

Canine AcuPoint Massage© TCM and The 5 Elements

Welcome to The School of Fine Tuning and our Canine Acupoint Massage, The 5 Elements CPD Training Course.

This training is aimed at Canine Professionals who already hold a Qualification in either; Veterinary Medicine, Canine Behaviour, Canine Massage, TTouch, Zoopharmacognasy, Canine Grooming etc.

This course will not qualify you as an Acupressure Massage Practitioner, but will offer you the tips and tools to consider looking at your dogs from a TCM / 5 Elements perspective and incorporating these techniques to enhance your existing practice.

What I am showing you here is an overview of a very in-depth study of Chinese Medicine, that is one of those subjects that the more you learn, the more there is to learn. However, this insight is enough to satisfy your interest and give you the confidence to have a go at using some acupressure massage techniques.

Acupressure Massage

Used for thousands of years in China, acupressure applies the same principles as acupuncture to promote balance and harmony and ultimately health and wellness.

Acupressure Massage or Tui Na is often thought often referred to as acupuncture without the needles, as manual pressure is used to stimulate specific points on the body, along what are considered to be energy lines known as Meridian Channels.

Acupressure Massage is an ancient form of healing therapy that works closely with Chinese massage, and is the name given to the technique of stimulating the same points that would be worked during acupuncture, but by using finger pressure alone, not needles, but can be used to treat most of the same conditions as acupuncture

It works on the following principles:

- . It affects the Qi, pronounced 'Chi' (Energy)
- . It works by massaging the meridians and the Acupoints along its Channels
- . It uses acupressure on specific Acupoints to treat illness.
- . Assessment can be made using Chinese Medicine Principles and then treated with specific massage strokes and acupressure.

The role of acupressure has been paramount in traditional Chinese medicine (TCM) for more than 2000 years, and the fact that it is still in use today is a testimony to its effectiveness in the treatment of illness and pain. Acupressure is essentially a method of sending a message to stimulate and correct the energetic field of the body, that encourages its own self-healing or regulatory mechanisms. Normally, Qi (vital energy) circulates through superficial and deep energetic pathways in the body called meridians. Blockage of this flow or an imbalance in Yin and Yang can cause illness and pain. Acupressure helps to correct functional imbalances and restore the flow, returning the body to a more natural state of homeostasis and well-being.

As Acupressure is a hands on approach, it is an effective form of stimulation used to help relax the muscles. If done regularly, this method

of massage to others and self-massage can sustain improvement and minimize recurrence of symptoms. Unlike allopathic remedies, Acupressure may take some time to provide long term relief to chronic issues. It can be highly effective for acute symptoms.

The History of Acupressure begins with Acupuncture.

Acupuncture is one of the oldest medical treatments in existence, originating in China more than 2,500 years ago. Its philosophy is rooted in the traditional teachings of **Taoism**, which promotes harmony between humans and the world around them, and a balance between yin and yang. However, the philosophy of acupuncture goes back over 8,000 years. People during this time period would meditate and observe the flow of energy within.

Several pivotal texts throughout the centuries helped promote acupuncture's tenets. The earliest mention of acupuncture can be found in the "The Nei Jing (Yellow Emperor's Classic of Internal Medicine)" by Huang Di, which dates back to around 300 B.C. The book describes various diseases, their origins and descriptions of acupuncture points. He discussed the whole spectrum of the Chinese Medical Arts; these conversations would later become the text The Nei Jing (The Yellow Emperors Classic of Internal Medicine) a medical classic summarizing Chinese medical knowledge before the Qin and Han Dynasties from 221 B.C. to 220 A.D.

In 260 A.D., the well-known physician Huang-Fu Mi compiled a 12-volume text describing acupuncture, called the "Zhen Jiu Jia Yi Jing (Comprehensive Manual of Acupuncture and Moxibustion)." His book describes many of the acupuncture points that are used today, with an explanation of where and how deeply to insert each needle.

The earliest acupuncturists used needles made from stone and bone. Later, needles were made from metal (bronze, gold, and silver). Originally, there were only 365 pressure points in the body, each of which corresponded to a different day of the year. Eventually, that number grew to more than 2,000 different points.

During the new Stone Age in China, stones were refined into fine needles and served as instruments of healing. That technique is called Bian Stone, which means, use of a sharp edged stone to treat disease. An archeological dig in 1968 in Mancheng County, Hebei Province, confirmed the use of these tools when five silver and four gold needles were found in a tomb buried in 113 B.C.

By the early 19th century, travellers to China were introducing acupuncture to the West. Doctors in Europe and the United States began experimenting with the technique. One of acupuncture's biggest early proponents in the West was a French scholar named George Soulie de Morant. He travelled to China at the turn of the 20th century. When he returned to France after nearly two decades, he introduced French physicians to the classical acupuncture texts and techniques.

Acupuncture became popular in the United States in the 1970s, buoyed by President Nixon's trip to China. The first known mention of acupuncture in the American media was an article by "New York Times" reporter James Reston, in which he described how acupuncture relieved his pain after appendix surgery.

In the last three decades, acupuncture has caught on and has gained credibility in the United States. Today, there are established guidelines that govern its use, and organized societies of trained acupuncture professionals. According to the 2002 National Health Interview survey—the biggest survey of complementary and alternative medicine to date—an estimated 8.2 million American adults have tried acupuncture.

In India the belief is that when nature created the universe it made all substances by combining five elements— *Akash*, *Agni*, *Prithvi*, *Vayu* and *Jala*. These elements are to be found in all living and non-living beings of the nature. But one exclusive thing that the nature poured on the living objects is '**PRANA**'. *Prana* is the sixth essential quality of all living organisms (in addition to the five elements) that makes it animated and distinguishes it from all non-living objects. Presence of prana provides life and health. Deficiency or excess of it causes disease. The absence of *prana* is death of the organism.

Disturbance in the flow of *prana* causes disease. Thus to help man to cope with disease, nature equipped him with self-healing mechanism that protects him from illness. That self-healing mechanism are the points located on the surface of the human body. The points are the openings or gates that allow the entry and exit of *prana* from of the body. Thus sub-consciously man presses and massages the different parts of the body out of distress in a state of illness. This pressure or massage is used to stimulate the points as a result of which the obstructed Prana flows uninterruptedly and balance of *Prana* within the body gets corrected.

Before WHO's recognition the people of America, particularly Red Indian tribes, used to practice Reflex Zone Therapy (Reflexology) which is a part of Acupressure. Though it cannot be proved, specialists tend to agree that it was **Dr. William Fitzgerald** who first came across Zone therapy as practiced by the Red-Indians, and it is to his observation and studies that we owe our concepts of reflexology. Dr. William Henry Fitzgerald (1872-1942), an ENT specialist, developed the zone therapy and published his findings on this form of healing in 1913, and hence he is called the Father of Modern Reflexology. Reflexology, in its present form, is an important part of Acupressure therapy.

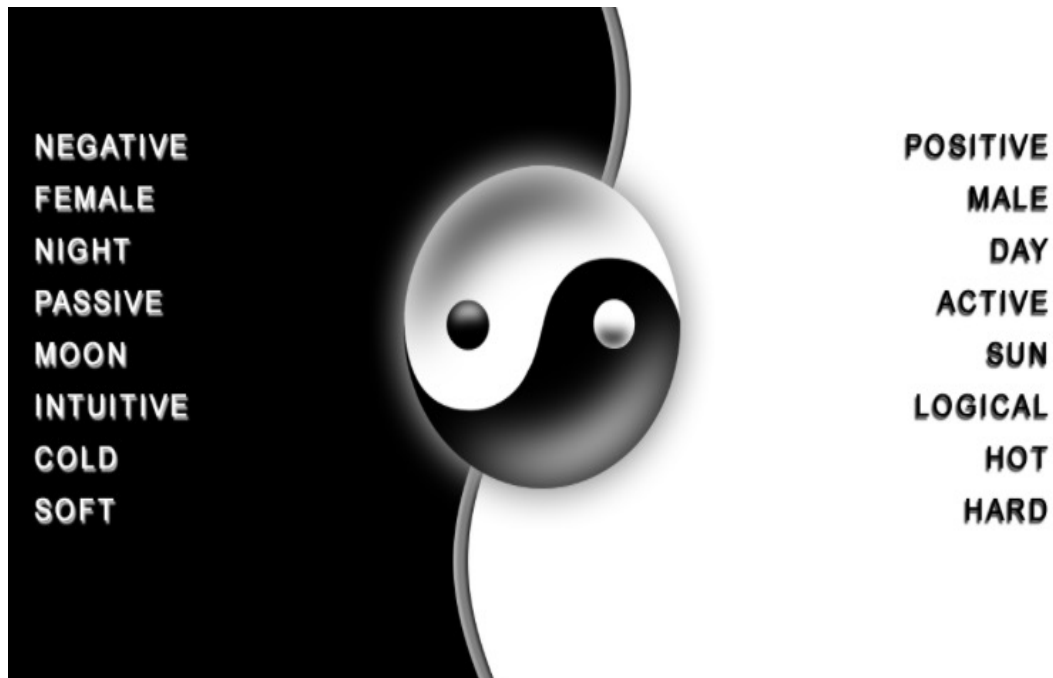
With the evolution of mankind it gradually came to be known that there are points in the body that have the potentials of healing. Subsequently, these points got a methodical look and came to be known as Reflex or Acupressure points.

So, whilst we cannot know for sure which continent Acupuncture and Acupressure originated, we do know that it is of benefit to all.

YIN & YANG

It is believed that all things have two aspects; a yin and a yang aspect. The two aspects create each other, control each other and transform each other. If you look at the symbol that represents yin & yang, you will see that it is a circle. A circle in itself, represents infinite, things constantly moving. The black part of the circle means night, and is the yin aspect, and the white part means day, and is the yang aspect. You will also see that within each section there is a circle of the opposite aspect, this represents that nothing can be totally yin, or yang, they would always have at least a part of the other as well.

- Everything in the Universe is either Yin and Yang
- The Circle is the Universe
- Seed of existence of the other within each part
- Oneness
- Complement each other
- Everything is a process
- Polarity of opposites
- Cannot exist without the other – interdependent
- Always in a dynamic flow as they connect at their peak
- Balance before Harmony

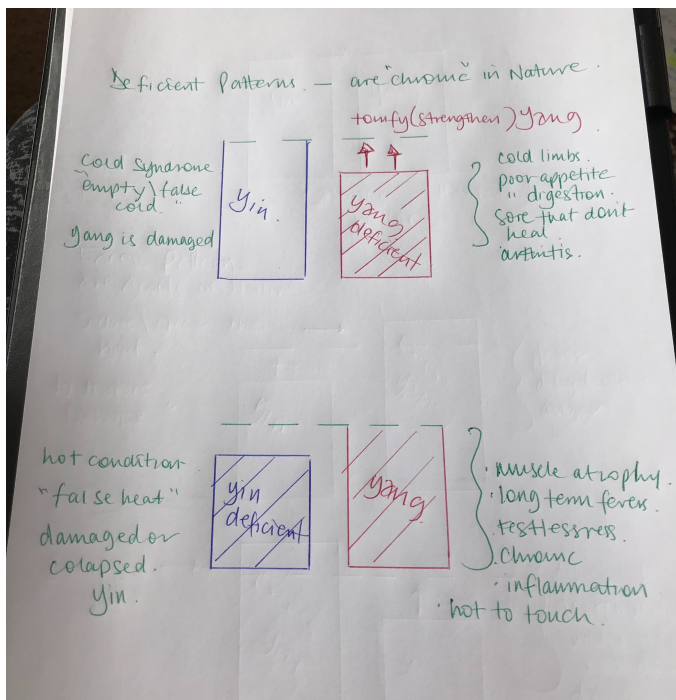
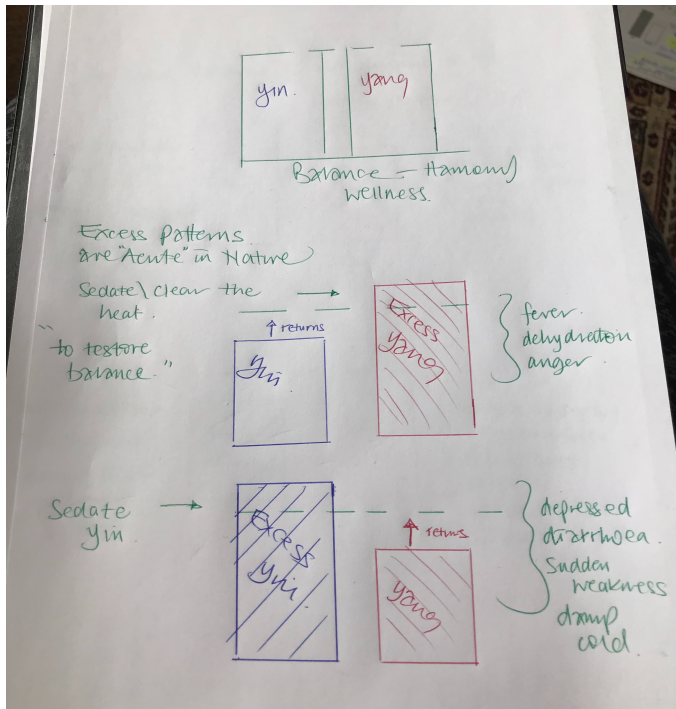


Heaven and Earth

- EARTH brings form and matter, it is our source of nourishment, in Chinese Medicine, this is Yin. Earth provides nourishment with food and also the energies drawn up through our feet through Yin meridians.
- HEAVEN brings heat and light and expansion and is Yang, the energy of the sun flows through us through Yang meridians. The interplay of Yin and Yang is the heart of TCM, the constant changing and interdependency of opposing forces is at the heart of its principles.
- Yin and Yang constantly remind us of the need for balance and harmony.
- Homeostasis, the body always in a state of balance and regulation.
- Change and adaptability is the most important factor in emotional, physical and spiritual health.

Excess and Deficient

- Excess Conditions are Acute in Nature
- Sudden Onset
- Excess Yang: Sedate Yang
- Excess Yang Conditions:
 - Fever, Inflammation, Dehydration, Extreme Anger, Mania, Sudden Weight Loss
 - Wind is Excess pattern, Clear Wind or Heat
- Excess Yin: Sedate Yin (Introduce Heat)
- Excess Yin Conditions:
 - Depressed, sluggish, diarrhoea, cold, chills, odema, achy, pale, weak
- Deficient Conditions are Chronic in Nature
- Deficient Yang: Too cold / false cold Tonify Yang
- Deficient Yang Conditions: Exhausted / lethargy, cold limbs, weak, poor appetite, poor digestion, not healing.
- Deficient Yin: Too warm, false heat Tonify Yin
- Muscle atrophy, restlessness, chronic inflammation, body feels warm, agitated



The Seasons

The seasonal changes constantly remind us of the inevitable change from growth, flowering, harvesting, decline and decay.

- The 5 Elements or Movements or Phases come from close observation of nature's yearly cycle of transformation.
- Our bodies are part of the earth and spirit is part of heaven, and the recognition of the interchange of yin and yang and the energetic fluctuation of the 5 elements within ourselves that helps us maintain our body's inner knowing
- The seasons are the most instructive teachers of how to change and flow with the circumstances of life. Not to resist Summer's ending as we approach the autumn and not to want spring before the winter has fully completed its cycle. The harder the winter, the beautiful the spring !!
We must embrace the changes and balancing processes of sleep, rest, restore and rejuvenate so that we can be active outdoors and full of vitality.

Spring is Wood, reaching upward to the light.

- Not wood like a solid lump of timber, but more that of a seed that grows out of the earth up towards the light, pliable strong and able to bend in the wind and not break, like that of Willow. Its colour is vibrant Green

Summer is Fire, and energy moves upwards toward heaven.

- Fire represent our Spirit, the release from matter, and its colour is Red. Late Summer is Earth and considered, The Central pivot, constantly rotating on its axis and holding other forces in balance. Its function is change and transformation and sees the change of season from Yang to Yin. Its colour is Yellow.

Autumn is Metal, opposite to spring in its contracting, concentrating and condensing energy.

