romance, not distress
- Shadow Damsel accepts that women are weak and need protection
- Examine your young girl fantasies and expectations for a mate
- Were you awaiting the arrival of your Knight in Shining “Amour,” hoping to be rescued, and disappointed that your expectations were not met?

DESTROYER

(Attila, Mad Scientist, Serial Killer, Spoiler)

- Impulse to destroy and rebuild is archetypal
- Can be beneficial when releasing that which is limiting us, as therapists or spiritual masters who “destroy” our illusions
- Shadow Destroyer becomes intoxicated with

destructive power and can manifest as a dictator or a nation that destroys other nations, or as people who destroy the environment

- Look for a pattern within your psyche that destroys relationships or promotes attitudes and opinions that destroy others’ dreams or potential

DETECTIVE

(Spy, Double Agent, Sleuth, Snoop, Sherlock Holmes, Private Investigator, Profiler – see also Warrior/ Crime Fighter)

- Seeks out information that supports solving crimes
- Combines great powers of observation with highly evolved intuition
- The Spy is associated with surreptitious acquisition of secret information regarding politics, business, or national security
- Shadow Detective manifests as voyeurism, falsifying information, or selling out to the highest bidder

DILETTANTE

(Amateur)

- A lover of the fine arts who never rises above the level of an amateur
- By extension, a “jack of all trades, master of none”
- Amateur applies to the realm of sports or useful arts such as cooking and gardening
- Both can alert you to the danger of becoming merely superficial in your pursuits, or losing the love that drew you to your avocation in the first place
- Shadow Dilettante manifests as a pretension to much deeper knowledge than you actually possess; taking your dabbling too seriously
- Look for a pattern of delighting in the arts or other areas of endeavor without going very deep

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DON JUAN (*Casanova, Gigolo, Seducer, Sex Addict*)

- Can make us aware of falling into sex role clichés or misusing the power of romantic attraction
- An underlying vulnerability and the power to open a heart capable of deep love can counter its negative aspects
- Shadow Don Juan represents a man preying on women for the sake of conquest alone
- Look for a pattern of sexual behavior in which the end justifies the means

ENGINEER

(*Architect, Builder, Designer, Schemer*)

- Grounded, orderly, strategic qualities give creative energy a practical expression
- Talent for engineering everyday situations or designing solutions to common dilemmas
- Shadow Engineer manifests as a master manipulator, designing situations to one's own advantage regardless of the needs of others
- Look for a pattern of designing and building – structures, devices, or solutions

EXORCIST (*Shaman*)

- Able to confront evil in the form of possession by destructive or antisocial impulses in oneself and others
- Shadow Exorcist attacks the evil in others without having the courage to face his own demons
- Discern a lifelong pattern of exorcising the negative spirits of social groups or individuals

FATHER (*Patriarch, Progenitor, Parent*)

- Talent both for creating and for overseeing others, whether a family or a work group

- Characterized by courage and protectiveness
- Shadow Father emerges when guidance and protection turn into dictatorial control or abuse of authority
- Ask if you have a lifelong attachment to the role of family patriarch, however you conceive of that family

FEMME FATALE

(*Black Widow, Flirt, Siren, Circe, Seductress, Enchantress*)

- Represents highly refined skills at manipulating men both sexually and financially without investing personal emotion
- Sometimes adds the twist of killing her conquests
- Positive aspect manifests as opening the heart when the male object rejects her manipulations and dependency
- Shadow Femme Fatale wants only to acquire more men and money
- Look for a pattern of manipulative behavior and acquisitiveness

GAMBLER

- A risk-taker who plays the odds, including certain addicts, entrepreneurs, day traders, and those who take risks in politics and other social arenas
- Attempts to outrun the speed at which ordinary change happens
- Positive aspect manifests in following intuition, even in the face of universal doubt
- Shadow Gambler has a compulsion to look for lucky breaks even in relationships, rather than working hard to make them succeed
- Look for ability to follow your intuition in risky situations

GOD

(*Adonis – see also Hero*)

- The ultimate in male dominance
- In the positive aspect, benevolent and compassionate
- Shadow God manifests as a dictator or despot, or uses physical attractiveness to get what he wants without returning love
- Look for a lifelong sense of great power, used either selfishly or selflessly

GODDESS

(*Diva – see also Heroine*)

- Embodies wisdom, guidance, physical grace, athletic prowess, sensuality
- Shadow Goddess emerges in the overindulgence of movie stars and fashion models
- Look for lifelong associations with the image and personality of a particular Goddess, such as Athena/Minerva (the able-bodied warrior woman and power behind the throne); Venus (beauty and sexuality); Isis or Durga (motherhood); Oshun (East African Yoruba goddess of pleasure, love, and beauty); Astarte (fertility and sexual love); or Quanyin (Chinese embodiment of compassion)

GOSSIP

(*see also Networker*)

- Associated with rumor spreading, backbiting, and passing along information that is exaggerated, harmful, and intended to disempower
- Thrives on the power generated by passing on secret or private news
- Connected to lessons of truth, integrity, and honoring the trust another has placed in you
- Shadow Gossip manifests as passing along misleading information and creating damaging rumors

- Assess how many of your life lessons have emerged from participating in gossip that has harmed another, or rating a relationship by whether a person is willing to share secrets with you

GUIDE

(*Guru, Sage, Crone, Wise Woman, Spiritual Master, Evangelist, Preacher*)

- Teacher of religious beliefs and practices, as well as the spiritual principle of seeing the Divine in every aspect of life
- You don't have to be a professional Preacher or Guru to have this archetype
- Crone, Wise Woman, and Sage represent the ripening of insight and acceptance of what is
- Shadow Guide manifests in televangelists, gurus, and priests who place financial gain and sexual misconduct over imparting spiritual insight
- Look for a continuing pattern of devoting yourself to guiding others from your own spiritual insights

HEALER

(*Intuitive Healer, Caregiver, Nurse, Therapist, Analyst, Counselor*)

- Manifests as a passion to serve others by repairing body, mind, and spirit
- Inherent strength and ability to assist people in transforming their pain into a healing process, and to channel the energy needed to generate physical and emotional changes
- Look beyond the obvious definition of what you do professionally to a continual pattern of trying to heal others

WOUNDED HEALER

- Initiates you into healing arts through personal hardship, such as physical injury, illness, loss of all possessions or a loved one

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- Demands that you push yourself to a level of inner effort that becomes a process of transformation
- The challenge in this process is that only the initiate can ultimately heal the wound, but then experiences an exceptional healing, and a path of service opens up
- Shadow Healer and Wounded Healer manifest through a desire to take advantage of those who need help, including claims that you can heal every illness

HEDONIST

(Bon Vivant, Chef, Gourmet, Gourmand, Sybarite – see also Mystic)

- Displays an “appetite” for pleasure in life, from good food and wine to sex and sensuality
- Challenges the archetypal fear of being seduced and losing control (along with negative connotations of our Puritan heritage)
- Parallels the search for spiritual transformation
- Shadow Hedonist manifests as pursuing pleasure without regard for other people or one’s own health and well-being
- Look for lifelong pattern of pleasurable indulgence, either as an end in itself or as an attempt to reach transcendent states

HERO/HEROINE

(see also Knight, Warrior)

- Confronts increasingly difficult obstacles to awaken an inner spiritual power and achieve a heroic vision that ultimately serves the tribe
- Conquers survival fears that might compromise the journey of empowerment
- Shadow Hero/Heroine succeeds only by disempowering others

- Look for a history of facing and overcoming the odds in both the material and spiritual realms

JUDGE

(Critic, Examiner, Mediator, Arbitrator)

- Seeks to balance justice and compassion
- Manages the fair distribution of power in any form, from military codes to marriage vows
- Shadow Judge manifests as destructive criticism; judging without compassion; as misuse of legal authority; or as threatening others through association with the law
- You don’t need to be an attorney, judge, or critic by profession to identify with this archetype
- Look for history of mediating between people, and a lifelong learning process of developing high standards of justice and wisdom

KING

(Emperor, Ruler, Leader, Chief)

- Represents temporal male power and authority, associated with both benevolence and cruelty
- Emperor can arise from common society, like Napoleon, but the King is usually born to it
- Shadow King resists criticism, questioning, and challenges to his absolute power
- Look for a lifelong need to rule and exert control over a kingdom, whether a corporation, community, or family

KNIGHT

(Rescuer – see also Warrior, Hero)

- Associated with chivalry, courtly romance, loyalty, self-sacrifice, protecting the Princess, and going to battle only for honorable causes

- Has spiritual overtones of service and devotion
- Shadow Knight manifests as an absence of honor and chivalry, or loyalty to a questionable ruler or principle
- Look for a pattern of service to others that straddles the line between self-sacrifice and self-neglect

LIBERATOR

- Helps to liberate us from the self-inflicted tyranny of negative thought patterns and beliefs, spiritual sluggishness, poor nutrition, destructive relationships, or addictive behavior
- Invaluable ally in freeing us from old, entrenched beliefs and attitudes
- You don't have to be a charismatic leader to have this archetype
- Shadow Liberator manifests in corporate, political, religious, and spiritual leaders who impose their own tyranny over our lives
- Ask whether you have a lifelong pattern of helping to free others from injustices, adverse economic or social conditions, or simply from their misconceptions

