

HOLOS UNIVERSITY GRADUATE SEMINARY

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**Three Publishable Articles Submitted to Holos University Graduate Seminary
In Partial Fulfillment of the Post-Doctoral Requirements for the Degree of
Doctor of Theology in Spirituality and Health**

**Survival Dynamics
Qi Journal**

**Why internal and external Ki energy is vital to our existence
And How Can We Increase and Use it?
National Qigong Association Journal**

**Exploring Energetic Survival
(American Holistic Health Association (AHHA) Journal)**

22 July 2010

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TABLE OF CONTENTS

Section	Page Number
TABLE OF CONTENTS.....	2
Introduction.....	3
Survival Dynamics.....	6
Why internal and external Ki energy is vital to our existence And How Can We Increase and Use it?.....	26
Exploring Energetic Survival.....	51
Conclusion	84
Article One, Two and three End notes and REFERENCES and BIBLIOGRAPHY	87

INTRODUCTION

"The importance of survival has been a driving force in my life. My PhD was on Past life Therapy (PLT) as a healing modality, which explored much of the events that affect one's ability to survive in health and physical challenges during each incarnation. During this tenure in my present body I have developed an interest in the many factors that contribute to why some seem to be able to survive almost any challenge while others simply quit when facing disease or emotional or physical threat. In researching these areas, many energetic approaches to survival may be found. Our past lives have great influence on our present incarnation. The challenge is to learn how to gain knowledge and skill to take advantage of many aspects of past lives and to convert any negative soul DNA from past lives to a positive growth as a soul and to take the positive past life DNA and make it yet stronger. We are fortunate that God will create situations that allow us to grow. Often in our life experience this path may not be the one we logically would think is best. But we are here to grow as souls.

The three papers that follow address various aspects to help us survive both in this incarnation and to understand how we may experience soul growth. Each experience we have should be viewed as a gift as it will allow us to choose a path to either accelerate or resist our soul growth. How we chose will influence future challenges that may be presented to us. Again, the path is not always logical (in fact the worse thing we can do is expect it to be logical at all times). Often the path makes us step out of our comfort zone in order for us to experience growth. If we chose wisely we can alter both our soul DNA and our physical DNA for future incarnations.

Survival Dynamics, the first of these papers, provides an overview of the influences of psychic vandalism, a foundation for understanding energy otherwise known as Chi, Ki, Qi or Prana, and to understand our spiritual, mental and casual bodies and their interaction upon our self in this incarnation. It gives us insight to the survival of individuals and how we can interact through thoughts. The paper lays a foundation for understanding the roles our past lives have on us in this life time, and to enable us to understand how we may give our souls to someone else and also that we can retrieve them.

The second paper explores why internal and external Ki is vital to our existence and how we can increase and use it. This paper delves into other aspects that affect our sea of energy and help us grow. In-depth development of Ki is pursued as well as the methods used to increase it. Demonstrations of how enhanced Ki can provide our body with more strength to protect us physically and to enhance our immune system, is shown in some of the photos in the article. A more in-depth look at the interaction of our energy body and Meridians is provided. A demonstration of how a negative or positive thought affects us is also included in this paper. Considerable emphasis is placed on the importance of energetic balance in our lives to maintain strength and enjoy a healthy immune system. The importance of past life energy is emphasized as a foundation for us to understand to develop Ki. A detailed view of the energy body allows us to better understand how we interact with all universal energy. This paper explains six foundations required to develop Ki.

Exploring Energetic Survival is the title of the third paper, and this views the role of Qi gong as a healing tool for maintaining balance internally. The use of somatic therapy as a tool for restoring balance and assisting us to enhance a better physical, emotional and spiritual essence is emphasized. Of special importance in this paper is the role of the contracts that are made in between incarnations. This provides an understanding of archetype behavior and how if we close out logical eyes and view as the archetype instead, we can recognize many of the contracts in ours and others live as they reveal themselves at various times in our incarnation. It allows us insight to those souls we must meet as we gain a better understanding of how we truly do know these people from the minute we talk, email or meet them. It is not our imagination but the fulfillment of contracts made between lives. These are people we are energetically connected to. Often these may be soul mates from previous incarnations.

Each of the above papers stresses the value of understanding our past lives and how if we do we may overcome illness or other threats. We can explore the true cause and effect of many of life challenges. The papers give us common tools to enhance our defense from psychic attacks, physical attacks and disease. If we study them we can see the role other souls we have contracts with play in our life. Most importantly if we can understand all that happens in each incarnation, it is an opportunity for us to grow as souls. In this manner we may become the light. The greatest lesson is to learn the value of love and to love even those that may threaten us. It is through love that we survive. Thus the key to survival is simply to love wisely.

SURVIVAL DYNAMICS

Tom Mount PhD., ND

Abstract

Most of us who practice alternative health are aware that the roots of disease or lack of so called survival “will” often lead to former events or life times. It is evident that relief of symptoms is not a cure for a problem. Survival of the individual or species involves finding the core issue that eventually presents as a symptom that may relate to lack of discipline to survive a threat. The symptom often creates emotional responses leading to disease or inability to cope. In this discussion, the primary focus is the issues that relate to survival. This applies to physical challenges, disease, and emotional survival. The obvious question to come up is why do some people survive the seemingly impossible or experience miracle healings while others perish in low threat situations? We explore the role present and past life experiences, psychic exposure, training, and energies contribute to (or detract from) current tendencies towards physical threat in hostile environments. We include specific chronic injuries, disease, and the overall ability to survive. Overviews of studies of Survival Psychology are included. How we address these issues in the present will be reflected in this life time and in future incarnations. Thus attention will be provided to mental, emotional, spiritual, and physical practices and exercise that may enhance ones ability to survive.

Survival Dynamics

Tom mount PhD., N.D

“Knowledge is Essential, Survival is Practical. We all die; it is the Quality of Life, not quantity that defines having lived. Always remain in life itself and not on the problems that exist in the path. Survival is making the choice to continue and not quitting regardless of the odds” Tom Mount 1999

In order to discuss survival dynamics intelligently one needs to provide a broad over view of the many factors that affect all levels of our ability to survive. The common denominators that relate to survival are present in disease management, overcoming physical threat in combat, facing natural disasters, and in environmental survival. Often researchers well versed in one area of survival fail to relate to the common traits of those who do and those who do not survive. Yet the individual capacities are linked in the survivor personality, that are bound into a thread similar to a spider web composed of

(among other things) Ki Transmitted signals, thought projection, intention, soul possession, soul freedom (recovery), psychic vandalism, and all these may be influenced by past lives or perhaps parallel lives in other dimensions all affecting energy flow, influencing karma, and linked to a changing process of natural selection based on species needs at the time.

Our life is energy and to quote from Ava in the movie Avatar - “*our life is energy that we are loaned and must return some day,*” This is a beautiful statement of life which acknowledging life is a temporary energy that must be returned. Survival dynamics is an in-depth process, thus the intention of this paper is not to address all issues in depth, but to acquaint the reader with the complexity and common bond we all share in survival dynamics. Each of these aspects of survival dynamics should be pursued to fully grasp the complexity of Survival dynamics; they form the foundation for future research. .

Survival as described by the Encarta Dictionary: English (North America) is:

Sur'viv'al

1. *staying alive*
2. *The fact of remaining alive or in existence, especially after facing life threatening danger, or of continuing in a present position or office*
 - *The doctor said she had a fifty-fifty chance of survival*
 - *Fighting for her political survival*
3. *something from the past*
A custom, idea, or belief that remains when other similar things have been lost or forgotten¹

Dynamics is defined by the [Encarta World English Dictionary](#)

Physics study of motion: the branch of mechanics that deals with motion and the way in which forces produce motion

1. *change-producing forces: the forces that tend to produce activity and change in any situation or sphere of existence;*
2. *personal relationships;*
3. *the relationships of power between the people in a group²*

It could be stated survival dynamics is the study of staying alive in all aspects of life including physical threat, disease, and psychological threat. In a world filled with

straight forward actions this would indeed be true. But once one probes into the probabilities (let alone possibilities) that are encountered in the pursuit to say alive, we become aware of the challenge that lies ahead. .

A simple way to demonstrate an influence on change in status of ones energy level, by those who practice Ki exercises is to transmit energy to, or drain it from someone. In this case an external force is acting on us in what may become a good or bad affect dependent on direction of energy transmission or drain being done.

This can be demonstrated by slowly breathing and focusing on your energy. To give energy, point the palms of the hand towards a person. You may drain energy simply by placing one palm towards and one away from an individual, and concentrating on energy flow. To verify the influence of these techniques use simple muscle testing, or for those who see the color of the Aura, it may be observed visually. Often the person receiving the energy or losing it will tell you how they are feeling.

In the above process if one remains neutral the energy directed either into or away from the body by this Ki technique may assist healing or act as a self defense tool. Indeed many healing modalities and a few martial arts styles use these techniques. Qi Gong embraces this flow when self-group or individual healing is enacted as part of its healing process. In this application energy is used both to remove unbalanced energy and to insert balanced energy.

Dim Mak also incorporates these Ki techniques both in martial applications and for healing. As Ki (Chi) is built through breathing the protective circle of life force energy surrounding the body is extended. The power of the Ki therefore may be used to defend, be projected to attack or used to heal.

In the paper Dim Mak by Tom Mount and John Timinsky (p 2)

From these beginnings came the evolution of Dim Mak, as practiced today. As history fades to present day some discoveries were refined, some became lost and many evolved into control within select or secretive groups. Hand in Hand with pressure point applications was the development of the use of Chi which has been incorporated into most arts especially Qi Gong “Chi gong” and was primarily practiced for healing. However, when using Dim Mak combined with application of Chi, the effects are enhanced immeasurably. This part of Dim Mak training therefore includes Chi building. It is also worth mentioning that pure Chi in and of itself may be used for both healing and as a form of self-defense.

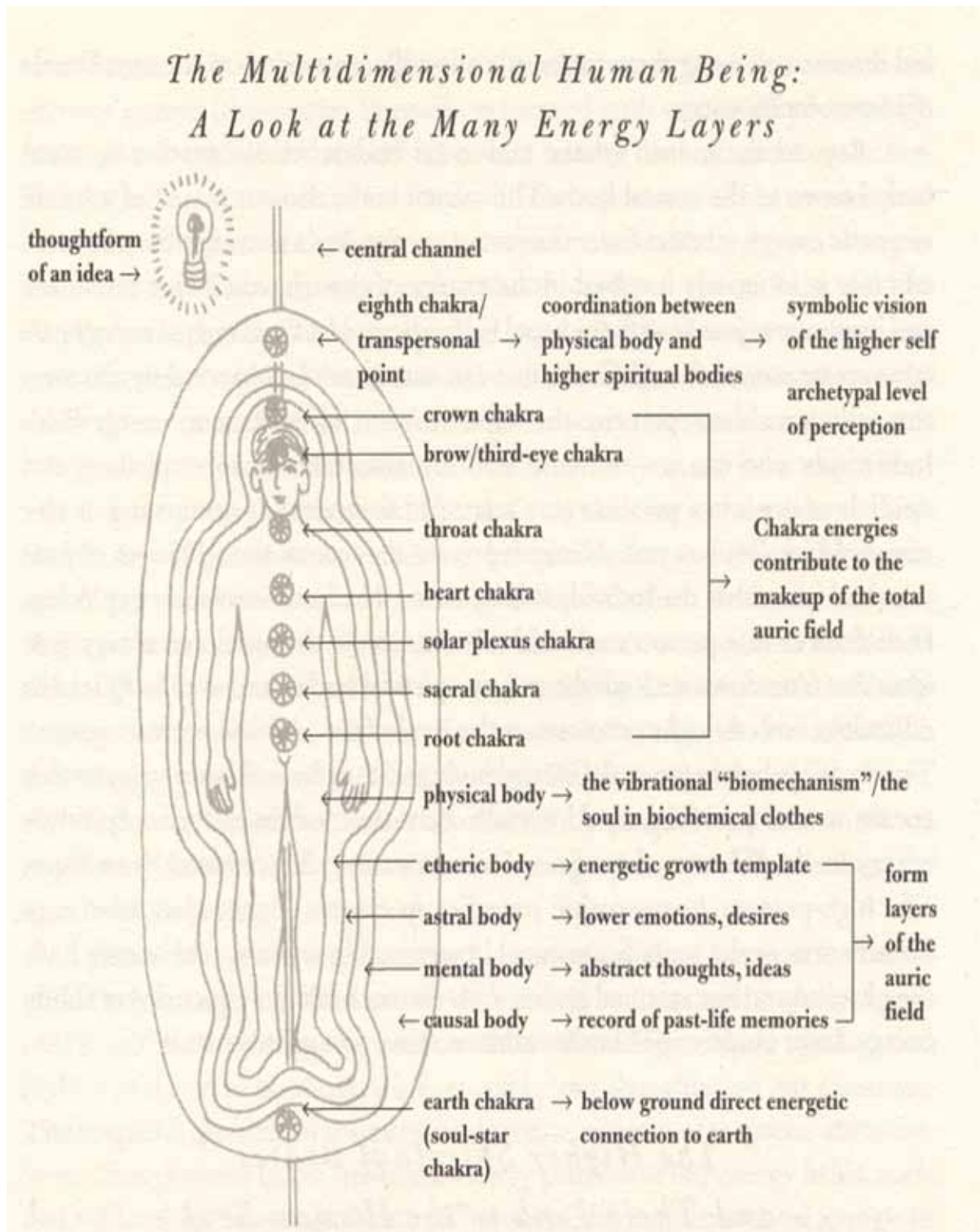
Dim Mak requires an in-depth understanding of the meridians, Chi flow, Yin and Yang, Five Elements and selected pressure points in the body. It requires knowing when to and how to most effectively use these points. ³

The principles used in the defense and attack mechanism also apply to disease and psychic and physical attack equally. Belief, combined with intent, has a great affect on how much Ki they may develop or project. Thus belief and intent contribute to our well being in all areas of life. This energy we know as Ki (Qi- Chi- or Prana) works on the entire spectrum of the energetic body including the chakras and the meridians. This overall interaction has been presented as a multidimensional energy system, reflecting the flow of energy: Higher spiritual energies through the causal body - to the mental body and mental chakras - to the Higher frequency energetic inputs astral body and chakras – to the etheric body and chakras – to the meridians (physical / etheric interface) – ending in the physical body, Once to the body a response is made and information flows both ways in this energetic communication net work.. An explanation of these path ways is presented by Richard Gerber M.D. in Vibrational Medicine third edition on page 231.

There are energetic forms of subtle substances which are known as thought forms. On the Astral level, these take the form of emotional type thoughts. On the mental level, these thought forms may represent purely mental ideas that an individual has been (or will be) working on.... If the mental body is functioning properly, it allows an individual to think clearly and to focus his/her mental energies in appropriate directions with force, vigor, and

clarity.healing a person at the mental level is stronger and produces longer lasting results than healing from either the astral or etheric levels.

Figure One: Human Energy Field (Reproduced from Richard Gerber M.D. Vibrational Medicine)



(Gerber Vibrational Medicine) Although we have approached our subtle bodies as energetic fields associated with the physical, our physical bodies are not the source of these energy fields.... For many, this will be a difficult concept to grasp, but in discussing the true nature of reincarnation we will have to try and maintain as accurate a picture as possible. The subtle energetic fields precede and organize the formation of the physical form as a vehicle of expression for higher conscious energies.⁴

Iona Marrsaa Teegarden in discussing Jin Shin Do® Acupressure – Magic or Science? From Acupressure News, Vol. 20, 2006, from the Jin Shin Do® Foundation for Bodymind Acupressure® at www.jinshindo.org explains:

In the early seventies, when I was first studying acupuncture and what is now called acupressure, I wondered, “What exactly are meridians and points?” In Japan in 1976, I found out that scientific research had confirmed the existence of acu-points and meridians (lines of interconnected points) and helped to explain their nature. Before we explore this and other scientific research, here are basic definitions:

Meridians ("jing-luo"): a network of channels that transport Qi (energy). French missionaries, who brought acupuncture back from China, translated “jing-luo” as “meridian,” so English acupuncturists used the word “meridian” (which derives from “meridian”). One meaning of Jing is “to go through,” and luo means “something that connects or attaches.”¹

Points ("xue"): places along the meridians where the Qi is accessible (close to the surface). “The original character for xue contains the image of something precious that is buried in a small hole in the earth,” says B.C. acupuncturist and author Arnie Lade.

The precious thing that is in the acu-points is energy, or “Qi.” Qi is derived from the air that we breathe, the food and liquids that we take in, and other subtle elements that we absorb (like through the skin or senses). Stimulation of acu-points—with finger pressure, needles or heat—influences the local area and the functions of related Organ Meridian(s).

An Organ Meridian transports Qi to a related internal organ, sense organ, and body parts—including the tissues along its route. Generally named for the related internal organ, the twelve Organ Meridians are: the Lung, Large Intestine, Stomach, Spleen/Pancreas, Heart, Small Intestine, Bladder, Kidney, Pericardium, Triple Warmer, Gall Bladder and Liver Meridians. Each Organ receives Qi (vital energy) through its meridian, and its related functions can be influenced by stimulating points along the meridian. As Arnie Lade says, “Acu-points along a Meridian are gateways to influence the Meridians.”

Tom Mount explains the role of Meridians, energy flow and use of pressure points for both healing and martial use to Lucie Gawinowski.



Release of tension at an acupuncture point helps the smooth flow of Qi in meridian(s) that go through it. To facilitate the gradual and mainly pleasant release of tension to the deepest

level possible, JSD Acupressurists hold a tight or sore place with one hand while, with the other hand, holding “distal points” that help it to release.

These distal points are on related Organ meridians and on the "Strange Flows" (which have general balancing effects).⁵

Most energy based healing modalities incorporate the subtle bodies system and recognize that the interaction of the external subtle body system communicate with the internal energetic system to provide the pathway for true healing.

To the right Georges Gawinowski (in hat) leads a Qigong session at Ginnie Springs campground in Florida

Perhaps one of the more effective of these systems is Qigong. Often Qigong is



described as a moving meditation having healing benefits.

However this author, feels such a description of Qi Gong ‘short changes’ the benefits of Qi Gongs, as when we place ourselves deeply into Qi gong forms, or postures the entire internal and external energetic systems are activated. Thus doing Qi gong maximizes health and also develops great Qi (Ki).

Practitioners feel energy through their body and also feel the energy of others. Medical Qi Gong goes beyond just self healing, and it may be used in treatment of cancers- brain tumors or any medical condition as Qigong brings yin and yang back into balance thus strengthens the immune system. While it is tempting to write a paper within a paper on the benefits of Qi Gong, I will simply recommend any reader of this paper to research deeply in this wonderful practice.

The below exercises explain internal Ki and external projection. When we train ourselves to use Ki we discover that internal strength is increased, abilities to perform what some would call impossible achievements develop, and typically increased capabilities of survival from disease or threat to the individual (be it physical, emotional, or spiritual) exist. The below provides a foundation to acquaint one with how to demonstrate a basic principle of Ki use.

