

Seven Element Figure 8's

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Abstract. This article introduces an expanded concept of the Tibetan Figure 8 Energies. Previously, in Touch For Health, there were six Figure 8's - 3 in front and 3 in back. This article proposes that there are 14 Figure 8's - one for each of the 12 regular meridians and one each for the extra meridians of Central Vessel and Governing Vessel. Techniques for correcting imbalances in the Figure 8 energy flow are presented in detail. Punctuating the concept that altering electromagnetic energies will ultimately manifest in physical changes of the reality of the human environment, these simple correcting techniques will allow practitioners to enhance their existing work at the level of the Figure - 8 energies.

The Aura/ Body Interface:

The aura or energy shell that surrounds the human body is connected to the physical body via three major energy systems; the Acupuncture Meridian system, the Chakra system, and the Tibetan Figure 8 Energy flows. Of these three energy flows, the one most intimately in contact with the physical body is the Acupuncture Meridian System. The Chi (energy) flowing through the meridians has the most direct effect on the physiology of the body as each meridian provides essential Chi energy to a specific organ system and muscles within the body (the basis of muscle balancing). Chinese Acupuncture balances these meridian energies via the **Five Elements**.

The chakras penetrate all levels of the etheric body from the spiritual to the physical and provide a conduit for cosmic energy to be transduced or stepped down to physiological levels via their relationship to the endocrine system and the autonomic nerve plexuses. Each of the seven major chakras is also supported in function by two of the fourteen major meridians of acupuncture. The Yogic system balances the energies of the body via balancing the chakras with their accompanying effects of the endocrine and autonomic nervous systems. This in turn helps to balance the meridians associated with each chakra. Conversely, the chakras may be balanced using acupoints related to the associated meridians, the basis of the Seven Chi Keys chakra balancing in Applied Physiology.

Seven Element Figure 8 Energy Flows:

The **Seven Element Figure 8's** Energy Flows as recognized in Tibetan medicine are a series of major energy flows circulating above the body in the pattern of a figure 8. Above the surface of each major segment of the body (the head, the trunk and the legs), there are Seven Element Figure 8 flows. Therefore, there is a Seven Element Figure 8 flow on the trunk above the chest, above the back and on each side of the body. On the trunk the energy flows from shoulder to shoulder, then diagonally crosses the body to the opposite hip, then crosses to the other hip and up diagonally to the opposite shoulder to complete the Seven Element Figure 8. These Seven Element Figure 8 flows crisscross at a mid-point exactly in the middle of each body segment. The Seven Element Figure 8 flows are repeated over each surface of the head and legs, giving twelve major Seven Element Figure 8 flows over the body surfaces. There are two additional Seven Element Figure 8 flows, one above the head and one below the soles of the feet, giving a total of fourteen major Seven Element Figure 8 energy flows.

Seven Element Figure 8 Energies:

Although the Seven Element Figure 8 energy flows do not contact the physical body directly, they are in intimate contact with the acupuncture and chakra energies which do interact with the physiology of the body. Imbalances in Seven Element Figure 8 energy flows can, however, create imbalances in both the acupuncture meridian and chakra systems which may then manifest as physiological

disturbances within the physical body. Indeed, it is because of this three dimensional matrix of the three major energy systems and the inclusion of Governing and Central meridians as Air, the seventh element, that these energy flows are called the Seven Element Figure 8's in Applied Physiology.

Because the Seven Element Figure 8 flows occur in the less dense etheric energies (higher vibrational energies) well away from the surface of the physical body, they are the first energies to be unbalanced by physiological stresses developing within the body. They can, therefore, be thought of as the "Early Warning System" of the body's energy systems since imbalances in the Seven Element Figure 8 flows will occur before major disturbances have yet to appear in the chakra and acupuncture systems and well before any physiological disturbance can be perceived. For instance, when you start to come down with the flu, you often feel "out of sorts", or a bit spacy but with no specific symptoms. If your Seven Element Figure 8 energy flows were checked at this time, they would almost always be out of balance. Even more impressive, if your Seven Element Figure 8 energy flows were rebalanced at this point, you may never develop the flu.

Seven Element Figure 8 Flows in Balance:

When in balance, Seven Element Figure 8 energy flows are not actually flowing in the normal sense of the word but rather oscillating---flowing first clockwise, then counter-clock-wise in the top and bottom halves of the Seven Element Figure 8 pattern. One of the first ways that Seven Element Figure 8 flows go out of balance is to lose this even oscillation and begin to flow predominantly in one direction, clockwise or counter-clockwise. The more out of balance they become, the more rapid the flow of energy becomes in one direction. This is the basis of the kinesiological monitor for Seven Element Figure 8 flow imbalances---stroking across the direction of flow in first one direction, then the other.