LOVER

- May manifest in anyone who exhibits great passion and devotion to another, but also to art, music, gardening, nature, or needlepoint
- Includes unbridled affection for and appreciation of someone or something that influences the organization of your life and environment
- Shadow Lover manifests as an exaggerated or obsessive passion that has a destructive effect on your physical or mental health and self-esteem
- Ask if passionate enthusiasm and/or romantic love plays a dominant role in the overall design of your life and self-esteem

MARTYR

- Has courage of convictions so far as to die for a cause
- Suffers that others may be redeemed, either spiritually or politically
- Shadow Martyr utilizes a combination of service and suffering for others as a means of controlling and manipulating them (related to the Victim)
- Look for a pattern of giving yourself to causes for the betterment of others, regardless of consequences

MEDIATOR

(Ambassador, Diplomat, Go-Between)

- Smooths relations between potentially antagonistic groups or individuals
- Gifted with patience and skill, able to read people and situations
- Shadow Mediator manifests in ulterior motives or hidden agendas, working both sides of an issue for personal gain
- You must have a lifelong commitment to resolving disputes and bringing people together

MENTOR

(Master, Counselor, Tutor – see also Teacher)

- Based on character in *The Odyssey* to whom Odysseus entrusted the care of his house and the education of his son
- Trusted teacher and guide in many forms of art, business, and spiritual practice
- Passes on wisdom and refines the student's character
- Shadow Mentor is more concerned about imposing control than imparting wisdom, and does not allow the student to move on to the role of Master

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- Ask yourself if you have shown a lifelong pattern of taking individual “students” under your wing and guiding many aspects of their lives

MESSIAH

(Redeemer, Savior)

- Associated with embodiment of divine power and a mission to save humanity
- Tends to become obsessed with spiritual purpose, convinced that God needs one to do something
- Shadow Messiah is convinced of his divine mission and becomes obsessed to the point of psychosis (Jim Jones, Charles Manson)
- Look for a long-term desire to save people, especially in large numbers, with the possibility of self-delusion in this regard

MIDAS/MISER

- Midas is associated with entrepreneurial or creative ability – everything he touches turns to gold
- Miser creates wealth by hoarding money and emotions at the expense of others, and refusing to share them
- Challenge to learn generosity is inherent in both
- Shadow Midas/Miser uses wealth-creating gifts only for personal gain, and needs to control all forces for fear of losing it
- Look for a pattern of creating wealth and/or confronting how far you are willing to go to create it; also for a pattern of difficulty sharing wealth

MONK/NUN

(Celibate)

- Possesses spiritual intensity, devotion, dedication, persistence, perhaps wisdom
- Able to be single-minded, assiduous, devoted to a spiritual path or to any work that requires intense focus, including art and business
- Celibate conserves vital energy for work and/or spiritual practice
- Shadow Monk/Nun is removed from the real world, overly pious, self-absorbed
- Determine whether you have a serious life pattern of removing yourself from the workaday world and personal relationships to focus intently on spiritual practice or work

MOTHER

(Matriarch, Mother Nature, “Mr. Mom”)

- Life-giver, source of nurturing and nourishment
- Shows patience, devotion, caring, and unconditional love
- Mother Nature (also known as Gaia) is caretaker of the planet
- Capacity to forgive her children and put them before herself is essential to the Good Mother
- Shadow Mother may manifest as Devouring, Abusive, or Abandoning Mother, which represent different aspects of this primal archetype
- You don’t need to be a biological mother, but must have a lifelong devotion to nurturing and protecting the environment or supporting any life form, including giving birth to ideas or writing books
- Some men relate to being “Mr. Mom,” another variation of the Mother archetype

MYSTIC

(Renunciate, Anchorite, Hermit)

- Follows selfless path of practice to achieve union with the Divine or a state of enlightenment that manifests as service to others
- Consistently places inner knowledge above material concerns
- Shadow Mystic manifests as self-importance; an egocentric concern for one's own spiritual progress to the exclusion of others; and as taking advantage of disciples for economic or sexual benefits
- Ask yourself if you have a lifelong devotion to exploring your relationship with the Divine – and are ready to pay the price in blood, sweat, and tears

NETWORKER

(Messenger, Herald, Courier, Journalist, Communicator – see also Gossip)

- Expands sphere of influence by forging alliances and making connections among vastly different groups of people
- Helps develop social flexibility and empathy that seeks commonality with those who might not seem to be potential friends or allies
- Messenger and Communicator have skills to disseminate information and power
- Shadow Networker merely uses connections with others for personal gain
- Look for a continuing pattern of striving to forge links with others to deliver vital information and ideas

PIONEER

(Explorer, Settler, Pilgrim, Innovator, Entrepreneur)

- Discovers and explores new territory, whether external or internal
- May initiate innovative fashions, art, music, or literature
- Shadow Pioneer manifests as a compulsive need to abandon the present and move on, never settling anywhere
- Ask if your life has been characterized by a consistent need to step on fresh and undiscovered territory in at least one realm

POET

(see also Artist)

- Combines lyricism with sharp insight, finding beauty not only in the epic affairs of humanity, but also in everyday acts and objects
- Also expresses wonder at the hidden joys and sorrows that we might otherwise overlook
- You don't have to be a published poet to have this as one of your 12 archetypes
- Shadow Poet turns gift for lyricism to negative effect, as in songs or poems written in support of evil causes
- Look for a lifelong need and ability to discover beauty in the people and things around you, and express it in a way that helps others see it, too

PRIEST

(Priestess, Minister, Rabbi, Evangelist)

- Defined by ritual of ordination, the official capacity to facilitate spiritual vows, commitments to divine authority

- Serves as spiritual channel of divine energy for others
- Must represent the teachings through personal example
- Shadow Priest manifests as the inability to live according to one's own teachings, especially in lapses of personal morality, or using ordained authority to control people for personal gain

PRINCE

- True Prince is a ruler-in-training who serves the people he will someday lead, whether in a literal, figurative, or spiritual kingdom
- Characteristics of generosity, fairness, compassion, and wisdom should be well balanced
- Shadow Prince can manifest as a young man with great feelings of entitlement, who uses his position and power purely to advance his own interests without regard for the needs of others
- Look for a history of preparing for leadership in one particular realm

PROSTITUTE

- Engages lessons in the sale or negotiation of one's integrity or spirit based on fears of physical and material survival or for financial gain
- Activates aspects of the unconscious related to seduction and control
- Should also be understood as the selling (or selling-out) of talents, ideas, and any other expression of the self
- Core learning relates to the need to birth and refine self-esteem and self-respect
- Shadow Prostitute assesses all transactions only in terms of how they will profit you, not what they will cost you spiritually
- Everyone has this archetype

QUEEN

(Empress)

- Represents power and authority in women who symbolically rule over anything from a corporation to the home
- Associated with positive arrogance and a need to protect one's personal and emotional power
- Shadow Queen can slip into aggressive and destructive patterns of behavior, particularly when authority or control is challenged
- Ice Queen rules with a cold indifference to the material or emotional needs of others
- Queen Bee combines ability to power the entire hive without leaving her "chamber," yet at the cost of enslaving the rest of her community
- Look for a pattern of authoritative control of others throughout your life

REBEL

(Anarchist, Revolutionary, Political Protester, Nonconformist, Pirate)

- Whether politically inclined or an artistic innovator, the Rebel is a key component of all human growth and development
- Helps you see past tired preconceptions in your professional or creative work, or to reject spiritual systems that do not serve your inner need
- Shadow Rebel compels you to rebel out of peer pressure or for the sake of fashion, and to become mired in another manifestation of conformity; may also reject legitimate authority for the wrong reasons
- Look for a lifelong pattern of rebelling against the establishment; but even if the Rebel is not part of your intimate circle, you probably have it to some extent and should pay attention to it

RESCUER

(see also *Knight, Healer, Hero*)

- Assists when needed, providing an infusion of strength and support to help others survive a crisis or difficult situation
- More common among women than the Knight
- Shadow Rescuer often surfaces in seeking to establish an intimate bond by lending emotional support, with a hidden agenda that assumes the rescued party will return the Rescuer's romantic feelings
- Look for a lifetime pattern of jumping in to rescue others, for either selfless or selfish motives

SABOTEUR

- Exposes fears and issues related to low self-esteem that cause you to make choices that block your own empowerment and success
- When you make it an ally, you will find that it calls your attention to situations in which you are in danger of being sabotaged, or of sabotaging yourself
- Shadow Saboteur manifests as self-destructive behavior or the desire to undermine others
- Everyone has this archetype

SAMARITAN

- Closely related to the Martyr, Samaritans make sacrifices for those they might be least inclined to serve, as in the Gospel parable of the Good Samaritan
- Shadow Samaritan helps one person or group to the detriment of another, his family, or society, implying a kind of self-importance that says others must adhere to his choice of who is most deserving
- Look for a continuing pattern of going out of your way to support others with no regard for whether they are family, strangers, or even enemies

SCRIBE

(*Copyist, Secretary, Accountant*)

- Copies existing works rather than creating new ones
- Includes journalists, who record existing knowledge and information and uncover secrets (investigative reporters), and Webmasters
- Shadow Scribe can manifest in altering facts, plagiarizing, or pirating information or creative work that belongs to others
- Look for a pattern of compiling information not for personal gain but for the joy of preserving and sharing with the rest of the world