- It is the return to earth and is symbolised by the colour black or White or Black

Winter is Water and its energy descends into the depths. Animals hibernate to conserve energy and food resources. Winter energy moves to the lowest, darkest coolest point, the colour is Blue

	Fire	Earth	Metal	Water	Wood
Yin Organ	Heart	Spleen	Lungs	Kidneys	Liver
Yang Organ	Small Intestine	Stomach	Large Intestine	Urinary Bladder	Gall Bladder
Sense Organ	Tongue	Mouth	Nose	Ears	Eyes
Tissue	Blood Vessels	Muscles	Skin	Bone	Tendons
Tastes	Bitter	Sweet	Pungent	Salty	Sour
Colors	Red	Yellow	White	Blue	Green
Sounds	Laughing	Singing	Crying	Groaning	Shouting
Odor	scorched	fragrant	rotten	putrid	rancid
Emotion	Joy	Worry	Grief	Fear	Anger
Season	Summer	Late Summer	Autumn	Winter	Spring
Environment	Heat	Dampness	Dryness	Cold	Wind
Developmental Stage	Growth	Transformation	Harvest	Storage	Birth
Direction	South	Center	West	North	East

The 5 Elements

Wood

- The Wood phase is related to the expansive energy of Spring,
- It's direction is East, the direction of the rising Sun.
- It is associated with the Wind, which brings motion and change.
- In the body, it relates the muscles and tendons and opens up to the eyes.
- The organ meridian systems are the Liver and Gall Bladder and governs the free-flow of Blood and Qi energy. In health it allows flow and adaptability physically and emotionally.
- In illness, it may be tremors, shaking, fits and inability to move forward in life.
- Emotionally, the violent upward movement of the wood / wind energy can be expressed as anger.
- Lack of this elements energy can cause inner blockage of frustration, repression and certain types of depression.

Fire

- The Fire element is related to Midsummer
- It's direction is south, the climate is heat
- Within the body it controls the Heart, the blood and the cardiovascular system
- It houses the Spirit / Shen
- When in balance there is peace and harmony in the body, when out of balance there is agitation, insomnia, palpitations.
- The emotion of Fire is Joy, inner peace and calm
- If out of balance there is over excitement, excessive joy, constant need for stimulation and excitement leading to mania.
- Fire and Wood are two Yang elements with the Heart and Liver having the tendency to flare up out of control. Mainly excess patterns.

Earth

- The Earth is the Centre, Nourishes and Balances the other elements
- It's climate is humidity and dampness, it's season is the time of harvest or the change of season.
- In the body it is the spleen, that which transports and transforms nourishment.
- It governs the flesh and the shape of the body – deficiency of spleen and stomach Qi can mean we cannot convert food to flesh and lose weight or that we cannot transform food to energy and put on weight.
- In TCM unless there is obvious eating issues, digestive problems are supported to absorb and transform. If the body is large and sluggish, it need movement and warmth. If the body is thin and wiry, it requires calm and rest.
- The Emotion is over thinking, worry and obsession.

Metal

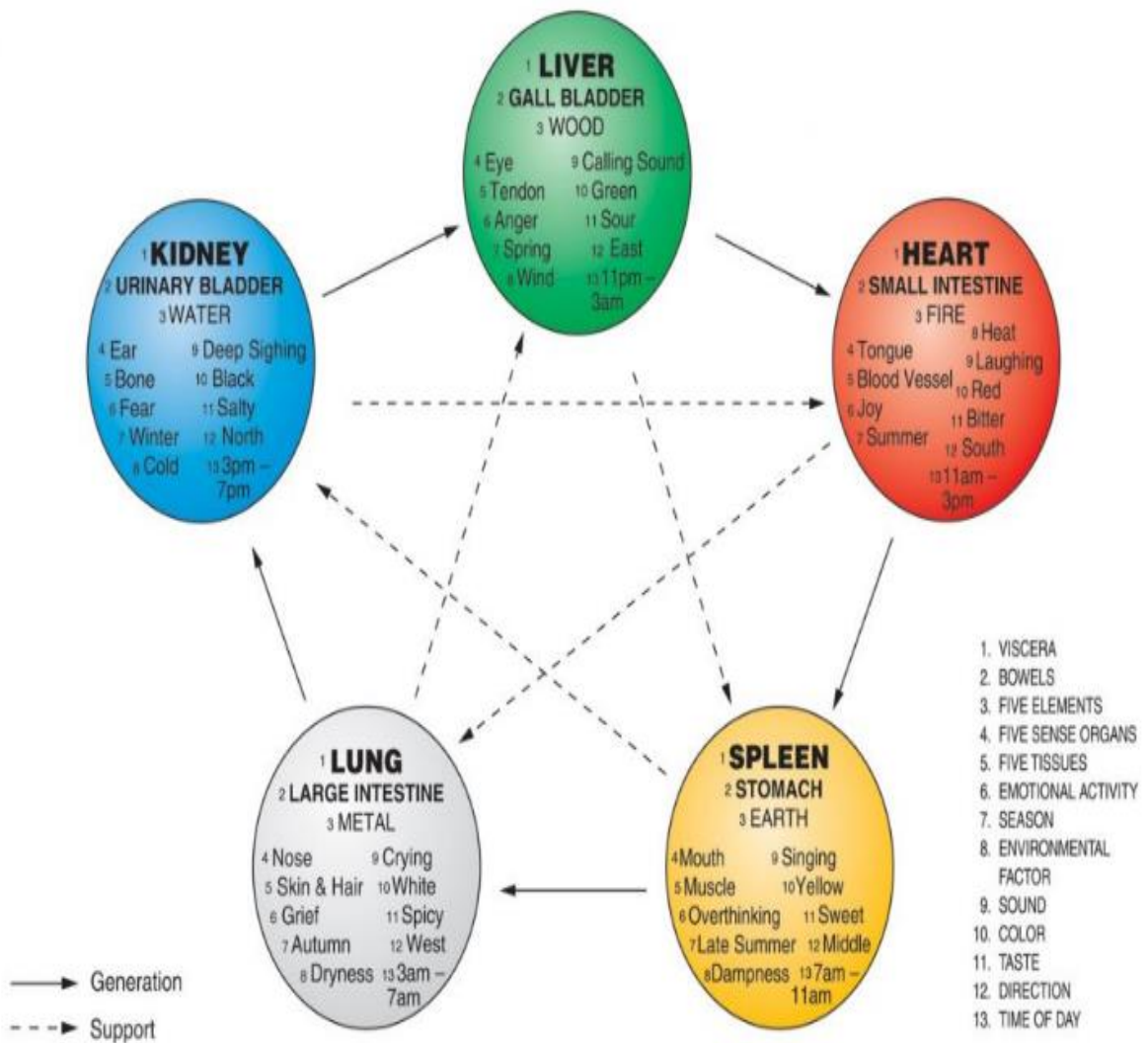
- The Metal element is Autumn
- Its direction is the West and it relates to dryness
- In the body it is responsible for extracting that which is of value and eliminating that which is not.
- Its organ systems and meridian channels are the Lung and large Intestine.
- Its body parts are the skin and body hair.
- Emotion is grief and sadness causing constriction and sinking in the in the chest. In TCM the relationship between the lungs and skin often show up as cases of eczema and asthma and lung problem with grief. Skin issues such as eczema and psoriasis can be related to the lung and colon.

Water

- Water is related to Winter and to midnight, to darkness and withdrawal.

- Its climate is cold and its direction is North
- In the body water cools and descends and balances the heating upwards movement of fire
- Water element is related to the ears
- The organ systems and meridians are Kidneys and Bladder controlling water regulation, distribution, reabsorption and elimination.
- The Kidneys have a greater function in TCM as they are responsible for balancing Yin and Yang. Kidney Yin and Kidney Yang or Kidney Fire and Kidney Water must be kept in balance to prolong life and create new life.
- Kidney energy controls and are responsible for reproduction and growth. The emotion is Fear

CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



Emotions

- Emotions are energy and when flow freely, are essential part of health, but when blocked or repressed they can create problems.
- **Heart** is the emotion of joy, flowing upwards towards spirit. Inner peace and joy with the world. In excess it becomes over excited leading toward mania. The virtue of the Heart, is Ritual, we seek community events, traditions and external stimulation to retain our need for ritual.
- **Kidney's** emotion is fear, related to cold, dark, night.
- Fear of our survival and when out of balance causes our energy to descend.
- By facing our fears, we grow and evolve, however if our fear becomes acute or chronic we become depleted in essence.
- The virtue of the Kidneys is Wisdom, to know when to act, to get things done. It is a grounded wisdom which is based on survival and get on with the reality of circumstances.
- **Liver's** emotion is anger and the Liver governs the "freeflow" of energy/Qi.
- Energetically, anger flows upwards and outwards, forceful and aggressive at times, has the energy of the 'Wind' and can become violent.
- Appropriate anger can propel you forward and be creative.
- The virtue of Liver is Humanity, the ability to relate naturally to others. To have empathy, compassion and treat others as would like to be treated ourselves.
- Lung's emotion of Sorrow and Grief, energetically expressing the movement of compression, depression, oppression and deflation.
- It can be an expression of letting go, judgment and balancing or an imbalance sees an inability to accept life.
- Appropriate when there has been loss or disbelief however illness occurs when the blockage can collapse the chest and lung cavity. (What a perfect time for Ritual to enable the heart energy to support the Lungs and know how to move through grief) Deep breathing is good !!
- The Virtue of the Lungs is justice, which in its pure form is the ability to see things as they truly are.
- **Spleen's** emotion is Thought, allowing us to turn things over in the mind, to consider, to reflect. In excess we can worry, obsessive thoughts and become very concerned.

- When balanced, we can assess what is of value and what is not. Similar to the function relating to food.
- Either the Spleen has an effective capacity to Transport and Transform or it develops a blockage which energetically creates a knotted energy at our centre.
- This also creates a lack of communication between the kidneys and the heart which manifests in insomnia and obsessive thought.
- The Virtue of Spleen is Truth and loyalty and being ones word.

The 'Yellow Emperor's Classic of Internal Medicine' tells us that unless we treat the root of the illness, we will not reach the Spirits and unless every level is taken into consideration there may not be a permanent cure. Eg. When treating menstrual disorders without considering the anger and irritability, we will only partially address the issue.

Virtues

- **The Heart Houses the Spirit (Shen)**
 - With clarity and calmness in the mind and body the spirit can shine and allows the body to work in harmony. The Spirit of the heart works with all other organ systems to enhance and support their spirits.
- **The Liver Stores the Soul (Hun)**
 - Where as the Shen is the Universal Spirit, the Hun is the individual soul. The Hun allows dreams, imagination, clairvoyance and relies on the blood of the Liver (yin) to hold them. If the blood is weak, the Hun may fly off. Strong Liver blood grounds the Soul.
- **The Lungs Store the Bodily Soul (Po)**
 - The Po is the spirit of the Physiology, it maintains all bodily functions. It relies on Lung Qi for distribution and honours the breath as its virtue.
- **The Spleen Stores the Purpose (Yi)**
 - The Spleen represents the earth, the centre and the Purpose mediates that which comes from the outside world, to the inner. The purpose works closely with the Heart and Kidneys, The Spleen allows the incorporation of mental and intuitive energies and discerns good ideas from bad, similar to the spleens capacity with food. A weakness of Yi would impose a lack of discernment.
- **The Kidneys Store the Will (Zhi)**
 - A deep authentic urge to drive forward to fulfill ones own unique potential.
 - Also a drive and will to live, to reproduce, to grow spiritually.
 - The connection from the base of the spine, and kidneys, to the brain, where the Kundalini energies rise for transformation.
 - The Kidney Yin and Yang energies must be strong and must also flow. If the Will is fixed, it is unable to adapt and change, this has the potential to manifest in addictive patterns of behaviour. In particular addictions that inhibit our growth and development, ie, alcohol, drugs and sex.
 - It is the balance of these 5 spiritual aspects that brings a healthy physical, emotional and spiritual health. We must then look after our body with yoga, Qi Gong, Diet, Nutrition and Massage to ensure the

harmonious balance of Body and Spirit, Heaven and Earth, Yin and Yang.



5 Element Theory

- Just as **Wood** feeds **Fire** – Liver blood feeds the spirit of the Heart
- As **Fire** generates **Earth** – Heart supports the Spleen by providing warmth and metabolic energy (oxygen rich blood) necessary for assimilation of food
- As **Earth** gives rise to Metal – Spleen supports Lung by raising food Essence upwards to be combined with air Essence.
- As Metal vitalises **Water** – Lung nourishes Kidney by precipitating it's moist Qi downwards to be collected and stored as Essence
- As **Water** nourishes **Wood** – Kidney Essence can be understood to generate the blood stored by the Liver
- The relationships amongst the Five Elements are like a model of relationships among the internal organs. The Sheng Cycle can be viewed in terms of the relationship between a mother and child. The 'child' Element may be deficient in energy if it is not receiving enough qi from its 'mother.' In order to fix the problem it is often appropriate to treat the 'mother' rather than the child. For example, if the Earth Element is deficient, the therapist may treat the Fire Element to provide energy for the Earth Element. However, if a 'child' Element is very full this can affect the 'mother' Element. For example if the Fire Element is too full it could be stealing Qi from the Wood Element which then becomes depleted.

Diet and Nutrition

- West:

Quantity, Contents, Calories....

- East:

Quality, Effects on Human Mind and Body, Energetic Value,

- Food is energy and resonance

Eg: CARROT: Western Description: alkaline forming, contains protein, calcium, phosphorus, silicon, beta-carotene, B Vits etc... Energetic Description according to Eastern Approach: neutral temperature, sweet flavour, essence travels from Spleen, Lung, Liver, nourishing Qi and Blood, Neither hot nor cold, good for all conditions, strengthening, especially Digestion Respiration, nourishing the skin, improves blood quality and smooth flow of Qi.

Temperature:

- Some foods are warming some are cooling.
- A cold animal will benefit from warming foods, a hot animal from cold foods.
- Flavour: 5 principle flavours: sweet, pungent, salty, sour and bitter.

These food work well with the Organ Systems

- Spleen: Sweet – nourishing and moistening
Travels to the flesh eg, root veg, red lentils, pumpkin, carrot
- Lung: Pungent – dispersing and stimulating
Travels to the Qi eg, turnip, cabbage and watercress
- Kidney: Salty – softening and sinking
Travels to bones eg, Miso, Fish, Seaweeds
- Liver: Sour – astringent and cleansing
Travels to tendons eg, leafy greens, salad, dark greens
- Heart: Bitter – drying and draining
Travels to the Blood eg, tomato, red peppers, dark chocolate, bitters,
- These types of foods and herbs act energetically in the body to resolve conditions that are, Hot, Cold, Damp or Stagnation

Understanding the Yin and Yang Balance of Meats

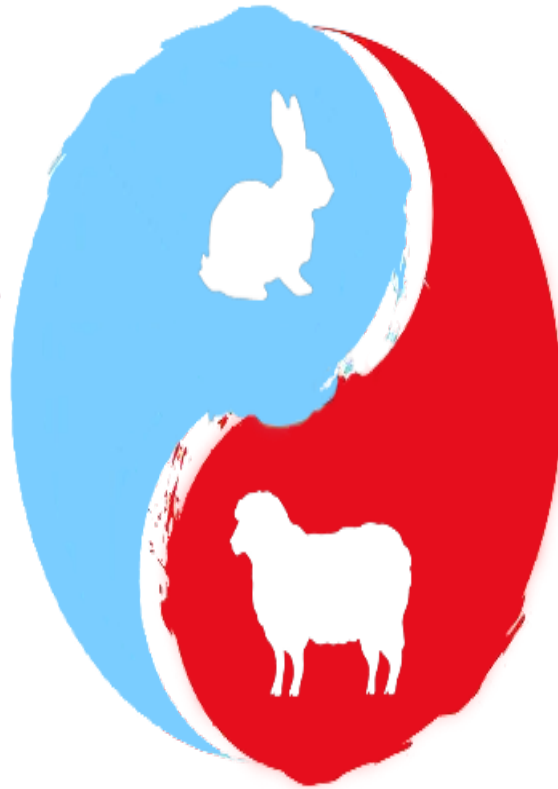
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Yin - cooling

- rabbit,
- duck,
- whitefish

Balance - neutral

- tripe
- beef
- beef liver
- pork
- pork liver
- pork kidneys
- pork feet
- quail
- catfish
- herring
- mackerel
- salmon
- sardines



Yang - warming

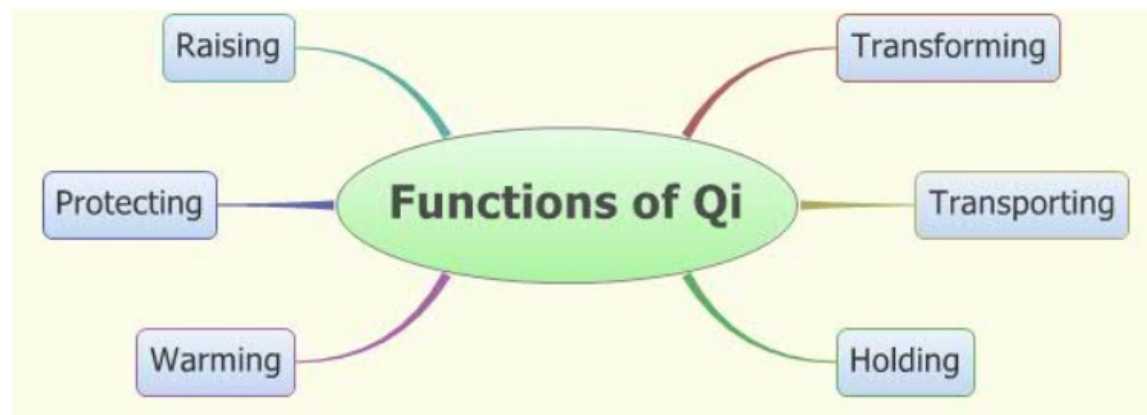
- turkey
- chicken
- chicken liver
- pheasant
- ham
- mussels
- shrimp
- prawns

Yang Tonic (Hot)

- lamb
- mutton
- sheep kidney
- venison
- trout

Immune System Too Yin = Infections, Tumors

Immune System Too Yang = Allergies, Autoimmune



Types of Qi

While we use the word Qi to mean energy, it is clear from the Chinese medical theories that there are many aspects and differentiations of Qi. Different types of Qi vary in how they are used by the body and what imbalances are caused by a deficiency. For example, Jing deficiency in children may present with signs of slow growth and poor mental development, whereas, a person with a deficiency of Wei Qi may experience frequent colds and/or infections.