Traditional Location and Balancing of Seven Element Figure 8's:

If the Seven Element Figure 8 flow is in balance, this movement of your hand and its electromagnetic flux will only momentarily disturb the oscillation, which will be quickly re-established as your hand departs the Seven Element Figure 8 flow. If, on the other hand, the Seven Element Figure 8 flow is already circulating more clockwise than counter-clockwise in that part of the Seven Element Figure 8, and you move your hand clockwise through the Seven Element Figure 8 flow, this will increase the initial imbalance causing a full-fledged imbalance that will be clearly detected upon muscle monitoring. However, movement of your hand counter-clockwise (against the direction of imbalanced flow) will reinforce the weaker flow and momentarily rebalance the Seven Element Figure 8 flow---creating a positive muscle response. Correction of imbalanced Seven Element Figure 8 flows can thus be accomplished by stroking the Seven Element Figure 8 pattern in the opposite direction of weaker flows until it balances the stronger flow, once again creating an even oscillation of flows.

However, how do you know if a Seven Element Figure 8 energy flow imbalance exists? In both Touch for Health and One Brain Kinesiology, you can apply the "Fuzzy Glove" technique of passing the hand over the body from head to toe and back with a waving motion. An indicator change identifies a Seven Element Figure 8 imbalance some place on the body. But where is it? Trial and error stroking with muscle monitoring will eventually locate the imbalanced flow. However, this is a time consuming method of finding it.

Two Seven Element Figure 8 Systems:

There are two systems of Seven Element Figure 8's that are used in Applied Physiology. The first system is described in detail in this article. The second system will be described briefly at the end of this article but requires a five-element chart or the color-coded system available through Applied Physiology. A detailed description of the second system, and all the necessary charts, are available in the chapter on the 7 Element

Figure 8's, Acupressure, in the AP text "Stress, The Nature of the Beast". The 7 Element Figure 8's are also available as a separate text through Applied Physiology. We at IIAP felt that exposure to the concept of Figure-8's and their simplified use would help the practitioner in dealing with a myriad of electromagnetic imbalances.

Like the Lazy-8's used by Dr. Paul Dennison in EK (Educational Kinesiology), we have found that balancing the 14 Figure-8's reestablishes the oscillations and opens up neurological communication between the right and left sides of the brain through the corpus callosum. The result is increased internal feelings of trust and confidence. Almost every imbalance created in human existence is preceded somewhere by lack of trust and confidence which manifests as out-of-balance Figure-8's.

Applied Physiology Approach to Locating and Balancing Seven Element Figure 8 Energies:

Applied Physiology has developed an alternative method to indicate, locate, and correct Seven Element Figure 8 energy flow imbalances. If Spl-21 on the left side is challenged, and/or is touched by the monitor and an indicator change occurs, this indicates that a Seven Element Figure 8 flow imbalance is present some place on the body.

AP research indicates that the relationship of the meridians to the Seven Element Figure 8 energy flows on the body and found that each of the twelve regular meridians was represented by one of the twelve Seven Element Figure 8 flows on the head, trunk or legs, and that the Seven Element Figure 8 flows above the head and below the soles of the feet are represented by Governing and Central meridians respectively. Once the challenge of Spl-21 on the left has been pause-locked, then by simply circuit locating each alarm point, the location of the Seven Element Figure 8 energy imbalance can be rapidly ascertained.

Although Seven Element Figure 8 energy flows are usually thought of as being shaped like the number 8 with rounded ends, they can alternatively be visualized as two triangles

touching point to point (apex to apex). In visualizing the Seven Element Figure 8 flows in this way, there are four "corners" to the flow which could be labeled A, B, C, and D in the clockwise direction of flow (clockwise across the top of the flow).

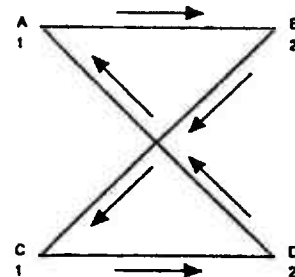


Figure 1

If there was insufficient flow in the clockwise direction as indicated by muscle monitoring, then by tapping the "corners" of the Seven Element Figure 8 in the order A, B, then C, D, the energy will be enhanced in the direction of flow. Repeating the taps in this pattern for approximately 30 seconds will correct the previous imbalance. Tapping should be conducted in a one,two, one,two cadence (see Figure 1).

Seven element figure 8 energy flows and correction by tapping:

If flow A to B is diminished, tapping first A then B will augment the flow from A to B with a accompanying increase in the flow from B to C. Tapping C then D will increase the flow of C to D which will return increased flow to A. Repeated tapping will correct the initial imbalance.