SEEKER

(*Wanderer, Vagabond, Nomad*)

- May begin search with earthly curiosity, but has at its core the pursuit of wisdom and truth wherever they are to be found
- Shadow Seeker is the “lost soul” on an aimless journey without direction (Nomad or Vagabond), disconnected from goals; emerges when the Seeker becomes infatuated with the trappings of a practice or guru but never actually changes underlying egocentricity
- Look for a lifelong pattern of searching for truth

SERVANT

(*Indentured Servant*)

- Engages aspects of the psyche that call us to make ourselves available to others for the benefit and enhancement of their lives
- May include spiritual service to the Divine or other people

THE SCIENCE OF MEDICAL INTUITION

- Shadow Servant fails to also be of service to herself, and loses all focus of the value of her own life
- Indentured Servant sees herself bound by conditions of service not of her choosing because of an inability to “buy her freedom” or symbolically come into her own power
- If making choices that serve your highest potential is a substantial personal issue for you, then consider this archetype for your chart

SHAPE-SHIFTER

(Spell-caster – see also Trickster)

- Has the ability to change appearances and navigate through different levels of waking consciousness, dream states, and the astral plane
- Trickster is associated more with deception than change
- Shadow Shape-shifter exhibits instability, fickleness, and lack of conviction, like politicians who reinvent themselves to appeal to the latest popular trends
- Look for lifetime pattern of flexibility, changeability, or deceptiveness, especially tied to your work or family life

SLAVE

(Puppet)

- Represents complete absence of the power of choice and self-authority
- Potential for personal transformation by surrendering one’s will to the Divine
- For African Americans, the Slave carries a historical freight that should be taken into account
- Following orders unconditionally is an aspect of the Slave, especially when it violates your integrity

- The Puppet allows complete manipulation by others
- Look for a pattern of allowing others to direct you for better or worse

STORYTELLER

(Minstrel, Narrator)

- Relays wisdom and foolishness, mistakes and successes, fact and fiction on a plane that is often heightened beyond ordinary awareness, including a metaphoric level of teaching
- Reflects a desire to impose order on what sometimes seems like a chaotic and random universe
- Shadow Storyteller manifests when we can’t resist making up a story to conceal something we don’t want to be truthful about, misusing a skill to our own advantage when sharing information
- You don’t have to be a professional writer, but a Storyteller’s voice and methods must be essential to your way of communicating and perceiving the world

STUDENT

(Disciple, Devotee, Follower, Apprentice)

- Suggests an absence of mastery but a continuing pursuit of intellectual development
- Has found a source of teaching, such as a guru or spiritual master, who becomes the instructor and spiritual guide
- Shadow Student usually manifests in tandem with the shadow Teacher or Mentor, avidly learning all the tools of the wrong trade or misusing the knowledge learned; may never move beyond the Student role to develop an independent inner wisdom
- Look for a pattern of constant learning or openness to new information as an essential part of your well-being

TEACHER

(*Instructor – see also Mentor*)

- Communicates knowledge, experience, skill, and wisdom
- May manifest through parental guidance, in business or the arts, or by inspired instruction in ethics or kindness
- Shadow Teacher manifests as a desire to manipulate or abuse students; to be more concerned with recognition than with imparting knowledge; or to teach negative traits and destructive skills
- Ask yourself if others look to you as a teacher in any situation, to impart the richness of your experience, or to show them the ropes

THIEF

(*Swindler, Con Artist, Pickpocket, Burglar, Robin Hood*)

- Should be evaluated from its symbolic meaning in the emotional and intellectual arenas, including plagiarism, stealing ideas, and even affection
- Implies the need to learn self-respect by taking what is not yours, because you lack the ability to provide for yourself
- Prods you to learn to generate power from within by alerting you when you are in danger of losing faith in yourself
- Shadow Thief doesn't steal out of actual need (such as starvation) but out of perceived need (shoplifting items one can afford to buy)
- Look for a continuing pattern of expropriating from others, materially, intellectually, or emotionally

TRICKSTER

(*Puck, Provocateur*)

- Plays dubious jokes or tricks, makes fun or is made fun of

- Can be either a deceiver who tricks others out of something they are entitled to, or a helper or messenger from the Divine
- Can be a great ally in presenting alternatives to the straight and narrow path to people and institutions who seek to hem you in through peer pressure and conformism
- Shadow Trickster takes pleasure in misleading and upsetting others
- Look for a lifetime pattern of either creating havoc or of liberating by transcending convention, stuffiness, and predictable behavior

VAMPIRE

- Mythically, returns every evening to his source of life until there is no more to be had
- Symbolic of the power dynamics that frequently drive male-female relationships, in which the male drains the power of the female for his own psychic survival, and the female submits (or vice versa)
- Shadow Vampire forms psychic attachments to others out of a desire for their energy that manifests through a need for approval and maintenance
- Look for lifelong patterns of behavior such as chronic complaining, over-dependency, and holding on to relationships psychically long after they have ended

VICTIM

- When properly recognized, the Victim alerts us when we are in danger of letting ourselves be victimized, either through passivity or rash, inappropriate actions
- Also helps us to see our own tendency to victimize others for personal gain
- Shadow Victim shows us that we may like to play that role because of the positive feedback we get in the form of sympathy or pity

- Everyone has this archetype; the goal is always to learn how to recognize these inappropriate attitudes in ourselves or others, and to act accordingly

VIRGIN

- Associated with purity, applied primarily to young women
- Needs to be explored symbolically as a pattern that represents not only purity, but also the beginning point of creation, as in bringing forth virgin ideas
- Shadow Virgin manifests as prudish disgust with or fear of genuine sensuality, resisting sex not to save one's energy for other endeavors, but because it seems inherently repellent; or as reluctance to lose one's innocence in any way
- See if you have consistently preserved your vital energies for artistic or spiritual pursuits

VISIONARY

(Dreamer, Prophet, Seer – see also Guide, Alchemist)

- Lets you imagine possibilities that are beyond the scope of your individual life and that benefit all of society

- Brings into view what could be if certain choices are made, or what is inevitable given choices that have already been made
- Shadow Visionary manifests as a willingness to sell one's prophetic abilities to the highest bidder, or to alter one's vision to make it more acceptable (in extreme cases, tainted visions may lead societies into murderous or destructive rampages)

WARRIOR

(Soldier, Crime Fighter, Amazon, Mercenary, Soldier of Fortune, Gunslinger, Samurai)

- Represents physical strength and the ability to protect and fight for one's rights
- Linked to invincibility, loyalty, and the passage from boyhood to manhood
- Can also be female, as in the legendary Amazon tribe of Warrior Women, and has emerged once again through women who liberate and protect others who need representation
- Mercenary and Soldier of Fortune are variations on the hired killer who sells his power with complete disregard for the cause
- Gunslinger and Samurai appeal to our fantasies of independence and self-defense, yet they also carry the historic weight of predatory evil
- In their favorable aspect, they all warn us when we are in danger of aligning our might with an unjust or purely self-interested cause
- The spiritual Warrior pioneered by Dan Millman, Chögyam Trungpa, and others, directs us to use the classic Warrior virtues of heroism, stoicism, and self-sacrifice for conquering the ego and gaining control of the inner realm
- Shadow Warrior distorts or abandons ethical principles in the name of victory at any cost
- Look for a lifetime commitment to courageous battle whenever and wherever necessary

The Ring of Earth / The Ring of Fire

“The history of science makes clear that the greatest advancements in understanding of the universe are made by intuitive leaps at the frontiers of knowledge.”

– Andrew Weil, M.D., THE NATURAL MIND

THE SACRED RINGS

THE DISCOVERY OF THE RINGS

The Sacred Rings are five energetic circuits that we have developed and tested over the past 10 years. Initially, the first of these came through meditation on the question, “How can we raise DHEA?” Using our knowledge of the meridians and acupuncture point of traditional Chinese medicine, we were able to determine that stimulation of specific acupuncture points – and their corresponding organs – would indeed raise the level of this crucial hormone. Through meditation, intuitive insight, and research and testing, we were able to discover the details of all five Sacred Rings.

TIPS FOR WORKING WITH THE SACRED RINGS

The single most important factor in activating one of the Sacred Rings is to work on the Ring in a state of spiritual attunement. For instance, when we did our original research, two of the individuals experienced no effect whatsoever after six weeks of electrical stimulation. When asked what they were doing while stimulating the Ring of Fire, they said, “I was watching the evening news.” For the best results

to your work with any of the Sacred Rings, it is crucial to “be involved” spiritually. This means you maintain the view of the body as a holy temple, you practice with focus and intention, and you remain detached from concerns about the outcome.

HOW OFTEN SHOULD I WORK WITH THE RINGS?

Depending upon what you are aiming to accomplish, you will benefit most if you do a Ring every day. In general, if you are reasonably healthy and you just want to extend your life healthfully, we recommend alternating Fire, Earth, and Crystal. Those are the three Rings that are most critical for maintaining health and longevity. Additionally, here are specific situations in which you may want to focus particularly on a specific Ring.