The various types of Qi and their corresponding sources, functions, distributions and relevance are described below:

· **Jing (Essence)**

Source: – Derived from parents, supplemented by Acquired Qi (Gu Qi & Wei Qi).

Function: – Responsible for growth, reproduction and development.

Distribution: – Stored mainly in the Kidneys.

Relevance: – Weak Jing in children may lead to poor bone development, slow learning a/or poor concentration.

– Weak Jing in the elderly may lead to deafness, osteoporosis and/or unclear thinking.

· **Yuan Qi (Original Qi)**

Source: – Derived from Jing.

Function: – Promotes and stimulates functional activities of organs. – Provides the foundation/catalyst for the production of Zhen Qi.

Distribution: – Originates in the ming men (GV4 – Gate of Life), circulates via the TH, pools in the meridians at the Yuan Source points.

Relevance: Deficiencies in Yuan Qi may lead to poor development of Acquired Qi.

· **Gu Qi (Essence of Food and Grain Qi)**

Source: – Originates from the action of the Spleen on the food in the Stomach.

Function: – Combines with Kong Qi to form Zong Qi. – Some aspects are also transformed into Blood.

Distribution: – Arises in the ST/SP and is moved to the chest where it is further distributed.

Relevance: – Good quality food and a strong ST/SP are important to generate energy. – Weaknesses in the SP may lead to bloating, distension, fatigue, loss of appetite, etc.

· **Kong Qi (Air Qi)**

Source: – Originates from the air received by the Lungs.

Function: – Combines with Gu Qi to form Zong Qi.

Distribution: – Distributed from the chest.

Relevance: – Good quality air and good breathing practices are essential for the formation of energy.

· **Zong Qi (Gathering Qi)**

Source: – Combination of Gu Qi & Kong Qi.

Function: – Nourish the Heart and Lungs.

– Aids the Lungs in their role of respiration and circulating energy throughout the body. – Assists the Heart in circulating Blood through the vessels.

Distribution: – Stored in the chest.

Relevance: – With a deficiency you will see the HT and LU most affected.

– Low energy, weak voice, poor circulation in the extremities, etc. – Can be treated with CV 17 and the yuan source points of the HT (HT 7) & LU (LU 9).

· **Zhen Qi (True Qi)**

Source: – Derived from Zong Qi when acted upon by Yuan Qi.

Function: – This is the form of Qi that circulates in the meridians and nourishes the organs.

Distribution: – Originates in the chest and is distributed throughout the body by respiration. – Composite of: Ying Qi & Wei Qi.

Relevance: – Deficiencies indicate either an imbalance in the functioning of the creation of acquired Qi or in a declining amount of Yuan Qi.

· **Ying Qi (Nutritive Qi)**

Function: – Nourishes the organs. – Helps to produce Blood.

Distribution: – Circulates in the main meridians. – Flows with the Blood in the main meridians and within the Blood vessels.

Relevance: – This is the aspect of Qi that is needed with acupuncture.

· **Wei Qi (Defensive Qi)**

Function: – Helps to protect the body. – Warms the surface of the body. – Regulates body temperature by opening a/or closing the pores.

Distribution: – On the surface of the body and within the muscles and skin, but not within the meridians. – Circulation is dependent on the Lungs.

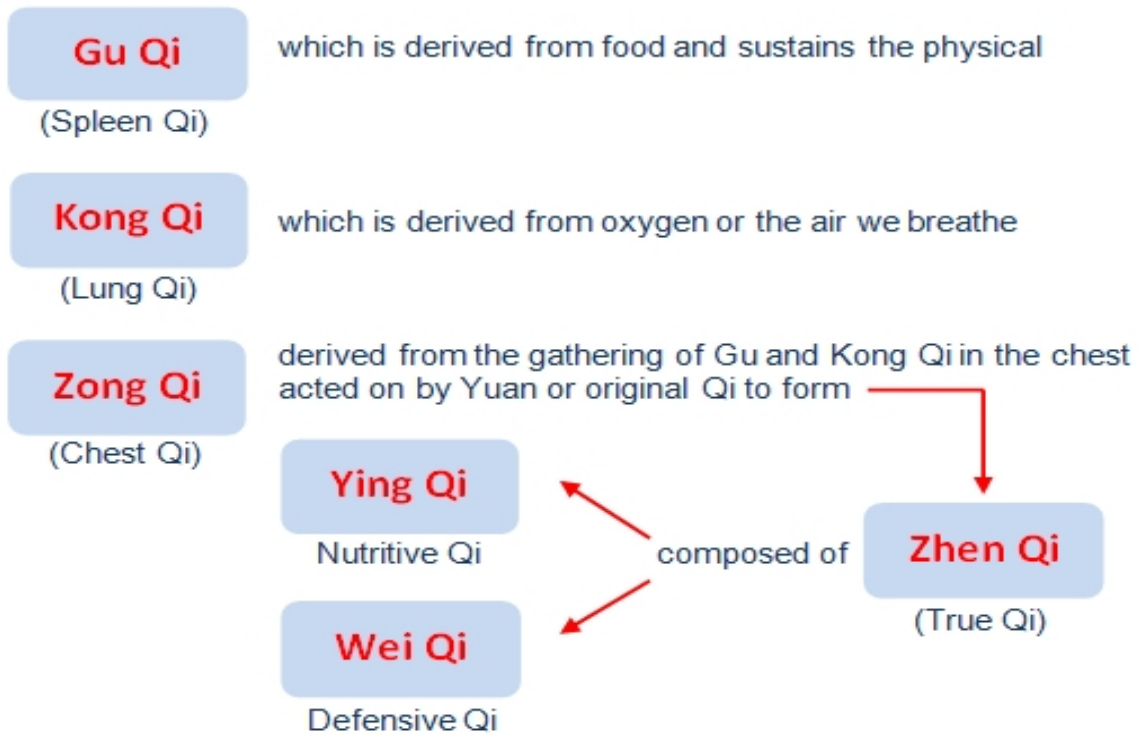
Relevance: – People who catch colds easily/often have Wei Qi deficiency.

– Deficiency may also make it difficult to regulate body temperature.

Summary

- Yuan Qi / Source Qi / Original Qi
- Inherited from parents at birth, Stored in the Kidney, dissipates throughout life, cannot be replenished and is responsible for growth, development and reproduction.
- Acquired Qi can sustain healthy life, taken from food, nature, Qi Gong and enriching lifestyle choices.
- Zong Qi / Chest Qi is created from the air we breathe as it transforms into Oxygen.
- Gu Qi / Nutrient Qi is created by the spleen and taken from food we eat and nourishes the body.
- Wei Qi / Defensive / Protective Qi is a combination of Zong and Gu Qi and stored in the Lung for distribution to the surface of the body to protect the body from external pathogens.
- Zhong Qi / Immune System Qi is the body's capacity to defend against internal and external pathogens.

Acquired Qi can be stored and replenished and is composed of :



Meridian Energy Channels

Meridians are a non-visible energetic super highway that circulates Qi energy and nourishes the whole body. They form a criss-cross network of interconnected pathways linking the organs, skin, flesh, muscle and bones in a unified way.

The twelve organs of the body are each linked to a meridian system and the meridian is named according to the internal organ it affects. In addition to the 12 organ related meridians, there are 2 further meridians that are worked with in Tui Na as they too have Acupoints along their channel. They run along the anterior or Ventral aspect and the Dorsal, Posterior.

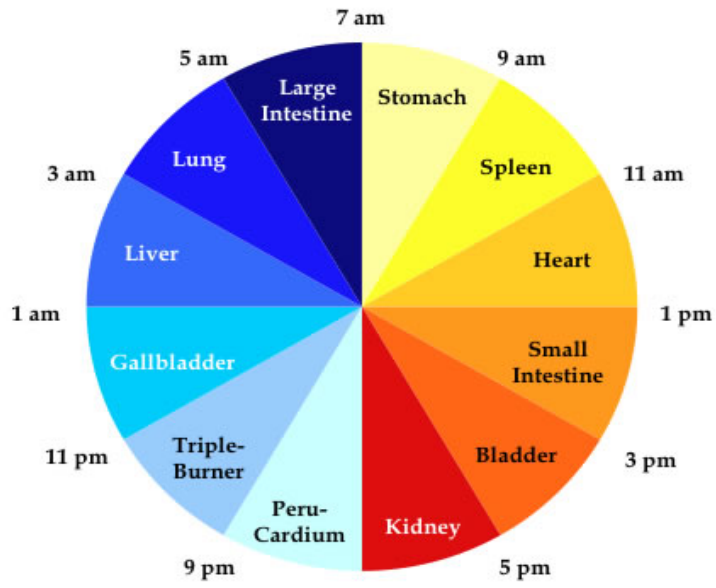
The energy flows through the meridians ensuring proper nurturing of Chi (qi) or life force throughout the whole body. When in a healthy state, the energy flows freely and is well distributed throughout the meridian pathways.

However, when the meridian becomes blocked, the Chi (qi) is prevented from reaching the specific area it is meant to nourish.

This results in the cells, tissue or organs being affected area and causing dis-harmony within the body.

Qi follows a 24 hour cycle, and takes 24 hours to pass through each meridian system. Known as the Chinese Clock or Circadian Rhythm.

Chinese Model



The Zang Fu

Lung Metal Yin

Master of the Qi

- Disperses and Descends Qi, Blood and Body Fluids
- Governs Protective (Wei) Qi
- Opens at the nose
- Dominates skin
- Emotion is Grief

Large Intestine Metal Yang

- Receives waste from Small Intestine to transport and excrete out of the body



Stomach Earth Yang

Controls “rotting and ripening” of food

- Digestion of food
- ‘Stomach qi is the foundation of the human body,
- when there is stomach qi, there is life”
- Stomach Qi Descends

Spleen Earth Yin

Governing Transportation and Transformation (water and essential nutrients)

- Controls circulation inside the blood vessels
- Governs acquired Qi along with Stomach
- Dominates the muscles and Four limbs and opens and the mouth
- Emotion is Worry and overthinking



Heart Yang

The Emperor and Ruler

- Dominates Blood and Vessels and promotes circulation, vitality and spirit
- Controls the mind / Shen / Spirit and is the emotional and spiritual centre
- Opens to the tongue and can cause aspects of disturbance in speech
- Emotion is Joy

Small Intestine Yin

- Receives and Absorbs Nutrients
- Divides clear fluids from turbid
- Discern right from wrong



Kidney Yin

Stores Essence / Source / Prenatal / Jing Qi cannot exist without Shen and vise versa

- Root of life, Gate of life, “Ming Men” the place of original Qi and Kidney Yang. – how we cope in our environment, how we connect with the root of our life and our true nature.
- Dominates growth and development
- Kidney Qi grasps the lung Qi
- Dominates Bone / teeth (yang) and Marrow / brain and quality of hair (yin)
- as we get older the teeth, hair, bones and hearing diminish
- Opens at the ears
- Emotion is Fear

Bladder Yang

- Stores and discharges Urine
- Mists the lungs



Triple Heater / Triple Warmer / Burner (San Jiao) Yang

The Avenue of Qi

- Regulates 3 cavities
- Regulates Body Fluids and Water
- Like Endocrine, controls internal environment
- Upper, middle and lower Jiao, moisten and spreads qi and body fluids - digest, absorb, transport and transforms Qi and blood from essential substances (food) – transport fluids and water. Distributes Qi to Meridians and sends to Yuan Source Points.

Pericardium Yin

- Assists Heart function
- Protects Heart
- Deals with interpersonal relationships
- Emotion is trust



Liver

Dominates Free Flow of Qi – ascending, descending and harmony of Qi

- Stores blood and regulates the volume of blood circulation (Heart Circulates Blood) – replenishes blood at night
- Regulates Emotions
- Influences tendons and ligaments
- Claws Cracked
- Opens at the eyes
- Emotion is anger

Gallbladder Yang

- Stores and Excretes Bile
- Controls free flowing of emotional Qi
- Control Judgment / Decision / Spontaneity



ACUPOINTS

- **Specific locations where chi gathers along a meridian channels**
- **Encourages or removes blockages and restores flow of Qi**
- **Restores the balance of Yin & Yang**
- **Enhances Harmony and Homeostasis**
- **Nourishes Organ Systems and Elements**
- **Qi Circulates around the Body in a 24 Hour Cycle**
- **Although flowing through the Meridian Channels, it circulates and gathers (Like the flow of water) rather than in a particular direction**

Association Points or Back Shu Points

Another group of important acupoints are the Back Shu points. There are also twelve, and these correspond to the twelve primary organs and their meridians. They are all located on the back, either side of the spine 1 cun (a thumbs width) lateral to the inter-vertebral spaces along the bladder meridian. Tenderness on these can indicate a problem / imbalance in the associated organ.

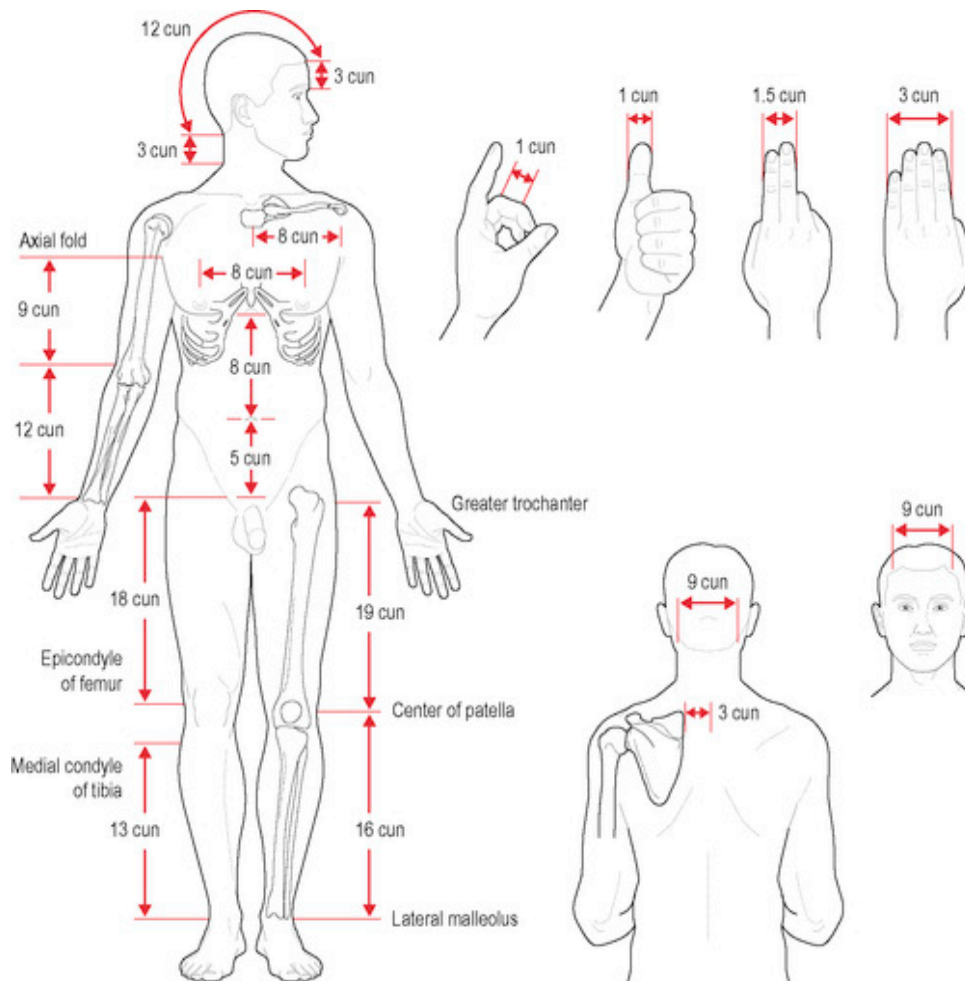
In acupressure, the acupoints and the meridians reflect the state of the associated organ. Tenderness can indicate a problem, and stimulation of that point will help to resolve the problem. Checking the Alarm point will confirm if the issue is superficial or at an organ level. If the Alarm point is also tender, then the issue will be deeper in the body.

