

# Sea Essences, Acupuncture, & Kinesiology Medicine for the 21st Century

by Sabina Pettitt, M.Ed., L.Ac.

Sea Essences are subtle energy imprints of plants and animal life from the ocean which restore balance and harmony to the Body/Mind. They are prepared in a similar manner to flower essences, but no life is destroyed in the process.

Like other subtle energy remedies the effects of Sea Essences can be physical, emotional, mental or spiritual. However, their unique contribution to the field of vibrational medicine is that they impact directly on consciousness, often bringing to the surface deep patterns which have been held in the unconscious. In this way, Sea essences are particularly helpful in exploring aspects of being which have been hidden from awareness. Each Sea Essence carries its own unique vibration and has the ability to impact on energetic disturbances in the human energy field which are the precursors to dis-ease. Each of the first 12 Sea Essences works directly with a corresponding channel of Chinese medicine.

For over 5000 years, Traditional Chinese Medicine has viewed the human being as a network of interacting energies. The source energy is Qi, the motivating force underlying all of life. This life force manifests as the energy flowing in specific organ related pathways in the physical body. When these energies are functioning optimally, a state of health is maintained. Predisposition to dis-ease, and disease itself, shows up as imbalance in the energy flows of these channels in the physical.

In Chinese medicine the human being is not merely seen as a physical machine, but as an energetic phenomenon which incorporates the physical, mental, emotional, and spiritual.

In fact as we in the West begin to explore, and take tentative steps towards, holistic health and complimentary medicine in the latter half of the 20th century, we only have to look to the East to discover a health care system whose foundation is precisely based on a philosophy of the whole person.

In my work with essences and acupuncture it is clear to me that both of these healing modalities also incorporate a fundamental aspect of western medicine – homeostasis, the body's natural tendency to maintain balance and harmony among all its systems. When this harmony is disturbed, illness occurs. The goal of western medicine is to restore that harmony in the physical. The goal of acupuncture and essence therapy is exactly the same except that both of these disciplines acknowledge and directly impact on the network of energy which surrounds and permeates the physical. With both essences and acupuncture we are able to address a much broader perspective of homeostasis which includes not only the physical, but also the mental, emotional, and spiritual aspects of the client, as well as consciousness itself.

Through Kinesiology and Acupuncture we have found 12 Sea Essences whose vibrations from the sea can be used to support multi-dimensional homeostasis. By using the basic Touch for Health 14 muscle balance we will show how one sea essence administered orally can strengthen the particular muscle with which it resonates in a similar manner that the neurovascular and or neurolymphatic points strengthen that muscle. For example, a drop of Jellyfish essence on the tongue will strengthen the subscapularis muscle in moments. The essences for each of the 12 bilateral meridians are shown in the table on the next page.

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Sabina Pettit co-founded the Pacific Essences company, dedicated to exploring the therapeutic value of plants of the Pacific Northwest, in 1983. She published her first book, *Energy Medicine*, in 1993. She practices out of Pacific Acupuncture and Holistic Health Clinic and may be reached at: P.O. Box 8317, Victoria BC V8R 3Z9

**Table - Meridian & Muscle Correlations According to Kinesiology**

Meridian	Muscle	Sea Essence
Central	Supraspinatus	
Governing	Teres Major	
Stomach	Pectoralis Major Clavicular	Sea Palm
Spleen	Latissimus Dorsi	Urchin
Heart	Subscapularis	Jellyfish
Small Intestine	Quadriceps	Barnacle
Bladder	Peroneus	Brown Kelp
Kidney	Psoas	Surfgrass
Circulation Sex	Gluteus Medius	Pink Seaweed
Triple Warmer	Teres Minor	Moon Snail
Gall Bladder	Anterior Deltoid	Mussel
Liver	Pectoralis Major Sternal	Anemone
Lung	Anterior Serratus	Sand Dollar
Large Intestine	Fascia Lata	Starfish

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