1. Ring of Earth – This Ring is specifically aimed at grounding yourself. If you feel spacey or dissociated in any way, work with the Ring of Earth to return to ground. The Ring of Earth is useful for overcoming both phobias and addictions, and for overcoming seduction, illusions, or possession. When combined with the Ring of Crystal, the Ring of Earth helps in cases of cerebral palsy, ALS, and other neurological disorders. Also – as we will see when we discuss the Ring of Earth in greater detail

- stimulating the Ring of Earth activates calcitonin
- the hormone produced by the thyroid gland that is critical for strength of your skeletal system.
- 2. Ring of Fire – If you are trying to restore your total body energy, concentrate on working with the Ring of Fire daily for a month. The Ring of Fire is also useful for restoration of DHEA, and treatment of migraine, diabetic neuropathy, and rheumatoid arthritis.
- 3. Ring of Water – Work with this Ring when you need additional help in developing forgiveness or balancing emotions. The Ring of Water is particularly helpful in contacting the Christological heart. Finally, this Ring can help with obesity, lowering of cholesterol, edema, and congestion.
- 4. Ring of Air – When seeking a specific meditative insight, work with the Ring of Air as often as you feel necessary. The Ring of Air is also useful for improving simultaneity of thought, holographic thinking, mental creativity, and symbolic thought. It can improve one's sense of integration/nonseparatism, and assist in easing tinnitus. Use of the Ring of Air can assist in cases of autism, and, when combined with the Ring of Earth, Down's Syndrome. Finally, the Ring of Air can serve to heal rage.
- 5. Ring of Crystal – This Ring is useful for regeneration and regulation of the overall energetic system. We know that electrical stimulation of this Ring – even if for only two or three days – can markedly reduce free radicals – the abnormal oxidative molecules in the body that lead to disease and death. Finally, the Ring of Crystal can assist in cases of paralysis.

COMBINING THE RINGS WITH OTHER FORMS OF STIMULATION

In addition to using your mind and powers of visualization to stimulate the Rings, you may also want

to try any one of the following adjuncts for increased stimulation.

1. Aromas – the use of incense, scented candles, or application of In-Tu-It can all assist you in working with any of the Sacred Rings.
2. Massage – Once you've learned the points (we recommend listening to the instructive guided imagery included in the audio at least 6 to 10 times to establish the rhythm and the pattern), you may gently massage each point, while listening to the guided imagery audio or on your own. Massaging another person can be more effective than self-massage. Experiment with friends and family, maintaining a state of spiritual attunement.
3. Magnets – Further exploration of ways to activate your Rings might include the use of magnets. We recommend the set available from Dr. William Philpott (See Appendix B, p. 89), which includes 13 real magnets about 6 millimeters in diameter that are marked with both the north and south poles. Before listening to the guided imagery for any given Ring, tape a magnet on the appropriate circuit with the south pole toward the body. Leaving it in place for about 20 minutes should help rebalance the energy of a particular circuit.
4. Crystals and Semiprecious Stones – There are two ways to incorporate the use of crystals and semiprecious stones into your work with the Rings:
 - Go to a metaphysical store and get a set of adequate crystals or stones to use for the points in each chakra. Since the Rings have different numbers of points in the chakras you'll want to have a variety. For the first chakra, use a red stone, such as a garnet. Amber or citrine work well for the second chakra, while emerald is appropriate for the fourth chakra. For the fifth chakra, try lapis lazuli or sapphire. For the sixth, amethyst or celestite. You can tape the crystals or

stones to your body, as in the case of the magnets, or you can sketch your body and place them on your illustration as a blueprint while you're doing the exercise.

- If you want to work with quartz crystals, use one about two or three inches long and hold it like a wand over the acupuncture point while you're working with that given point.

5. Electrical stimulation – If your intuition tells you to use electrical stimulation, by federal law, you will need a prescription from a physician to purchase a stimulator, such as a Liss® or She-Li™ TENS. Use of these devices is unquestionably the strongest way to activate the Rings. Once a prescription has been obtained, you can purchase an electrical stimulator through Self-Health Systems (see Appendix B, p. 89).

THE RING OF EARTH

From a health and longevity point of view, the Ring of Earth is at least as important as the Ring of Fire. Stimulation of the Ring of Earth strikingly increases the production of calcitonin. Calcitonin is the single most important naturally produced chemical for maintaining strength of our bones. As most people know, a majority of individuals over the age of 60 have some significant and increasing degree of osteoporosis or loss of calcium from the bones. Thus we believe that regular stimulation of the Ring of Earth – at least twice a week – can help one prevent osteoporosis.

We have provided a diagram indicating the location of each of the points in the Ring of Earth. Familiarize yourself with these points to assist you in the guided imagery for this Ring.

THE RING OF FIRE

When we discovered the Ring of Fire we learned that, indeed, electrical stimulation of the 12 points that we had chosen strikingly raised DHEA in almost everyone. We know that anything that you can do with electrical stimulation you can do mentally. Using the guided imagery provided will help you to activate these particular circuits in your own body.

The Ring of Fire consists of 12 specific acupuncture points. As you will see in the guided imagery, you start with the points at the bottom of the body and work up toward the top. As you sense the energetic circuit, the energy moves from the ankles up to the top of the head, and from the top of the head back down to the ankles in a continuous flow of energy. We call it fire because DHEA is the single most important indication of your energetic fire. It's the battery of your life energy.

Once again, we have provided a diagram indicating the location of each of the points in the Ring of Earth. Familiarize yourself with these points to assist you in the guided imagery for this Ring.

THE RING OF EARTH

K1 (Kidney) In the depression at the junction of anterior and middle third of the sole in a depression between the 2nd and 3rd metatarso-phalangeal joint when the toes are plantar flexed

B54 (Bladder) Exact midpoint of the popliteal transverse crease

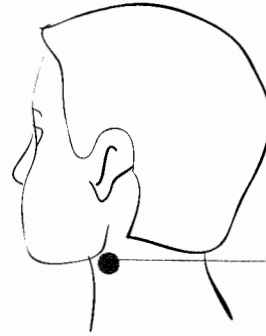
B60 (Bladder) Between the posterior border of the external malleolus and the medial aspect of tendo calcaneus at the same level as the tip of the malleolus

LI16 (Large intestine) In the depression between the clavico-acromial extremity and the spine of the scapulae

ST9 (Stomach) Posterior to the common carotid artery on the anterior border of the M. Sternocleidomastoid, lateral to the thyroid cartilage

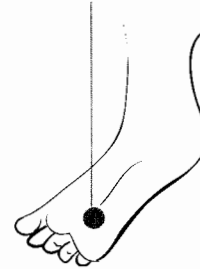
SI17 (Small intestine) Posterior to the angle of the jaw on the anterior border of M. sternocleidomastoid

GV20 (Governing vessel) 7 cun above the posterior hairline, midway on a line connecting apex of both ears

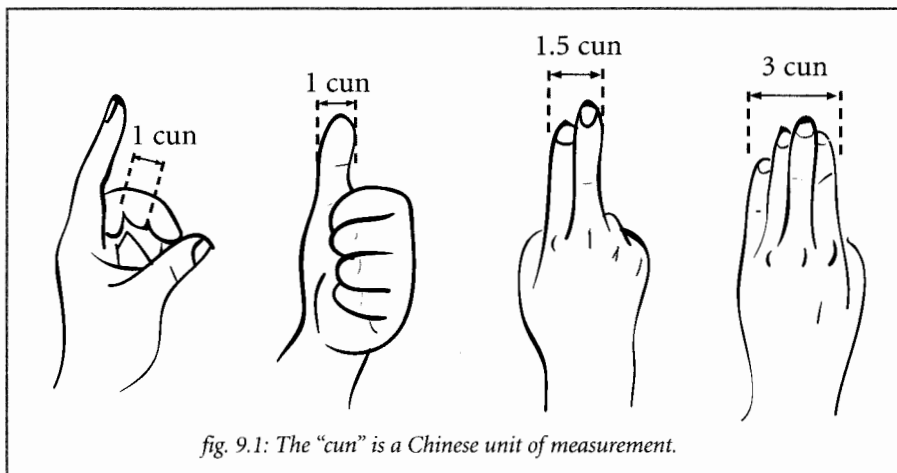
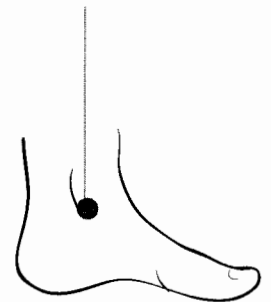