Problems of the organs might be as follows:-

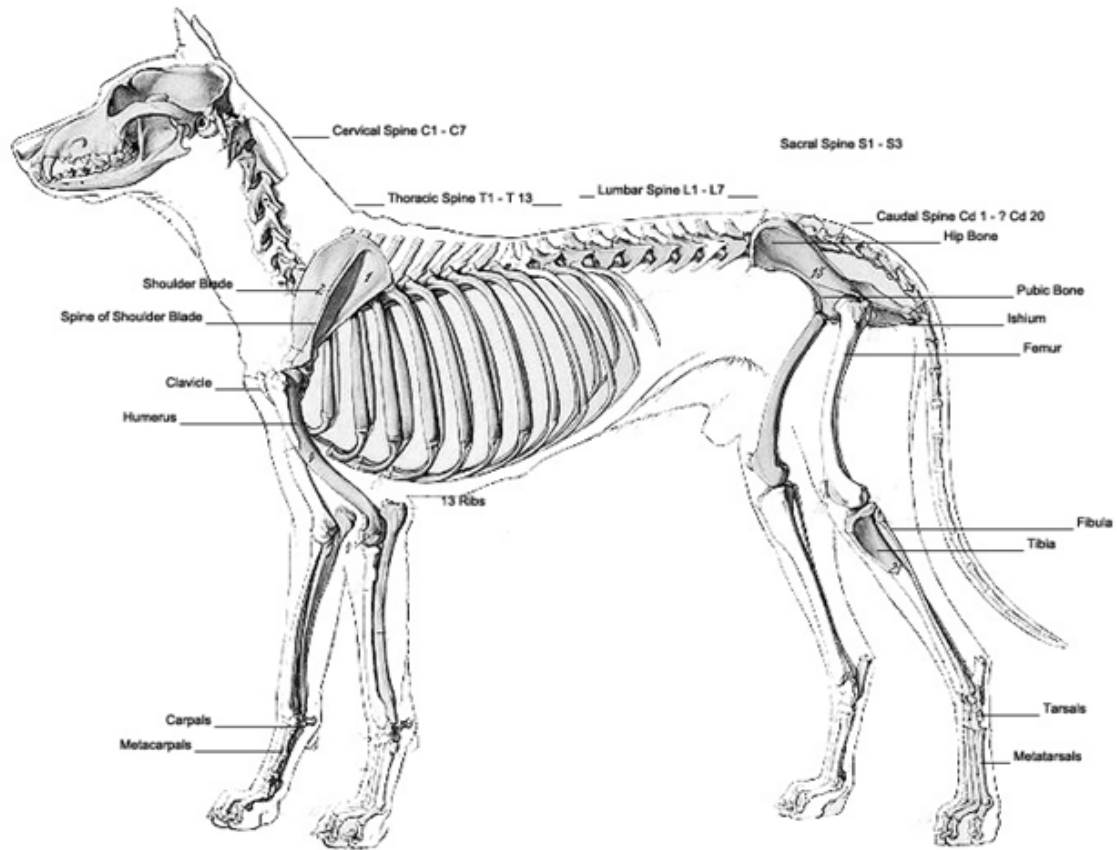
- Lungs - Respiratory complaints
- Pericardium - Palpitations and High Blood Pressure
- Heart - Angina and Heart disorders
- Liver - Liverishness
- Gall Bladder - Gall Stones or Ball Bladder Colic
- Spleen - Pancreatic problems
- Stomach - Ulcers, Gastritis, Digestive Problems
- Metabolism - Circulatory problems
- Kidneys - Kidney problems, Reproductive issues
- Large Intestine - Constipation and Colic
- Small Intestine - Small Bowel Colic and related problem
- Bladder - All Bladder problems, such as Cystitis

Cun Measurement

A measurement guide that can be interpreted on to any size of person or animal using the principles of Chinese Acupoint Location. If we start by establishing what is 1 cun on our dog, we can then use that finger measurement for all further point location.



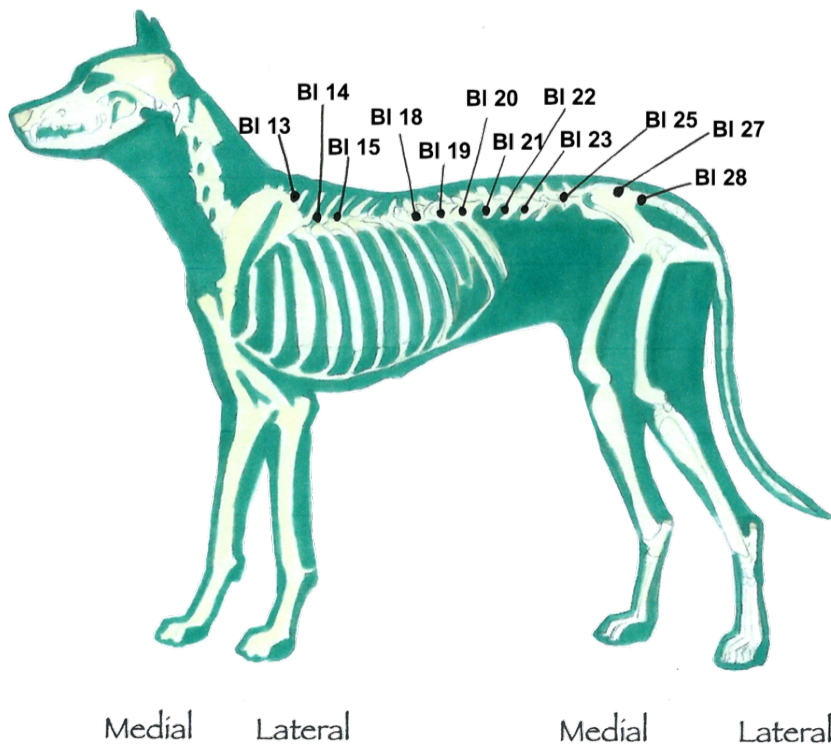
Canine Skeletal Anatomy



Organ	Association Points (Back Shu Points)
Lung	BL13 3 rd Rib Space, between the 3 rd and 4 th thoracic vertebrae
Pericardium	BL14 4 th Rib Space, between the 4 th and 5 th thoracic vertebrae
Heart	BL15 5 th Rib Space, between the 5 th and 6 th thoracic vertebrae
Liver	BL18 10 th Rib Space, between the 10 th and 11 th thoracic vertebrae
Gall Bladder	BL19 11 th Rib Space, between the 11 th and 12 th thoracic vertebrae
Spleen	BL20 12 th Rib Space, between the 12 th and 13 th thoracic vertebrae
Stomach	BL21 Just behind last Rib,
Triple heater	BL22 In muscle depression between the 1 st and 2 nd Lumbar vertebrae
Kidney	BL23 In muscle depression between the 2 nd and 3 rd Lumbar vertebrae

Large Intestine	BL25 In muscle depression between the 4th and 5th Lumbar vertebrae
Small Intestine	BL27 In the first depression over the Sacrum, or between 6 th and 7 th Lumbar Vertebrae
Bladder	BL28 In the second depression over the Sacrum, or between the 7 th Lumbar and 1 st Sacral Vertebrae

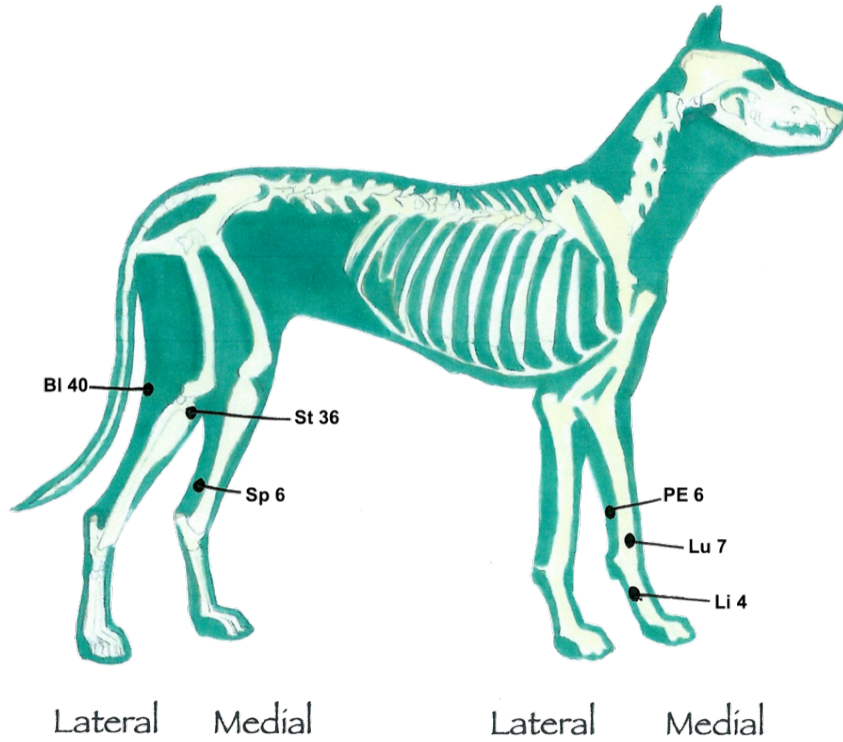
Canine Association Points



Master Points

Master Point	Location	Master Point For
ST36	3cun inferior to ST35, one fingerbreadth lateral to the anterior crest of the tibia	Master point for Gastrointestinal Tract
Sp6	3cun proximal to the medial malleolus, dorsal to the crest of tibia	Master point for Urinary and Urogenital Systems Enriches Yin
Bl40	In the midpoint of the popliteal crease	Master point for the lumbar area hind quarters and lower extremities
Lu7	1.5cun above the wrist crease in the depression below the styloid process	Master point for the head and neck and respiratory issues
Li4	Located between the dewclaw and 2 nd Metacarpal bones, midpoint of the 2 nd metacarpal bone	Master point for the face and mouth and Source pt
Pe6	2cun proximal to wrist crease between the two tendons	Master point for heart, chest and upper abdomen (emotional constriction)

Master Points



The Yuan Source Points are where the Original, Yuan, Source, Qi...pools. They can either Tonify and strengthen or clear and release patterns of disharmony.

- Each meridian has a Yuan Source point
San Jiao or Triple Heater, The Avenue of Qi, is where Source Qi gathers and is then distributed and circulated around the meridian superhighway.
- Yin Yuan Source points tonify the Yin Organs (Ht7, Pe7, Lu9, Liv3, Kid3, Sp3)
- Yang Yuan Source Points clear and release excess or pathogenic factors.
 - LI4: Clears wind heat
 - TH4: Clears Heat from GB
 - SI 4: Treats pain along the SI Channel
 - St42: Acute facial paralysis from Wind Cold
 - GB40: Resolves Liv Qi stagnation
 - Bl64: Resolves damp cold in the lower Jiao.

Yuan Source Points Chart - (Point Details)

Lung	LU 9	Urinary Bladder	UB 64
Large Intestine	LI 4	Kidney	KD 3
Stomach	ST 42	Pericardium	PC 7
Spleen	SP 3	Triple Heater	TH 4
Heart	HT 7	Gall Bladder	GB 40
Small Intestine	SI 4	Liver	LV 3

Lu9**Lung Meridian Source Point**

In the depression of the radial end of the wrist crease where the pulse is felt

LI4

Large Intestine Meridian Source Point is located between the dewclaw and 2nd Metacarpal bones

St42**Stomach Source Point**

On the cranial aspect of the junction of the 3rd and 4th metatarsal bones

Sp3**Spleen Meridian Source Point**

On the medial side of distal end of the metatarsal bone of big toe

Ht7**Heart Meridian Source Point**

At the ulnar end of the wrist crease in the depression on the radial side of the tendon

SI4**Small Intestine Meridian Source Point**

On the ulna edge in the depression at the base of the 5th metacarpal bone

BL64**Bladder Meridian Source points**

On the lateral aspect of back leg, in the depression below the 5th metatarsal bone

Kid3**Kidney Meridian Source Point**

Between the medial malleolus and heel, posterior and inferior to malleolus

Pe7**Pericardium Meridian Source Point**

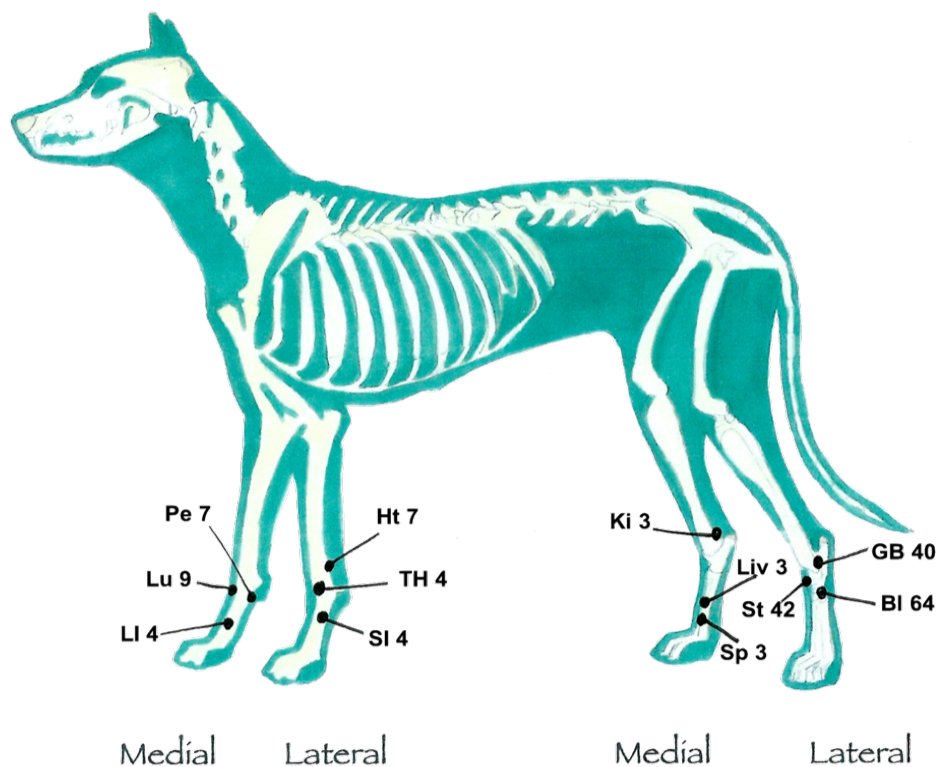
Caudal to the tendon of the flexor muscles above the carpal bone

TH4
Triple Heater Meridian Source Point
Lateral side of front limb

GB40
Gallbladder Meridian Source Point
On the lateral back leg, directly distal to the lateral malleolus

Liv3
Liver Meridian Source Point
In the depression between the first and second metatarsals

Canine Source Points



Influential Points

An Acupoint where Qi gathers, when massaged and held can influence the particular area of the physiology. Eg, assist healing, improve circulation, support bones and joints etc..

