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Enhance Your Chi Energy

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Abstract. Stimulating new ideas on the importance of working with and assisting the person to self heal their whole body.

This paper will cover the following topics:

1. Overcoming fatigue syndrome.
2. Understanding Chi Energy.
3. Electrical-magnetic-polarity energy field.
4. Clearing out blocks.
5. Rivers of energy flowing.
6. Triangle of health.
7. Slipped disc, ruptured disc, degenerative disc, causes, etc.
8. Dis-ease, Balance of Yin and Yang.
9. Energizing the NV points.
10. Balancing the anterior and posterior NL points.
11. Healing Energy and using Surrounding the Dragon technique.

Release All Blocks and Let the Life Energies Flow

In 1968, when I was in Viet Nam, I met and studied with Mr. Joe, a Korean Master of the Martial Arts. Ever since that year, I have searched, studied, researched and correlated everything he could about the energy fields.

The common concept or belief in the western world by some medical professionals is that no matter what you eat, drink, or think about, none of it will affect your body. They treat each organ as a single unit and then it can only be treated with drugs and/or surgery.

Many people in the western professional healing arts are always racing through their treatments. Treating only one part or parts of a person's body instead of seeing, feeling, and observing the whole body as being one unit.

It is very important to see the whole picture and treat the whole body as a complete human being. Many times, stress is the main cause of our problems. Stress can be from one or all of the following: Structure, Nutrition, Mind and Emotion.

The Applied Kinesiology Triangle of Health is Structure, Chemical & Mental. I use the Triangle of Health with Structure, Nutrition and Mind and the Spirit Energy is All In One.

Again, it is very important to correlate and visualize the whole body being one unit. Our car needs a good grade of gas to keep it running good, and we also need to eat good food to keep our bodies healthy. Cars need clean air filters, and we do not need to smoke and pollute our lungs and system unnecessarily. Cars need batteries, a generator, headlights, and many people never realize that we also have an electrical system within our body. Cars need lubrication, and we need to drink water for our lubrication, not coffee, pop, carbonated drinks, salt preservatives, or any other irritating material. Our bodies run with oxygen and hydrogen, H2O, (water) which is better than anything else. Oxidation is the function of every energy action in our bodies.

Our bodies are like rivers of energy flowing. In the acupuncture healing arts, these rivers are a vital energy flowing along the meridians.

When there is an energy decrease, a congestion, a blockage or a dam in the river, the energy cannot flow like it should. The body will be out of harmony, having discomforts, dis-ease or possibly in the future a pathological disease, breaking down or eating away of tissue or even death.

In front of the dam, there is an emptiness, lack of feeling, lack of sensation, lack of function, decrease in circulation, coldness, lifelessness, degeneration, numbness, tingling, body aches, stiffness and soreness etc.

Behind the blocked dam, there may be an excess of pressure building up, a congestion, swelling, pain, tightness, tension, headache, colds, sinus, asthma, pimples, irritations,

inflammations and infections, excess growth (tumors), etc.

We need to find and release all blocks, so the body's chi energy can circulate, flow with healing and repair the body.

Everything around us and in us is energy. From the smallest atom with the electrons flowing around, to the universe with the solar system, everything is an electrical-magnetic-polarity-energy field.

Some people doing TFH, massage or any other type of treatment feel overcome with tiredness, fatigue symptoms, their energy is drained or they feel totally wiped out after a session or a treatment. These people are using their energy and draining themselves. This is like having your car lights on, without the motor running, and draining your battery. Many of these people are trying to help everyone and feel like a failure when they could not help someone. They take on the person's burdens and stresses, only weighing themselves down.

Always remember, that some people do not want to get better. This is like the biblical statement, "Do not cast or throw pearls before swine." No matter how much energy you give this person, they are only feeling better temporarily and then they are back into their old rut or habit. The difference between a rut and a grave, is that you can always get out of the rut.

The TV picture does not come from the antenna, it comes through the antenna. When working with or on another person, the energy should not be coming from our body, we should be relaxed and let the energy flow through us and not from us. Instead of draining our batteries, we need to visualize God or the Universal Energy flowing through us and not from us. We are the instruments to direct the energy into the best location on our partner.

When you take an electrical wire apart, you will have a dead wire. When your take the body apart, you will have a dead body. The two are one, "physical and energy" or "physical and spiritual".

We need to stimulate points and release blocks, increasing the life force energies to flow within our body.

When you receive a small cut on your finger, cut into a carrot or a tree limb, with enough time, the innate, inner intelligence, inner self or the doctor within, will heal and repair the cut again.

Whereas, when you cut a steak or some piece of meat, it will not heal, because it is dead. No matter how many ointments, salves or stitching and bandaging you do, the piece of meat is still dead.

The meat is dead according to us, yet it has a new energy life force in it by giving energy to our bodies, with the proper acids and digestive juices to break it down for proper digestion and absorption.