**SI17
(BILATERAL)**

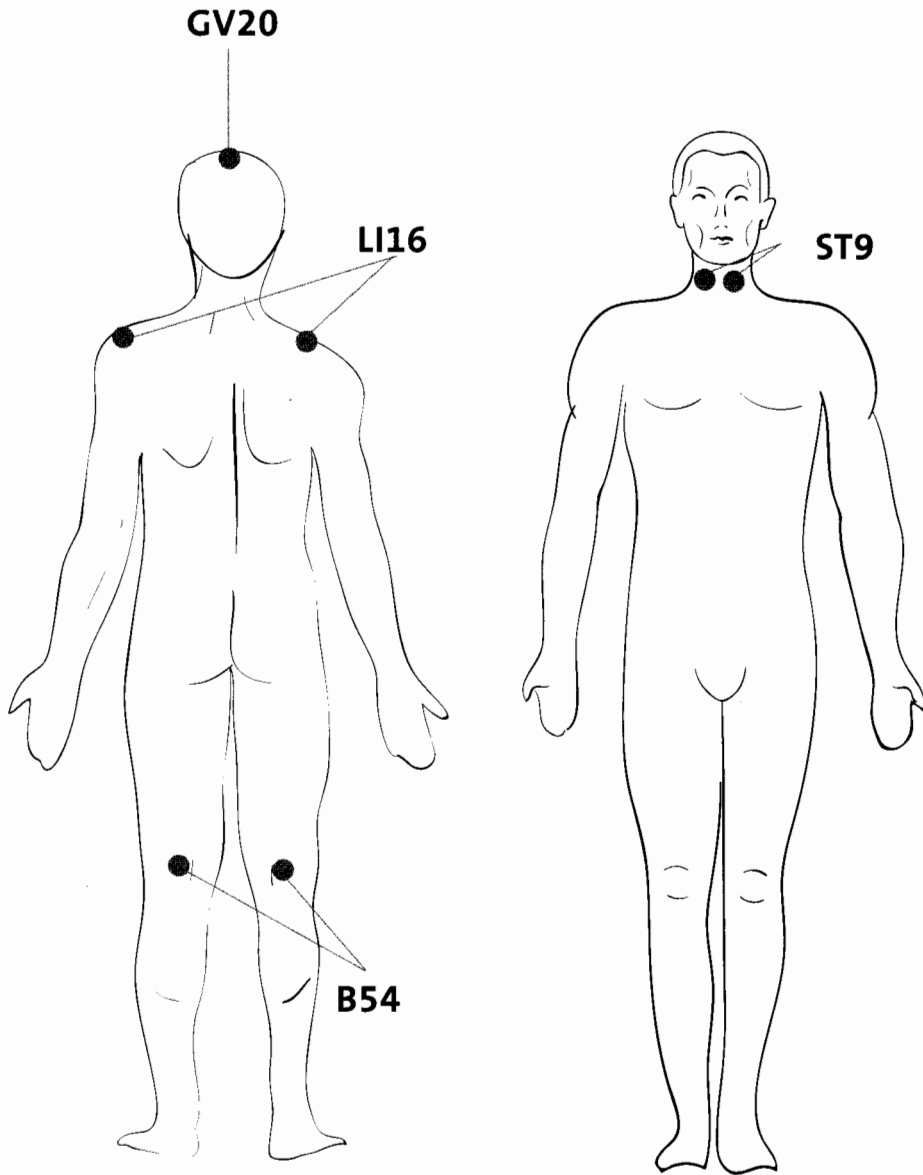
K1 (BILATERAL)



B60 (BILATERAL)



THE RING OF EARTH



THE RING OF FIRE

K3 (*Kidney*) Midway between the tip of medial malleolus and tendo calcaneus

CV2 (*Conception vessel*) in the superior border of the pubic syphonis, on the middle of the abdomen

CV6 (*Conception vessel*) 1.5 cun below the umbilicus, on the middle of the abdomen

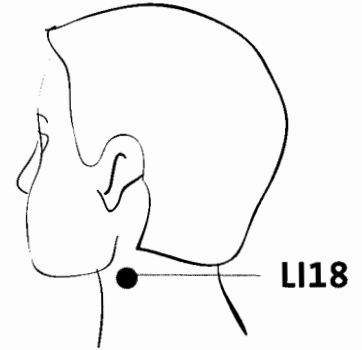
B22 (*Bladder*) 1.5 cun lateral to the lower border of the spinous process of the 1st lumbar vertebra

MH6 (*Master of the heart*) On the ulnar side of the wrist, on the radial side of the tendon M. flexor carpi ulnaris, below pisiform bone

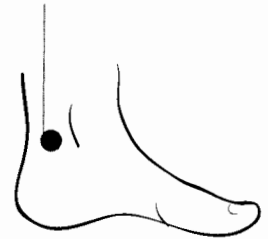
LI18 (*Large intestine*) 3 cun lateral to the thyroid cartilage, between the sternal, head, and the clavicular head of the sternocleidomastoid muscle

CV18 (*Conception vessel*) On the midline of abdomen, 1.6 cun above line of two nipples, at the level of 3rd intercostal rib

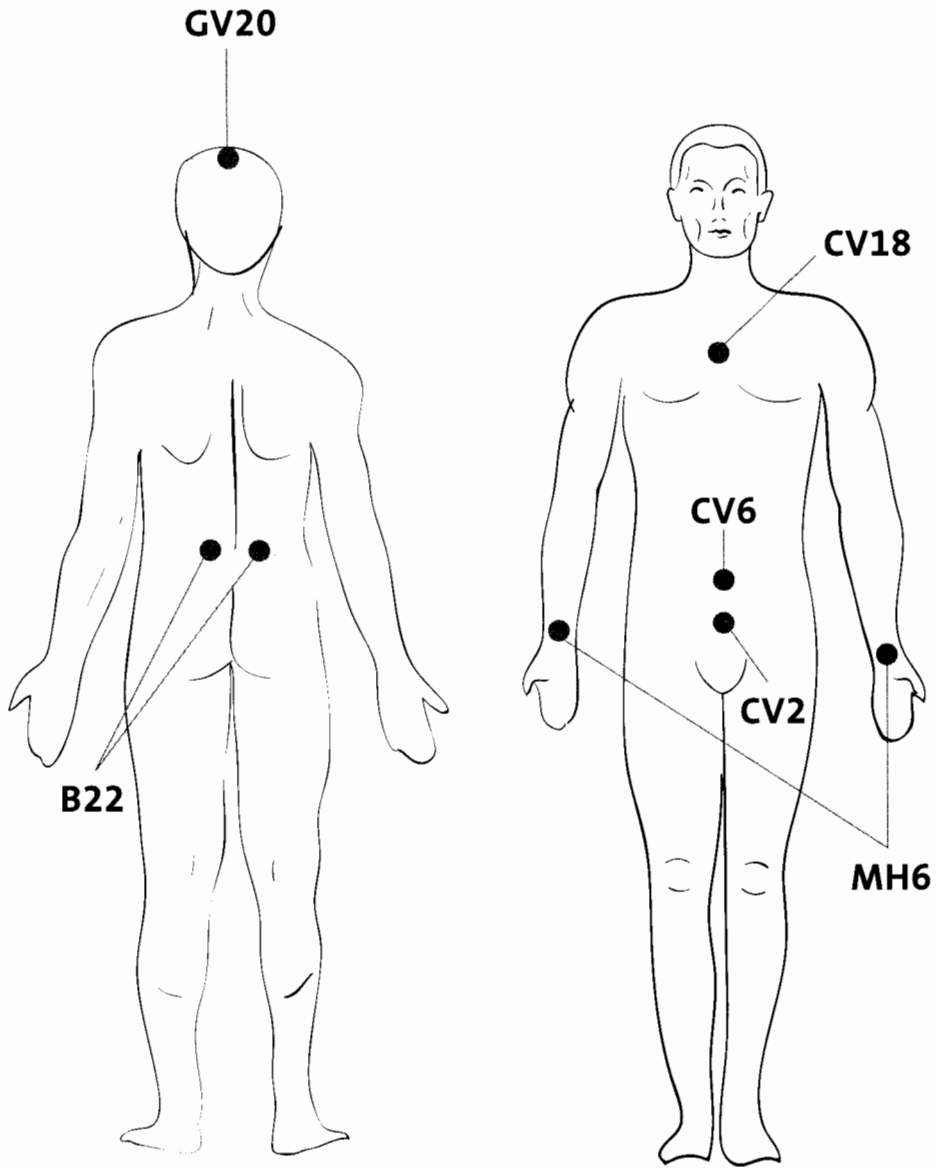
GV20 (*Governing vessel*) 7 cun above the posterior hairline, midway on a line connecting apex of both ears



K3 (BILATERAL)



THE RING OF FIRE



The Ring of Water / The Ring of Air

“Because of their age-long training in human relations – for that is what feminine intuition really is – women have a special contribution to make.”

– Margaret Mead

THE RING OF WATER

The Ring of Water is quite fascinating because we associate both the heart and emotions with water. It was no surprise to learn that when we stimulated the Ring of Water we actually optimized the production of aldosterone – the adrenal hormone that balances water and mineral metabolism. Although relatively few people are truly deficient in water, many people need to balance the energies of the heart for forgiveness, for unconditional love. One of the major purposes of the Ring of Water is to contact the Christological heart. As you practice the guided imagery for the Ring of Water, just prior to entering the meditative state, ask your higher self to assist you through doing this exercise in forgiving a particular person.

THE RING OF AIR

The Ring of Air is one of the most important in your development of intuition. The message that we received when we were guided in the points of the Ring of Air was to state that this energetic circle activates your ability to have “simultaneity of thought.” Simultaneity of thought means intuition, lucidity, access to the mystical state. When we went to start the project on the Ring of Air, a research nurse asked us what neurochemical she should

measure. Without conscious knowledge of exactly why, the answer “neurotensin” came to us.

Through further investigation we discovered that neurotensin is a neuroleptic chemical produced in the brain and body, and this means that it helps you dissociate the mind from the body – or focus on your higher self. When we got the results we found that stimulation of the Ring of Air could increase neurotensin by up to 500 percent. Out of hundreds of individuals who have been guided in the use of the Ring of Air, about a dozen at the end of guided imagery have felt that they were extremely spacey mentally – totally detached from their environment. This has never been a problem; in fact people feel very good there. However, if you find yourself feeling quite detached when you finish the exercise, a very simple way to bring yourself back to the ground is to use the “bubbling spring” or kidney-1 point found on the bottom of the foot (see the diagram of the Ring of Earth). Bilateral massage of the kidney-1 point connects us and quickly grounds us back to a normal state of awareness.