1. Close your thumb and index finger into a circle. Then try to use your muscles to prevent someone pulling them apart. Regardless of how strong you are they will be easily separated. Now once again make a circle with the index finger and thumb.
2. Next - breathe slow and deep and concentrate on the circle remaining intact, while keeping the finger and thumb relaxed. As long as you

maintain the concentration your partner will not be able to separate the thumb and finger. In this case you have used life force energy. That can also be used to promoter healing.

3. Yet another exercise using personal Ki would be to place your arm on the shoulder of a companion, tense the muscles and see if the other person may bend your arm. Unless you possess exceptional strength the arm will be easily bent,
4. Next imagine a flow of energy through your arm maintain it in a relaxed state and this time the partner will not be able to bend the arm.

For a slightly broader overview of these energy effects in his book *Ki in Daily Life* Koichi Tohei identifies four basic principles to unify mind and body (and I would add soul/spirit to this) they are

1. Keep one point
2. Relax completely
3. Keep weight underside
4. Extend Ki⁶



A few examples of Ki and how we develop greater internal strength are presented to enhance one's understanding of Ki..

Suspended body In the photo to the left- Lucie Gawinowski maintains body posture with Ki while Master Timinsky holds her neck; George Gawinowski holds

her feet and Grand Master Tom Mount, places a 25 pound weight on her stomach.

Koichi Tohei tells us;

Both the mind and body were born of the Ki (chi) of the universe and were originally one. There is no dividing the mind and body in determining that this is the mind and this is the body. The mind is refined body and the body is unrefined mind. The mind is refined and the body is course“⁷

Koichi Tohei in summary of chapter – explains

When the Ki in our body interchanges with the Ki of the universe we are alive.

When we extend Ki, a new supply of Ki flows into our body and the interchange is improved

It is (or at least it should be) our natural state that Ki is extending as long as we are alive.” ⁸

Using Internal Ki to resist a sword piercing throat



In photo to left Master Timinsky tries to push Grand Master Mount backwards with the point of a Samurai sword in his throat instead he is pushed back by Mount

Using Internal Ki to repel and opponent

To the right - Master John Timinsky exerts Ki to repel mock attack by Georges Gawinowski. This reflects the power of Ki in defense.



Using Ki in a similar manner also affects our health, immune system and ability to

heal ourselves and others. Use of belief and intent combined with Ki amplify the healing process.

Energy encompasses all. Just as Ki expresses energy so does thought express energy. As stated by Ambrose Worrel “*Every thought is a prayer*“, with each thought we project a process that takes place in one form or another. The use of thought forms may modify the well-being and personality of a person. This is encountered in psychic vandalism or provided by emotional vampires. It is quite easy to demonstrate the power of positive and negative thoughts or emotions. Consider the following examples.

Just how fast may thoughts, or psychic vandalism, affect us? Many would assume this is a long term development within our physical bodies, energy centers, and energy bodies. However the responses may be immediate in first “symptom” with more severe consequence, such as disease, developing over time. This is why being aware of our thoughts, our intentions, and recognizing the thoughts and attitudes of others is so critical. On page 231 of the book, *Exploration and Mixed Gas Diving Encyclopedia: The Tao of Survival Underwater*, Tom Mount. Explains:

In order to increase one’s understanding of how emotions alter human performance, try the following exercises, which use a technique known as “muscle testing.”

Have a partner muscle test you

- Think a negative thought and have your partner muscle test you again; note any change
- Think a positive thought and once again have your partner muscle test you; note any change
- Repeat above steps except have your partner be the one doing the thought projections
- Repeat the steps with you checking your partner this time.

The importance of this exercise is to illustrate how you and your partner’s emotions affect each other as individuals and as a team. Muscle testing also exemplifies the classic ‘feedback loop;’ the changes noted affect mental status and, as a result, affect outcome.”

In the two following photos, one may see how a third party thought may weaken them. Note on the photo to the left that, Lucie Gawinowski is strong in her muscle-tests while Tom Mount (in black) is testing her.

On the second slide, John Timinsky (white) thinks a bad thought. The next step is a transmission process, in which Tom without any knowledge of what John is thinking relays his negative thought to Lucie. The result is that Lucie instantly muscle-tests weaker. This demonstrates how a



thought may be transferred through space or an individual even with out collaboration of the “innocent” transmitter, be it a person or wave lengths traveling through space. It does not take a strong imagination to realize the impact of similar thought projections collecting either deliberately, or just due to laws of attraction once they exist, and what these may accomplish for better or for worse.⁹

In order to be alerted to the need for awareness of the effects of psychic energies and psychic vandalism we must develop an in-depth understanding of these energetic forces. This awareness will be a first step in the process of change and reduction of effects of others upon our energy field. It is at this moment we exist and the moment just before was a previous moment of our life, from which we evolved. In fact the past moment was a Past life experience if we accept the explanation presented by Dr. Morris Netherton paraphrased as “*Past life is any moment in time from this one back to an earlier time*”. This becomes important when we consider that the energy acting upon us is the strongest in each moment as we experience it. It is in this moment we are most vulnerable or resistant to energetic effects upon us. Thus it is this exact moment and each moment as it

takes place that we chose, knowingly or un-knowingly, to allow ourselves to be psychically vandalized, or in which we shield and protect our selves from the effects of dark forces or to allow light, healing, and love to enter into our being.

When we look at psychic energy personalities, we discover they may be:

1. Residual from our past lives, which may be due to circumstances in this incarnation, or they may go back into previous incarnations which may date back thousands of years and life times. In this case they are most likely locked into our- psychic DNA memory.
2. They may be based on thoughts we generate and thus create a cause and effect relationship based on the degree of intensity we give them. This can contribute to various sources of psychic vandalism including self, group, and our sabotage of others.
3. The energetic effect produced by others upon us or by us upon others is a product of the intensity of the thoughts. Just as one may heal by thought, one may induce harm in the same manner. Indeed this is the foundation on which distant healing works. Thus it is reasonable to understand that distant harm may equally be projected.
4. Group effect- this may be an intentional group process or it may be one in which random energies based on same principles collect. Often the projection may be believed to be for a noble cause based on the belief of those often unknowingly beaming out there intention.

Sri Swami Sivanda in the web book, *Thought Power*, explores thought and its ability to transmit to the human (or other life forms) psychic energies.

“Thought-dynamics in Universal Environs

Thought actually leaves the brain and hovers about. When a thought, whether good or evil, leaves the mind of a person it gives rise to vibrations in the Mantas or mental atmosphere, which travel far and wide in all directions.

It enters the brains of others also. A sage living in a Himalayan cave transmits a powerful thought to a corner of America. He who tries to purify himself in a cave, really purifies the world, helps the world at large. Nobody can prevent his pure thoughts coming out and passing on to those others that really want them.

Just as the sun goes on continuously converting into vapor every drop of water that is on the surface of the earth and just as all the vapor thus rising up gathers together in the form of clouds, all the thoughts that you project from your own lonely corner will mount up and be wafted across space, join similar thoughts projected by those who are like you and, in the end, all these holy thoughts will come down with tremendous force to subjugate undesirable forces.¹⁰

With just a little bit of imagination we can see how either a focused thought or a group thought may have a profound effect on our psyche, thus leading to health issues or behavior detrimental to our survival. We have now established the fact that thoughts, good or evil are manifested in space, have energy, and enter into our energy fields.

Robert Leichtman explains;

What many people fail to appreciate is that our thoughts, memories, and emotions have a reality that far exceeds our casual understanding of them. They have substance and power in their own right, and an existence that is not dependent on our awareness of them.

In actual fact, our thoughts and feelings are forms of subtle energy. These psychic or psychological energies are invisible to the vision of most people, just as electricity is invisible. Like many things we do not directly perceive, we know them by their impact on us and the circumstances about us. .¹¹

From this view one may imagine a field of energy always present, always evolving, and always exerting a cause-effect relationship. As we explore the numerous

factors that influence our survival dynamics another concern is that of soul loss and soul theft. This may lead to disease, depression, and lack of survival will in physical and emotional threatening situations. Eva Rosenn provides a brief description of soul loss and soul theft:

The soul is a person's life force/essence/energy. It is what keeps us alive, and what fuels everything we do. Different cultures have varying concepts of the soul, but they seem to agree on the causes and effects of soul loss.

Soul loss is a natural protective mechanism, when part of the soul leaves the body in order to avoid the pain of an impending trauma. Western psychology recognizes this as dissociation. Soul loss can result from accidents; abuse, both physical and emotional; the death of a loved one; divorce; shock or fright; surgery; war; and natural disaster.

Another major cause of soul loss is soul theft. Soul theft is usually unconscious, and often occurs in families. A depressed parent might see her child's shining light and try to borrow it, not realizing that not only can no one use another person's energy, but also that another person's energy will actually be a hindrance. An ex-lover might attempt to stay connected by stealing his lover's soul part, and suddenly neither person can move on in life.

Sometimes the soul part will return on its own, but when it doesn't, a person is left feeling diminished. Symptoms of soul loss include dissociation, feeling that one isn't all here, post-traumatic stress syndrome, addiction, chronic depression, chronic suicidal tendencies, feeling that one hasn't been the same since a trauma, immune deficiencies, and protracted grief.

The shamanic practitioner journeys to retrieve lost soul parts, bringing back their essence and restoring them to her clients. The effects of soul retrieval are transformative and deeply healing.¹²

To discuss survival in any capacity one must review the process of reincarnation and how past life events and perhaps our lives in other dimensions contribute to the overall dynamics of being a survivor.

In the author's *PAST LIFE THERAPY AS A HEALING MODALITY*, issues revolving around past lives is addressed in depth

With the knowledge that all events in our lives are stored in the memory of our soul, the key to growth and overcoming karmic events is to read these memories, understand the reason for their existence, and work through the pain they have caused in our past and present lives. This, in essence, is why we must explore methods of past life recall.

In "Strangers in a Land of Confusion" Dr Netherton recounts five specific beliefs which he identified in his many years of practice. There are five basic beliefs which have become clear to me from years of work and self-exploration. Their definitions have been simplified down through the years until today they may seem self-evident to those who read this. However, they speak to basic truths of the human spirit as I now believe them to be.

Belief Number One: We each follow a unique infinite path.

The first is simply recognition of the unique infinite being that lives in each of us. In *The Development of Personality*, Carl Jung offers this description of our evolvement to the infinite. "...about the midday of life, our miraculous human nature enforces the transition that leads from the first half of life to the second. A metamorphosis from a state in which man is only a tool of instinctive nature, to another in which he is no longer a tool, but himself: a transformation of nature into culture, or instinct into spirit."

When applied to reincarnation, the above expands to describe Darwin's Theory of man's evolution from primitive to modern beings. Each physical experience is another step in our evolutionary process towards completion as an infinite being. Our earliest physical lives were guided by the instinct for survival when we responded almost entirely to the demands of flight or fight and the urges to feed ourselves and to

reproduce. For eons of time, our pathways on Earth have led us away from these primitive beginnings toward a more enlightened way of living with ourselves and others. This may be hard to realize in view of the Earth's history of violence and destruction, but these eras were part of the ongoing process of evolution set in motion during the earliest days of life on this planet.

Belief Number Two: Conception is a point of transition from the past to the present.

The second belief accepts conception and pregnancy as the time during which the mind's unconscious script is formulated. This brings forward the unresolved issues and dynamics from past lives, which will formulate the developing fetus's unconscious patterns for survival... While the developing fetal body is kept alive by its mother, the spirit is also adapting to accommodate the physical form which will be viable at the time of birth. At birth, the conscious mind accepts the preexisting unconscious scripts as the authority from which beliefs and behavior patterns will be formulated. As the conscious mind continues to be motivated by unconscious patterns, the process of spiritual evolution is ongoing for both positive and negative past-life experiences. The situation which caused death in a previous life is, once again, in place to be resolved and healed in your current life.

Belief Number Three: Birth begins the conscious process of survival.

The third belief centers on birth as the first complete experience of moving forward in life and, as such, it concretizes both negative and positive survival patterns to be utilized throughout the coming years. Your experience during birth will determine the patterns which will motivate your life decisions, relationships and achievements. In *The Soul's Code, In Search of Character and Calling*, James Hillman writes that "you and I and every single person is born with a defining image." While he does not hypothesize past-life experiences to be the source of this image, he clearly recognizes that a newborn baby brings innate intelligence, abilities, and experiences which will grow and flourish through the coming years.

Belief Number Four: What we experience in the past determines who we are now.

The fourth belief is in response to yet another question I am asked frequently during lectures: "Even if past lives do exist, what does that mean to my life today? That was then and this is now." To answer this, I once again use the nine months of pregnancy as an example. During each month of pregnancy, the fetus physically develops what the preceding

month makes possible. Each stage of its growth and development uses the prior stage as a foundation upon which to build until viability is reached.

It is much the same with the soul's evolutionary process as each lifetime builds and expands upon the experiences of those preceding it. This current life experience is a reflection of a stage of growth and development your soul has achieved thus far. Past lives, therefore, are important because they constitute the basis of our identity.

Belief Number Five: God exists to make possible all things.

Our soul's journey which takes us through confusion, fear, anger, and sadness to a state of completion, with its joy and happiness, is possible if we recognize that God exists as a benign, nurturing, nourishing, supporting environment. Within this environment everything in the universe is made available to us in order to complete our evolutionary journey. To quote T.S. Elliot's words: "The end of all our exploring will be to arrive where we started, and know the place for the first time

Past life regression therapy has dramatic healing affects on all the soul DNA memories that may lower the resistance to disease within our auto immune system. A miracle healing may well be due to changing the memory from a past life by going into it and changing the death response thus "death message" and if this is repeated during birth processes, the physical body and our physical intelligence become open to healing as the source has been removed. This same description may be why some do not physically heal but do psychologically arrive at a peaceful acceptance and thus the stress of the disease is reduced or eliminated.¹³

Now that we have discussed numerous contributors to survival dynamics lets look at present day research into survival, while reviewing these see if you, the reader, may be able to identify how these contributors we discussed are reflected in these findings . In the book Exploration and Mixed Gas Diving Encyclopedia: The Tao of Survival Underwater, (page 258) Tom Mount. Explains

While there is little need to spend time worrying about the possibility of facing life or death scenarios, the alert person accepts the truth of the above statement. Failure to do so may lead to denial that such threats exist, which in turn may prevent a survival response from developing quickly enough to overcome the physiological impact of the accident. In the book Survival Psychology Leach elaborates on this concept:

1. The most frequent psychological response encountered under threat is denial. The most common action is inactivity.
2. During the pre-impact period denial and inactivity prepare people well for the roles of victim and corpse.
3. During the period of impact ten to twenty percent of the population will remain relatively calm. They will be able to think, make decisions, and act. Approximately 75 percent will be stunned and bewildered. They will not be able to think effectively and will act in a semi-automatic, almost mechanical manner. The remaining 10-15 percent of a population will show a high degree of uncontrolled and inappropriate behavior ¹⁴

As we digest the factors that affect survival dynamics, we can understand how these interplay and are carried on in the form of energy. They build and lead to different causes and affects in each incarnation. It is our choice to deal with them in this life time or another. If we observe all the interaction one thing stands out- each is an energetic source setting the universal laws of attraction into place. Exploring past lives – psychic vandalism, and emotional states, it becomes evident that numerous problems and issues we deal with are due to these sources

Knowing others is intelligence. Knowing yourself is true wisdom. Mastering others is strength. Mastering yourself is true power." -Lao Tzu in the Tao Te Ching

Two natures beat within my breast. The one is cursed, the other is blessed. The one I love the other I hate. The one I feed will dominate. Author unknown

Realizing this we can understand why Qigong, Quantum Touch, Inner Counselor, Body Harmonization and Past Life Therapy and other energetic based healing modalities work. It is easy to see how we are all connected energetically. It explains the power of prayer and thought as we are connected with a higher power most of us recognize as God- Great Spirit- Universal Energy- Higher Self. Maybe we can sense this as part of our eternal soul which follows through each life-taking and giving from experiences gained in each incarnation.

We must live within nature, and work to pass on more love than hate, more peace than aggression, and more respect than disdain for all that surrounds us. It is in this manner we heal our soul thus our physical life and the world and universe itself.

WHY INTERNAL AND EXTERNAL KI ENERGY IS VITAL TO OUR EXISTENCE AND HOW CAN WE INCREASE AND USE IT?

Tom Mount PhD., ND

Abstract

The internal and external use of life force energy or Ki was part of early mans survival capability. As we evolved, western cultures and most religions tended to move away from this natural part of our being. Yet Oriental Medicine, Qi Gong, Yoga, and some styles of Martial Arts use either internal or external energy or both. To best use and develop internal and external Ki, one must keep an open mind and willingness to believe and accept. Actions must be done with intention, although as we advance in our understanding they become intuitive and automatic responses. Many exceptional martial artist and healers develop internal Ki and combine it with external Ki to maximize effectiveness. Balance in Yin and Yang must be managed for a healthy life and to face threat from an attacker such as a physical attack, psychic vandalism attack or attacks to our immune system. To ensure our optimum survival, awareness of the use and misuse of internal and external Ki must be understood.

Why internal and external Ki energy is vital to our existence
And How Can We Increase and Use it?

Tom Mount PhD., N.D.

A whole plant is contained in the seed. An entire person is contained in an egg. Every living thing in the world comes from seed. And every living thing in the world dies and falls to the earth. Bodies rot, only to feed the earth and release the seed. That is true rebirth.

Tao is infinite. It is a seed of unlimited circumference, with its center any point in boundless eternity. Tao is a tiny seed, containing unlimited universes its dimensionless center. The seed is the whole of what we want to know. The seed is the center. The seed is the source. And the source is the whole of Tao.

--- "Everyday Tao" - Deng Ming-Dao

This paper explores use of internal and external Ki, beginning with an understanding of Ki then how to cultivate and use it wisely. It also reviews various factors that influence our use of energy. For those who attend the associated work shop additional explanations, demonstration and practice of these techniques will be preformed. It will

become evident how the effects are amplified by combining Ki techniques, thought form direction and pressure points to maximize the use of the human energy body. This combined use of Ki amplifies the effect of healing and disease prevention by enhancing the immune system; this is an integral part of Qi gong and martial use. This process allows us to become part of the giant circle of energy within which all dimensions and all knowledge of life are contained. I refer to this as the circle of confusion. Just as planets revolve around the sun in orbits, the energy fields from and inside of us also move dynamically in orbits around us. This is the way of yin and yang balance –unbalance - balance. Future incarnations, present incarnation and past incarnations, other dimensions, thought waves and frequency all exist in us. It is our choice to accept and use this energy or to ignore the balance that is open to us.