Influential Point	Location	Influencing Function
Lu9	In the depression of the radial end of the wrist crease where the pulse is felt	Vascular System
Bl11	1.5 Cun lateral from spinous process of T1	Bones and Cartilage
CV12	On the ventral midline, half way between the Xiphoid process and the umbilicus	All Yang Organs
Bl17	1.5 Cun lateral from the spinous process of T7	Blood (body fluids eg lymph)
GB34	Lateral hind leg, in depression in front and below to the head of fibula	Muscles and Tendons (claws)
GB39	3 cun above the tip of the lateral malleolus opposite Sp6	Marrow (brain and spinal cord)
Liv13	Ventrolateral at the tip of the 12 th rib	All Yin Organs
CV17	On ventral midline, level with elbow in 4 th intercostal space	Respiratory System and Qi

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Meridian Channel Patterns of Disharmony

Lung Meridian Patterns

Lung problems

Sore throat

Dew Claw Pain

Grief Sadness and loss

Large Intestine Meridian Patterns

Toothache

Nasal Congestion

High Temperature

Front shoulder joint pain

Stomach Meridian Patterns

Toothache

Jaw ache

Facial paralysis

Abdominal bloating

Stifle pain

Immune system boosting conditions

Spleen meridian Patterns

Stomach problems

Abdominal bloating

Oedema in hock

Menstrual problems

Bruising

Worry

Heart Meridian Patterns

Excessive Barking and vocal sound

Mouth Ulcers

Excessive joy

Face swelling

Dizziness

Palpitations

Shortness of breath

Nervousness

Cold limbs

Nightmares

Insomnia

Extreme restlessness

Heart conditions

Thrombosis

Manic behaviour

Depression

Carpus pain

Small Intestine Meridian Patterns

Shoulder pain

Back pain – mid-upper back

Neck pain

Wrist pain

Elbow pain

Bladder Meridian Patterns

Eye problems

Lower back pain

Pain in back of legs & outer ankle

Bladder problems i.e. cystitis, prolapse

Skeletal problems

Cramps

Hair problems

Fear

Lack of will power

Lack of ambition

Hearing problems

Saliva problems

Feeling cold frequently

Urination infections & problems

Colds

Pericardium Meridian Patterns

Stiff neck

Palpitations

Light sleeping

Shortness of breath

Alternate feelings of joy then anger

Poor memory

Circulatory problems

Fears – surroundings, people, darkness, heights

High fever

Delirium

Confused

Angina

Depression

Sanjiao Meridian Patterns

Ear problems

Eye problems

Migraines

Neck problems (side of neck)

Shoulder joint pain

Wrist pain

Elbow pain

Gall Bladder Meridian Patterns

Decision Making, Indecisiveness

Afraid

Greed

Anger easily

No appetite

Body feeling heavy

Ear problems

Thirsty

Gall bladder problems, incl, gall stones

Liver problems

Irritability

Claw weakness / brittleness

Springtime illnesses

Pain in muscles around ribs

Neck, Shoulder, knee, outer ankle & side of le

Liver Meridian Patterns

Menstrual problems

Sudden / easy Anger

Suppressed emotions

Loud Barking

Depression

Fears – irrational

**Eyes – aching, tired, dry,
prickly**

Fear of light

Muscle tightness and cramps

Arthritis

Tendon problems

Vomiting

Convulsions

Tremors

Numbness of fingers or toes

Lower back pain

Cracked nails / claws

Belching

Assessment Tools:

PreSession:

Low distraction and safe space for you and the dog
Ok to have other dogs around and family members
Be grounded and centred yourself
Qi Gong, Meditation, Yoga
Healing Intent
Get Vet Approval and Owner / Guardian Consent

Observation; *Looking, Smelling, Palpation:*

As a practitioner, you will be *looking* for the general conformation of the dog, we are looking for vitality, muscle tone, gait, eye brightness. Is the dog calm, restless, focused.

How is the dog's coat, integrity of the skin, nose, ears and colour of tongue, condition of teeth, if possible.

Can we detect (*smell*) an odour.

Assessment of The Association Points:

Gentle *palpation* along the Bladder Meridian to assess if there are points of 'sensitivity'. Dog may show pain, skin rippling, dog winces, growl or heat present.

Consultation: We hear from the Dog guardian.

Point Selection: We consider which points are most appropriate for this dog.

AcuPoint Massage: We perform the Acupoint Massage

Closing: Closing strokes and Chakras

After Care / Home Care:

Ensure dog has plenty of water to drink after their session

Ensure there is a bed or safe place for the dog to have a rest and process session.

Allow dog time to sleep after session

Recommendation for any further lifestyle choices that the owner /Guardian may like to consider.. eg, Diet, Supplements, Activity, Aromatherapy, Training, further Complementary Therapy... etc



ANNAMAL

Canine Massage Client Record and Consultation

Date:

Owners Name:

Address:

Tel:

Veterinarian:

(How did you hear about me ?)

Dog's Name:

Breed:

M / F

Age:

DOB:

How Long owned?

Activity:

Daily Exercise:

Competitions:

Agility:

Activities:

Last Visit to Vet:

Medication:

Living Space:

Number of Dogs living together:

Type of Play...

Current Physical Health:

Lameness – Stiffness – Limping – Sensitive –

Injury

Times when worse:

Energy Levels:

Diet:

Type of food:

Supplements:

Digestion:

Emotional Behaviour:

Recent Behaviour

Past trauma

Eg (re-homing – accident – injury – loss)

Any previous treatment:

By who

What type

Reason for treatment

I understand that an animal healing and AcuPoint Massage session with.....does not replace Veterinary advice or expertise, but works in conjunction with it.

I have Veterinary permission for my animal to receive an AcuPoint Massage session from....., which may include self-selection of essential oils.....

Signature Date..... Name Printed

WWW.ANNAMAL.CO.UK

07968 735314

Observation / Assessment

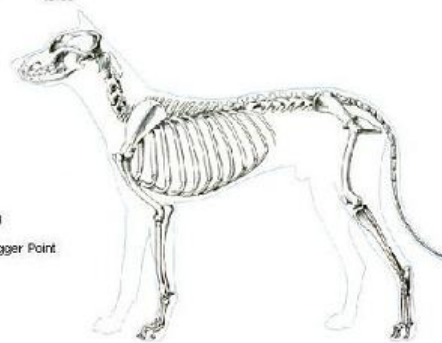
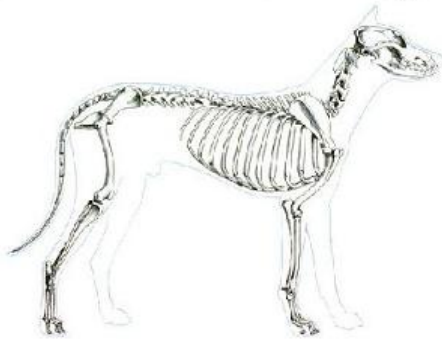
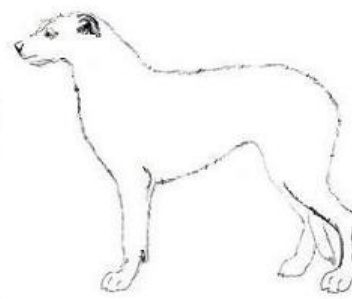
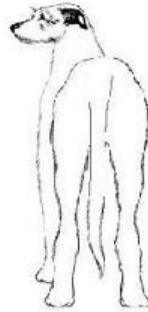
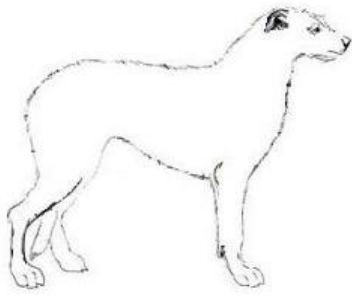
Static Posture - Conformation	Dynamic Conformation
Front legs L R	Front Legs L R
Hind Legs L R	Hind Legs L R
Tail	Tail
Head Neck	Head Neck
Weight Baring Feet	Gait Stride rhythm

Date

Observation and Session Notes;

Association Points Assessment:

AcuPoint Selection:



KEY :
H = Heat P = Pain
T = Tension S = Swelling
= Stress Point * = Trigger Point
1 = Mild
2 = Mild to Moderate
3 = Moderate
4 = Moderate to Severe
5 = Severe

Case Study Example Task

Animal arrives for a treatment reporting various patterns:-

- Aggression
- Anxiety
- Fear
- Grief
- Joint pain, Stiff Aching Joints
- Convulsions
- Teeth problems
- Carpus Pain
- Unsettled Stomach
- Cracked Claws
- Tremors
- Itchy Skin
- Excessive Joy
- Irritability

Which meridians would you be associating with these symptoms?

Which Association Points would you expect to find sensitivity and which Yuan Source Point would you choose.

Later, we will consider which additional points to use.

***** Please use “eyeball pressure” with AcuPoint Massage as Acupressure is Energetic work, we do not have to press hard to achieve the desired outcome.**

Massage Movements

General Rules:

Effleurage

Comes from 'effleurer' a French word meaning to touch lightly. A gentle sweeping relaxing stroke.

The movement:

- Fingers and thumbs together, hands
- relaxed whole of hand keeps in contact with the body, the hands mould to the contours of the body.
- Generally pressure is towards the heart especially when massaging the limbs.
- Performed slowly and confidently, skin should ripple ahead of the hands as pressure increases.

When to use:

- To start and finish part of body working on
- As a linking movement between different strokes
- 'When in doubt effleurage'

The effects:

- It is an introduction between client and therapist.
- Prepares the body for massage
- Warms the area
- Relaxes the client
- Helps in elimination of toxins after more vigorous massage strokes
- Aids in desquamation thus aiding skin regeneration
- Assists in venous return and lymphatic drainage
- Aids peripheral circulation

Petrissage

Comes from 'Petir' a French word meaning to knead or rub with force. This stroke uses the pressure of hands or fingers to break down tension. Sometimes only the fingers or thumbs are used, sometimes the whole hand. Also referred to as "kneading"

The movement:

- This technique is like kneading bread. Slowly grasp a handful of flesh and lift it away from the body, alternate hands in a rhythmical lift and compress.
- For areas that are particularly tight – build in a twist or create a wringing movement.
- Should be smooth and slow, not jerky.
- Do not pinch the skin

When to use:

- Usually follows effleurage
- Used to breakdown tightness and tension in the muscles.
- Do not use on bony or delicate areas

The effects:

- Stretches the muscles
- Helps to relieve tension and stiffness
- Helps to breakdown lactic acid, a metabolic by-product that causes stiffness in the muscles.
- Stimulates circulation, which brings fresh nutrients to the area aiding the elimination of waste product.
- Generally more relaxing than invigorating.

Frictions

From the latin word 'fricare' meaning to rub or rub down. These movements compress tissue against bone. Often used for close work on specific areas.

The movement:

Place the balls of the thumb or pads of the fingers on the area to be worked on. Apply firm pressure from your body weight and circle the tissue beneath slowly and deeply.

Thumbs can be rubbed up and down or can be held in a static position.

Each small area is worked individually focusing on area of tension along a particular muscle.

Do not work on any area for too long as the muscles can become sensitised and bruising may occur in the tissues.

Cross fibre frictions are commonly used by physiotherapist & sports therapists in the treatment of injuries.

The therapist works across the muscle in right angles to the fibres instead of along the length of the muscle.

When to use:

- For focusing on a particular area of tension
- Used for releasing tension and tightness around joints.
- Not suitable for all areas of the body – time consuming and tiring.
- Can be painful on very tight muscles – check with client.

The effects:

- Heats up the local area
- Improves circulation and elimination of waste product.
- Helps breakdown specific areas of tension in the muscles

Percussion

From the latin word 'percutere' meaning to hit. Brisk stimulating strokes in which the hands strike the body rapidly. These include cupping, hacking, pounding, beating and tapotement.

Hacking

Use the edge of you hands (little finger closest to the body) fingers slightly open, wrists and hands relaxed with elbows bent.

Strike the body with alternate hands, each hand bouncing back almost as soon as it strikes the body

Begin with light pressure and slowly increase.

Should be rhythmical, light and relaxed – otherwise you will karate chop!!

Cupping

Hands are cupped to create a vacuum which will bring fresh blood to the area (erythema)

Strike the body with alternate cupped hands.

Begin with light pressure and slowly increase.

Should be rhythmical

Should sound like a horse trotting not a slapping noise

Tapotement

Gentle percussion using fingertips on delicate areas, like the face.
Keep fingers loose and relaxed and tap lightly

When to use:

- Percussion strokes are invigorating and stimulating
- Use if the aim of the massage is to stimulate rather than soothe and relax.
- If the aim of the massage is to relax, these movements can be used towards the end of the treatment before the final effleurage strokes or not at all.
- Do not use on bony or delicate areas.

The effects:

- Improves circulation
- Warms the skin and muscles
- Improves muscle tone
- Helps break down fatty deposits and improves the appearance of tissue.
- Invigorating and stimulating

Benefits of Canine AcuPoint Massage

Benefits of Canine AcuPoint Massage

Bonding and Love

Improves Immune System

Improves Circulation, vital for a healthy balanced animal

Improves Skin and Coat conditions

Excellent for Calming and Soothing

Relieves Stress for both You and Your Dog

Helps Digestive System

Tones Muscles and Relieves Tension

Can Help Pain

Contraindication to AcuPoint Massage

Not at feeding time or after a feed. Allow a couple of hours either side.