The use of In-Tu-It may also assist in massage of the Ring of Air. We have often used it in the classroom as an adjunct to a greater experience. In fact, In-Tu-It as an adjunct is as strong as electrical stimulation for activating the Ring of Air.

THE RING OF WATER

SP4 (*Spleen*) On the medial aspect of foot, in a depression at the anterior and inferior border of 1st metatarsal bone, at the junction of the “red and white” skin

H7 (*Heart*) On the ulnar side of the wrist, on the posterior border of the pisiform bone, in the depression at the radial side of the tendon M. flexor carpi ulnaris

B10 (*Bladder*) 1.3 cun lateral to midline of 1st and 2nd cervical vertebrae, on the lateral side of M. trapezius

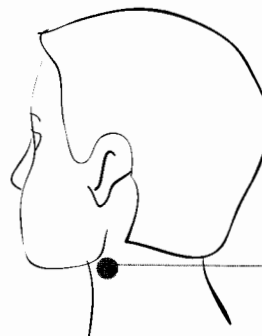
B13 (*Bladder*) 1.5 cun lateral to the lower border of the spinous process of the 3rd thoracic vertebra

CV14 (*Conception vessel*) 6 cun above the umbilicus, on midline of the abdomen

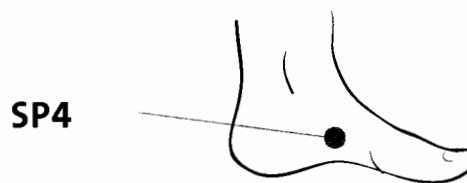
TH16 (*Triple healer*) Posterior and inferior to the mastoid process, in the posterior border at M. sternocleidomastoid, at the level of the angle of the mandible

GV8 (*Governing vessel*) Below the spinous process of the 9th thoracic vertebra

GV20 (*Governing vessel*) 7 cun above the posterior hairline, midway on a line connecting apex of both ears

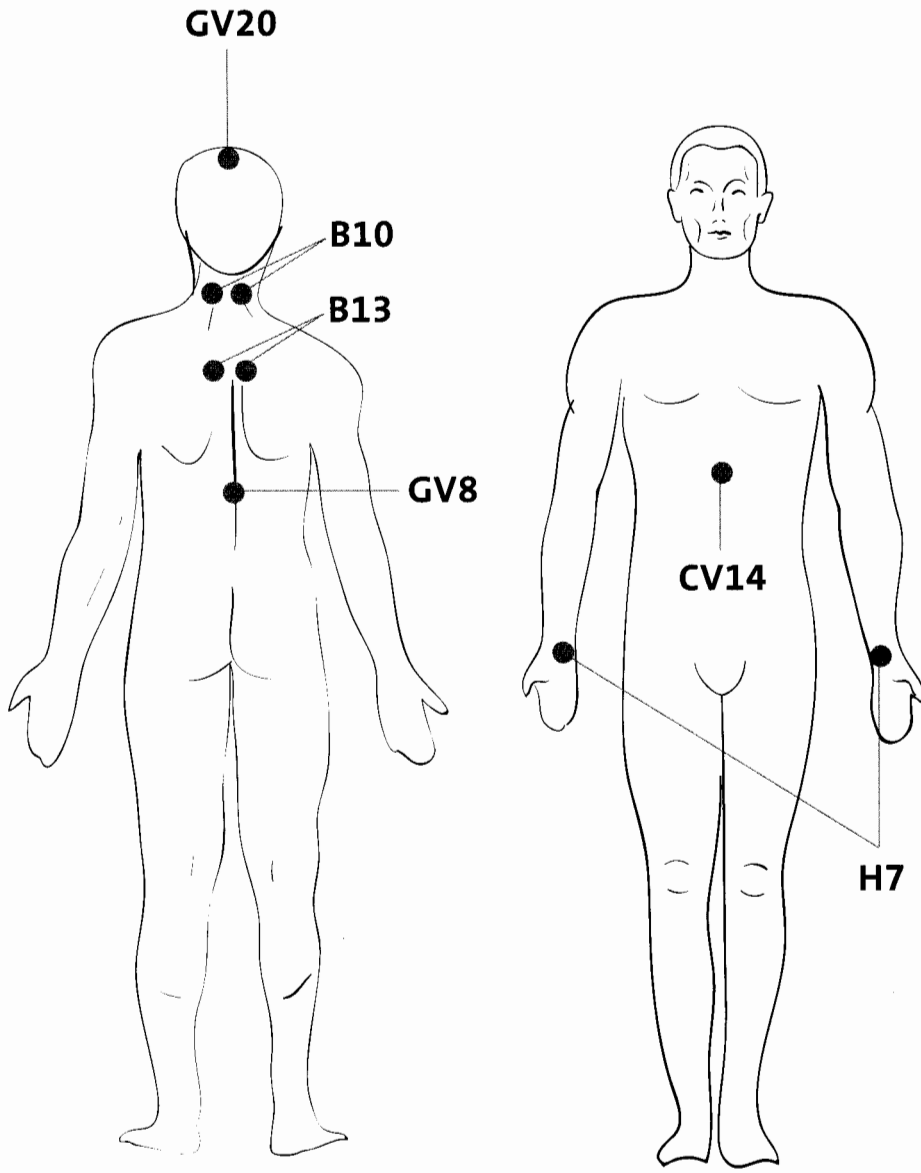


TH16
(BILATERAL)



SP4

THE RING OF WATER



THE RING OF AIR

SP1A (*Spleen*) On the medial side of the great toe, 0.1 cun posterior to the corner of the nail

LIV3 (*Liver*) Between the 1st and 2nd toe, 2 cun proximal to the margin of the web

S36 (*Stomach*) 3 cun below lateral side of patella, one finger breadth from anterior crest of tibia

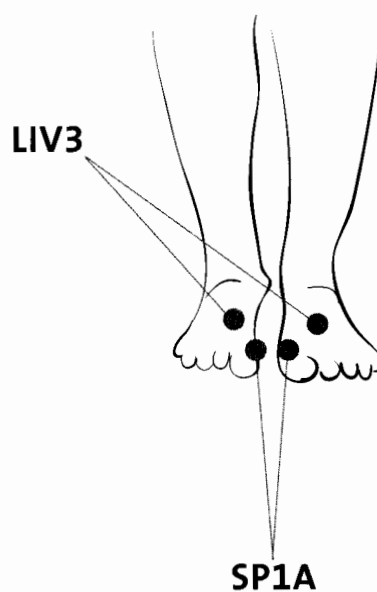
LI (*Lung*) On the lateral aspect of chest, in the interspace of the 1st and 2nd rib, 6 cun lateral to the midline of chest

G20 (*Gall bladder*) In depression between the M. sternocleidomastoid and the upper portion of the M. trapezius; specifically, between the depression directly inferior to the occipital protuberance and the mastoid