The life force energy is broken down into Yin and Yang. This concept was originally discussed by the Yellow emperor in the third millennium B.C. in his Yellow Emperor's Classic of Medicine. To paraphrase the yellow emperor

"The principle of Yin and Yang is the foundation of the entire universe. It underlies everything in creation. It brings about the development of parenthood; it is the root and source of life and death it is found with the temples of the gods In order to treat and cure diseases one must search for their origins.

"Heaven was created by the concentration of Yang, the force of light, earth was created by the concentration of Yin, the forces of darkness. Yang stands for peace and serenity; Yin stands for confusion and turmoil. Yang stands for destruction; Yin stands for conservation. Yang brings about disintegration; Yin gives shape to things....

The pure and lucid element of light is manifested in the upper orifices and the turbid element of darkness is manifested in the lower orifices. Yang, the element of light, originates in the pores. Yin, the element of darkness, moves within the five viscera. Yang the lucid force of light truly is represented by the four extremities- and Yin the turbid force of darkness stores the power of the six treasures of nature. Water is an embodiment of

Yin as fire is an embodiment of Yang. Yang creates the air, while Yin creates the senses, which belong to the physical body. When the physical body dies, the spirit is restored to the air, its natural environment. The spirit receives its nourishment through the air, and the body receives its nourishment through the senses.

"If Yang is overly powerful, then Yin may be too weak. If Yin is particularly strong, then Yang is apt to be defective if the male force is overwhelming, then there will be excessive heat. If the female force is overwhelming, then there will be excessive cold. Exposure to repeated and severe heat will induce chills. Cold injures the body while heat injures the spirit. When the spirit is hurt, severe pain will ensue. When the body is hurt, there will be swelling. Thus, when severe pain occurs first and swelling comes on later, one may infer that a disharmony in the spirit has done harm to the body. Likewise, when swelling appears first and severe pain is felt later on, one can say that a dysfunction in the body has injured the spirit....

"Nature has four seasons and five elements. To grant long life, these seasons and elements must store up the power of creation in cold, heat, dryness, moisture, and wind. Man has five viscera in which these five climates are transformed into joy, anger, sympathy, grief and fear. The emotions of joy and anger are injurious to the spirit just as cold and heat are injurious to the body. Violent anger depletes Yin; violent joy depletes Yang. When rebellious emotions rise to Heaven the pulse expires and leaves the body. When joy and anger are without moderation, then cold and heat exceed all measure, and life is no longer secure. Yin and Yang should be respected to an equal extent.

The Yellow Emperor asked, "Is there any alternative to the law of Yin and Yang?"

Qi Bo answered: "When Yang is the stronger, the body is hot, the pores are closed, and people begin to pant; they become boisterous and coarse and do not perspire. They become feverish, their mouths are dry and sore, their stomachs feel tight, and they die of constipation. When Yang is the stronger, people can endure winter but not summer. When Yin is the stronger, the body is cold and covered with perspiration. People realize they are ill; they tremble and feel chilly. When they feel chilled, their spirits become rebellious. Their stomachs can no longer digest food and they die. When Yin is stronger, people can endure summer but not winter. Thus Yin and Yang alternate. Their ebbs and surges vary, and so does the character of the diseases."

The Yellow Emperor asked, "Can anything be done to harmonize and adjust these two principles of nature?" Qi Bo answered: "If one has the ability to know the seven injuries and the eight advantages, one can bring the two principles into harmony. If one does not know how to use this knowledge, his life will be doomed to early decay. By the age of forty the Yin force in the body has been reduced to one-half of its natural vigor and an individual's youthful prowess has deteriorated. By the age of fifty the body has grown heavy. The ears no longer hear well. The eyes no longer see

clearly by the age of sixty the life producing power of Yin has declined to a very low level. Impotence sets in the nine orifices no longer benefit each other....

Those who seek wisdom beyond the natural limits will retain good hearing and clear vision. Their bodies will remain light and strong. Although they grow old in years, they will stay able-bodied and vigorous and be capable of governing to great advantage. For this reason the ancient sages did not rush into the affairs of the world. In their pleasures and joys they were dignified and tranquil. They did what they thought best and did not bend their will or ambition to the achievement of empty ends. Thus their allotted span of life was without limit, like that of Heaven and earth. This is the way the ancient sages controlled and conducted themselves.

"By observing myself I learn about others and their diseases become apparent to me. By observing the external symptoms, I gather knowledge about the internal diseases. One should watch for things out of the ordinary. One should observe minute and trifling things and treat them as if they were big and important. When they are treated the danger they pose will be dissipated. Experts in examining patients judge their general appearance; they feel their pulse and determine whether it is Yin or Yang that causes the disease.... To determine whether Yin or Yang predominates, one must be able to distinguish a light pulse of low tension from a hard pounding one with a disease of Yang, Yin predominates with a disease of Yin, Yang predominates when one is filled with vigor and strength, Yin and Yang are in proper harmony ¹⁵

Translated by Mark Coyle

"Hear my brother he said," There are three truths which are absolute and which cannot be lost, but yet remain silent for lack of speech."

"The soul of man is immortal and its future is the future of a thing whose growth and splendor has no limit." "The principle which gives life dwells in us, is undying and eternally beneficent, is not heard or seen or smelt but is perceived by the man who desires perception." "Each man is his own absolute law giver, the disperser of glory or gloom to himself, the decreer of his life, his reward, and his punishment."

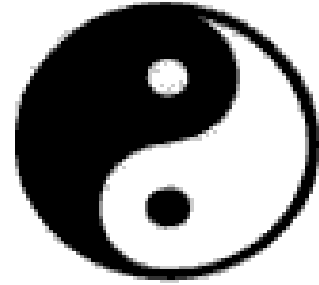
"These truths which are as great as life itself are as simple as the simplest mind. Feed the hungry with them."

From *'The Idyll of the White Lotus'* by Mebel Collins

As we can see the overall energy body containing the meridians are broken down into yin earth or feminine energy and Yang representing heavenly or masculine energy. Each of these circuits contains elements of the other and it is the balance that contributes to our health, our healing capability and our martial useage. Often the relationship of Yin and Yang and their interaction in regard to male vs female characteristics of Yin and

Yang are described as:, Yang (male) protects Yin. And in return Yin (female) nurtures Yang and their combined affect forms the whole of energetic balance.

Indeed if we observe the Black and White Yin-Yang symbol, we discover the outer circle is all there is energetically, representing both Yin and Yang energy. The shapes of the Yin and Yang circles with in the outer circles reflect the continious circulation of Yin and Yang energies. Yin to Yang and Yang to Yin, ideally maintaining balance.



The emphasis on balance, identifies its critcal role if one is to be disease or injury free. When the life force energy becomes out of balance energy stagnates or is drained and this leads to development of disease or injury. Healers observe the body for imbalance and use various techniques to bring yin and yang back into balance. As injuries as well as disease are also addressed by the healer, the healer to needs to understand the basics of how injuries from deliberate energetic attacks can be overcome. Martial techniques can be used to place the life force energy out of balance resulting in injry or evetual disease. Therefore both the healer and the warrior may give or take health and life. This is why a skilled healer or martial artist should be efficient in balancing energy to restore health or heal injuries. It is why in past times the villege warrior and healer were the same person. Thus we see an association of Yin and Yang balance for the warrior and healer.

If a choice to accept this process is made, the benefit of internal and external Ki for health and healing will become apparent. Those studying these concepts will develop a foundation to explore use of Ki techniques both in the act of Healing and in Martial arts. The process is basically a return to ancient times when the village master was also the village healer. The concept of warrior and healer combined was accepted in ancient times where many today fail to understand the bond of these two disciplines. Yet as one looks deeper into use of the bodies Ki it becomes obvious why the duality exist. Balance in our energetic bodies is very important as this determines the fate of our physical bodies.

From a healing perspective Lynn Gregorski-Bosi explains use of Ki as a healing art. This use of energy for healing dates back thousands of years predating most other forms of healing and was practiced in numerous cultures. Indeed various forms of energy healing, balance of the physical, energetic and subtle bodies and directed healing practices such as shamanism evolved as our first form of medicine. Today we are witnessing a rebirth of the emphasis on these practices.

Ki Energy Training

When Ki energy channels are open and flowing, the human being knows no limits. Ki is not only the basic component of matter; it is also the mind of matter. Everything one thinks and feels is transmitted to the body via the energy system. When there is harmony between body and mind, our energy flows smoothly like running water, but when there is discord, it becomes blocked or dammed up with congestion, which eventually leads to disease. Learning how to recognize and master the healthy circulation of Ki throughout the body is at the heart of all Taoist training.

Chun Do Sun Bup (CDSP), which literally means “the heavenly way to recover body, mind, and spirit”, is a 6000-year-old Taoist form of South Korean martial arts training. For thousands of years, this discipline was secretly passed down from generation to generation until Dr. Haeng-Yong Mo and his wife Gui-Dai Park began to explore “The Way of the Taoist

Immortals” and were called upon to revitalize this tradition for the modern era.

The Grandmasters were to endure 30 years of arduous and often life-threatening ascetic training in the mountains of Korea, until ultimately they were capable of transmitting the perfect balance of yin/yang energy or Ki.

As they wrote in The Book of Heaven, when Grandmasters Mo and Park perfected the “heavenly way” of the Taoist Immortals, they received extraordinary healing abilities. They traveled in Japan, and South America performing miracles and treating thousands of people relieving their illness and suffering. Yet, as they traversed the world, they realized that they would never be able to reach everyone who needed their help. Finally their prayer to “serve humanity” was answered in the Chun Do Sun Bup Ki Energy Training.

Ki Energy Training is believed by many to be a natural and lasting solution to such health problems as stress, migraines, back and neck pain, chronic fatigue, food allergies, digestive disorders, anxiety, depression, and other serious illnesses.

Although many health programs deal with the mind and body separately, Ki Training restores emotional and physical balance by disciplining the body and mind simultaneously. As trainees participate in classes and receive healing treatments, they sometimes report that old energy blockages are dissolved, toxins are released, signs of stress and aging are removed and emotional balance is restored.

Ki Energy Healing Treatment The hands-on application of vital energy known as Chunsoo, or “heavenly hands,” is an integral part of the Chun Do Sun Bup (CDSB) healing program. During this treatment, the Ki Master transmits cosmic energy into the body’s blocked energy meridians through finger pressure and sound frequencies. The shhhh breath sound deeply penetrates energy blockages by combining sound with vibration. A Ki Energy Healing Treatment can take between 15 to 30 minutes depending on the state of one’s energy system. Through this technique, energy blockages can be quickly located and opened, leading to the removal of pain, tension and toxins that are often the precursors of disease. After treatment, the physical body is detoxified, the mind is stabilized resulting in clearer thinking and emotional balance, and the natural flow of Ki is restored to the immune system.

Ki Ancestor and Family Healing a commonly acknowledged cause of energy blockages is the accumulation of toxins and negative emotions such as chronic anger, worry or grief. Another source of energy blockage is an inherited energy blockage. As the name implies, our parents pass on this type of weakness to us. All energy blockages affect us physically, mentally and spiritually and inherited energy blockages can defy the best efforts of traditional and alternative medicine. Interestingly, both Western and Eastern

medicine conclude that certain illnesses are familial such as heart disease, diabetes, cancer, and stroke. Western medicine would attribute these illnesses to mutations of a gene, while Eastern thinking postulates the influence of our Ancestors unresolved negative mind states and emotions. Through Ancestor Training Ceremonies led by the Chun Do Sun Bup Masters we're allowed to heal such ancestral energy blockages and to restore new levels of health and well-being to our families and ourselves.¹⁶

When using Ki in Martial Arts, a good example of its power is provided by Grand Master Lew

"In 1981, after studying Martial Arts for 20 years I experienced something that changed my life forever. While visiting a class conducted by 81-year-old Professor Yu, a well-known Qi Gong master, I was asked to participate in a demonstration. Professor Yu wanted me to push him over. I hesitated, not wanting to hurt the older man. But as I began to push him, I found myself flying back 5 feet and landing on my behind. Professor Yu told me to take a running start this time. I ran hard towards him, but halfway there, Master Yu knocked me back again, without physically touching me in any way. Professor Yu had used his Ch'i or energy force to move me. I realized then that, while I knew about the external "martial" part of Martial Arts, I really wanted to learn about the internal "art" part. And my philosophy of "seeing believes" changed to "feeling is believing."¹⁷

Learning to use internal and external Ki, leads to recognition that the powerful muscular and momentum strike which result in loud impact noise and may break bones, does not compare to the silent power of Ki, which inflicts damage far beyond the broken bones method of measure; yet paradoxically it can also be used for dramatic healing.

Ki develops intuitive feeling, and this leads to the ability to feel presence thus not mandatory to see an opponent or immune system attacker. In regard to the martial feeling of presence, many aware blind people have developed this skill. One of the best demonstrations I have seen was at USKA tournament in Miami Florida back in the 70's when Grand Master Trias was still alive. A young blind martial artist did a demo with multiple attackers, and evaded or overcome all of them, post demo he invited anyone

from the audience to replace the martial artist who had been his attackers. He had takers and easily convinced them he was the real thing. Open minded young people are easily trained in this area, just as those' older'' folks who have the ability to adapt (which is the prime requirement to be a survivor) do.

To feel as if nothing was done, yet the assailant is disabled, is a typical result of the use of Ki. To send healing energy for another often results in feeling as nothing is actually done-yet the person succeeds in using this gift of energy to heal themselves. The less one may feel they did anything often signifies the more effective the Ki technique has become.

Numerous factors affect and may improve or diminish our use of Ki. However if we are aware of these, it is possible to overcome those factors that reduce Ki and to amplify those that build Ki. A few of these will be discussed as we continue.

In my early exploration of martial arts, I became interested in both internal and external use of techniques thus creating a need to understand energy concepts more. In this quest I became interested in intuition and its development and beneficial use as both a warning and healing system. This led to a journey, as followed by old masters, which is natural, as one becomes more involved in energetic systems. Thus as I studied energy health many concepts united the healer, the martial artist and the intuitive. Becoming more deeply involved in each of these areas it became evident; each involves events that affect our energy and may affect health as a result. This seemed to be true in all applications of energy use, whether healing, mental health, physical health or martial use. One of the common points was past life experiences. Indeed if one studies deeply into martial arts it becomes apparent that past or ancestral energy plays a large role. If we

look at the many ways it affects health we discover past psychic vandalism, past injuries and abuses as well as greatness form part of our Karma and soul DNA so to speak. These past experiences, often unknown to the individual, contribute to their emotions therefore to eventual contributors to health be in good or bad. As these “memories” are so embedded one must understand them if you are to grow in this incarnation and wish to maximize your use of Ki. For this reason prior to doing exercises for Ki development we will take a moment to review some past life concepts.

An excellent starting point in this concept is to review some excerpts below from Roger J. Woolger in his paper Past life Therapy, Trauma Release and the Body.

By stressing the idea that repressed emotional energy is also repressed life or orgone energy, he was able to show how fixed neurotic patterns lead to the degeneration of organic systems. Certain followers of Reich who have attempted to extend his radical perspective have, like Inyushin, been struck by the resemblance to Yoga and subtle body phenomena such as perceivable "auras." John Pierrakos' method of "core energetics" (1987) works with the auric field in psychotherapy, as does David Tansley's healing system called "radionics" (1977). The recent work of Barbara Brennan (1988) with subtle body healing should also be mentioned. All three of these researchers draw upon Yogic concepts of the chakras and subtle layers of energy surrounding the body. Brennan admits to clairvoyantly "seeing" past lives in the aura.

Tansley's use of Alice Bailey's version of the Yogic subtle body theory (1953) is one I have found especially valuable, particularly since it defines very clearly three distinct levels of subtle energy and shows how they interpenetrate. Bailey used the Yogic terms for these subtle bodies but in an approachable fashion. In summary and in descending order, containing each other like Russian nesting dolls? they are:

1. The Mental Body : this very broad energy field is the most subtle of the three and is the locus of all powerful mental contents or fixed thoughts. These thoughts may be conscious or unconscious and can radically influence an individual's overall life patterns or self-image (e.g. "I'll never make it." "Don't trust people" etc.). Such thoughts can be the residues of negative past life experiences. They do not necessarily affect the lower bodies, but if they do, their influence is extremely strong.

2. The Emotional Body (sometimes called the astral body): this energy field adheres closely to the physical body by a radius of about two to four feet and is the locus of the feeling residues from past events, including, like the mental body, past lives. These may be sadness, rage, disappointment, apathy etc. This energy Level may be strongly affected by negative thoughts from the mental body. Physically it is denser than the mental body. When its feeling contents become highly charged and not released, it will affect the lower etheric energy body adversely.

3. The Etheric Body could be called "the physical memory field" because in it reside all the painful subtle memory traces of physical trauma, whether lesions, fractures, tumors, amputations, wounds or diseases--traces that Patanjali, in the Yoga Sutras, calls the *klesas* or "sufferings" carried by the subtle body. The "phantom limb" phenomenon experienced by amputees is a well-known example of how a residual memory of trauma can be held in the etheric body.

The etheric body is strictly the equivalent of Inyushin's "bioplasma body" (not the astral body as mistakenly reported to Moss and Johnson) and the energy systems of *chi* in Chinese medicine, and prana in Yoga. It is also close to Reich's orgone energy. The etheric body or energy field is the most dense of the three subtle bodies and is physically perceptible to many people as heat emanating from parts of the body. It radiates out from the physical body about one to two inches and is the field worked with in such practices as acupuncture, shiatsu, therapeutic touch and hands-on healing.

This field can be affected electrolytically by cold water, mineral baths, sunlight and certain colored filters. In it are many of the residues from physical traumas such as accidents and surgery, as well as past-life traumas. Repressed feelings from the emotional body will lodge at the etheric level to produce organic problems.

The important principle that may be gleaned from this highly condensed description is *that there is a descending order of influence from higher to lower among these three bodies*. Since the subtle causation of these symptoms is descending, it is broadly true (though there are many variations) that healing follows the opposite direction, a movement upwards from the etheric to the mental. So, for example, in the case of someone with a past-life trauma associated with the legs, we may observe the following pattern:

1. *Physical* message or manipulation releases *etheric* energy (experienced as heat, tingling etc.) in the legs;
2. The *etheric* energy flow brings up incoherent *feelings* of fear;

3. The *feelings* of fear lead to images of being chased as a child, then of being hounded in a past life story, and finally the *thought*, "I've got to get away."

It may help to conceive of how the three levels of subtle body energy relate to one another if we take the analogy of the different states of water or H₂O. When it is frozen, water is dense, solid and hard to manipulate without smashing it or cutting it up. When water is fluid it can be moved around easily but still has substantiality and it can still penetrate and erode. When water is evaporated, as cloud or steam, it is at its lightest, most subtle, and most pervasive.

By analogy with water, then, the psychic contents of the subtle body which are the hardest to work with are those which are "frozen" in the physical body as postural patterns, organ weaknesses, and disease. These conditions may be easier to influence when they are more "fluid," that is to say, when they are experienced as feelings and emotions that can be undammed. But even more subtly it may be possible to perceive pervasive thoughts underlying these feelings which, once identified, can now be totally evaporated. Bodywork then, may be imagined as a way of "melting" residual psychic conflicts from this life or a previous life that have become fixed and rigid in the total psychosomatic being of the individual.