Not after strenuous exercise

Do not treat an aggressive dog

Pregnancy

Puppy

Recently lame or acute inflammation

Any acute issue, please refer to Vet

Any recent / sudden changes, please see Vet

Acute Seizures

Delirium

Contra Actions

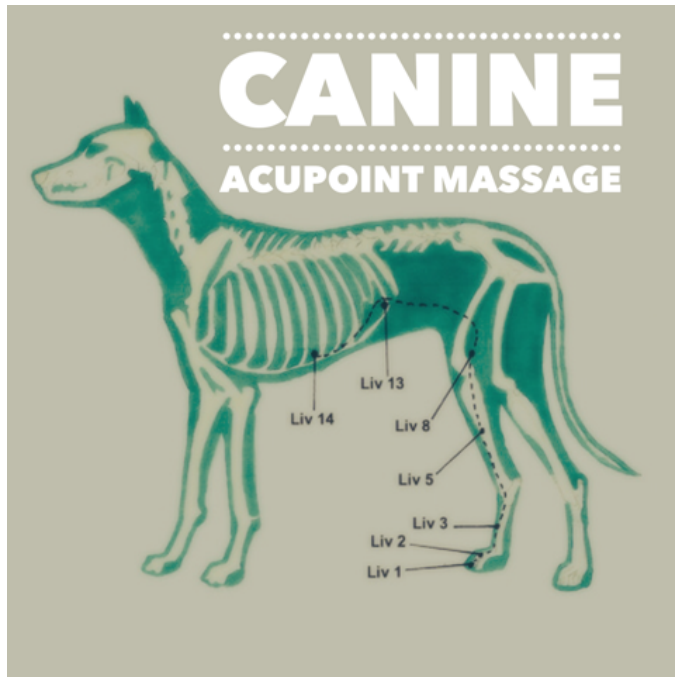
Dog may be very Thirsty

Need to be Quiet

Go for a Rest and / or Sleep

May need to go outside to Urinate

Feel cold

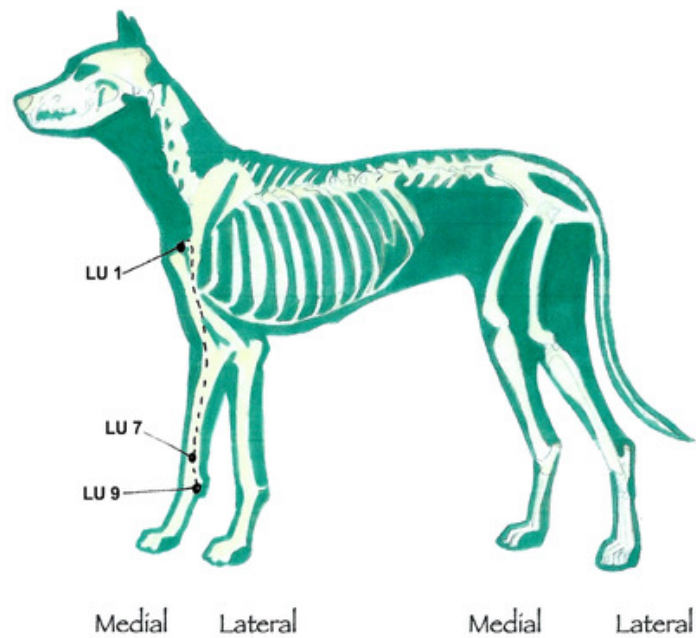


AcuPoints, Locations and Benefits

Meridian Channels

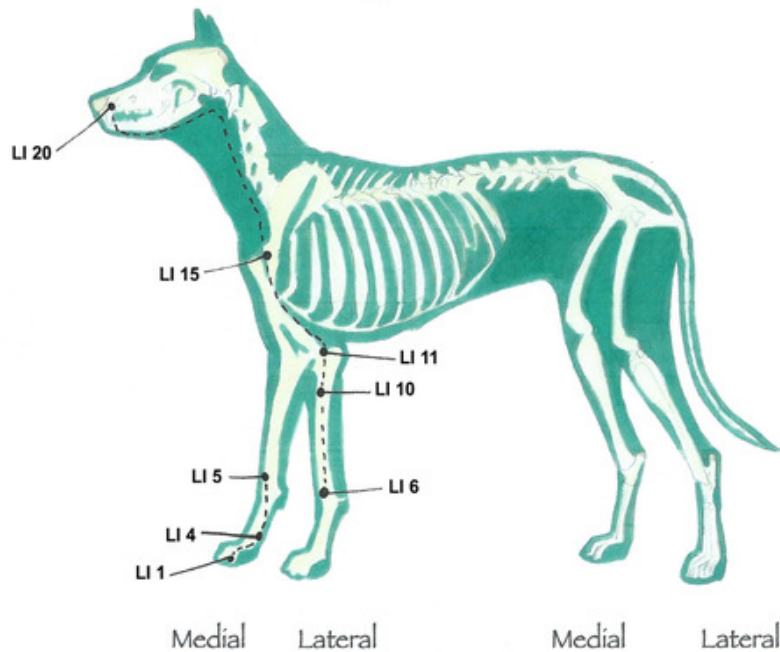
Points with Images

Lung Meridian

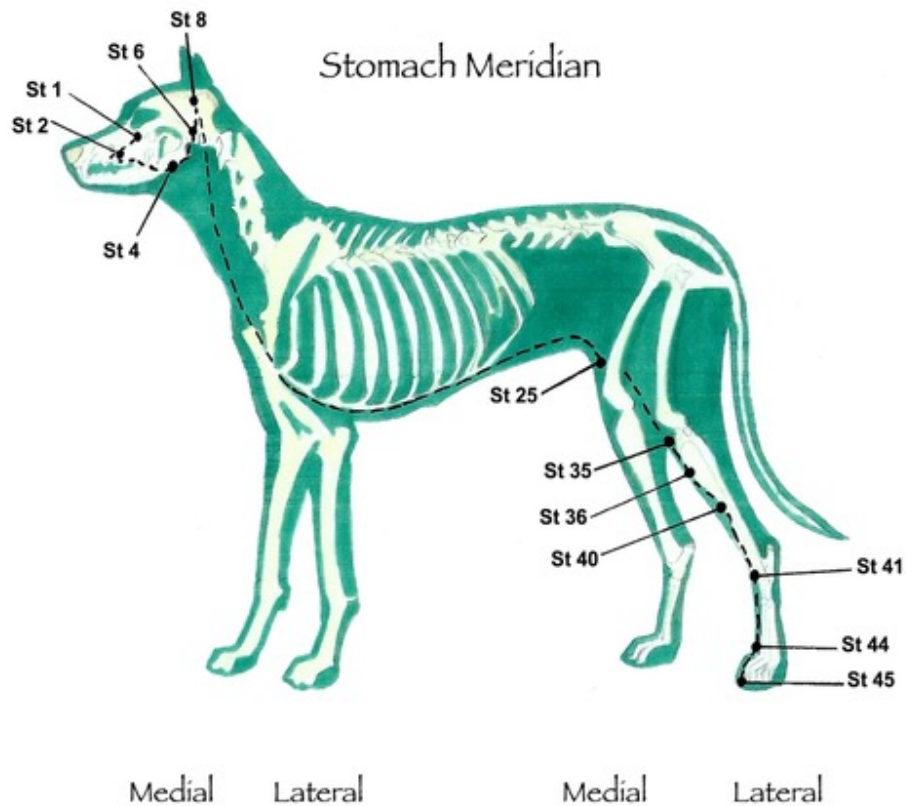


LU 1	Located at the level of the first intercostal space, medial to the greater tubercle of the humerus, in the pectoral muscle. ALARM POINT. Coughs and Colds
LU 5	On the transverse cubital crease, on the lateral side of the biceps brachii tendon when the elbow is flexed. Sea Point.
LU 7	Proximal to the styloid process on the radius, 1.5 cun above the transverse crease of the carpus. MASTER POINT of head/neck/lungs. Respiratory Conditions, Stiff neck
LU 9	On the medial end of the transverse crease of the carpus, on the medial side of the radial artery. Stream Point, Source Point. INFLUENTIAL POINT of Vessels. Great Abyss. Respiratory Conditions, Carpal pain,

Large Intestine



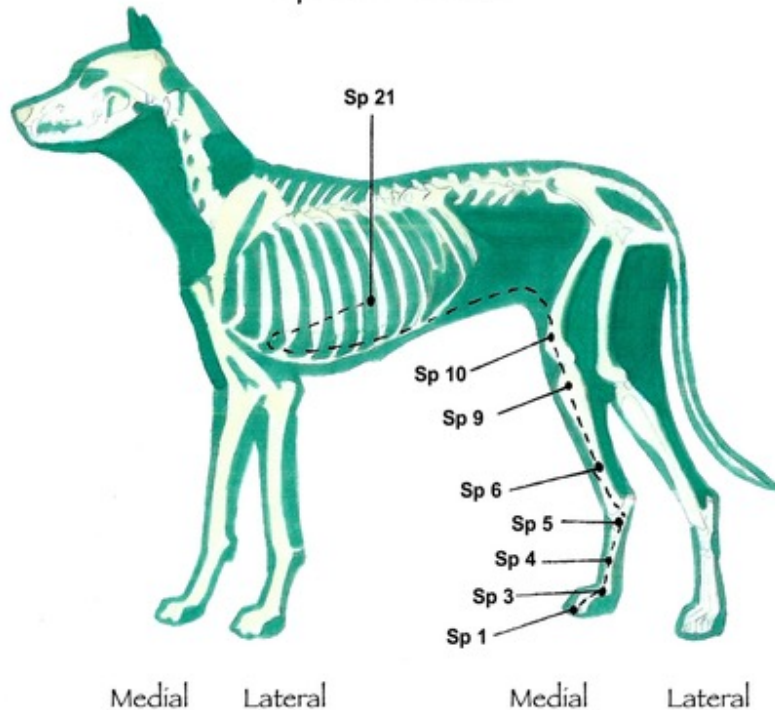
LI 4	<p>Located between the first and second metacarpal bones, approximately in the middle of the second metacarpal bone on the radial side. (On MC 2 if dew claw is amputated) MASTER POINT of face/mouth. Source Point.</p> <p>Boosts Immune System, Headaches, Toothache, Do NOT use in pregnancy</p>
LI 10	<p>Two cun distal to LI 11, between the extensor carpi radialis muscle and the common digital extensor.</p>
LI 11	<p>At the end of the lateral cubital crease, half way between the biceps tendon and the lateral epicondyle of the humerus, with the elbow flexed. Sea Point.</p> <p>Fever, Tennis elbow, and arthritis in elbow, Skin disorders, clears heat, high blood pressure</p>
LI 15	<p>Cranial and distal to the acromion, on the cranial margin of the acromial head on the deltoid muscle. (Not at the point of shoulder)</p> <p>Shoulder Pain and stiffness</p>
LI 20	<p>In the nasal labial groove, at the level of the mid-point of the nasal border of the ala nasi. On the opposite side of the body from the rest of the meridian.</p> <p>Rhinitis and nasal congestion,</p>



ST 1	Directly below the center of the pupil between the eyeball and the infrorbital ridge.
ST 2	Directly below the pupil, immediately ventral to the orbital ridge of the zygomatic bone.
ST 4	At the lateral corner of the mouth.
ST 6	In the depression in the belly of the masseter muscle, rostral to the angle of the mandible. Toothache
ST 25	Located 2 cun lateral to the center of the umbilicus. Gastrointestinal disorders, diarrhoea, constipation and IBS
ST 35	In the depression below the patella and lateral to the patellar ligament. Also called the "lateral eye of the knee" or Dubi.
(Xiyuan)	Not on the Stomach meridian...an extra point. In the depression below the patella and medial to the patellar ligament. Is the "medial eye of the knee". When combined with ST 35 is called Xiyuan.

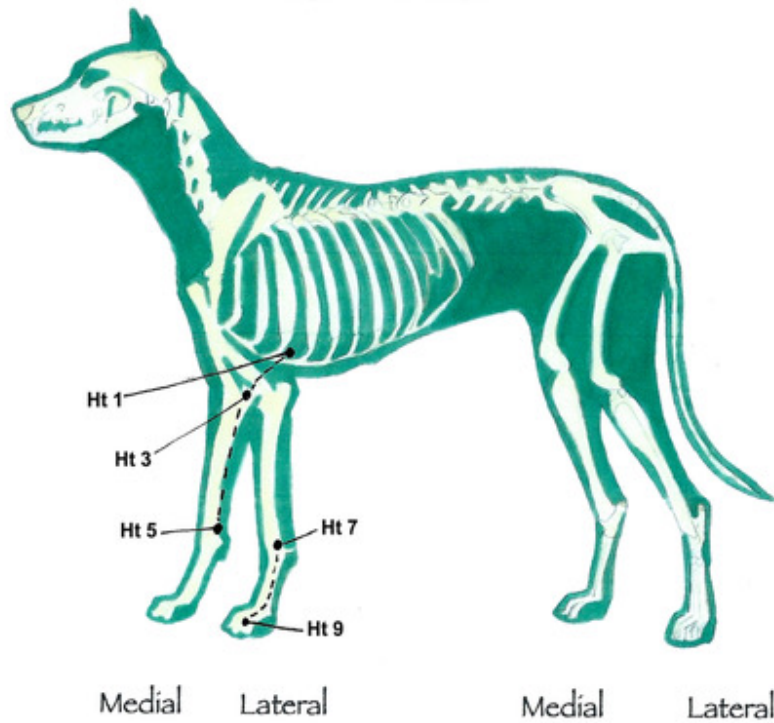
<p>ST 36 3 Leg Miles</p>	<p>Located 3 cun below ST35, one finger-breadth from the cranial crest of the tibia, in the belly of the tibialis cranialis muscle. Sea Point. MASTER POINT of abdomen,GI and QI. Acute and chronic gastric disorders, vomiting, indigestion and IBS. Used for fatigues limbs, stifle soreness, hind leg weakness. Regulates and Strengthens Qi and Blood, Helps blood and Qi flow</p>
<p>St 40</p>	<p>Located 8 cun proximal to the lateral malleolus, cranial to the fibula, 2 cun lateral from from the tibial midline, (1 cun caudal to ST38), between the tibialis cranialis muscle and the long digital extensor muscle. INFLUENTIAL POINT of Phlegm. Clears Heat out of the Stomach, Helps depression, mania and anxiety</p>
<p>ST 41</p>	<p>On the dorsum of the rear foot at the level of the hock, between the tendons of the long digital extensor muscle and the tibialis cranialis muscle, approximately at the level of the tip of the malleolus. River Point.</p>
<p>ST 44</p>	<p>Proximal to the web margin between the 2nd and 3rd toes, in the depression distal and lateral to the 2nd metatarso-phalangeal joint. Spring Point.</p>
<p>ST 45</p>	<p>On the lateral side of the 2nd digit at the base of the nail. Well Point.</p>

Spleen Meridian



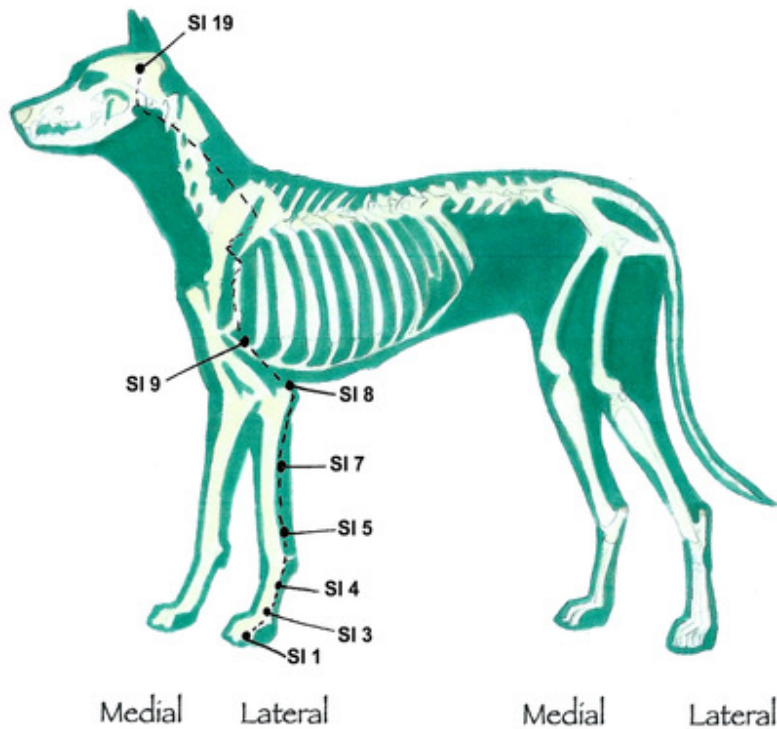
SP 4	In the edepression distal to the base (proximal end) of the 1st metatarsal bone. If the dewlaw is absent, then it is placed in the depression distal to the base of the 2nd metatarsal bone on the most medial aspect.
SP 6	Located 3 cun directly above the tip of the medial malleolus, on the caudal border of the tibia, on the line drawn from the medial malleolus to SP9. MASTER POINT of caudal abdomen/urogenital system. Strengthens Kindney and Jing, Enriches Yin. Help infertility, GU conditions, Boosts immune system Do NOT use during pregnancy
SP 9	On the lower border of the medial condyle of the tibia, in the depression between the caudal border of the tibia and the gastrocnemius muscle. Sea Point. Resolves dampness, benefits odema. Helps stifle pain
SP 10 Sea of Blood	With the stifle flexed the point is 2 cun above cranio-medial border of the patella, on the bulge of the cranial portion of the sartorius muscle.(Horses do not have a sartorius muscle) Helps all types of Blood disorders. Strengthens and improves the flow of Blood

Heart Meridian

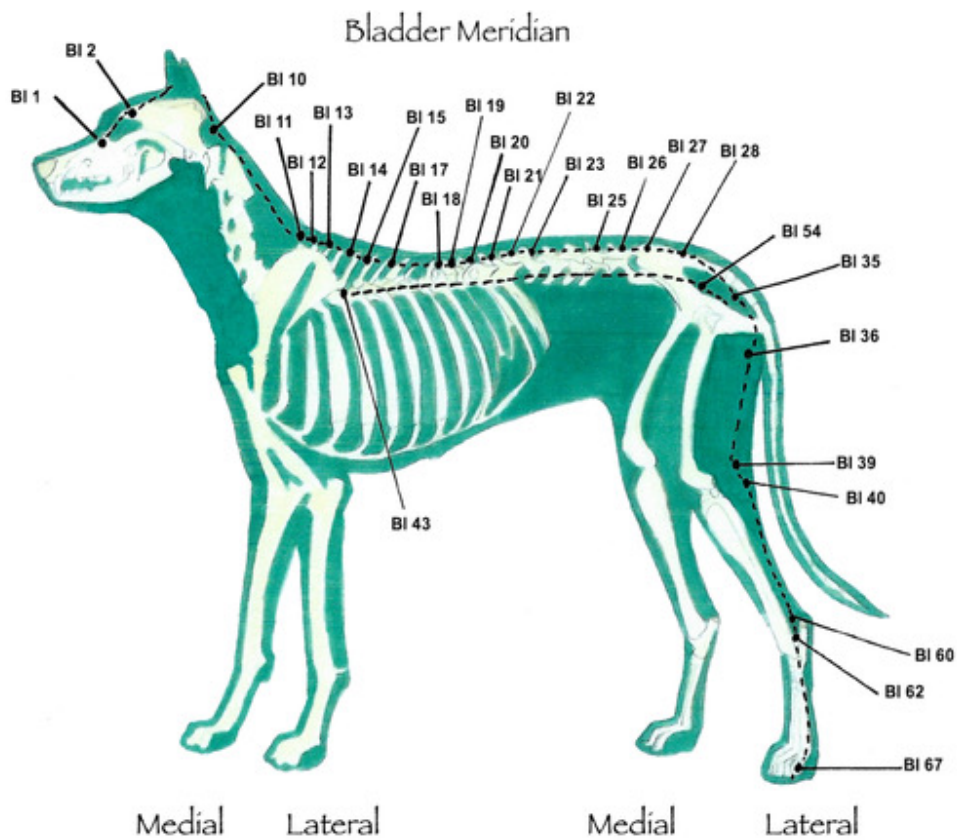


HT 3	On the medial side of the elbow, between the end of the transverse cubital crease and the medial epicondyle of the humerus when the elbow is flexed. Sea Point.
HT 7 Shen Men Spirit's Gate	On the transverse crease of the carpal joint, in the the depression lateral to the flexor carpi ulnaris muscle. Stream Point. Calms the Spirit. Help anxiety, hyperactivity, mania, carpal joint problems.
HT 8	On the palmar surface of the paw, between the 4th and 5th metacarpal bones, proximal to the metacarpal-phalangeal junction, under the pad. Spring Point.
HT 9	On the medial aspect of the nail bed of the 5th digit of the front foot. Well Point.