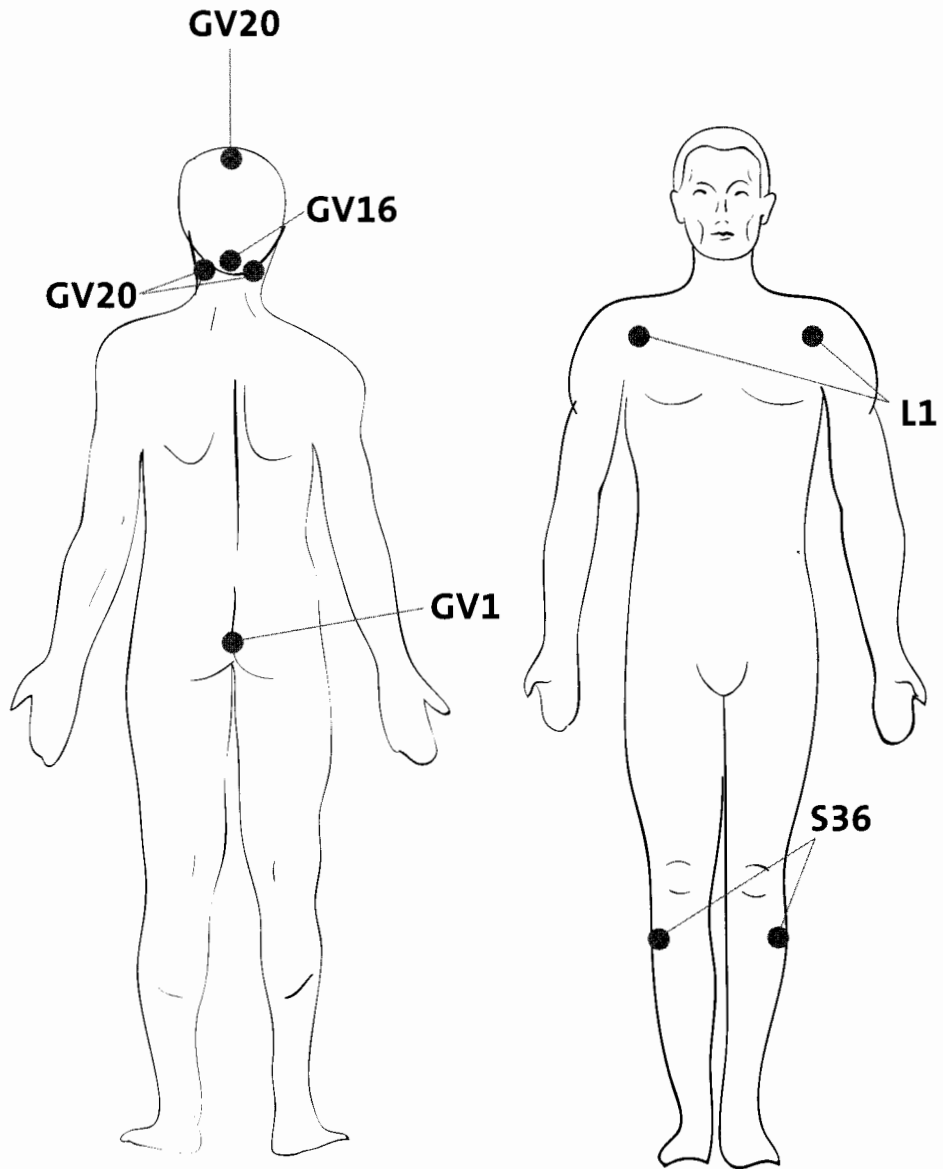
GV1 (*Governing vessel*) Tip of coccyx

GV16 (*Governing vessel*) Directly below the occipital protuberance, in the midline, in a depression 1 cun above the hairline

GV20 (*Governing vessel*) 7 cun above the posterior hairline, midway on a line connecting apex of both ears



THE RING OF AIR



The Ring of Crystal / Past-Life Guided Imagery

“The Beautiful – is always intuitive.”

– Samuel Taylor Coleridge, THE STATEMAN’S MANUAL, 1816

THE RING OF CRYSTAL

Earth, Fire, Water, and Air are all energetic rings that have to do with what we might call daily maintenance of the energy of the body. The Ring of Crystal assists in maintenance, but functions more importantly in regeneration. Stimulation of the Ring of Crystal strikingly reduces free radicals. We know that every cell in the body is actually reproduced within a maximum of seven years. Some cells are reproduced within hours or days, but all cells are regularly replaced. One of the reasons they don’t reproduce healthily in adults is the presence of free radicals, which increase with cumulative stress. Free radicals are like having ozone run around in your body. They actually damage or destroy tissue. All aspects of disease and aging are associated with excess free radicals. Regular activation of the Ring of Crystal allows our cells to reproduce themselves with a much reduced level of free radicals – the key to remaining youthful.

WORKING WITH PAST LIVES

There are a variety of ways in which we may choose to work with the past-life guided imagery provided in this program. The first of these relates to an experience we’ve all had: déjà vu. Recall a time when

you found yourself in a place, a situation, or with a person and you felt a strong connection or the sense that you’ve been there before. Before beginning the guided imagery, tell yourself “I would like in this particular past-life experience to know, to see realistically or symbolically, the connection that I have with this person, place, or situation.” This is also particularly useful in integrating this whole concept of past lives with archetypes, because past lives – when we experience them spontaneously or during a guided imagery – virtually always have symbolic meaning in relation to our current life.

Another way of accessing information about a past life is to examine those historical times that have had the greatest emotional meaning for you, and write about them. For instance, suppose you are particularly attracted to Egypt or Peru. Do your own creative writing, and allow your imagination to flow. Get a video or a book with photographs of the area to which you’re attracted. Use that as a beginning and then just daydream or go into a deep meditation and ask for images related to this area. As soon as you see a single human being related to that area, then begin to write your story. You may keep a journal and develop this over weeks and months to gain insight into that connection.

THE RING OF CRYSTAL

SP4 (*Spleen*) On the medial aspect of foot, in a depression at the anterior and inferior border of 1st metatarsal bone, at the juncture of the “red and white” skin

GB30.5 (*Gall bladder*) 2 cun lateral of greater trochanter to major trochanter, lateral side of upper leg

CV8.5 (*Conception vessel*) .5 cun above umbilicus

GV4.5 (*Governing vessel*) On spinous process of 2nd lumbar vertebra

CV14.5 (*Conception vessel*) 6.5 cun above the umbilicus on midline of abdomen

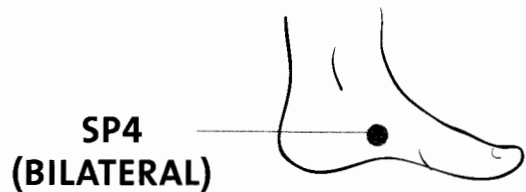
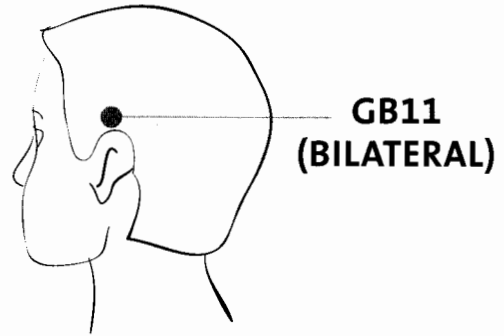
GV7.5 (*Governing vessel*) On spinous process of 9th thoracic vertebra

GV14.5 (*Governing vessel*) On spinous process of 3rd cervical vertebra

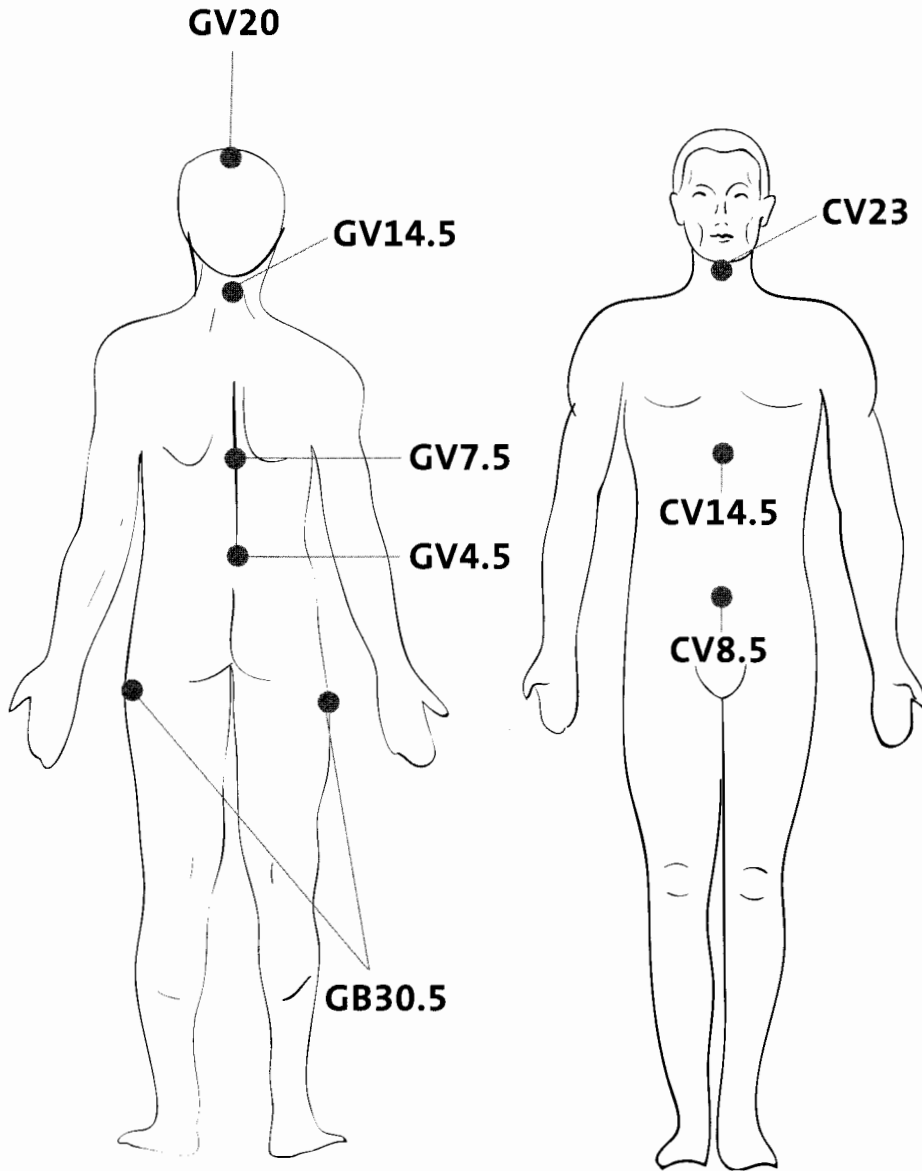
CV23 (*Conception vessel*) Midline of neck, midway between tip of cricoid cartilage and the border of the mandible

GB11 (*Gall bladder*) In depression 1 cun posterior of the horizontal line of the auricle

GV20 (*Governing vessel*) 7 cun above the posterior hairline, midway on a line connecting apex of both ears



THE RING OF CRYSTAL



Finally, past-life guided imagery can be especially helpful if you feel you are having trouble resolving unfinished business. If you cannot recall an episode in this life that is responsible for your anger, guilt, anxiety, or depression, than there's a high possibility this has been triggered by some event that reminds

you of a past life. That means that it's particularly useful to explore repeatedly. It might be worthwhile in that situation to do the past-life guided imagery once a week or once a month and see if you get different images as you work with this.