Morris Netherton (1978) was the first psychotherapist to document a series of cases where past-life traumas underlay severe chronic illnesses such as ulcers, migraines, epilepsy, and more. (Earlier, Alice Bailey, in her *Esoteric Healing* (1953), had outlined the principles governing the karmic inheritance of severe illnesses such as cancer and heart disease, but she had offered no suggestions for therapy). Meanwhile Stanislav Grof has emphasized, from findings during LSD and experiential therapy (Grof, 1985), that we all carry major unconscious imprints where we have suffered a physical accident or trauma from this life.¹⁸

Continuing the discussion Dr. Woolger presents a model to reflect the process.

Much more complex, and therefore somewhat harder to work with, are cases where the past-life residues in the emotional body penetrate and deform the etheric system or the bioplasma, and with it, the physical body. These are the clients who somaticize their emotional problems, carrying them, as it were, in different parts of the body.

To take some of the examples in the diagram: Which follows on the next page

A person may experience recurrent sick *headaches* combined, when carefully interviewed, with a general feeling of heaviness, especially around the head. Exploration of these feelings may reveal a predominant metaphor or image of "heaviness," which, when exaggerated, might produce the thought: "It's weighing me down, it's always oppressing me." Such a thought may easily prove to be the point of entry or *somatic bridge* into a past life story fraught with guilt, such as "I ran away from the massacre and never returned. I should have helped my brothers, my family. I can never stop thinking about it. It's always with me, weighing me down."

Another person may have extremely tight hamstrings in his *legs*, with accompanying stiffness in the joints and difficulty walking. When explored the tightness may reveal that tension and anger are held in the legs. A simple bioenergetics exercise (Lowen, 1975), or an opportunity to kick freely in a psychodrama, may reveal images of being dragged away to be thrown in a dungeon as well as the desperate thoughts; "How dare you do this to me! You have no right. Get off me." Here, rage at some unjust incarceration is still being held in the legs.

Yet another person may experience extreme stiffness in the *ankles*, combined with actual memories of breaking his ankles on different occasions in the current life. But deeper probing may reveal gloomy thoughts of failing, of not trying hard enough and of shame somehow associated both with the accidents and with the ankle region in general.

. In pursuing these thoughts while focused on the ankles we may find a somatic bridge, for example, to a young man who died in battle as a young, untried warrior and who was pierced ignominiously through the ankles when half dead. When further examples are reconstructed from the composite diagram it will be noticed that the different feelings pictured as belonging to specific parts of the body are by no means fixed. . The young warrior just mentioned might just as well have died from blows to the head and chest, leaving the ankles unscathed; in which case his sense of gloom and failure would be lodged in these regions instead. Every body story, as well as every wound is very specific and individual and needs to be treated as such.

Also, since the afflicted areas of the etheric or bioplasma body are multiply determined at the past-life level, there may be several stories, each with different shades of emotions and other post traumatic reactions to be unlocked. In addition, there may be interfaces with accidents or illness from the current childhood all seemingly revolving around certain core feelings which characterize the issue as a past-life complex (see further Woolger, 1987.)¹⁹

Figure. A composite representation drawn from many typical cases. It shows how the etheric/bioplasm and the physical systems may be afflicted by past-life complexes when these manifest in the emotional body as feelings or deeply felt thoughts. The unconscious thoughts that crystallize in past-Life stories as complexes are shown outside the circle, since they belong to the more subtle mental body. (Perhaps it should be emphasized that none of these complexes belongs specifically to any one part of the body; a depressing thought can as easily be held in the back as in the head.)

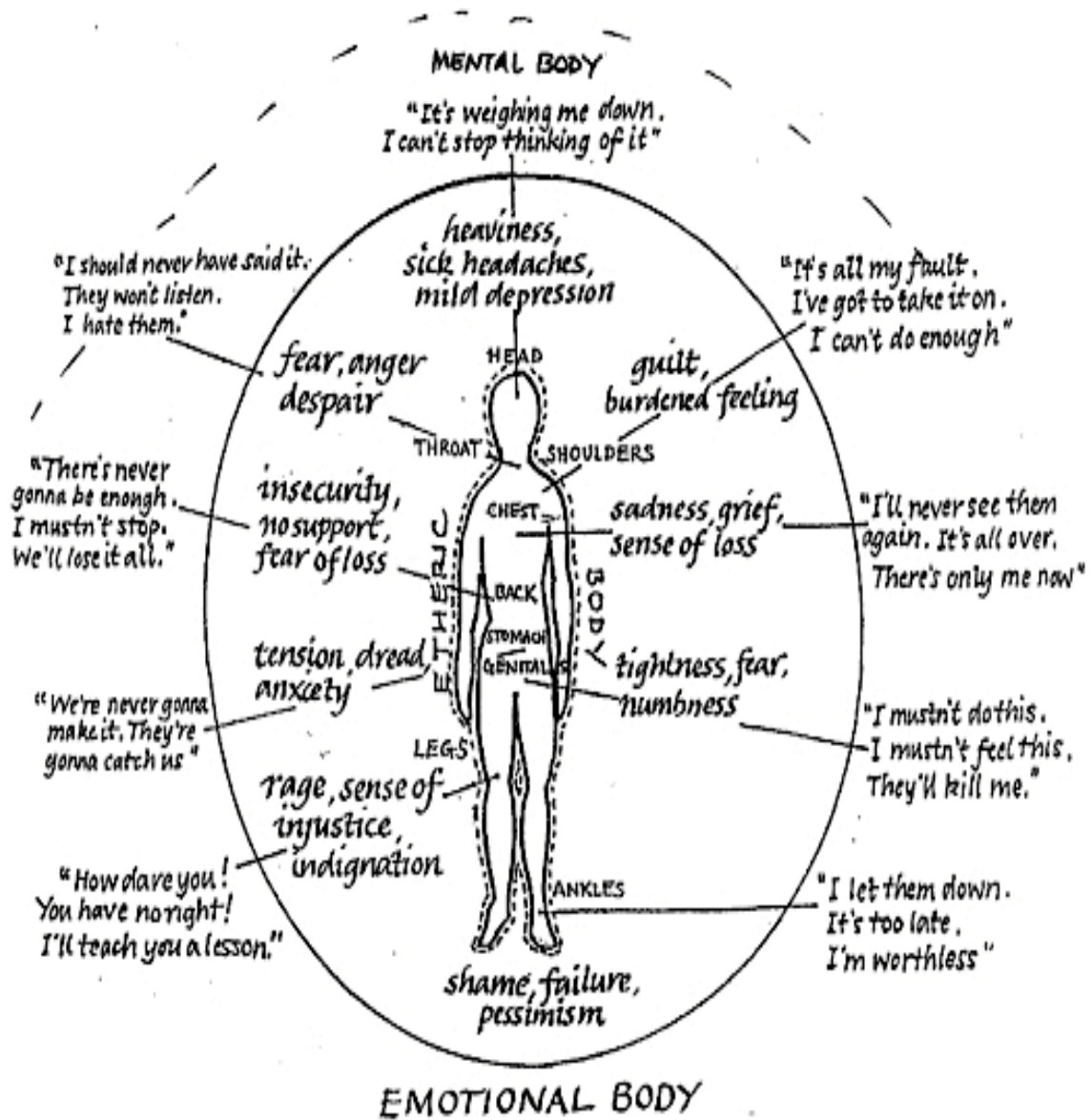


Figure 1

In the above discussion it becomes apparent how the past life memories interact with our subtle bodies, these have great influence over our life's energy system in this incarnation. Recognizing their relationship to our use of Ki, we may use these as a healing process as well as to assist in development of our Ki.

There are numerous methods to enhance the development of Ki and all are based on a foundation of breathing. All energy is derived from breath, breath is our first act upon conception and birth and our last effort at the time of death. Life force energy begins with breath and ends with it; one cannot comprehend life, and enjoy health unless they realize the importance of breathing and how it develops Ki our life force energy.

To quote Tom Mount from the chapter on Spiritual, Mental & Physical training for safe diving and a better life in the Exploration and Mixed Gas Diving Encyclopedia – The Tao of Survival Underwater .(pp191)

Breathing gaps the spiritual, mental, and physical realms as it is the sum of all energy and information in the universe, and as such, it provides the energy for our life form. In this context, understand that breathing is the essence of the spirit when manifested in the physical body. It gives the body energy to survive; it empowers our mental abilities, uniting the brain with the spirit and thus creates the mind. It is interesting to note that the mind is neither the brain nor the spirit and in western culture has no specific definition. But the mind contains the sum of all information if it is receptive. Breathing is the biofeedback path for unity of spirit, mind, and body.²⁰

Meditation is one of these sources. . Infact meditation is one of if not the most important means of enhancing Ki , our vital life force. Meditation as described in the medical encyclopedia at answers.com is;

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth mind. ²¹

I use meditation for healing, increasing my overall internal energy and developing external energy projection. It has been one of the greatest contributors in my life for balance, maintain and restoring of health, following injury or sickness. It also enables accomplishment of goals and provides protection. The meditations I do vary from total rest fullness to highly energetic projections and use TM to guided meditations. In addition the use of moving and standing meditation such as used in Qi Gong and Martial arts, play a large role in my life. Qi gong provides a means to activate the energy centers in our bodies and to balance life



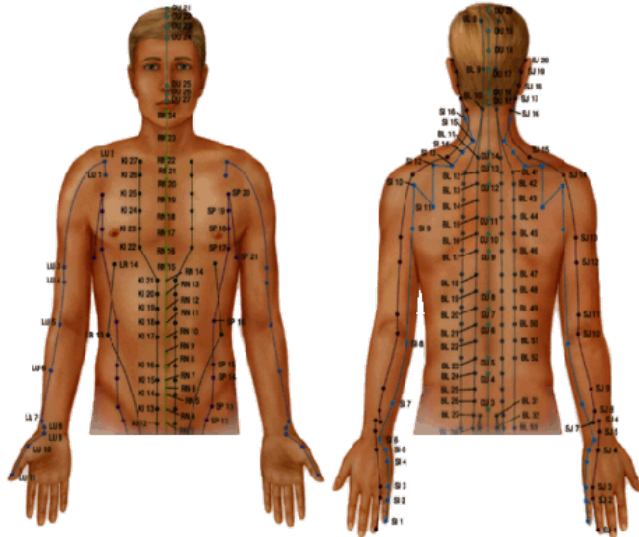
force energy, thereby developing more Ki.

In the Qi gong exercise (Spring forest) being performed by George and Lucie Gawinowski pictured at the the side of this page, they are circulating Yin and Yang

energies. In this process not only do they balance energy but they also build Ki/Chi

Qigong is one of the most effective healing modalities one can explore. Its principles are also used for martial applications.

Tracing our meridians is another excellent means to build and maintain balanced internal energy. Meridians are part of the body's internal energetic system. There are 12 primary meridians and two extra which actually are the circuits that unite



all the meridians. When one traces their Meridians they will always start and finish the tracing with these two Meridians. These are normally referred to as the Governing and Conception (or Central) meridians.

These meridians, form circuits through the body and follow a circular pattern of moving energy throughout the body. A downward descending meridian is, followed by a meridian that ascends so just as the universe moves in a consistent orbit of a circular pattern, so does the energy within our body. Within the individual meridians we discover pressure or acupressure- acupuncture points.

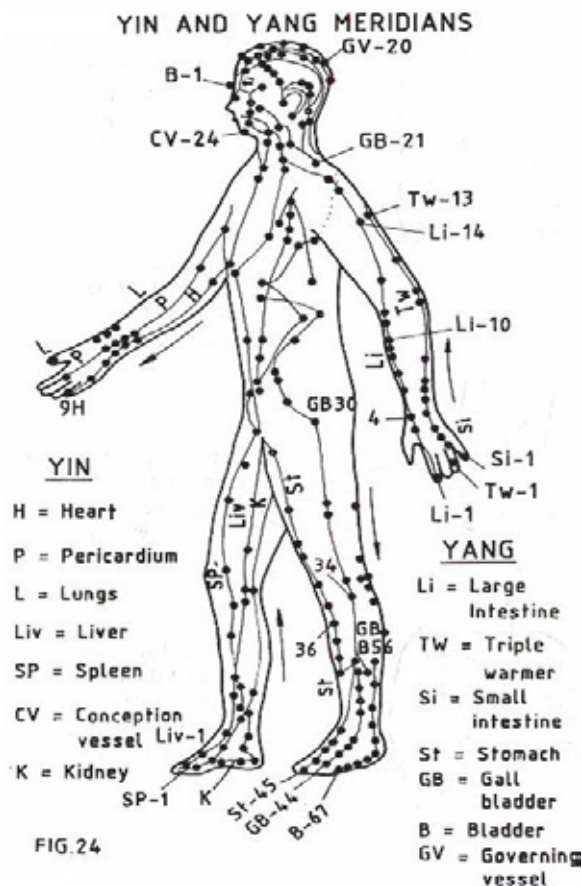
The drawings featured here are from; <http://tuberoose.com/meridians.html>²²

These are primary areas which may be used for healing arts and may also be used as points to strike in martial combat.

Often multiple points from different meridians may be used to enhance either the healing or martial aspect of pressure point utilization. When these points are used both our intention and the direction of force or flow affect the outcome.

Whether it is to maintain balance, heal or injure.

To maximize our ability to develop and to use Ki, we must incorporate a few basic elements in practice which are based on the discussion to this point



While there are many facets one may incorporate we will for the sake of this presentation address six foundation needs.

1. Ability to be calm and relaxed
2. Ability to focus
3. Ability to exercise intention
4. Ability to trust intuition and perceive
5. Ability to do techniques using Ki
6. Accept our ability to feel or see energy or both

From-“*Rendu* Micro-orbit Channeling Qi Gong:

When one inhales (so that one) swallows (the qi), qi is gathered. As qi has gathered, it expands. As qi has expanded, it goes downward. As qi goes downward, it settles. As qi is settled, it solidifies. As qi is solidified, it spouts. As qi spouts, it grows. As qi grows, it is returned. As qi returns, it ascends to heaven.

The origin of heaven is in the above, the origin of earth at the below. One follows (such way), one lives. One is against (such way), one dies.

(Li, 345)

Ability to be calm and relaxed.

At first many feel it is counter intuitive to be calm and relaxed when working with energy. Yet this is a prime need to utilize Ki in both healing and Martial arts applications. In martial arts some of the Ki building forms confuse people as there are both hard (with tension) and soft (without tension-totally relaxed) forms/exercise in Ki building. However even the “hard” forms while using tension require inner or mind relaxation combined with focus. Emotions must remain neutral and anger or fear, cannot be present. The only emotion that may exist is one of love. So while in healing it is easy to justify keeping a feeling of love, many new to martial arts find it hard to exclude love to someone they are facing as a combatant. If this is overly hard then simply void the mind of all emotions. In healing having anger creates a potential of doing danger to the person who is to receive the healing energy. Especially if it is that persons anger at the core of their issue and it will attract any anger or fear the healer may transmit.

In combat if one becomes angry, they will most likely be the cause of their own defeat, provided the opponent restrains the urge to become angry. Indeed in my own facing of competitors or combatants I have taken advantage of my opponents once they became angry. In fact I often try and make them angry as an angry person always makes

an easier target. It is very important that we remain calm and relaxed and free of emotional conflicts if we are to heal or do combat.

There are a few keys to victory in combat that also may affect one healing . These may be found in The book of five rings by Miyamoto Musashi. In brief he describes the role of anger- which could be thought of as- *If one can get his opponent to become angry then you are assured of victory.* As anger leads to mistakes. If one is seeking to heal themselves anger will worsen the condition. Fear is equally if not more devastating to one in combat or when trying to heal themselves or be healed.

It is best to be free of all emotions and project our Ki. Remain relaxed and be calm.

Ability to focus and use intention

We must be able to focus and use our intention to survive all threats to our being. This is needed to ensure success in combat whether it is physical combat, combat against disease or combat against psychic vandalism. All is the same-if we wish to prevail. Being able to focus allows us to remove doubts and worries as all these do provide stress, and act to promote fear which then adds stress and takes our minds away from staying in life at the moment rather than the what if's. How do we develop the ability to focus. To quote the author from the Exploration and Mixed Gas Diving Encyclopedia-The Tao of Survival, page 197

Gaining focus is a major step towards developing concentration, full potential, and self -actualization. Begin to focus the mind. Sit and look at the second hand on a clock. Discard any thoughts and focus 100% on the movement of the second hand. This may seem difficult in the beginning but skill develops rapidly. With practice you can totally

focus for five or more minutes. Try these exercises combined with visualization techniques.

When we face threats of any kind, we must focus. In life or death situations, people who focus their minds and energy fully on survival can overcome what's threatening them, regardless of what it is. Focus speeds up learning, enhances intelligence, recognizes intuition, and makes better decisions.²³

Intention is directed thought, if our intentions are to prevail we set the path for a good outcome. Often our intentions may conflict with the logic or views of others yet if we give in to these we may weaken our ability to survive the situation.

Intention is amplified by breathing technique and use of affirmations. When combined with affirmations the affirmation statement must be stated or written with acceptance of the self.

Ability to trust intuition and perceive thus believe

Ah-ha, this is a more advanced stage of Ki development and at this stage the healer or martial artist has become more confident and accepting of their use of energy. Often one will evolve through stages where they may have experienced premonitions that were of a nature that lead them to attempt to ward off this aspect of intuition. Once discovering this maybe used in ways to help others and themselves they start more and more to listen and experiment. This leads to perception and discovery that the use of Ki and its benefits are valid. It is at this point one not only becomes proficient in the use of and art of external Ki, which has been derived from the breath and use of it inside and even with healing and / or martial applications or vice versa. But they develop a more keen and dependable use of internal Ki which provides the ability to extend their Ki outside of the body.

Many develop techniques that allow this use of internal Ki prior to there development of the responsible use of it, in this even there is always the possibility to cause harm without the ability to heal the damage that may be caused. But those who have made the journey, which may be a path over years, but for others may come as a completely intuitive process; it becomes a valuable tool in life.

A good description of intuition is provided in the book “The energy of Belief, Psychology’s power tools to Focus Intention and Release Blocking Beliefs (p 65)

The Art of Knowing

Intuition is your sense of knowing, and goes beyond the five senses that we usually use, and is often referred to as your sixth sense. In a spiritual context it has been referred as connecting to the still voice within you or to the presence of a higher power. Everyone has some intuitive ability, and as with most skills, you can develop it further. People who interact with their energy system with practices such as Qigong, tai chi, yoga, energy psychology, quantum touch and Reiki frequently find that their intuition becomes stronger and stronger. ²⁴

Belief evolves from practice and can be experienced by feeling, seeing, and experiencing. Belief may be based on that we wish to believe or may have evolved due to life experiences that may be unproductive for our evolution. Thus it is important we release negative beliefs and replace them with positive beliefs thus may need to change our thoughts. We should also learn to defend ourselves from psychic vandalism and other projections that some may direct towards us. In a sense some of our beliefs came from habits and these may be changed by changing the habits. The tools discussed in this paper may be used to develop your Ki and strengthen your belief system. It is up to you

to choose the path to do this. The highest attainment of use of internal and external Ki is fulfilled once we have a balance in our belief systems.