Small Intestine Meridian



SI 3	Proximal to the metacarpal-phalangeal joint on the lateral side of the 5th metacarpal. Source Point. Excellent point for neck and shoulder issues, stiffness. Good for encouraging sweating.
SI 8	On the medial side of the elbow, between the medial humeral epicondyle and the olecranon. Sea Point. Great point for elbow neck and shoulder pain.
SI 19	Rostral to the tragus, directly ventral to TH21, at the caudal border of the mandible, slightly dorsal to the condyloid process, with the mouth open. Benefits the ears, hearing. Calms the spirit.

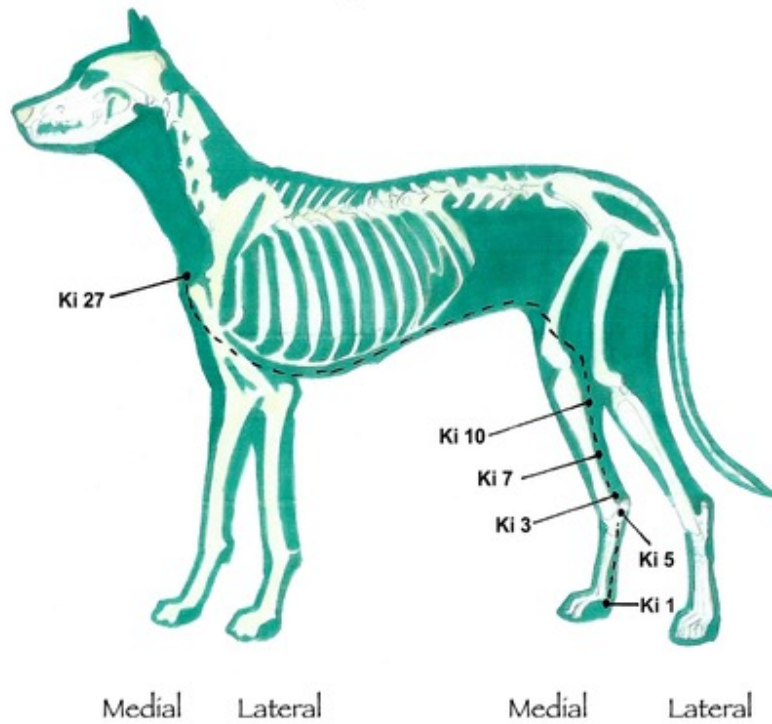


BL 1		Located 0.1 cun dorsal to the medial canthus of the eye. Conjunctivitis
BL 2		At the medial extremity of the eyebrow, in the supra orbital notch.
BL 10		On the lateral side of the trapezius muscle level with GV 15, between C1 and C2. Start of outer meridian. Benefits eyes. Helps Cervical stiffness and inververtabral discs. Clears Wind, Heat, reduces fever.
BL 11	behind T1	Located 1.5 cun lateral to the caudal border of the spinous process of the 1st thoracic vertebra, mid-way from the spinous process to the medial border of the scapula. INFLUENTIAL POINT of Bone. Helps all joint, bone and spinal issues
BL 12	behind T2	Placed as BL11 but lateral to the caudal border of the spinous process of the 2nd thoracic vetebra. INFLUENTIAL POINT of Wind/Trachea.
BL 13	behind T3	Placed as BL11 but lateral to the caudal border of the spinous process of the 3rd thoracic vetebra. Lung Shu Point. Strengthens Lung Qi

BL 14	behind T4	Placed as BL11 but lateral to the caudal border of the spinous process of the 4th thoracic vertebra. Pericardium Shu Point. Relieves anxiety, palpitations, strengthens heart Qi
BL 15	behind T5	Placed as BL11 but lateral to the caudal border of the spinous process of the 5th thoracic vertebra. Heart Shu Point. Palpitations, anxiety, Calms the Shen
BL 17	behind T7	Located 1.5 cun lateral to the caudal border of the spinous process of the 7th thoracic vertebra, in the depression caudal to the medial border of the scapula. INFLUENTIAL POINT of Blood. Benefits any condition of the Blood
BL 18	behind T10	Placed 1.5 cun lateral to the caudal border of the spinous process of the 10th thoracic vertebra. Liver Shu Point. Eye conditions, fatigue, Strengthens Liver Qi
BL 19	behind T11	Placed 1.5 cun lateral to the caudal border of the spinous process of the 11th thoracic vertebra. Gallbladder Shu Point. Eye disorders, hip and sciatic pain
BL 20	behind T12	Placed 1.5 cun lateral to the caudal border of the spinous process of the 12th thoracic vertebra. Spleen Shu Point. Gastrointestinal issues, odema, enlarged lymph nodes
BL 21	behind T13	Placed 1.5 cun lateral to the caudal border of the spinous process of the 13th thoracic vertebra. Stomach Shu Point. Vomiting, diarrhoea, Strengthens Stomach, Spleen and Middle Jiao
BL 22	behind L1	Placed 1.5 cun lateral to the caudal border of the spinous process of the 1st lumbar vertebra. Triple Heater Shu Point. Endocrine issues
BL 23	behind L2	Placed 1.5 cun lateral to the caudal border of the spinous process of the 2nd lumbar vertebra. Kidney Shu Point. Strengthens Kidney Qi Jing, warms Yang, Ears, Lower back pain, Urinary issues
BL 52	behind L2	Outer meridian, lateral to BL 23. Three cun lateral to the caudal border of the spinous process of the 2nd lumbar vertebra, at the lateral border of the longissimus muscle.
BL 25	behind L5	Placed 1.5 cun lateral to the caudal border of the spinous process of the 5th lumbar vertebra. Large Intestine Shu Point. Intestinal disorders, constipation and diarrhoea, back stiffness
BL 27	behind S1	Caudo lateral to the first sacral vertebra. Small Intestine Shu Point. Regulates Small Intestine
BL 28	lateral to S2	Lateral to the 2nd sacral foramen, in the depression between the medial border of the dorsal iliac spine and the sacrum. Bladder Shu Point. Urinary Issues

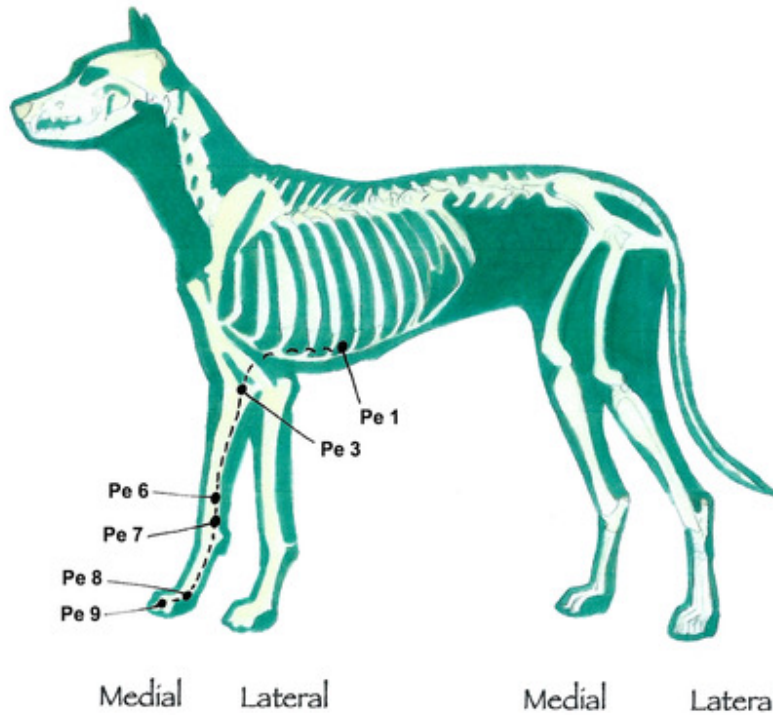
BL 35		In the crease lateral to the tail base, 0.5 cun lateral to the GV channel. Lift tail to locate.
BL 36		Ventral to the tuber ischii, at the junction of the semitendinosus and semimembranosus muscles.
BL 39		On the lateral edge of the popliteal crease, on the medial border of the tendon of the biceps femoris. Just lateral to BL 40.
BL 40		In the center of the popliteal crease. Sea Point. MASTER POINT of caudal back/hips. Benefits, lower back, hind limbs, stifles, hip joint pain, Caudal paralysis
BL 54		Dorsal to the greater trochanter.
BL 60		In the depression between the lateral malleolus and tendo-calcaneus, level with the tip of the lateral malleolus. If leg is flexed to right angle then it is located caudal to the lateral malleolus. Directly opposite KI 3 which is on the medial aspect. River Point. Aspirin Point Alleviates all pain, and inflammatory pain. Lower back and sacral stiffness. Hock pain.
BL 62		In the depression directly distal to the lateral malleolus.
BL 67		On the lateral aspect of the nail bed of the 5th digit of the rear foot. Well Point. Repositions Foetus... only use moxa Clears nose and brightens the eyes

Kidney Meridian



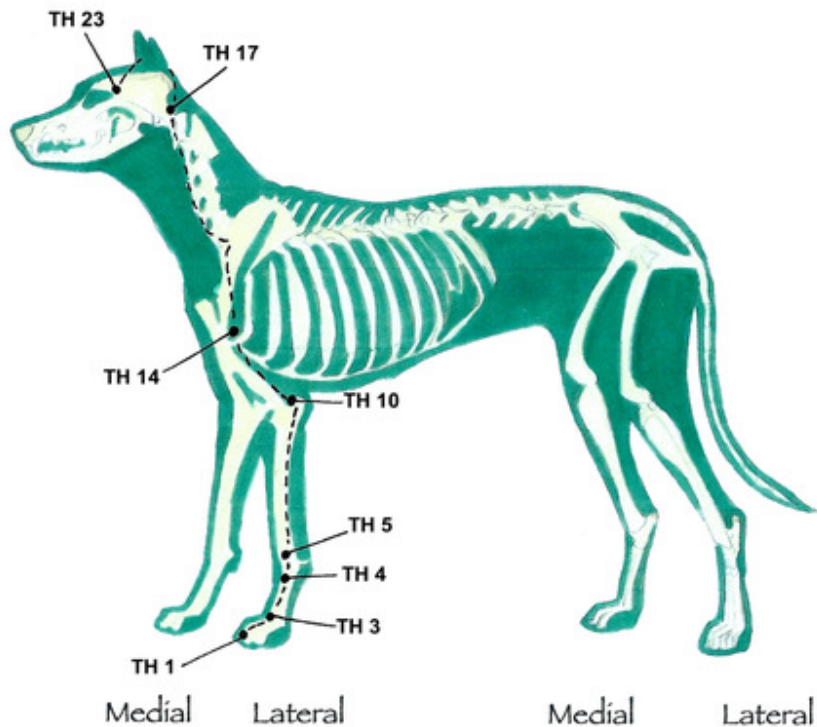
KI 1	Between the 2nd and 3rd metatarsus at the most proximal aspect of the central pad. On the ventral aspect of the foot. Well Point.
KI 3	In the depression between the medial malleolus and tendo-calcaneus, level with the tip of the medial malleolus. Opposite BL 60. Stream Point, Source Point. Benefits Arthritis, local swelling of hock, lower back pain, Strengthens Kidneys, Jing Restores collapsed Yin. Qi, Blood and
KI 6	In the depression immediately distal to the medial malleolus. Below KI 3.
KI 7	Located two cun above the tip of the medial malleolus, cranial to the calcanean tendon.

Pericardium Meridian



PC 3	In the cubital crease, on the medial side of the biceps tendon. Sea Point.
PC 6	Located 2 cun above the transverse crease of the wrist, between the tendons of the superficial digital flexor and the flexor carpi radialis. MASTER POINT chest/cranial abdomen Great for nausea, vomiting, palpitations, Shen disturbance
PC 8	Between the 2nd and 3rd metacarpal bones, proximal to the metacarpal-phalangeal joint, on the medial side of the 3rd metacarpal bone. The point is found at the most proximal aspect of the large central pad. Spring Point.

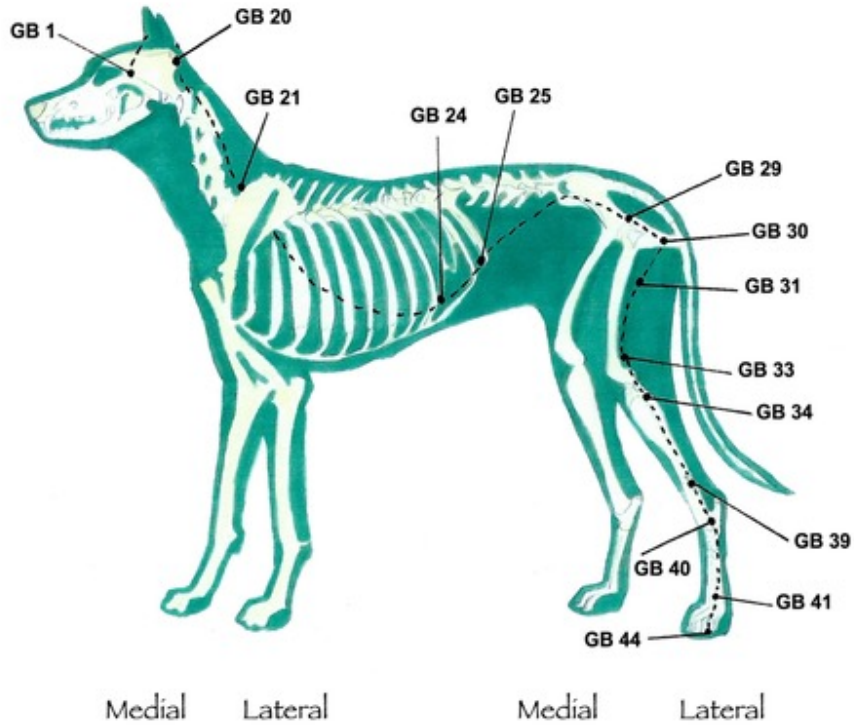
Triple Heater Meridian



TH 3	On the dorsum of the forefoot, between the 4th and 5th metacarpals, in the depression proximal to the metacarpo-phalangeal joint. Stream Point.
TH 5	Located 2 cun above the carpus, on the cranial aspect of the space between the radius and ulna. Clears heat, Strengthens Protective Qi, good for fever
TH 10	Just proximal to the olecranon, on the midline. Sea Point.
TH 14	Caudal and distal to the acromion, on the caudal margin of the acromial head of the deltoid muscle. Great for shoulder and shoulder inflammation
TH 17	Ventral to the ear, in the depression between the mandible and the mastoid process.

TH 21	Rostral to the supratragic notch, directly dorsal to SI 19, at the caudal border of the mandible, dorsal to the condyloid process, with the mouth open.
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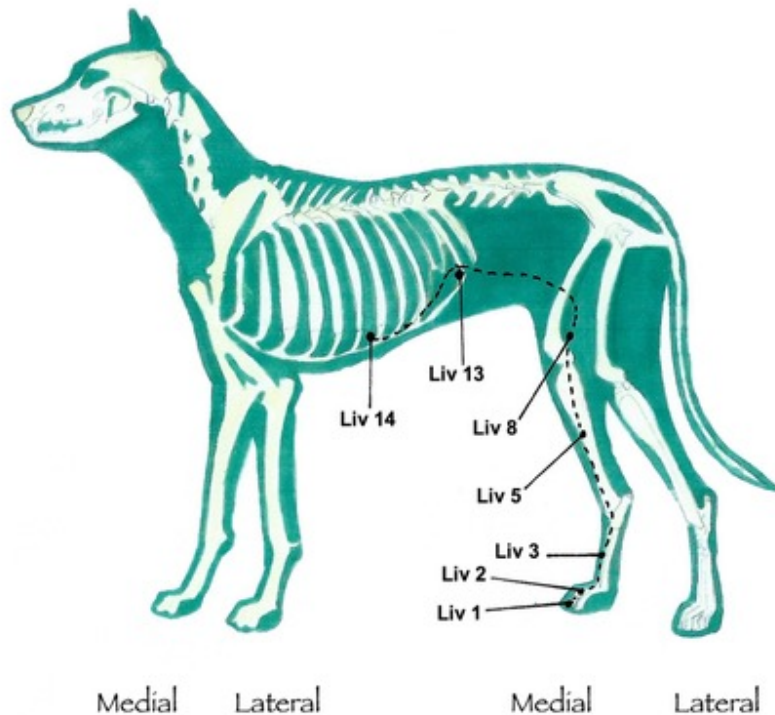
Gall Bladder Meridian



GB 1	Lateral to the lateral cnthus, in the depression on the lateral side of the orbit. Eyes disorders, facial paralysis
GB 2	Rostral to the intertragic notch, directly below SI 19, at the caudal border of the condyloid process of the mandible, with the mouth open.
GB 14	Located 1 cun above the midpoint of the eyebrow.
GB 20	In the dorso-cranial aspect of the neck, below the occipital bone, in the depression medial to the jugular process of the occipital bone in the depression between the sternomastoideus and sterno-occipitalis muscles. Dispels Wind, Calms Liver Yang, Helps Qi flow from the brain
GB 21	Midway between GV 14 and the acromion.
GB 24	On the mammary line, in the 7th intercostal space.