Discovering Your Intuitive Code

“All of our knowledge has its starting point in the intuitive data of sense experience.”

—THE CATHOLIC ENCYCLOPEDIA, 1910

There are many different ways to receive intuitive information. It is truly a uniquely individual process. Your goal is to determine your own intuitive “code” – the organized way in which Spirit communicates with you and guides you in the most responsible use of your energy. When we learn to interpret the various “clues” that Spirit constantly offers us, we can then make choices accordingly.

The majority of individuals appear to be visual – that is, they “see” images, symbols, colors, or spectra. All of us get information in other ways as well. People who are highly kinesthetic are more likely to experience physical sensations or “flutters” in the body. These may include sensations of tension, tingling, pain, a dull awareness, “creepy crawly” feelings, and so on.

On the other hand, some people receive information audibly, either as a frequency of sound or even as specific words. As you begin to work with guides you may very well carry on conversations with these specific guides or angels.

In addition, mental clues may come – often suddenly and spontaneously. We all know the idea of the light bulb over our head. We receive these clues as a sudden flash or the Aha! experience.

Finally, some of us receive information emotionally. We perceive an intense like or dislike for

a person or a situation; we feel happy, sad, anxious, or depressed in a certain place. The challenge becomes determining when these emotions are actually ours and not from another person, or even if they originate from a past-life experience.

Only by repeated practice of the exercises found in Session Three can you know what your dominant intuitive sense is. To further develop your dominant mode of perception, return to these exercises, pick one, and pay close attention to the way in which you receive a particular answer. The following methods will help you to strengthen your ability to perceive intuitive information in additional ways.

PHYSICAL CLUES

To enhance physical perceptions, practice the exercises related to balancing body feelings, found in Session Five. As you develop your intuitive ability you will become more sensitive to the feelings of others. Be sure to determine when a physical feeling you are experiencing is not actually your own.

MENTAL CLUES

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MENTAL CLUES

To enhance your perception of mental clues, keep a journal. When you have an idea that seems out of the

blue, write it down so you don't forget it. Every night, do a mental review of the day. Review your thoughts, feelings, and the episodes of the day and keep a running journal of important information. As you revisit your journal later, you might begin to see patterns that give you an even better overview of your intuitive hits.

EMOTIONAL CLUES

Emotional clues are very similar to physical clues. When you feel a strong emotion, always ask yourself, "Is this mine? Is this from my life? Or am I picking up someone else's joy or distress?" The single most important factor in learning to develop your sensitivity to emotional clues is to resolve your own unfinished business. When you truly have regained your own power and are no longer losing it to the past, then you're more likely to pick up emotional clues from people and situations around you.

SPIRITUAL CLUES

In general, spiritual clues are very personal, and intuition of this nature comes as ideals or yearnings – a need to find a sense of purpose or meaning in a situation or an experience. In addition, these clues

may come as a strong need for justice or fairness. When you have a strong yearning for something better, something more perfect, something that you consider ideal or spiritual, write it down, explore it in your meditations, or ask yourself to incubate a dream to give yourself more information. Dream incubation is one of the most important tools to develop because the more you work with it the more useful your dreams will become.

ENVIRONMENTAL CLUES

To enhance your perception of environmental clues, pay attention to the presence of synchronicity – the sudden awareness that two things that seem absolutely unrelated are much more than a coincidence. In addition, pay attention to those times you experience the concept of precognition – the sudden knowing that something is going to happen that you wouldn't normally be able to foresee. For most people precognition occurs more often in dreams than the conscious world. Keep a record of your experiences of synchronicity and precognition in a journal. As in the case of mental clues, you might begin to see patterns and meanings that give you an even better overview of your intuitive hits.

CONCLUSION

A Lifelong Pursuit

“The decision will depend on a judgment or intuition more subtle than any articulate major premise.”

– Oliver Wendell Holmes, Jr.

The study of medical intuition is a lifelong pursuit. You will encounter challenges, but don't be discouraged. Like a muscle that grows stronger with exercise, your intuition will improve over time – for the benefit of every one of us.

There are two avenues you can follow if you wish to study personally with Caroline Myss and Norm Shealy:

HOLOS UNIVERSITY GRADUATE SEMINARY (HUGS)

Holos University Graduate Seminary (HUGS) is an official, postgraduate school of the International Science of Mind Church for Spiritual Healing. The Seminary operates in compliance with the laws of the State of Missouri. Degrees offered are the Th.M. (Master of Theology) and the Th.D. (Doctor of Theology). HUGS operates within a two-semester system. Semesters run from March to September, and September to March. Enrollment for first semester students commences with a required residential Orientation Course that can be taken in March or September. Many of the courses offered at HUGS may be done entirely through distance learning. However, certain courses require attendance at residential Training Programs (refer to

the Course Requirements and Courses). In addition to conferring the Th.M. and Th.D. degrees, HUGS confers Spiritual Healing Certificates for Training Programs done under its supervision, and specially designated honorary degrees to recognize exceptional life-work in the field of Spiritual Healing/Energy Medicine. For more information, contact:

Holos University Graduate Seminary
5607 S. 222nd Rd
Fair Grove, MO 65648
Telephone: 888-272-6109 / 417-865-5940
Fax: 888-528-0746
E-mail: registrar@holosuniversity-edu.org
Website: HUGS-edu.org

INSTITUTE OF SCIENTIFIC MEDICAL INTUITION (ISMI)

Under the direction of its Dean, Caroline M. Myss, Ph.D., ISMI focuses upon the Science of Medical Intuition, offering a total of 9 courses. These may be taken as a component of the specialty doctoral tract in Energy Medicine with an emphasis in Medical Intuition, or toward a Certificate of Completion that is given to those who obtain a score of at least 75%

on the examination given by the American Board of Scientific Medical Intuition (after satisfactory completion of the 9 required courses). We encourage students to consider carefully the advantage academically and financially of enrolling in the doctoral program. However the Certificate program does not require simultaneous enrollment in HUGS. For more information, visit: www.hugs-edu.org or phone 888-272-6109.

Intuitive Self-Evaluation

The following is an opportunity to gauge your intuitive capabilities. Evaluate yourself now, and then take the test again periodically. This will help you measure your progress in the study of medical intuition. Remember – be honest!

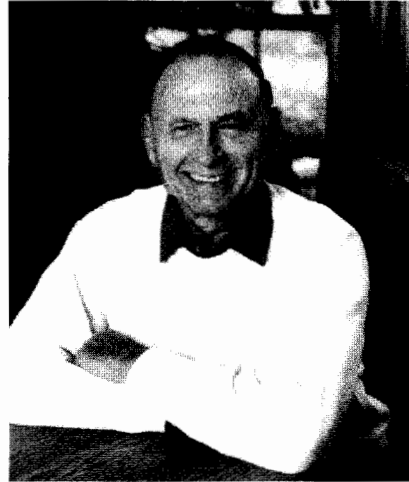
Answer each of the following preferences by writing in a score of 0 to 5 (0 if you strongly disagree up to 5 if you agree strongly): For example: 0 = disagree strongly / 1 = disagree most of the time / 2 = disagree some of the time / 3 = no preference / 4 = agree most of the time / 5 = agree strongly

- _____ 1. When solving a problem, I need specific details
- _____ 2. When solving a problem, I like to explore every possible solution
- _____ 3. I prefer people who are logical and realistic
- _____ 4. I prefer people who are imaginative and creative
- _____ 5. I enjoy friends who are serious and hard working
- _____ 6. I enjoy friends who are exciting and strongly emotional
- _____ 7. I prefer having others support my basic assumptions
- _____ 8. I prefer having others question my assumptions, pushing me to be more specific
- _____ 9. I prefer having and following a daily schedule
- _____ 10. I prefer letting each day flow as it goes
- _____ 11. I enjoy examining every figure in a table of numbers
- _____ 12. I prefer just looking at the bottom line or summary of reports
- _____ 13. I avoid daydreaming
- _____ 14. I enjoy daydreaming
- _____ 15. I prefer having and following rules and instructions
- _____ 16. I prefer finding ways around or shortcuts to rules and instructions
- _____ 17. I prefer step-by-step instructions to a project

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ABOUT THE AUTHORS



CAROLINE MYSS AND C. NORMAN SHEALY, M.D., PH.D.

... have lectured together since 1986 on the emotional, psychological, and spiritual responses that promote health and healing. Coauthors of the landmark book *The Creation of Health*, Myss and Shealy founded the Institute for Scientific Medical Intuition – of which Myss is President – in 1998. Dr. Shealy was founding President in 1978 of the American Holistic Medical Association, and the 2000 founder and current President of Holos University Graduate Seminary, dedicated to education in the field of Energy Medicine. Myss is the author of many bestselling books and audios, including *Anatomy of the Spirit*, *Why People Don't Heal and How They Can*, *Sacred Contracts*, and *Energy Anatomy*. Dr. Shealy's published works total more than 285, and include most recently *90 Days to Stress-Free Living*, *Sacred Healing*, and *The Methuselah Potential*.