Accept our Ability to feel or see energy or both

Everyone has experienced feeling energy. Often some brush it off, and are actually fearful of it thus denying its existence, healers and true martial arts masters accept it and open their being to it they embrace it and they build upon it. They accept it rather than challenge it thus become more proficient in working with it. While there are many common points in how energy is felt or seen there is a multitude of ways the individual feels and expresses the interruption of the energetic fields they observe. This leads to a variety of healing and martial techniques that evolve from a common foundation. While the individual may utilize part of external Ki well without attaining this ability to see and feel energy internal Ki cannot be developed to its fullest potential until this is accomplished.

One who has only digested parts of this protocol may be viewed similarly to false prophets they serve only a Yang or a Yin energetically, and do not understand the need for and having balance in the meridians in the chakras and in the subtle body.

From a martial view this is described in Jin Jing Zhong's book DIAN XUE SHU SKILL OF ACTING ON ACUPOINTS, dim mak authentic shaolin Heritage (translated by Andrew Timofeevich) Although the original publication was tanjin 1934-its truths remain

However, a virtual man of high morals, in spite of his physical strength being inferior compared with others, wins respect. They say that who is able

of killing must be able of saving. The man who perfectly acquired this Gong Fu has only to raise a hand and the enemy immediately feels fatal danger. But on the other hand, he is able to reanimate a dying man.

If you can only kill and can not save (reanimate), it is called “deadly hand”. It is unacceptable. It is necessary first to learn to save people before acquiring the martial art. It is the art of DIAN XUE that is the most suitable method for that. But injuring people, blocking channels and blood vessels can be done with the same method ²⁵

Once we again we are reminded of the closeness of the healer and the martial artist and how the energy they both work with may heal or inflict harm. This is why the master of Ki must have an in-depth understanding and use of energetic principles.

Synchronizing the Mind Body spirit is not a concept or random technique for self-improvement. Rather, it is a how to be human and how to use our sense of perceptions, mind, body and our own self-spirit. The glimpse of this connection leads to the discovery of human power. The power to sense the vision that we live in this phenomenal world. We need to smell the flowers and fearlessly look beyond what is around us. Be willing to take the journey and deepen our personal view within ourselves. Be wakeful and aware. Appreciate our existence and most of all; honor ourselves Master Lew

The many paths and influences that combine to make our lives flow in each incarnation become more evident as we explore Ki and the wise use of it. As we evolve we strive to link our mind- body- and spirit. In this process we discover the whole that is us individually and collectively. We find the influences from past lives, the acts in present lives that affect our health and capabilities. We eventually discover each of us is on a path to learn love and forgiveness and that all relationships are intended to allow us choice and growth. We must understand we have to surrender to the path even if at times it removes us from our comfort zone. Indeed if we only remained in our comfort zone we would not fulfill the purpose we incarnated for.

Yet the message is to increase our love and understanding – to realize when changes must be that we still love and even in combat we love the opponent whether it is human, animal, disease or psychic. We learn to be a warrior and capable of overcoming and that even in mortal combat we must focus on love as if we give in to anger – fear depression we strengthen the opponent and weaken our selves.

Understanding how to harness and use life force energy requires being grounded in Love. To do other wise energies such as fear, hate and anger combine with similar thoughts and emotions and weaken us and expose us to negative psychic energy therefore reducing our skills as both a healer and a warrior

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EXPLORING ENERGETIC SURVIVAL

Tom Mount PhD., ND
Abstract

We and all living creatures are energetic beings. Our physical connection in our bodies during each incarnation begins with and ends with breath. Therefore it is essential to understand our evolution as an energetic entity.

In this paper an overview of contributors to our energetic survival and health will be discussed. And how these affect all aspects of life. These include

- The importance of balance and use of Qi gong in maintaining balance
- Somatic therapy which will include; How thought forms are prayer and prayer is a thought form and why they always manifest, though not always as envisioned. The power of thoughts and why we must be mindful of what we think An overview of understanding our energetic systems –chakra's subtle body and internal energy systems.
- Contracts made between life, How one looks at events in life opens the door to "seeing" how these contracts are being presented and the choice they are given to react to them. Including a brief look at archetypes and how they manifest during our incarnation, will be presented so we can understand our sacred contracts..

All these are vital to our energetic survival and physical health and karmic advancement or debt.

Exploring Energetic Survival
Tom Mount N.D. Ph.D.

*[When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries And you rejoice.
Cherokee Expression*

As we explore survival, it is apparent that survival exists on many planes. We can address physical survival such as threat from an attacker physically or disease, we can address it on a psychological view such as how it affects behavior, our minds, reasoning and views, or we can look at it from an emotional impact. However all these produce an energetic reaction as do all activities in life. Thus as we progress not only through this life time but future as well as past life times it is important to address energetic survival.

Our Energetic being is the root to all forms of surviving life, in between lives and future lives. Areas we will address in this paper include;

- Qigong,.
- Somatic intervention, including how thoughts interact with our well being.
- In- between lives contracts, and archetypes to attract our energetic contractual partners

A better understanding of each of the concepts to be discussed will contribute to our success in achieving the Cherokee Expression above. For understanding and attracting balance into our bodies, mind and spirit indeed will allow us to rejoice upon our death, even though it will bring sadness to others. Such an accomplishment will signify this life has been a karmic and spiritual success.

"Within this body is found all of the teachings, is found suffering, the cause of suffering, and the end of suffering."
– The Buddha

"You are so part of the world that your slightest action contributes to its reality. Your breath changes the atmosphere. Your encounters with others alter the fabrics of their lives, and the lives of those who come in contact with them."
-Jane Roberts, *The Seth Material*

Qigong

Qigong originated in China and is an exceptional method to maintain energetic balance within ones body. Qigong allows physical and energetic exercise, it maintains balances in Yin and Yang, and it develops Qi (Chi - Ki) usable in every aspect of life- defense- healing- intuition.. Because it is energy intensive, using correct breathing and movement as well as sound and vibration techniques it acts as a preventive health care

program. Indeed, if we can maintain energy balance our immune system is strengthened and we are less prone to disease and injuries.

Many who practice Qigong were first introduced to it, by learning the animal frolics these are considered to be ideal to maintain energetic balance, thus promoting good health. Most who do these frolics report feelings of being more at ease within themselves and experience over all heightened awareness.

The feeling of being detached from ones physical body and in tune with the inner self is often felt by those who practice Qi-gong and is similar to experiences found in deep meditations. To many of us this seems to be more intense as we are also employing the act of a moving meditation. The meditative side of a Qi gong form (frolic) is due to focus and intent on experiencing the form or movements vs. mechanically doing them.

While practicing animal frolics, once you know the form become the animal, see yourself, feel yourself moving and being an energy form. Once this is mastered you become the energy and detach from self and join universal mind (God).

Once comfortable with the frolics, it is natural to evolve into other Qi- gong forms and practices. You may even devise your personal Qi-gong form based on your needs or power animals.

As an energy balance system the frolics are ideal for use by the majority of people and there history dates back thousands of years as referenced on the web page;

<http://www.egreenway.com/taichichuan/esb.htm>

[Hua T'o](#) (110-207 CE) is one of the famous physicians of the Han Dynasty. In The History of the Later Han, (110-207 CE) is one of the famous physicians of the Han Dynasty. In The History of the Later Han, Hua T'o wrote:

Man's body must have exercise, but it should never be done to the point of exhaustion. By moving about briskly, digestion is improved, the blood vessels are opened, and illnesses are prevented. It is like a used doorstep which never rots. As far as Tao Yin (bending and stretching exercises) is concerned, we have the [bear's neck](#), the crane's twist, and swaying the waist and moving the joints to promote long life. Now I have created the art called the [Frolics of the Five Animals](#): the Tiger, the Deer, [the Bear](#), the Monkey, and the Crane. It eliminates sickness, benefits the legs, and is also a form of Tao Yin. If you feel out of sorts, just practice one of my [Frolics](#). A gentle sweat will exude, the complexion will become rosy; the body will feel light and you will want to eat." ²⁶

- From: Drawing Silk: A Training Manual for T'ai Chi, p. 6.



The five animal movements devised by Hua Tuo. Exercises are similar to the movements of the tiger, deer, bear, monkey and bird.

By locating the energy imbalance and performing healing techniques or using natural remedies and exercises such as Qi Gong, balance is restored to our entire being. Energetic balance combines internal exploration with any treatment, bringing us to the source of where and why the imbalance originated.

Those seriously exploring Qi-gong tend to become involved in multiple disciplines of it. It is an old art and has survived thousands of years of evolution and many different “schools of thought and philosophy “of Qi-gong exist. It is internationally practiced thus new systems based on it may bear different names. Qi-gong from early history has been a growth program thus taking from other disciplines as well as giving to others. Many believe in its earliest stages of development that shamanic Qi-gong was the original practice.

Today as before in China and many Asian cultures Qigong is a part of formal health care comprising a segment of traditional Oriental Medicine, just as acupuncture and other specialized areas do. Qi gong is overall divided into Medical Qi-gong, Taoist Q-gong, Buddhist Qi-gong, and Martial arts Qi-gong. Many of us who developed an interest in qigong naturally evolved into it as part of our spiritual path, and as not only the forms but also the medical Qi-gong applications. Quite often this is combined with numerous other forms of energy psychology and medicine. Which in this author's case is true. Chart one serves as a reference for the specialized areas of Qigong.

Excerpted from <http://www.shen-nong.com/eng/history/introduction.html>

Traditions	Intent
Medical Qi-gong	Medical Qi-gong emphasizes the free flow and balance of Qi (vital energy) in the body. The primary purpose is to treat illness or cure a disease. Medical practitioners learn how to use the inner Qi for diagnosis and healing.
Taoist Qi-gong	Stresses preservation of the physical body and high virtue. Many Taoist Qi-gong masters enjoyed long lives. (3600 approaches are mentioned throughout its history.)
Buddhist Qi-gong	Aims to liberate the mind, cultivate virtue and to obtain enlightening wisdom. The human body is considered a tool for attaining enlightenment. (84000 approaches mentioned in history; most popular type of Qi-gong.)
Confucian Qi-gong	Aims to provide high moral character and intelligence.
Martial Arts Qi-gong	Trains the body for protection from cuts by weapons or attacks using the four limbs. It also trains the body to deliver fatal blows enhanced with Qi.

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As a brief view of how Qi-gong forms and frolics changes over time we once again will visit the web page ; <http://www.egreenway.com/taichichuan/esb.htm>

In more recent centuries, eight of the exercises, done with far less speed and force, became widely used as a warm-up exercise set in many soft style internal martial arts (i.e., [Taijiquan](#), [Bagua](#), [Hsing I](#)), or in parts of other Chi Kung ([Qigong](#)) practice routines; and, became widely known as the [Eight Section Brocade](#) or Eight Treasure Exercises. The soft qigong style (*Rou Gong*) of the Eight Section Brocade, emphasizing Daoist exercise methods and the aims of inner qigong (*Nei Gong*), and general bodily and mental health benefits, is arguably the most popular qigong exercise set now practiced all around the world.

All Chi Kung exercises are intended to improve health, increase energy, revitalize the body and mind, prevent or control disease, tone the internal organs, improve balance, reduce stress, boost the immune system, remove toxins, tone the muscles and tendons, uplift mood, contribute to longevity, and provide an integrated mind-body practice leading towards enlightenment and harmony with the Tao. Take some confidence in this promise, "Every person who uses Qi cultivation methods consistently experiences some form of health improvement and personal access to greater energy and power"²⁷

- Roger Jahnke, OMD, *The Healing Promise of Qi*, 2002, p. 31.

Qi-gong's development and evolution makes an interesting study and it is recommended for those wishing to explore the foundations more that they visit the web page http://www.shen-nong.com/eng/lifestyles/chinese_qi_gong_history.html - where they can explore the major periods Qigong evolved through. It is also an excellent page to explore numerous areas of Qi-gong. The below is an exert from http://www.shen-nong.com/eng/lifestyles/chinese_qi_gong_history.html -

The history of Qi-gong dates back to about 5000 years. There were many terms given to such kind of exercise before, like xing-qi (promoting the circulation of qi), fu-qi (taking qi), dao-yin (guiding the energy flow), tui-na (exhaling and inhaling), zuo-chan (sitting in meditation), yang-shen (nourishing the spirit) and jing-zuo (sitting still). It was not until 1953, when Liu Gui-zheng published a paper entitled "Practice On Qigong Therapy", that the term qi-gong was adopted widely as a formal name for this type of exercise.



Manuscript drawing of physical exercises dao-yin (guiding the energy flow) from an ancient tomb of the Han dynasty.

Qi-gong is thought to have originated as a form of "remedy dancing" created for healing and health preservation purposes. Due to the long-term struggles with nature, the ancients gradually realized that body movements, exclamations, and various ways of breathing could help readjust certain body²⁸

Another descriptive discussion on why Qigong is of benefit is presented by Ken Cohen, noted Qi gong Master and healer sharing his experience with Qigong and why he continues to learn, practice and teach it. This exert is from Ken Cohen web page

<http://www.qigonghealing.com/>

To stand straight is to give up the burden of insecurity. To breathe slowly is to take life as it comes, without allowing memory or expectation to interfere. As the body becomes quiet, the mind becomes quiet. The qi flows not only within the body, but between oneself and Nature. In breathing, the external world becomes you. Yet you do not own it, you let it go and return breath to its source-- what Chinese people call the Tao.

I had another beginning, a renaissance of Qi, and several years later. I was teaching my first seminar at a growth center in Amherst, Massachusetts. One evening, during a break, I decided to take a walk outside; snow was falling and hanging heavy on the pine trees. Wouldn't it be wonderful to practice Qigong in this setting? As I began practicing, something very odd happened. Normally, I experienced Qigong movements as arising from deep within, seemingly generated by the breath and by the slow shifting of the weight. But this time I disappeared; I felt that I was not doing Qigong. Rather, the falling snow, the trees, the air, the ground itself were unfolding through the various postures. I became a sphere of energy whose center was everywhere. This was a kind of spiritual rebirth in Qigong; I learned that mind and body could

become truly empty, that inside and outside could become a unified field of awareness. I cannot claim the experience as my own, because the experience was without "I". But I do know that Qigong has never been the same. Thus, another key to my motivation and, I hope, to your motivation: practice qigong to learn that you are part of Nature. When you breathe, it is the wisdom of nature that breathes you!²⁹

As we close this section, let's pray that we may build energy to protect, to serve and to heal and that we truly embrace it is not our will but thine that makes us whole Amen-

For, in each physical organism there are those conditions that enable the organ to reproduce itself - if it has the cooperation of every other portion of the body. When these suffer from mental or physical disorders, which make for repressions in any portion of the system, then dis-ease and distress first arise. If heed is not taken as to the warnings sent forth along the nervous system ... that certain organs or portions of the system are in distress - or the S.O.S. that goes out is not heeded - then disease sets in ... (531-1)³⁰
Edward Cayce

This we know- the earth does not belong to man, man belongs to earth. All things are connected like the blood that unites one family. Whatever befalls the earth befalls the sons of the earth. Man does not weave the web of life, he is merely a strand of it. What ever he does to the web, he does to himself

*–Chief Seattle
(1854)*

Somatic Therapies

In discussing Somatic therapies, we discover the very close link of mind, body and spirit. The definition of “somatic” is from the American Heritage Dictionary.

ADJECTIVE:

Of, relating to, or affecting the body, especially as distinguished from a body part, the mind, or the environment; corporeal or physical. See Synonyms at [bodily](#).

Of or relating to the wall of the body cavity, especially as distinguished from the head, limbs, or viscera. Of or relating to the portion of the vertebrate nervous system that regulates voluntary movement. Of or relating to a somatic cell or the somatoplasm.³¹

In addition, the definition of “therapy,” which is also found in the American Heritage Dictionary, is as follows. **NOUN:** Treatment of illness or disability. Psychotherapy...

Healing power or quality: *the therapy of fresh air and sun.* ³²

Background

Applying the definitions of somatic and therapy, we conclude:

1. By combining the meaning of the words “somatic” and “therapy,” we may view Somatic Therapy as an involvement of all that may affect the body, the mind and its mental wellness. Physiologically, this includes the cavity of the body, the functions of the nervous system involved in producing movement, and the somatic cell (somatoplasm). Therapeutically, Somatic Therapy involves the treatment of illness (dis-ease) combined with psychotherapeutic approaches to cure the specified illness.
2. The root of the healing process derives from breath and directing the energy Ki (Chi – Qi-Paraná etc), which in turn may assist in the healing.
3. Somatic Therapy also explains how body alignment influences mental conditions, and vice versa. Therefore, it is reasonable that somatic therapies, which integrate the mind and the body, offer the cure for mind-body ailments.

As in all CAM approaches the individual is looked upon as a whole; thus symptoms only provide a piece of the puzzle to look for a cause within.

A potential danger in allopathic medicine lies in the tendency to view the symptom as the disease thus treat the symptoms with drugs, which may lead to a suppression of symptoms rather than cure . The cause of disease is more complex than

popular thought implies. One must include consideration of our being (the entire self – body, mind and spirit), that the symptoms themselves alert us to.