Seven Element Figure 8 Imbalances: Location and Correction:

Even after the balanced, even oscillation of flows has been created and the Seven Element Figure 8 flow now monitors in balance, more subtle Seven Element Figure 8 energy flow imbalances may still persist. These more subtle imbalances will often, over time, recreate the more obvious imbalances that were rebalanced by simple flow or tap corrections. We conducted research to develop a method to evaluate and correct even these more subtle Seven Element Figure 8 flow imbalances. We found that the Seven Element Figure 8 pattern of flow has a

correspondence to the pattern of the five elements in Chinese Acupuncture, or Five Houses of Chi in Applied Physiology. Each of the "corners" of the Seven Element Figure 8 pattern represents a command point in one of the single elements of the Five Houses, and the center crossing point of the pattern represents the double Fire Element.

Therefore, as you look down at each Seven Element Figure 8 flow, the upper left corner represents the Wood Element, the upper right corner represents the Earth Element, the lower left corner represents the Water Element, and the lower right corner represents the Metal Element. The middle crossing point represents the Fire element.

To check for Seven Element Figure 8 imbalances, the specific indicator point for Seven Element Figure 8 energies, Spl-21 Left is challenged (touched by the monitor). An indicator change indicates that one of the subtle Figure 8 flows is out of balance.

By circuit-locating the alarm points, the meridian representing the Seven Element Figure 8 flow that is out of balance will cause an indicator change. Then, by circuit locating and pause locking the respective corners two at a time in the Seven Element Figure 8 flow as located above, and muscle-monitoring, an indicator change will show which command points are involved. Once these are located, the two command points involved are then circuit located and pause locked. By stroking the Seven Element Figure 8 flow between the corners represented by these two command points and muscle monitoring, the direction of low imbalance can be detected. A correction to the weaker flow is needed until it balances the stronger flow, once again creating an even oscillation of flow. Correction is accomplished by applying a series of strokes with the hand along this part of the Seven Element Figure 8 flow in the direction causing the indicator change or by tapping the first point in the direction of flow, then, the second in a one,two, one,two cadence. When stroking from a corner toward the Fire command point in the center, be sure to stop at the center and lift the hand straight out away from the body. An odd number of strokes is considered best with seven or nine providing a good

correction, or tapping for approximately twenty to thirty seconds.

Seven Element Figure 8 Energy Correction: "Fine Tuning":

Locating and correcting the Seven Element Figure 8 energy imbalances can be considered "fine tuning" the Seven Element Figure 8 energy flows of the body. This fine tuning is often the difference between a "quick fix" and a long-lasting correction. The acupressure points of command used in the Five Houses of Chi are used to do the rebalancing.

Seven Element Figure 8 Acupressure Technique:

To check for Seven Element Figure 8 acupressure, the monitor must challenge Spl-21 on the left while simultaneously holding the Five Houses of Chi finger mode to create an indicator change.

Figure 2
Five House of Chi (light touch)



The indicator change should then be pause locked. The next step is to circuit locate each alarm point until a priority indicator change is located and pause locked. Once the specific Seven Element Figure 8 is located with the priority alarm point, go to that Seven Element Figure 8 and flick each individual section of the Seven Element Figure 8 along the lines outlined. [Example: Earth to Wood, Wood to Earth, Wood to Fire, Fire to Wood, Earth to Fire, Fire to Earth, Fire to Water, Water to Fire, Fire to Metal, Metal to Fire, Water to Metal or Metal to Water, twelve possible directions.] The priority indicator change will be the points that are used to correct. Look up the specific two points on your **A P**

Acupuncture Chart (or your own Acupuncture-puncture system chart) by first going to the meridian matching the alarm point that originally circuit located. Then go to the appropriate points that matched the indicator change that caused the priority flick. If the flick went from water to metal, then the water point would be stimulated first, and the metal point would be stimulated second. [Example: Stomach meridian alarm point was priority indicator change and a priority flick between water and metal occurred. The two points would be located on the stomach meridian. St 44 represents Water, St 45 represents Metal. Tap St 44 then St 45 in sequence approximately seven times. This will balance the specific energy imbalances.]

Recent research has found that each of the possible sequences match up with other individual electro-magnetic imbalances. Correction in the Seven Element Figure 8 energy corresponds to corrections in other electromagnetic circles. This could very well be a tremendous new observation and explain why the Seven Element Figure 8's have such tremendous power in eliminating confusion in the nervous system.

In conclusion, a practitioner using the Figure 8 system described in this article can bring about a multitude of changes in the electromagnetic flux of the body. A state of confidence and trust begins to manifest. Ultimately, physical manifestations of these corrections will alter physiology and create a new reality of anatomical health.

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