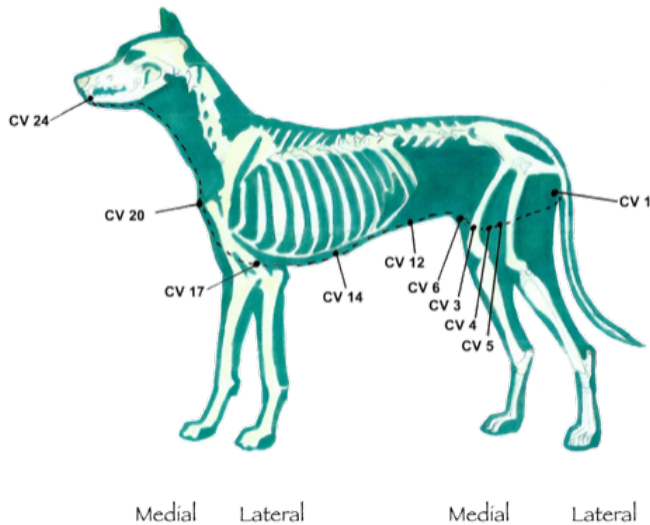
GB 25	On the lateral side of the abdomen, on the lower border of the free end of the 13th rib.
GB 29	Located 1/3rd the distance between the greater trochanter and the cranial border of the iliac spine.
GB 30	Midway between the greater trochanter and the tuber ischii. Help lower back and hips, pelvic limbs and gluteal pain, sciatica
GB 31	On the midline of the lateral aspect of the thigh, 7 cun above the transverse popliteal crease.
GB 33	Located 3 cun above GB 34 when the knee is flexed, lateral to the knee joint, in the depression between the biceps femoris tendon and the femur. In the hollow proximal to the lateral epicondyle of the femur at the knee, between the bone and the tendon. (directly opposite LIV 8 which is on the medial aspect)
GB 34	In the depression cranial and distal to the head of the fibula. Sea Point. INFLUENTIAL POINT of Tendons. Benefits, flow of Blood to the limbs, Liver Qi stagnation, Spreads Liver Qi
GB 39	Located 3 cun above the tip of the extenal (lateral) malleolus, in the depression between the caudal border of the fibula and the tendons of the peroneus longus and brevis muscles. (opposite SP 6 on which lies medially) INFLUENTIAL POINT of Marrow. Benefit Bone disorders, arthritis or paralysis
GB 41	In the depression distal to the junction of the 4th and 5th metatarsal bones, on the lateral side of the tendon of the long digital extensor muscle. Spring Point.

Liver Meridian

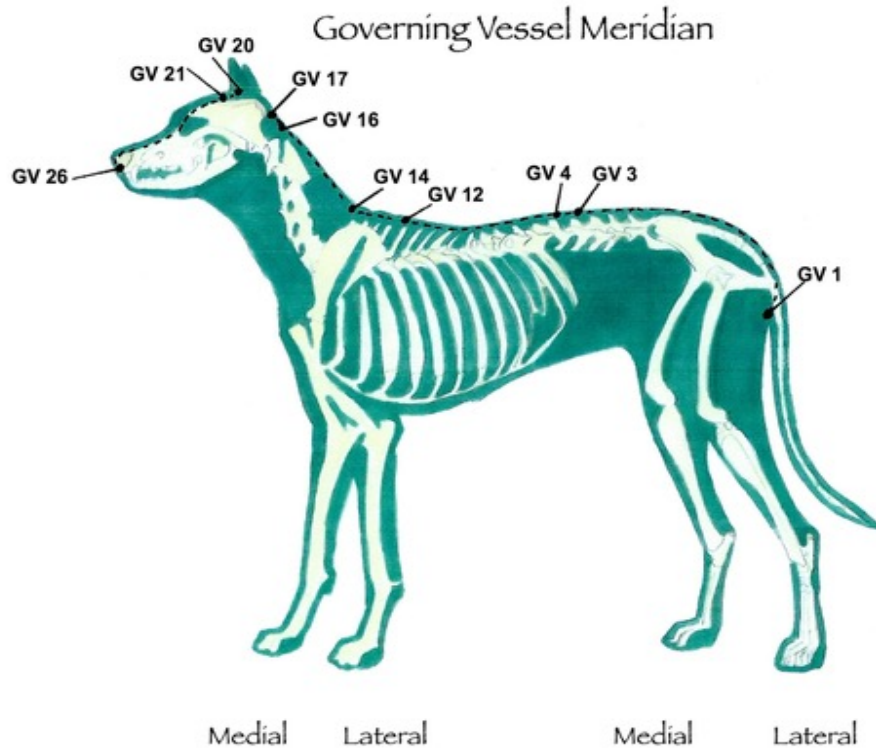


LIV 2	On the medial aspect of the 2nd toe, distal to the metatarsal-phalangeal joint, midway between the dorsal and medial aspect of the bone. Spring point.
LIV 3	On the medial aspect of the 2nd toe, proximal to the metatarsal-phalangeal joint, midway between the dorsal and medial aspect of the bone. Stream Point. Helps endocrine disorders, eye conditions, toxin removal
LIV 8	On the medial side of the knee joint, caudal to the medial epicondyl of the femur. It is proximal to the medial end of the transverse popliteal crease, on the crania border of the insertion of the semimembranous and semitendinosus muscles. Sea Point. Helps Reproductive disorders
LIV 13	On the lateral side of the abdomen, below the free end of the 12th rib. ALARM POINT of Spleen.
LIV 14	On the mammary line, in the 6th intercostal space. ALARM POINT of Liver. Help Liver disorders, hypertension, hepatitis and cirrhosis.

Conception Vessel Meridian



CV 1	In the depression between the anus and the scrotum or vulva.
CV 3	Located 4 cun caudal to the umbilicus, on the midline. ALARM POINT of Bladder.
CV 4	Located 3 cun caudal to the umbilicus, on the midline. ALARM POINT of Small Intestine.
CV 5	Located 2 cun caudal to the umbilicus, on the midline. ALARM POINT of Triple Heater.
CV 6	Located 1.5 cun caudal to the umbilicus, on the midline.
CV 8	In the center of the umbilicus. Forbidden Point.
CV 12	Halfway between the umbilicus and the xiphoid process, on the midline. ALARM POINT of Stomach. IBS, Gastric disorders, Strengthens Stomach, Spleen and Nutritive Qi
CV 14	Halfway between CV 12 and the xiphoid process, on the midline. ALARM POINT of Heart. Calms the Spirit, Regulates Heart
CV 17	On the ventral midline, at the level of the 4th intercostal space. ALARM POINT of Pericardium. Regulates Lungs and Respiratory conditions
CV 22	At the cranial tip of the manubrium. Helps to redirect rebellious Qi to descend, good for Thyroid



GV 1	In the depression between the anus and the base of the tail.
GV 3	Variable location. Is located in the largest depression either between the dorsal processes of L4/5 or L5/6.
GV 4	On the midline, between the dorsal spinous processes of the 2nd and 3rd lumbar vertebrae. The gate of Life, Strengthens Kidney Qi, and Yang, Calms Spirit, Strengthens Source Qi.
GV 14	On the midline between the dorsal spinous processes of the last cervical and first thoracic vertebrae. Sea of Qi, Clears Heat, dispels wind and good for Yin deficiency. Strengthens the Immune System
GV 20	On the dorsal midline of the skull, on a line between the cranial edge of the base of the ears, in the notch between the sagittal crest and the frontal crest. Calms The Mind and Spirit, Clears Brain Dispels Wind, Helps with neck stiffness, epilepsy and sleep disorders.
GV 26	In the intersection of the "T" formed below the nose, in the filtrum. Emergency revival point, restores consciousness, treats shock, seizures and mania

The Human Bodyfield

The human biofield is the energetic blueprint or matrix that creates the human form. Every human being, and every living creature on this planet, has such a blueprint. The human biofield is multidimensional, offering 3D physical form along with the vibrational aspects of the emotional and mental planes and beyond. The biofield is holographic and predetermines who we are, while at the same time reflects our state of being moment to moment. If any portion of the physical body is removed, the holographic blueprint of that tissue remains. The biofield can be read, scanned and interpreted in many different ways, just like any blueprint.

The human biofield is holographic.

It directly links the bodies cellular activity with the meridian pathways to create the physical form and all other vibratory aspects of the being. This energetic field is like a superhighway that allows the DNA in our cells to communicate faster than light and maintain a coherent, holistic, intelligence, in the organism. The biofield is commonly referred to as the aura, but this is not strictly accurate as the biofield is comprised of multiple frequencies and information.

Every one of us is an energy being. In fact, we are all beings of light existing across multiple dimensions. We all consume different frequencies of light in multiple ways to create who we are. Your biofield is a complex living structure and the energy of that structure is sometimes referred to as Quantum Energy. Indeed, we are very complex beings existing as a combination of up to 22 vibratory states, interconnected with up to 14 strands of DNA, all of which are based on light energy.

The term Human Biofield is often referred to as the Human Energy Field. Some will also describe it as your Aura but that is not really accurate, as I've already mentioned. If a person can see your aura in some form, they are usually perceiving a small frequency range within a very complex, energy field. It would be the equivalent of looking at an image on a television screen and ignoring the complexities involved in transmitting that image; ignoring the millions of pixels that make up the image. Just as I can see blockages within the human energy field, it's only within a

particular frequency range. As valuable as it may be, it's still not the whole picture.

We are all light beings and we need the nourishment of light to survive. Most people would be aware that we need to get some exposure to direct sunlight everyday for good health. The benefit of direct sunlight is taught in basic, school physiology. Along with the production of Vitamin D there are a myriad of other functions dependant on light. But we also need access to other light frequencies to nourish the Human Biofield and in turn our body.

Cosmic (yang) energy is directly collected through the crown while other frequencies are assimilated through the remaining chakras. We also need to be grounded to Mother Earth (yin) to release damaging energies in exchange for other healing frequencies. Other sources of light energy must be consumed through our foods. I'm talking about fresh, preferably organically grown, fruits and vegetables that have captured light energy and transformed it into living nutrients. Nutrients that are rapidly absorbed and assimilated into the cells of our bodies, not dead, lifeless, processed rubbish. Our water intake needs to be considered the same way. Bottled water for instance is lifeless water.

The Human Biofield or Energy Field has the potential to be corrupted and the energy flow blocked. When the flow is blocked or disrupted, a natural healthy balance cannot be maintained, and states of disease will become evident. Contaminated and lifeless foods, environmental toxins, parasites, chronic viral infections, surgery, emotional trauma and negative thought patterns, as well as misguided energies and inter-dimensional interferences, all have the potential to interfere with your energy flow.

Everything we consume, both physically and mentally, have consequences. Those consequences can be supportive to our health or degrade it. What many people do not realise is that genetic hereditary patterns, and even past lives can have an effect on the light energy of the biofield. This is where energy healing comes into it's own by providing the techniques to cross multiple dimensions and make positive changes. So having defined the Human Biofield we can move onto the realm of Energy Healing.

Love & Energy

Over the years, we have come to call love not "love" but instead, "energy."

We had to do this because that was more palatable to the people who had grown up in a world where science ruled with an iron fist.

Where it was held that to be successful, you have to be emotionless. Where it was held that in order to learn to the truth about nature, about ourselves, about our universe,

Love is not found in the old scrolls of the ages. You cannot get to it by studying diagrams, nor by filling your head with long lists of funny words.

You don't get it from a book, or a scientific research study.

Love comes from your heart. You make love.

And when you do, you change the world.

Heart Healing

This is where we start. With you, and your heart that is ready to love, and in doing so, to heal.

It is your love that heals, and how great a healer you can ever be, depends on how great a lover you can ever be.

It is one and the same. Your ability to love is your power.

It's Only About Love ...

It is important knowing about pills, potions, remedies, skeletons, ancient theories about this and that, and the biochemical composition of pet food or feeding raw....However....

Energy Healing For Animals is only about love

That is a wonderful thing, a most powerful thing

To love any aspect of God's creation is a holy thing.

Love Is Precious

The world without love is a terrible place, a hard place to be. It is an illusion, because love is everywhere. We talk of it as "energy" but it is love.

The real world is filled with love.

The real world is the material world, that we can see and touch, but that is not all. There is more to the real world.

There is the invisible world we can sense, and this invisible world is far more important than "the loveless scientists" will ever believe or understand at this time.

The very real problems the animals, their owners AND the scientists were having back in the day could not be resolved without acknowledging the existence of love.

The behaviour, the health, the very being and the life of animals does not make any sense - without factoring love into the equation.

To this day, scientists believe that animals have no emotions.

This is the most preposterous "reality denial" there could ever be - and yet, in that hard world where there is nothing a nuclear bomb can't destroy, it is their reality.

The really real world is different. Energy is not just important, **it is of the essence.** Without it, we are missing out on life and we simply can't solve the problems of our world.

Love Is ...

Love is the power that binds the universe.

We can't begin to conceive what difference it makes to a creature to have been loved - just once in a lifetime.

Love might not be able to "heal broken bones" but it does something far more important than that. It brings light where there was darkness. It brings hope where there was desolation. It brings transformation.

Always, and without fail.

Love is the power that binds the universe.

Love is not bound by time.

Love is an energy exchange, a powerful lightning strike that may last less than the blink of an eye - but the universe has changed in that instance.

You can't take all the creatures home with you, give them shelter and sanctuary.....give them what they deserve to be strong and happy in mind, body and spirit.

But you can give them your love. And that is priceless.

Love is about transformation, about evolution.

"doctor" or "therapist" - **when we love, we transform together or not at all.** I hold that human beings hunger for this transformation, for this evolution, and they seek out and find their own path to more love.

Some are drawn to love crystals and minerals; some are drawn to love people; some are drawn to love the plant kingdom, some are drawn to love animals.

The whole world, the whole universe is ours and it wants and needs us to

evolve. By loving animals, we inspire our hearts to love more, to love more easily and more profoundly.

With every animal you love, you become a more powerful healer.

There is only love, and the absence of love.

All darkness is simply the absence of light.

And the more light there is, the more LOVE there is, the more freeing, joyous, beautiful all things become.

Love reveals the beauty of everything - the more love, the more beauty.

The more love, the more joy.

This is important.

Insanity, misery, anger, sadness - they are all simply an absence of love.

When you lose that sense of lightness, and the goal of love being light, free, joyous and beautiful, you know that you are running short on love.

Emotions & The 6th Sense

Emotions are sensations transmitted from the energy body to the physical body. Emotions are not "in the head" at all - emotions are literally **in the body**.

An injury in the energy body causes pain in the physical body through the 6th Sense

Emotions originate in the energy body and are transmitted to the physical body via our true 6th Sense - physical sensations that have no physical origin.

The 6th Sense are the sensations produced by the energy body felt in the

physical body.

The location where these 6th Sense sensations occur tallies with where the injury is located in the energy body.

This is remarkably simple, direct and entirely accurate.

The 6th Sense exists so that we can know a) when there is something wrong with the energy body; b) where there is something wrong with the energy body; and hopefully, c) what we need so it can be fixed.

This is a single system in at the very least, all social mammals and including people; but it is likely that it goes much further than that and is system that all organic living beings possess.

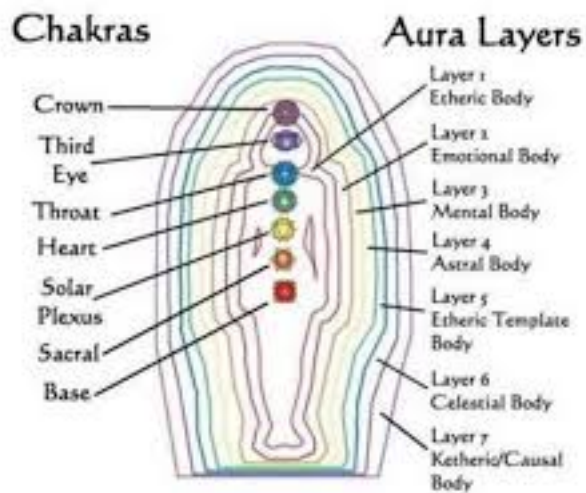
The 6th Sense tells us about the conditions in the energy body.

Silvia Hartman GOE

Energy Healing For Animals 2015

Practical Task on Sending Love to Our Dogs

Sitting in a comfortable and relaxed place, holding on and off body in the Auric and Chakra Fields to see if we can sense any energy blockages and to send love to restore and distortion in the field.



Dog Chakra Points