Torkom Saraydarian in *New Dimensions in Healing*, writes:

When we speak about healing, we speak about the process of attunement, just as an orchestra tunes every musical instrument with the key note. Our physical-etheric, emotional, and mental bodies are like musical instruments. The whole individuality is an orchestra.” Later on the same page he states “Every human being in his core has that keynote on which he is supposed to tune all his mental, emotional, Etheric, and physical systems. Every step in tuning to that keynote is the healing process. That inner sound stands for our highest visions-‘the hope of glory’, the archetype of perfection. This inner note, sound, not only tunes our atoms, cells, organs, and system, but it also tunes us to the keynote of the Universe which, as a Cosmic Sound, tries to harmonize and attune all parts of creation.”³³

As his description of New Dimensions in healing ends Saraydarian goes on to elaborate,

People have thought that man is a chemical compound, while others thought that man is a pool of emotions or nothing else but a machine producing thoughts. These may be true, but a human being is also a spirit, a beauty, a condensed bliss, a source of Cosmic Creativity – he is the space. All that exists in him, all that he is, is the sum of the Universe-he is the microcosm within the macrocosm. The healing process also includes the process of elimination of those elements from the physical, Etheric, astral, and mental nature, which create discord and cannot attune with the principles that are not of our Core. Many habits, vices, dark urges and drives coming from our past; our negative emotions; thoughts based on self-interest, exploitation, and greed-these are elements that prevent the expansion of consciousness; elements that cause separation and discord. All the elements are seed of disease in our various vehicles for which we pay a high price.”³⁴

Cure is difficult when one’s knowledge is limited to anatomy, physiology, and psychology. An understanding beyond the visible one that allows us to get to the root of the problem leads us to a search of all that encompasses the self. Once we open up to the multi-dimensional depth of who, what and why we are, it becomes easier to understand the roots of our issues. A good place to explore is to provide an overview of the layers of

which we are composed. To develop an overview of our being, let us begin with a presentation of these layers. In *Vibrational Medicine*, Richard Gerber M.D. explains. ;

Key Points to Remember

1. All matter, both physical and subtle, has frequency. Matter of different frequencies can coexist in the same space, just as energies of different frequencies (i.e. radio and TV) can exist nondestructively in the same space.
2. The etheric and physical bodies, being of different frequencies, overlap and coexist in the same space.
3. The acupuncture meridian system is a discretely organized network of microscopic ducts, which connects the physical to the etheric body, forming the so- called physical/ etheric interface.
4. The meridian system relays a nutritive subtle energy, known as chi, from the environment to the nerves, blood vessels, and deeper organs of the body via energetic portals in the skin called acupuncture points.
5. Energy disturbances in etheric body and the acupuncture meridian system precede the physical /cellular manifestation of illness.
6. The chakras are specialized energy centers in the subtle bodies, each associated with a major nerve and glandular center in the physical body. The chakras act as transformers to step down subtle energies and translate them into hormonal, nerve, and cellular activity in the physical body.
7. The major chakras, especially the crown, brow, and throat chakras are also subtle organs of perception and are associated with the psychic abilities of higher intuition, clairvoyance, and clairaudience, respectively.
8. The chakras are connected to each other and to various aspects of the physical body through energetic threads known as nadis, together forming the chakra-nadi network.
9. The Astral body is another subtle body, like the etheric body, made up of matter of a higher frequency than the etheric matter. It is similarly superimposed upon the physical- etheric framework. The astral body is energetically involved in the experiencing, expression, and repression of emotion.
10. Dysfunction in the astral body caused by emotional imbalances can impair the flow of energy through the chakras, eventually resulting in glandular imbalance and physical illness.
11. Consciousness can move into the astral body and separate from the physical-etheric vehicles. When this happens naturally it is known as astral projection or an out of body experience (OOBE). When this separation of consciousness occurs traumatically, it is often referred to as a near death Experience (NDE).
12. Einstein's equation predicts the existence of a faster than light energy referred to by William Tillman as a magnetoelectrical energy

(ME). ME energy is analogous to etheric and possibly astral energy or substance. ME energy displays the unique properties of negative entropy and a magnetic nature, and is not easily measurable with conventional electromagnetic (EM) field detectors.

13. Experiments with healers show that they possess energy fields with characteristics that fit the predictions for the behavior of ME energies i.e. they are magnetic and negatively entropic in nature.

14. There are additional higher frequency vehicles, the mental and causal bodies, which also contribute energies to the physical body.

15. Reincarnation presents a model by which consciousness is repeatedly projected into physical vehicles for the purpose of gaining experience, knowledge, and spiritual maturity.

16. The experiences and knowledge gained from all lifetimes are stored at the level of the causal body, sometimes referred to as the higher self.

17. Reincarnation is one of the few models which explains why diseases, as well as physical, emotional, socioeconomic handicaps, may be viewed as learning experiences and opportunities for soul growth.

18. Viewed from the subtle energetic level, consciousness is a form of energy, which continually evolves to higher levels of complexity and understanding ³⁵

As we look over these 18 statements above, one may begin to develop an understanding of how so many factors affect the health of our body, mind, and spirit. It becomes easy to envision a feedback process up and down this chain. This in return reflects the power we have in Energetic applications. It also explains why a thought may materialize as it transcends up the chain. Thoughts may also be brought forward from past lives. This duality of thought allows us to see how a thought from a previous life influences our life today. It is also possible that the genes of people, for example, will contain clues as to why some will react in certain ways, while others react differently. Robert Scaer explores the possible role of genetics on trauma responses in his text, *The Trauma Spectrum: Hidden Wounds and Human Resiliency*.

In his book *Nature via Nurture*, Matt Ridley (2003) explored the complex nature of the gene versus experience debate from the personality structure concepts of free will. Ridley noted a rather obscure scientific finding that a specific gene may predispose its owners to personality traits

of depression, self-consciousness, anxiety, and vulnerability – traits that fall under the psychological definition of neuroticism. The degree that these traits find expression in the life of their owner, however, is determined by the *life experiences of that individual*. The genes, in other words, are “switched on” by nurture. The absence of trauma even in the face of the neuroticism genetic template may minimize the expression. In the face of trauma, however, the individual with this genetic pattern may be much more likely to develop the personality traits that we associate with neuroticism, some of which correlate with the late symptoms of trauma³⁶

From the above quote, it is apparent that researchers are exploring the concept of genetic coding as it relates to an individual’s response to real or perceived threat. Reincarnation and karma most likely play deciding roles in our behavior under stress, as our reaction to threat may be based in past life events. Following this line of reasoning, our reactions to a traumatic situation in the “now” may have formed during birth, conception, a previous life, or a prior death.

Therefore, our emotional responses to life’s incidents provide us with opportunities to initiate change by modifying our thought and response patterns. In this manner, we can choose to change for better or worse. However, we must be able to understand that other thoughts that we have may mediate or exacerbate our responses.

Our thoughts direct who we are. Our thoughts direct what we accomplish. Our thoughts affect others as others’ thoughts affect us. In the book *Thought-Forms*, an early work on the subject, the authors

Anne Besant and C.W. Leadbeater wrote: “Thought forms directed towards individuals produce definitely marked effects, these effects being either partially reproduced in the Aura of the recipient and so increasing the total result, or repelled from it.”³⁷

They go on to state ; “Thus can we create and maintain veritable guardian angels around those we love, and many a mother ‘s prayer for a distant child thus circles round him, though she knows not the method by which her “prayer is answered.”³⁸

In *Consciousness, Bioenergy, and Healing*, Daniel Ben or quotes Annie Besant and CW Ledbetter.

The distance to which such thought waves penetrate, and the force and persistency with which they impinge upon the mental bodies of others depend upon the strength and clearness of the original thought” and again “If the man’s thought or feeling is directly connected with someone else, the resultant thought form moves towards that person and discharges itself upon his astral and mental bodies.³⁹

Reviewing our discussion, we can summarize the below as probable truths.

- Injuries and health issues may evolve from thoughts.
- Our thoughts often are the result of emotions.
- Frequently when we injure ourself or develop an illness it follows an emotional time in life. This emotion produces a thought.
- The thought form produces an energy reaction.
- The energy reaction set in motion may result in the symptom of an injury, illness, or more serious event.
- Often “chronic” injuries or illnesses seem to follow feelings. These feelings cause thoughts to develop regarding how we felt about the incident or illness.
- Chronic situations may be due to the self’s attempt to alert us that something is wrong with the self and needs to be repaired.

- Frequently a chronic pain site such as lower back, shoulders, elbows, neck etc. is a referred pain or illness reflecting a source deeper within.
- In addition, our moods follow the same form of action and reaction.
- This series of change produces both behavior and physically recognizable features. This is the self trying to communicate its need to be fixed.
- Failure to heed these warnings may lead to terminal illness or severe physical or mental debilitation.
- Many of the “issues” we face are from the energy within our DNA from past life events. These are often more difficult to understand, but are specific to our needs to heal and grow. Once we accept we carry past life issues, it becomes easier to “cure” the past energetic problems.
- Recognize that many of our injuries and illnesses developed, either at the present time, earlier in this life, or during a past life, due to a thought opening a door to awareness and healing.
- Thought cause and effect may also bring about change.
 - § For this reason, affirmations are an effective means of bringing about change.
 - § Visualization and meditation are great life-healing and life-direction tools.
 - § These tools work by helping emotion and thought to move forward while we are in a relaxed state of mind. Visualization, meditation, and affirmations allow us to develop thought forms to bring about change and evolve our lives.

§ Visualization, meditation, and affirmations allow us to develop greater Chi, thus balance our energy.

§ The Chi helps us identify energy sources within others and ourselves.

§ This recognition of Chi assists us in both healing and protecting ourselves.

- Past life therapy and somatic psychology are valuable healing processes.

Although, to a limited degree, we can employ these tools ourselves, a qualified therapist may prove to be a significant benefit in helping us to recognize internal issues.

§ Traumatic experiences locked deep within and blocked require help to discover.

§ Once aware of an internal trauma we can release it and begin the healing process.

Somatic intervention searches for the root of issues so the mind-body relationship may begin the healing process. Dr. Peter Levine, an early pioneer in the field of somatic experience as a means of revealing the body's wisdom writes on the web page

<http://www.thebody.com/content/toparts/art48754.html#somatic>

Somatic Experiencing

Somatic Experiencing, developed by Peter Levine, is a therapy based on 'restoring the wisdom of the body' as a way to gain access to our inner resources, restore the autonomic nervous system's ability to self-regulate, and repair the damage caused by trauma.

In Somatic Experiencing, the client begins by learning how to "track" what is happening in the body. Tracking involves bringing awareness to the body and noticing neutral, pleasant, or unpleasant sensations. In addition to tracking, Somatic Experiencing relies on "resorting," the rediscovery and development of resources -- such as people, pets, places, skills, accomplishments, hobbies, and religious and spiritual beliefs -- that remind the client of his or her own strengths. The

inner sensation of strength is often forgotten after traumatic events. Establishing resources can provide greater strength and the courage to confront and overcome past traumatic experiences.

To heal trauma through Somatic Experiencing, the client must gradually achieve a level of activation in the body that replicates the traumatized state. Sensations associated with trauma typically include rapid heart rate, increased body temperature, difficulty breathing, pain, and agitation. In contrast, joy and other pleasant states are often characterized by a steady heartbeat, relaxed muscles, and sensations of flowing energy, calmness, and vitality.

Many individuals who have experienced trauma are cut off from their bodily sensations. Somatic Experiencing involves gradually ratcheting up the level of activation in tiny increments, a process called "titration." Once the body is activated, the individual can learn to stimulate the parasympathetic nervous system and return to a calmer state, all the while keeping in mind and drawing on those important resources. As treatment progresses, larger and larger elements of the once-overwhelming traumatic experience are recalled and integrated into the process, until the client has mastery over his or her responses.

This therapeutic approach can be very empowering; it provides a sense of self-agency (ownership of one's actions) and shows the traumatized person that she or he can cope with the thoughts and sensations that accompany activation. Reprocessing and uncoupling thoughts of trauma from the accompanying bodily sensations requires patience and discipline, but the rewards can be transformative.”⁴⁰

Recent exciting developments in science include such things as the discovery by Candace Pert that every receptor site she studied in the brain she also found monocytes, which are a type of white blood cell (WBC). Monocytes have a pivotal role in the immune response. It is interesting to note Pert also found that many chemicals that contribute to the control of emotions also affect the routing and migration of monocytes. This reflects the power of emotion and thought on our anatomy and physiology. These same immune system cells, which are receptors for various neuropeptide chemicals that control the brain's response to emotion, also make these substances. In addition, Pert's research notes that the entire lining of the intestinal tract, from the esophagus through the large intestines, are lined with cells containing neuropeptides and receptors for these particular brain chemicals.

A broader overview of the mind- body relationship is discussed by Sonia Osori in “Awakening The Senses, Awakening to Who We Are,” which may be found on the web

page <http://www.messageandbodywork.com/Articles/DecJan2005/awakening.html>

Sensations, in effect, define not only where we are in the world, but who we are in the world. Our senses help us to assess our environment and to determine the appropriate response to it, both in terms of physiological reactions and in how we react emotionally to situations. As our senses inform us about the objects and people around us, there is always a corresponding reaction within us. There really is no fixed point where we begin and the world stops. The further in or out we go, the more we find that the boundary between our environment and our physiological and psychological feelings is blurred — or maybe cleared, if we choose to listen with all of our being and to feel internally as much as we do externally.

Like Body, Like Mind

How we feel and what we feel are intimately related. Our senses both define and are defined by our emotional and physiological states. Our body and mind are continually receiving input through our senses, just as our senses are altered by our physical and emotional shifts. Neuropeptides, amino acids that function as biochemical messengers, regulate almost all life processes. Neuropeptides are one of three types of biochemicals classified as ligands; neurotransmitters and steroids are the other two types. However, neuropeptides comprise 95 percent of all ligands and circulate throughout the blood, lymph, and cerebrospinal fluid.

Molecular biologist Candace Pert’s research into neuropeptides and their receptors significantly changed the previously held view that there were only two kinds of neuroactive chemicals: norepinephrine, which was excitatory, and acetylcholine, which was inhibitory. Pert documented nearly 100 neuropeptides and estimated that 300 would likely be discovered, each producing a different action on the body and affecting overall behavior. In fact, Pert calls these peptides and receptors “the biochemical correlate of emotion,” which unites mind and body.

Though neuropeptides are produced primarily in the brain, almost every tissue in the body produces and has receptor sites for neuropeptides, including the intestines, muscles, glands, lungs, and cells in the immune system. So prevalent and essential is this two-way communication between mind-body and body-mind that Pert refers to neuropeptides and receptors as “tiny eyes, or ears, or taste buds,” continually receiving and transmitting sensory information.

While many studies have shown a direct correlation between degenerative conditions and sustained states of stress, anger, or grief, the inverse is also true: Positive states can have restorative effects. PNI research has identified a variety of body-centered practices — including acupuncture,

tai chi, mediation, yoga, and bodywork — as having value in the promotion of wellness and in the management of chronic illness by giving people a sense of control over their condition and their response to it. As we change thought and behavior patterns, corresponding changes occur in the receptor-neuropeptide connections. Our bodies and minds quite literally create a more healthy and healing response.⁴¹

In the above discussion, the importance of using the healing abilities of one's entire energetic body, including the physical and emotional components is brought out.

This is the reason that working with the body's meridians, the various Chakras, and the physical and spiritual nature of our body is important. These are the pathways that connect the physical body with the Etheric, and thus indirectly with all our being.

In the photo to the side Norm Shealy MD, PhD, participates in an energetic healing process along with



newly ordained ministers of the church of International Science of Mind Church for Spiritual Healing, including the author.

An insight to the role of the soul and its memory is provided by Michael Newton PhD.

All soul evaluation conferences, be they with our guides, peers, or a panel of masters have one thing in common. The feedback and past life analysis we receive in terms of judgment is based upon the original intent of our choices as much as the actions of a life time. Our motivations are questioned and

criticized, but not condemned in such a way as to make us suffer. As I explained in chapter Four, this does not mean souls are exonerated for their acts which harmed others simply because they are sorry. Karmic payment will come in a future life. I have been told that our spiritual masters constantly remind us that because the human brain does not have an innate moral sense of ethics, conscience is the soul's responsibility. Nevertheless, there is overwhelming forgiveness in the spirit world. This world is ageless and so too are our earning task. We will be given other chances in our struggle for growth.⁴² .

A practitioner may use modalities such as acupuncture, acupressure, Past Life Therapy, nutrition, structural balancing, and meditation / visualization combined with kinesiology to resolve issues. In addition, there are varieties of alarm points that may be tested for problems. Moreover, we have numerous energy techniques such as aura expansion, white light building, color therapy, and meridian tracing that provide us a means to protect and to maintain balance in the energetic body. When identifying an organ /energy system imbalance the best tool is to touch where the organ is located and feels if there is weakness. Energetic balance may be restored simply by doing a corresponding energy balancing action to the meridians, organs or Chakras. Many times, if we are exploring emotional issues, we mentally ask the question to be answered by the muscle response.

In closing our discussion on somatic therapy, I would like to use the following passage on page 11, item three from The Mystic Bible. I think this quote provides a good overview of our choice regarding how we use our energy and the consequence of its misuse. The section presents the integration flow charts from a slightly different perspective.

The one river of energy is the psychic prana, which flows out of the Etheric realm and becomes the gross physical prana, which in turn flows over the nervous system in the body of man. The prana flows over the five

Tattwas as fields and regions in the human body, as wireless energy, before it becomes the gross prana of nerve impulses and physical action. The downward drive for sensation wastes the precious psychic pranic energy and binds the senses, mind and soul to this earth ward pull. There is little chance for this fine sensory energy to be purified and drawn upward and inward by concentration, where it is exhausted in the downward trend. Not only does this waste of energy prevent one from making spiritual progress, but it also robs the rest of the life energy currents necessary for maintaining the physical body in perfect health and vigor, because through this wasting or squandering it uses more than is naturally apportioned to that center by the economy of the pattern essence. Only six petals are allotted to this lotus or Chakra, out of the fifty-two petals on the tree of life in the body. The energy goes either up or down. If up, it enriches the mind function and the consciousness and helps to free the soul from bondage. ⁴³

To summarize, somatic therapy is a healing tool that uses the energetic body to heal trauma. Trauma may be due to numerous reasons from physical injury, psychological harm, perception of a “wrong” and past life events. We should view trauma overall as an energetic imbalance in ones energy field. Somatic approaches allow one to release our trauma much in the fashion of birth of a new baby. Trauma with somatic healing applied becomes a means of transformation allowing us to find our new and true self. It enables though release of these unbalanced energies to find new creative abilities, and move forward in amore fulfilled life.

*"Whatever is destined not to happen will not happen, try as you may.
What is destined to happen will happen, do what you may to prevent it.
This is certain. The best course is therefore, to remain silent."
Sri Ramana Maharshi*

Exploring In Between Lives and our Sacred Contracts

In this paper we have discussed numerous events including past lives, karma and energetic balance and there role on our health, and happiness in life. As energetic

survival depends on balance it presents the question of why and how events in our life flow as they do..

This question leads us to examine the period between our death and a rebirth of a physical body we inhabit. What takes place in this period between lives, how may it affect our current or future incarnations.

As explained by Dr. Tan Kheng Khoo, on her web page

<http://www.kktanhp.com/G-Plan.htm> “Every Incarnation is Solely for Spiritual Growth , The purpose of every incarnation is for spiritual growth and increasing of our vibrations. The methods used are essentially three-pronged (1) purification (2) service and (3) acquisition of love and wisdom “⁴⁴. on her web page <http://www.kktanhp.com/G-Plan.htm>

In our journey we question why certain people come into our lives. In some cases we discover that a simple contact with a person, by phone, email etc, even though we may have no idea of how they look –yet that intuitive glimpse enables us to know we have always known this person. How can this be?