When we leave this piece of meat sit in the open air, another energy force goes to work and starts the breaking down and recycling process of the cycle of life. Everything in life goes through birth, maturation, and degeneration to be recycled again and nothing is wasted.

The cycle of life is an exchanging of energy. Just like the cycle of water:

1. The water is evaporated.
2. With condensation of moisture, it rains,
3. The rain water makes things grow, with the excess running off and stored in ponds (the ocean is a big pond) and the cycle keeps going on and on and on, etc.

All living things, including human beings, are in this self healing and self producing cycle of life.

Here I would like to add a spiritual touch for all who are spiritually minded. We are made in the image and likeness of God. We are children of God. We have the power of Almighty God within us; to create; to heal; to make new; to clear out the old and unwanted and bring in the new; to bring in God's riches; His blessings; His Love. With the Power of Almighty God flowing through us all, we can accomplish everything we want; need; or desire.

God is perfect and we are His children. We do not need to be perfect. All we need to do is our best and give the rest back to God and let Him take care of everything. Some people surrender their problems to God and then do not believe that God can take care of it and they feel that they must continue to stress themselves about it. "Oh ye of little faith."

We need to love God; Love ourselves; Then we can love others. When we do not love ourselves, then who will? What you always put out, you will always get back. You will always receive what you always got, when you did what you always done. Therefore, as long as you condemn someone else, something; your life around you; yourself or any part of your body, then the problem will always be there to deal with.

Instead of condemning anything, we need to believe, love and accept what we have and then visualize how we would like to make it better. We need to use positive thinking and visualization. When you like a thought, be happy with it. When you do not like it, how would you make it better? Rewrite the paragraph, the chapter, or maybe the whole book. Your mind is your computer, what you think is what you create. So make it good!

Working with the mind is only one part of the Triangle of Health. We need to correlate the whole picture of Structural, Mind, and Nutrition. The Spiritual is the life within us all, the aura around us and our emotional vibrations, stresses or burdens that we carry and worry about. Remember, the more a person worries, the more it weighs them down toward depression.

When someone is not holding their correction, then reevaluate their whole body. What is their body trying to tell us. Find the cause, instead of naming and treating the same symptom over and over.

When a person has a weak muscle, usually from being fatigued over a period of time, this will let the bone rotate out of alignment. This can be caused from gradually overloading the body from excess coffee over a period of time.

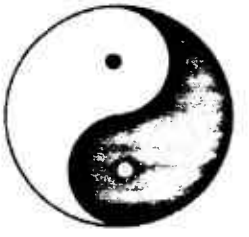
When there is an irritation or trauma to the body, this may spasm the muscle and pull the bone out of alignment. A good example of this, is when a person drinks eight quarts of pepsi or coke.

Remember the swinging door with the two springs. When one spring gets sprung the other spring will naturally tighten up. Instead of grinding on the tight, spastic muscle, let us evaluate what went weak to let the bone go out of alignment.

Chiropractors put the bones into alignment, acupuncture doctors balance the muscle energy and yet when the treatments are not holding, it may be that we are causing the problems ourselves. As the saying goes, "We are our own worse enemy".

When a toaster is short circuited, the wire gets hot and blows the circuit. When we irritate or overload an organ, it may be one of the main causes why people do not have the best results with their treatments. Instead of labeling the dis-ease and naming problems, we need to find the cause and not just treat the symptoms.

Everything has a cause and effect, especially with the balance of the Yin and Yang. This is demonstrated with the acupuncture symbol called the "Monad" or "Tai ji" meaning great polarity.



Everything in the universe and all creations are a result of harmony or disharmony between Yin and Yang.

The Yin and Yang are best described as in the table on the next page:

yin, female	YANG, MALE
earth, mother earth	SPACE, FATHER SPIRIT
in, within, interior, inner	OUT, OPEN, EXTERIOR, OUTER
solid, short sound	HOLLOW, LONG ECHO SOUND
dark, night, moon	LIGHT, DAY, SUN
autumn & winter	SPRING & SUMMER
north & west	SOUTH & EAST
cold, moist, water, low temp.	HOT, DRY, FIRE, FEVER
dirty & cloudy	CLEAN & CLEAR right LEFT
non-active, retiring	VERY-ACTIVE, ADVANCING
chronic, lingering & slow	ACUTE, HASTY & FAST SPREADING
parasympathetic	SYMPATHETIC
quite, timid voice & action	LOUD, FORCEFUL VOICE & ACTION
weak, breaking down, decaying	POWERFUL, GROWING, FLOURISHING

History of Oriental Healing Arts

Frances M. Tappan, on page 133, in her book, *Healing Massage Techniques*, states, "The earliest known text on acupuncture is the *Nei Ching*, or *Classic of Internal Medicine*, Traditionally ascribed to the legendary Yellow Emperor (Huang Ti, believed to have lived from 2697 - 2596 BC), the *Nei Ching*, remains the basic reference on the subject and is the foundation for all development in acupuncture to the present century ... Acupuncture has a known history antedating Christianity by 2000 years ..."