If we review the contracts we have in between lives, such as discussed by Carolyn Myss in her books and courses on sacred contracts, we will discover such people are part of the soul group we made contracts to fulfill in this life. In fact most people we meet who strongly influence our lives are within that contract group. Each is here to help us grow spiritually. Consequently the time of meeting may or may not from our life thinking seem logical. But it is in our contract. It is amazing how that as we push limits such as quantum mechanics /physics, we do discover scientific bases to explain these

contracts. An overview may be found on the web page;

<http://www.aquantummoment.com/qenergy/>

Have you ever had an experience or a moment when you knew something important was going on, but you didn't know what it was or why exactly? When, for a few seconds, you're suspended in some other dimension and hear yourself say something like, wow, this is happening, it's happening, yes, it's happening. And you stay there, it seems, like eons, until someone makes you do or say something that takes you out of that moment. What is that?

Sometimes it's a person coming into your life for a brief time, or maybe a lifetime. You know that person instinctively, from the instant you lay eyes on him or her, and you know he or she is important to you; that meeting him or her is meaningful. Somehow. So you apply some familiar, commonplace meaning to it. Love at first sight. Just lucky I guess. Normal attraction. And call it a day. But is it only that?

You don't have to have the whole person standing in front of you to have that moment. It can just be the person's name, heard in a casual conversation or seen on a piece of paper. Boom. It does something to you. Deep inside. You're intrigued. You want to meet that person. Or events and circumstances bring you to that person. And when you meet that person, you pay special attention, and undoubtedly, you get involved. You may even marry him or her. In all cases, you are changed by it.

Would you like to know what that's all about? I call it, *a quantum moment*. A moment in which you feel *different, moved emotionally* in a somatic sense, *other worldly*, responding to what would otherwise be an ordinary situation, but you respond instead in an extraordinary way. What we are talking about is a small window on a vast dimension of life, for most people, invisible, that increases our ability to perceive and process information vital to us and to our purpose in being here. That dimension is called **the Quantum Energy or Zero-Point Field**.⁴⁵

The time some souls are destined to exit your life are part of these sacred contracts also. Often this may be painful for either or both parties. To many it is difficult to comprehend the events that bring people into and out of ones life. Once we learn to see through the soul's eyes and not our own, it becomes more evident as to why people are destined to come and go from our lives when they do. Each person that has a contract is

here to enact a learning experience in this incarnation for us or themselves and usually both.

Often our contracts leave us with hard choice and we may rationalize that we should chose to not to follow the contract that is ending or the one that has (and will) begin. Just as the opening quote to this sections states; ***“Whatever is destined not to happen will not happen, try as you may. What is destined to happen will happen, do what you may to prevent it. This is certain. The best course is therefore, to remain silent.”*** Logically this may be due to even though a current contractual partner has been long standing and we do not wish to hurt them or ourselves we rationalize it would be best to stay with that contract. However if we look over events that precede a new contract entering our life – many experiences as to why the old contract has been fulfilled are presented to us and will continue to be until we chose to meet our sacred contract obligations.

And if we become aware of our archetypes and those of the others we often can see the “sense” in why this is happening. In fact if a contract has been fulfilled it is likely both parties will be happier in the long term as they will be free to pursue their other contracts which will not open to them if they do not adhere to the contract. So while a familiar old contract that has been completed may seem comfortable it will become more stressful as it is intended to end. This is the soul contracts, method to make you aware it is time to move on with your other contracts so that you may continue to learn as intended by your sacred contracts. You cannot address these as I do not wish to hurt so and so- or we have been with each other so long it would be waste to leave this situation. That is the body rationalization and not the message the contract is sending. Yes, you can chose to try and not follow the contract, but you will be continually reminded.

So it behooves all of us to learn about Archetypes and understand our own archetypes. Once we know our archetypes we can match them to a “house”. After this we can develop a natal (birth set and then apply different sets to different areas and times of our life. During this process our 12 archetypes will change houses thus how they affect different aspects of our life. But understanding them makes it much easier to see when something is in process of change. We also become more aware of the archetypes behavior of others during this process. While this may not make certain aspects of life easier it does make it more understandable and alert us to when it is time to evolve.

If we delve deeply into the houses and the Chakras found in them, we must understand their influence on the well being of mind, body and spirit. Also of our meridians and Aura, any blockages or leaks in these energetic systems will affect our energetic balance.

By understanding all aspects we develop a tool to avoid or control these predisposed risk conditions. To use the avoidance technique, one must have awareness thus the benefit of the dance of the archetype. And of most importance is the fact if we understand the overall physiology and anatomy of both the physical and spiritual being we become healers. Anyone pursuing understanding of themselves and events in their life or energy medicine including intuitive medicine should develop a foundation on archetypes, charkas, meridians, pressure points and the aura combined with how to receive, build and take energy from or to areas of our or someone else’s body.

To provide an overview of archetypes, I have included the dance of archetypes, within myself. (This is an exert showing occurrences of the authors archetypes in the 12 houses, from a paper developed as part of the final paper in 2004 in the course Spiritual

Contracts (810) with Dr. Norm Shealy at Holus Graduate School). To fully understand archetypes it is recommend each individual do their casting in each of the 12 houses. An overview of these houses may be found on Carolyn Myss web page.

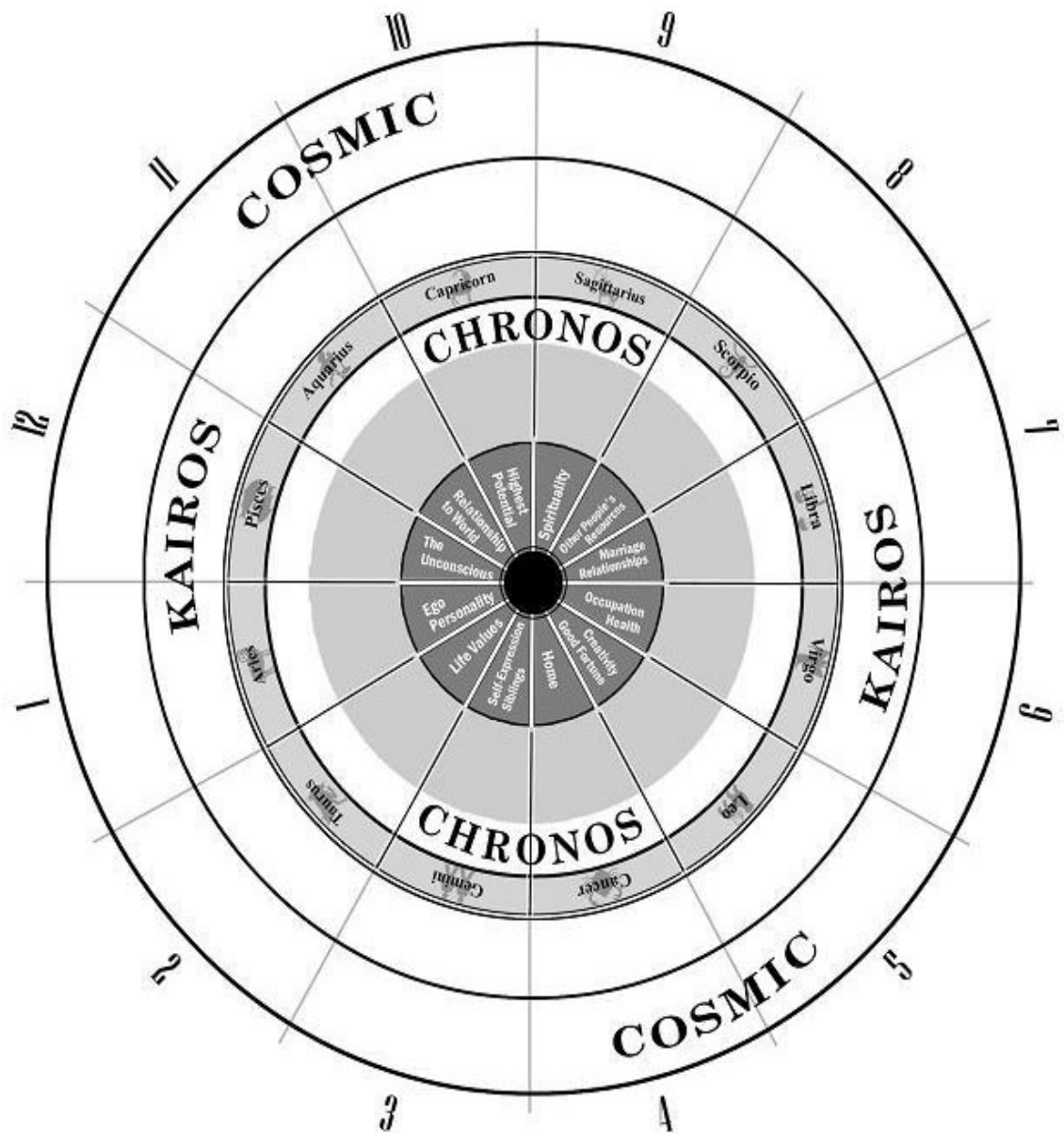
The twelve houses of the Archetypal Wheel are divided as follows:

1. Personality, Ego: the face you present to the outside world
2. Life Values: ownership, finances, your relationship to earthly power
3. Self-expression, Siblings: the power of choice
4. Home: establishing your emotional foundation
5. Creativity, Good Fortune: erotic energies, including creativity, sexuality, and synchronicity/chance
6. Occupation and Health: seeking security in the physical world
7. Relationships: marriage and partnerships
8. Other People's Resources: stocks, inheritance, death and closure
9. Spirituality: wisdom, publishing, travel
10. Highest Potential: completing the integration of the self
11. Interaction with the World: relating your creativity to humanity
12. The Unconscious⁴⁶

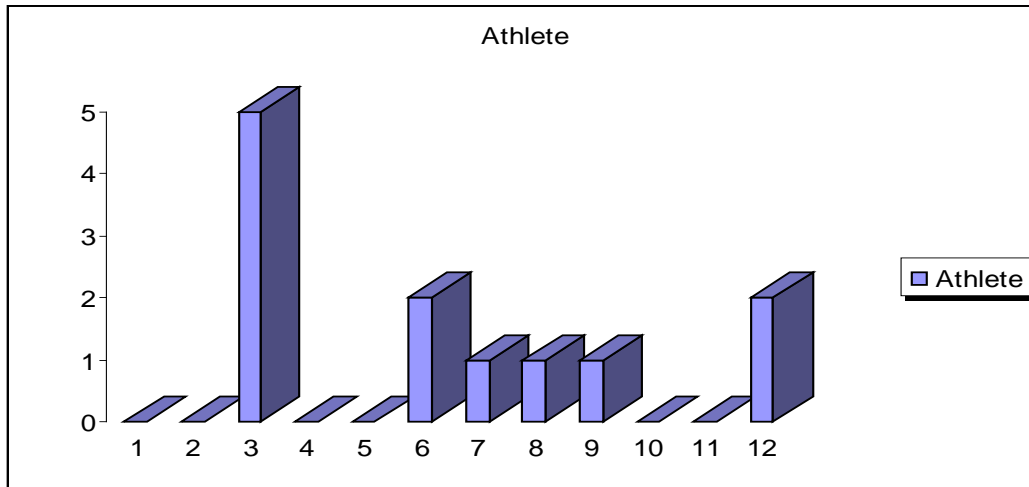
Upon completing the casting of the 12 houses and the 12 different life systems applications, we will observe the dance of the archetypes throughout these areas of my life. My personal archetypes consisted of athlete, engineer, pioneer, rebel, shape shifter, teacher, warrior, child, prostitute, saboteur, and victim. (Note! everyone has the archetypes of child, prostitute, saboteur and victim.)

For a reference of the houses the wheel below is from

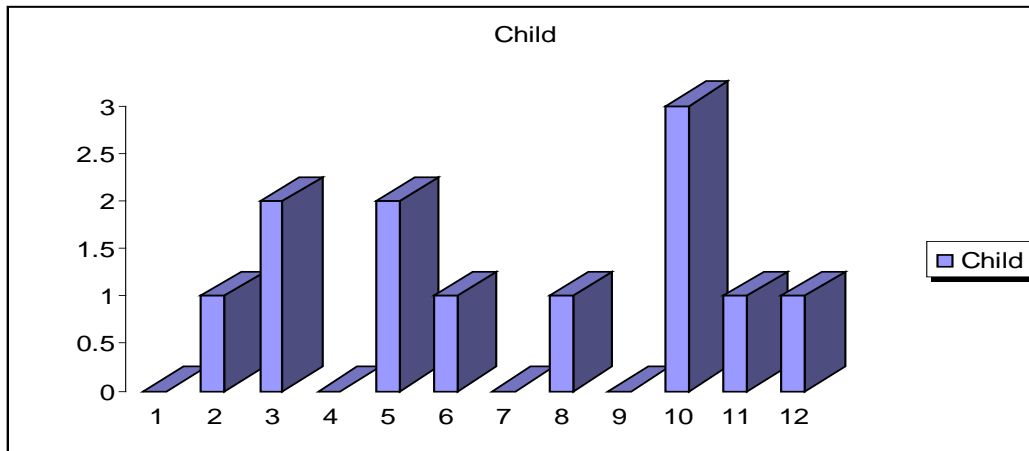
<http://www.myss.com/library/contracts/wheel.asp#>⁴⁷



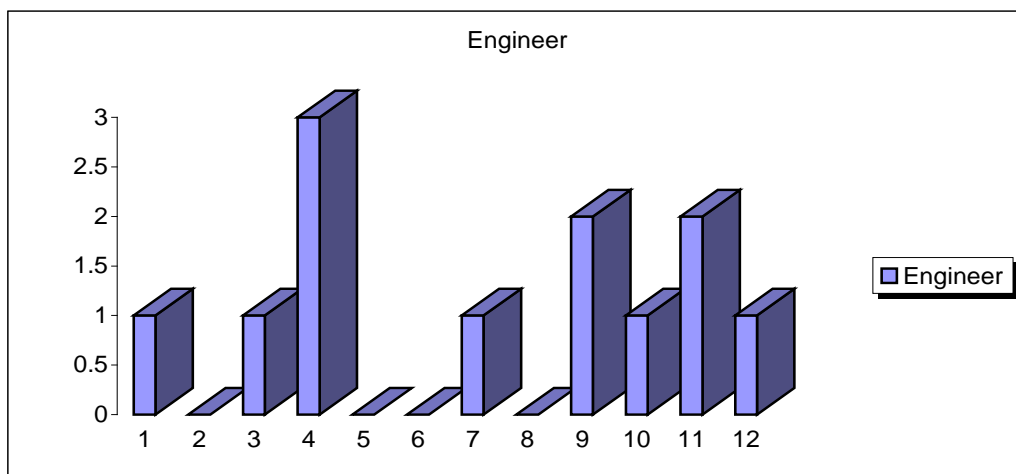
Below the Athlete is featured with its frequency of appearance in each house



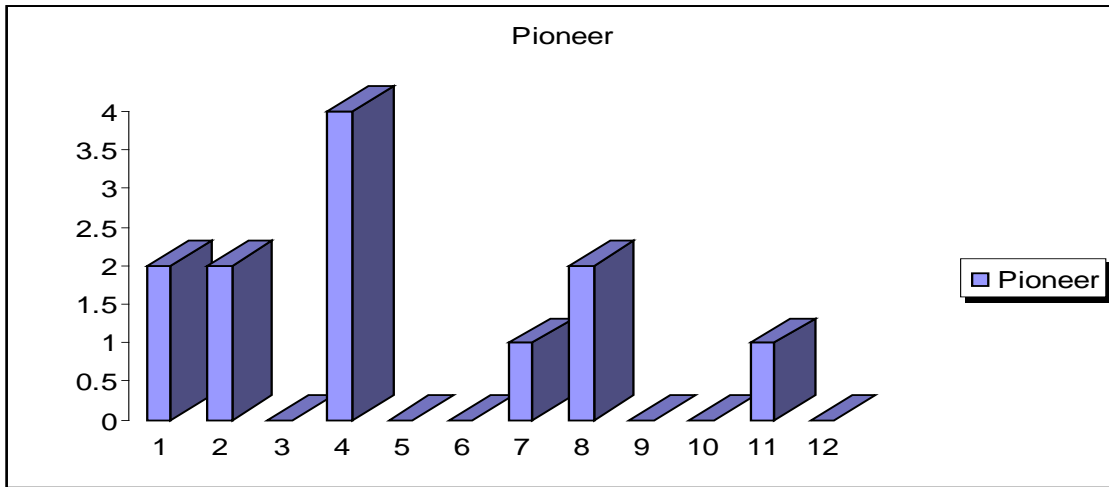
Below the Child is featured with its frequency of appearance in each house



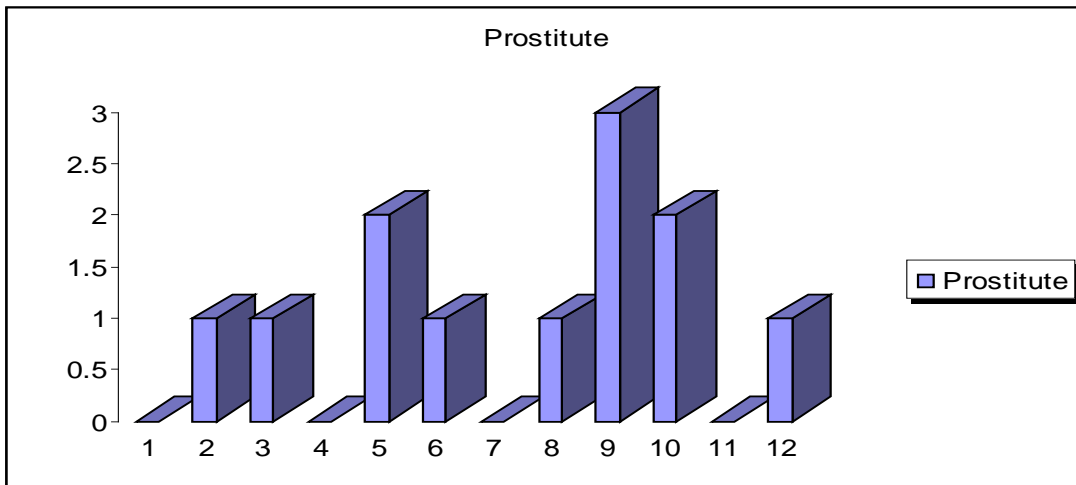
Below the Engineer is featured with its frequency of appearance in each house



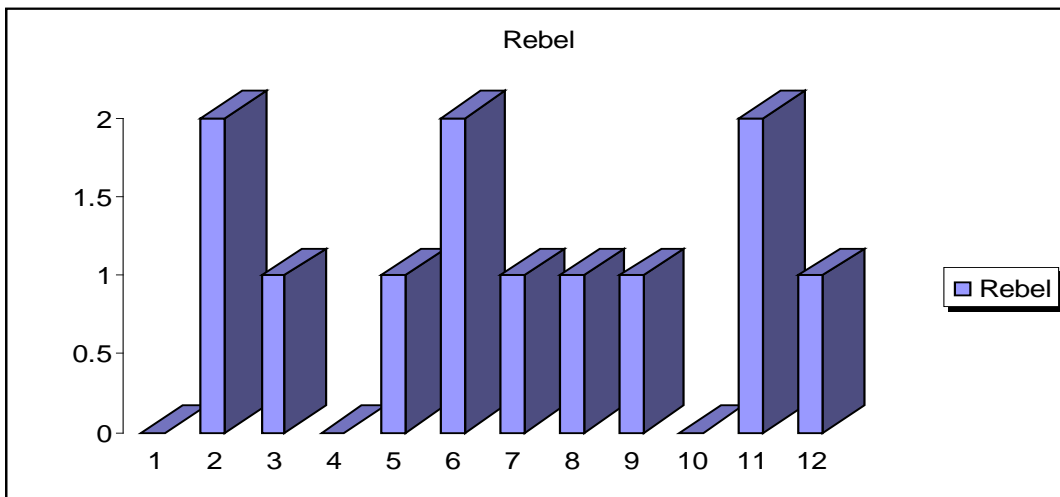
Below the Pioneer is featured with its frequency of appearance in each house



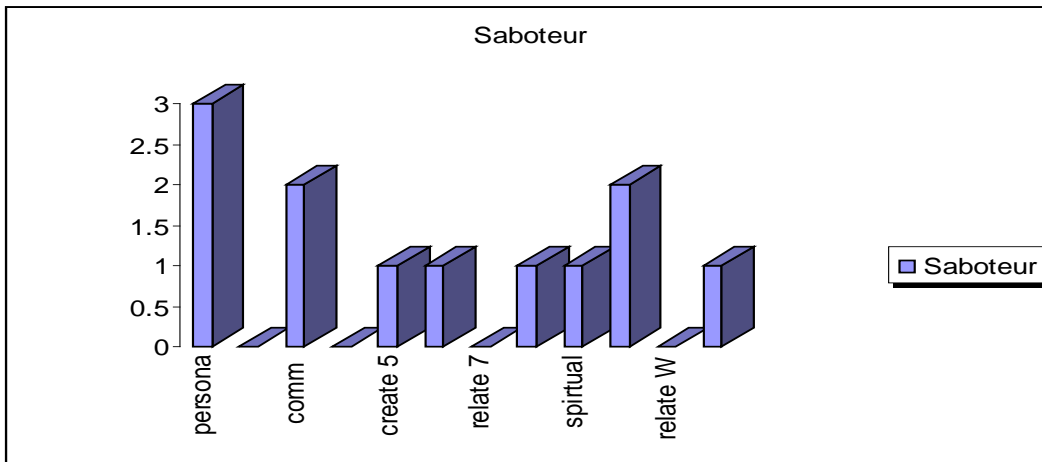
Below the Prostitute is featured with its frequency of appearance in each house



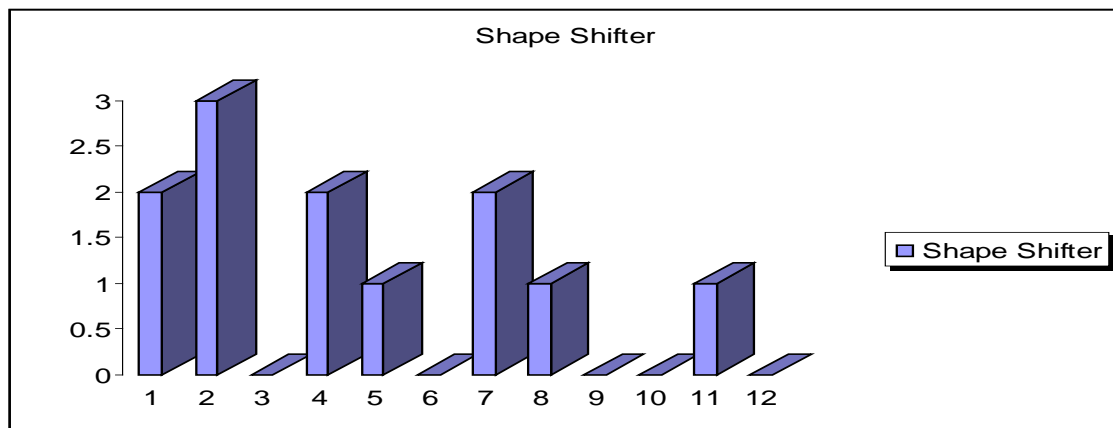
Below the Rebel is featured with its frequency of appearance in each house



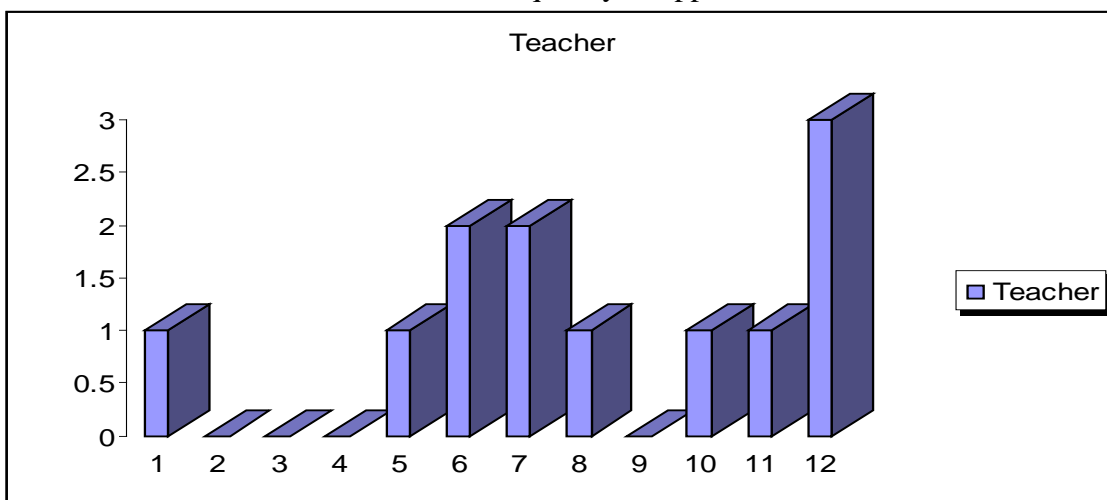
Below the Saboteur is featured with its frequency of appearance in each house



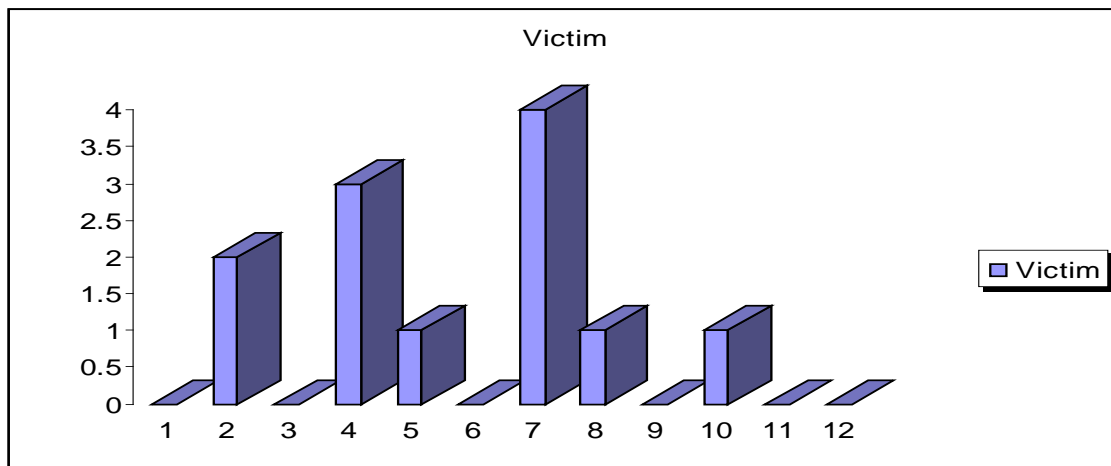
Below the Shape Shifter is featured with its frequency of appearance in each house



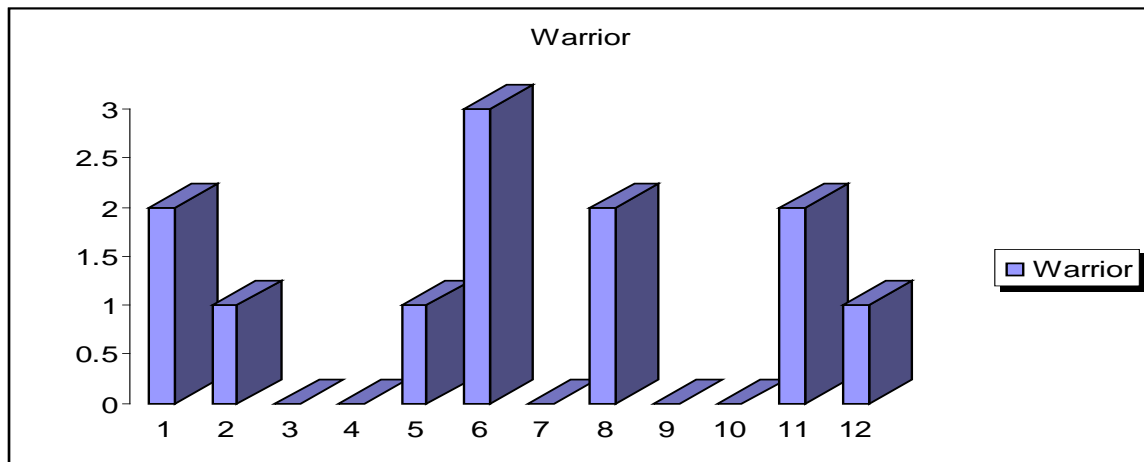
Below the Teacher is featured with its frequency of appearance in each house



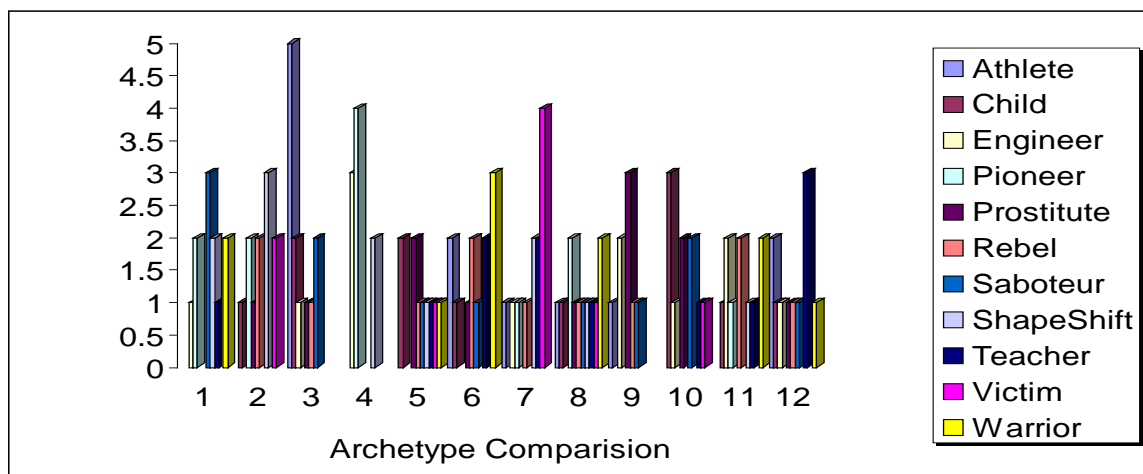
Below the Victim is featured with its frequency of appearance in each house



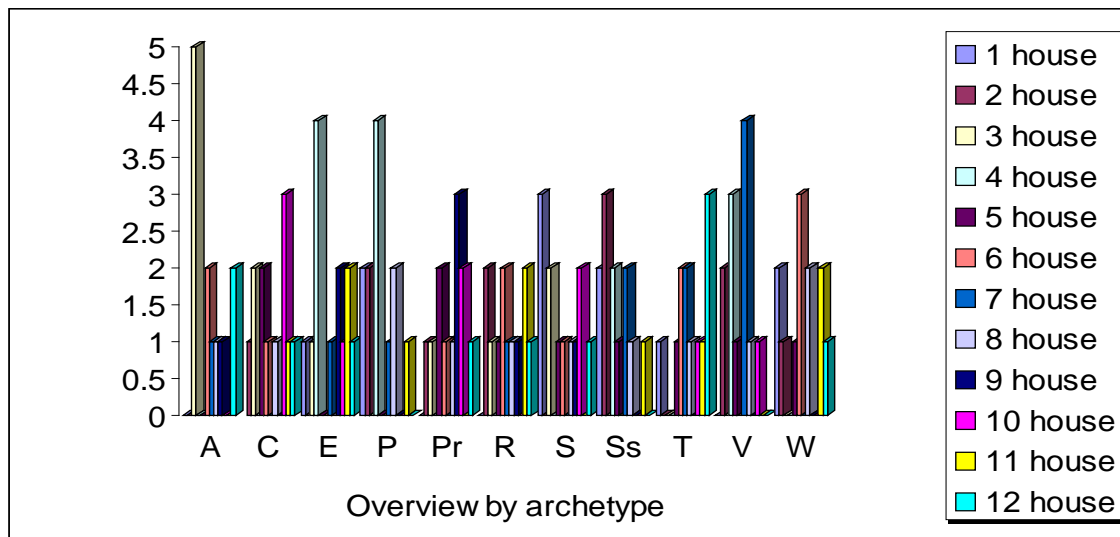
Below the Warrior is featured with its frequency of appearance in each house



By following the level of influence of each archetype in this chart below, one can observe the greatest effect of each archetype



From the below vantage point we see the view of houses to archetypes



Thought directs our actions and what will take place in our lives and enables us to work with our archetypes and sacred contracts for growth. The below information is from the web site http://www.yogaage.com/modern/thoughtpower.html#_VPID_27.

Thought—The Architect of Destiny

If the mind dwells continually upon one train of thought, a groove is formed into which the thought-force runs automatically and such a habit of thought survives death and since it belongs to the ego, is carried over to the subsequent earth-life as a thought-tendency and capacity.

Every thought, it must be remembered, has its own mental image. The essence of the various mental images formed in one particular physical life is being worked out in the mental plane. It constitutes the basis for the next physical life.

Just as a new physical body is formed in every birth, so also a new mind and a new Buddha are formed in every birth.

Not easy is the act of explaining the detailed workings of thought and destiny. Every Karma produces a twofold effect, one on the individual mind and the other on the world. Man makes the circumstances of his future life by the effect of his actions upon others.

Every action has a past which leads up to it; every action has a future which proceeds from it. An action implies a desire which prompted it and a thought which shaped it.

Each thought is a link in an endless chain of causes and effects, each effect becoming a cause and each cause having been an effect; and each link in the endless chain is welded out of three components—desire, thought and activity. A desire stimulates a thought; a thought embodies itself as an act. Act constitutes the web of destiny.

Selfish coveting of the possessions of others, though never carried out into active cheating in the present, makes one a thief in a later earth-life, while hatred and revenge secretly cherished are the seeds from which the murderer springs.

So again, unselfish loving yields as harvest the philanthropist and the saint; and every thought of compassion helps to build the tender and pitiful nature which belongs to one who is a friend to all creatures.

Sage Vasishtha asks Rama to do Purushartha, or show the prowess of self-exertion. Do not yield to fatalism. It will induce inertia and laziness. Recognize the Great Powers of Thought. Exert. By right thinking make for yourself a great destiny.

Prarabdha is Purushartha of last birth. You sow an action and reap a habit; a habit sown results in character. You sow a character and reap a destiny.

Man is the master of his own destiny. You yourself make, by the power of your thought, your destiny. You can undo it if you like. All faculties, energies and powers are latent in you. Unfold them, and become free and great.⁴⁸

To know love and peace is to expand and grow, over coming all obstacles and bringing happiness. To know anger and hate or fear one devours them self destroying all that surrounds them. Therefore know even in the darkest of moments if we maintain love we survive. May you walk in love (even at times when it seems difficult), know peace (realizing there will be challenging moments), and explore your energetic survival (thus you survive and evolve).

CONCLUSION

In opening the conclusion to this post doc document, I discovered an excellent statement from the Tao The Way, The sayings of Lao Tzu, Chuang Tzu and Lieh Tzu Special Edition Page175 to paraphrase.... ***“That which we call an end at the present moment may be the beginning of a new thing, and that which we call a beginning may, contrawise be the end of something. End and beginning succeed one another until at last they cannot be distinguished.”***

As the opening quote implies; Beginnings and endings complete a circle of energetic flow. Thus in this circle, end and beginning meet. Therefore there is no actual end or beginning of the flow of energy other than the illusion we share while physically incarnated. Comparing this flow of energy to the Yin –Yang symbol, we discover a model reflecting energy as a continuous energetic flow. With in this flow we have the nature of how to balance this energy or Yin and Yang balance... .

Energy flows with out end, it has a cause and effect action based on its balance. This energy is contained in the soul and lives continuously. The beginnings and ends in physical life forms occurs during incarnations of the energetic form taking on a physical presence, and brought to life in its incarnations. It is the cycles and pulses of Yin and Yang that assist us in having a choice for achieving each incarnations destiny.



We are all energetic beings, as such we generate and transmit energy and this energy affects other energetic sources. It is through these energetic reactions and actions that we grow and contribute to our soul DNA. Thus begin the cycle – birth evolution in to life form- choice to improve our energy (karma) , death of the physical body, followed by contracts with other soul's in-between lives. Then the choice of life form to enact our growth the parents to be born to and when to meet our various fellow souls in physical form to learn and evolve.

In the three preceding papers both the evolving circle and the tools to assist us in our incarnations have been presented. These provide a means to develop life-force energy (Qi-Ki-Chi- prana) to evolve towards illumination. The paper them selves provide various path ways to understand our selves, to heal sources of disease and to become energetic survivors. They all reflect common boundaries that exist to help us understand the choices to be made and how to face the challenges our contracts will present to us during a particular incarnation.

Indeed the titles themselves Survival dynamics, Why internal and external Ki energy is vital to our existence and How Can We Increase and Use it, and Exploring Energetic Survival, were chosen to reflect the need and tools to enhance our path into the light.

Eventually we will discover that love is the essential element for growth, that warriors may be warriors and healers, healers but both warrior and healer through love are the same. Many ancient cultures had mastered this understanding and the healer and warrior were one and the same. How can this be one may ask- the intention of the three

papers presented in this document was to identify the common demoniators based in love answered this question and riddle.

Go in peace and love, and through the quest for both establish Yin –Yang balance and protect through love and heal through love. May this and future incarnations allow you to replace all fear, doubt, and anger with courage, confidence and love. Ultimately replacing all with the highest states of love and wisdom to share with others in both the physical and soul life.

To close this conclusion to the post doc document, I felt the following expresses all- from The Ways of the Mystic, by Joan Borysenko, Ph.D. page xv.

“A mystic sees beyond the illusion of separateness into the intricate web of life in which all things are expressions of a single Whole. You can call this web God, the Tao, the Great Spirit, the Infinite Mystery, Mother or Father, but it can be known only as love.”

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