When there is a nerve involvement, the whole nerve is sensitive. This traces back to an impingement or pressure on the nerve supply, with a slight rotation of a joint, usually by the vertebral level on the spine. These nerve involvements are not only on one vertebrae level, they can be located at several vertebras above or below the actual cause, affecting the organs and muscles related to those various levels.

This is the same procedure with the acupuncture meridians flowing throughout our body. Every point on the body is some type of reflex or acupuncture point affecting other parts of the body.

Many people have sensitive spots or areas on their skin surface. When examined more carefully, you will find a series of sensitive points along a channel called a meridian. These meridians correlate with chi energy to organs, muscles and every part of our body's physiologic functions.

There are many more western healing professionals who know and work with the nerve supply and circulation, assisting the person to function better with the healing and repairing of their own body. The doctor, chiropractor, or massage therapist are only able to assist a person's body, with as much as their body is capable of repairing.

Some people in Western world are now recognizing the importance of using the acupuncture meridian for balance with the yin and yang, and the chi energies. They are now treating the person's whole body as being one unit, with their mind and body being one.

The term acupuncture derives from the Latin word "acus" meaning needle and puncture in English. Thus, we puncture the skin when we use acupuncture needles. With acupressure you use a light, firm pressure on these same points. Acupressure works much better when you have skin contact on the point, without any buffers or clothing insulators.

Remember, you find more energy activity and life in the valley than you do on a hilltop. When searching for any acupuncture points, you will always find more energy activity in

dips and hollows of the body and less on the high bony places.

The meridians are the electromagnetic chi energies flowing throughout the body and an acupuncture point is where the chi energy comes near the surface.

When looking for an acupuncture point, some people can put their hand lightly over the area and sense the energy flow to the points.

Some people can see auras, the energy field around the body. It is possible for highly tuned-in individuals to see the chi energy pathways and the acupuncture energy points.

These acupuncture energy points are miniature chakras. Most people know the chakras as energy centers or nerve bundles, usually on the front of the body. In the Western world these energy centers are called Ganglions and Plexuses.

In the Acupuncture Oriental Healing Arts, there are two main philosophies of working with the body. They are the surface energy flow of the meridians, and the inner connections with the 5 star pattern.

Meridian Therapy is working with the Chi Energy or Life Force within the body. Chi is often spelled "Qi" in Chinese acupuncture books. Both "Chi" and "Qi" are pronounced "chee". In Japanese and in Korean cultures they spell their chi with a "Ki" and pronounce it "kee".

Ted J. Kaptchuk, O.M.D. on page 35, in his book, *The Web That Has No Weaver, Understanding Chinese Medicine*, states, "The idea of chi is fundamental to Chinese medical thinking, yet no one English word or phase can adequately capture its meaning. We can say that everything in the universe, organic and inorganic, is composed of and defined by its Qi (Chi). But Qi is not some primordial, immutable material, nor is it merely vital energy, although the word is occasionally so translated. Chinese thought does not distinguish between matter and energy, but we can perhaps think of Qi as matter on the verge of becoming energy, or energy at the point of materializing."

Physics states: "The lowest form of energy is matter and the highest form of matter is energy." The slower someone moves, the more sluggish they become. This is called "static gravity" where they keep getting slower, becoming stiffer, sorer and an arthritic type of person.

The more people become stimulated, excited, enthusiastic and energetic, the more they become mobile, faster moving, looser, lighter, freer moving and vibrating at higher levels. This is called being energized. Most people feel relaxed and energized after working with "Joint Tension Release" (my chi energy treatments of releasing blocks throughout the whole body). This is especially true after receiving a relaxing and uplifting, "Chi Energy Massage".

The more we become aware and centered within, One with our inner self, then we can become One with the universe, and in-tune with the universal world around us. Whether or not we realize it or want to, we are all interacting with each other, every moment of our life. This minute is the first minute for the rest of your life, so make it good, do your best and continue to climb the mountain of life.

Dr. Ron C. Wagner has been working with chiropractic and holistic health services for 20 years, correlating structure, mind, chi energy and nutrition. He is a Certified Instructor for: Touch For Health and Kinetic Integration. In the CHI ENERGY CENTER, he uses and teaches the following techniques: Joint Tension Release, Muscle Testing, Applied Kinesiology, Meridian Therapy, Touch For Health, Kinetic Integration, Acupressure, Massage Therapy, CranioSacral Therapy, SomatoEmotional, Educational Kinesiology, Magnetic Fields, Polarity Balancing, Trigger Point Therapy, Nutrition Counseling, Positive Thinking and Visualization. He may be contacted at the CHI ENERGY CENTER, 4222 Milwaukee St. Madison, WI 53714, (608) 244-0211