

ENERGY AND LIFE

by Tom Bolton

Initiator of FREEWAY-CER ENERGY THERAPY SYSTEM

Extracts from my future new book on Energy Work Entitled

THE ELIXIR OF LIFE-
Inner Energy Secrets of Vibrant Living

CHAPTER ONE

There are many theories about the beginning of the universe and energy. I find that the Taoist model seems to provide a purposeful explanation for how and why the universe and life itself came into existence

My Speculation about Creation

Its possible that our universe is like one grain of sand on a limitless eternal beach of universes permeating by an infinite ocean of Spirit.

Beyond all time and space this primordial Spirit of be-ness-potential the initiator of all life slumbers in that eternal ocean of potency. Each time it stirs, it breathes out emotions of primal affection (love) and another cosmic universe is expressed into manifestation. Thus Spirit or divine consciousness is expressed in form and substances which we call the universe and life.

The Tao Te Ching describes such an initiation as follows. 'One gave birth to two'. The two came to be known as Yin and Yang and the polarity and relationship to which they gave rise and which became the mother and womb for the birth of everything in the universe is called the 'The Great Principle of Yin and Yang' the observable variations of the Universal Force in nature. Yin and Yang are inseparable tendencies of all energy and it is impossible to have one without the other. Their interactions are the root of all universal action; hence, the polarity of Yin and Yang is a factor intrinsic to all creation. Polarity is the basis and ground of all manifested existence, movement, change and the field in which energy and matter engage in their ceaseless play of formation and dissolution, interaction and transmutation.

The interactions of Yin and Yang universally follow five basic patterns, which came to be known as the Five Processes of Energy. Such interactions have been erroneously translated as five elements, thereby confusing the process with the actual physical elements. In Taoism the physical elements found in nature symbolically express the motion of the Five Processes of Energy. I will go into a little more detail about the Five Processes of Energy in Chapter two.

The Tao

The Tao is not a thing but a way. A way of nature and the universe. It underlies everything, everywhere and is the ground of all energy and life. It can be thought of as a path of natural reality. In human terms it is also a way

in which we can open our minds to learning, self understanding and spirituality. The Tao is therefore both a philosophy and a technology for seeking and finding the truths of the universe, nature and humanity. Its focus goes far beyond any single path or viewpoint. It is not a religion, has no dogma, it is the route of truth and reality.

The Way of the Tao

Those who follow 'the Way' are taught to collect, balance and circulate the energies of mind, body and spirit. Within this context there are many practical disciplines that can restore youthfulness, vibrance, whilst increase intelligence and expanding consciousness beyond the physical levels.

The Keys of Life

The ancient energy teachings are the keys to life that transcend all thoughts, emotions and belief systems.

Chi

It has been known for thousands of years that the Universe and everything in it is made out of or composed of vibrant moving energy. Vibrant energy has been called many things in this book I will refer to it as Chi, vitality or life force.

We humans have some kinds of energy inside our bodies. These energies are often referred to collectively as the life force. Those who have strong and abundant levels of these vibrant energies enjoy perfect health and vitality. As we get older life-force tends to weaken. When eventually it becomes fully dissipated the physical body eventually dies.

Even today in the Western Societies most people have very little notion of the existence of life-force and it's only in the last twenty years or so that scientists and the medical sector are beginning to take this concept seriously.

For thousands of years esoteric groups in ancient civilizations have known about life and its link with energy. Most have protected their teachings from getting into the hands of unscrupulous people who might have used it in selfish and dangerous ways for themselves and others.

It is said that in the ancient civilizations of India, Tibet, Egypt, China and even more ancient ones such as Atlantis and Lemuria there were various traditions of shamanistic and energy healing based on working with the human, cosmic and earth energies. In most of these communities the procedures and techniques were taught only to the chosen few. China was an exception to the rule and the oriental people over thousands of years openly used and developed many amazingly wonderful energy therapies and procedures.

Drawings and inscription on the walls of caves in parts of China reputed to be over ten thousand years old indicate that energy work was practiced even by very primitive people. These people had rituals and dances designed to help and promote the Chi energy flow healthfully.

The theory and practice of energy work in Chinese Traditional Medicine (CTM) and Chi Gung is based on restoring and correcting the normal physiological flows of chi energy in and around the body. In CTM herbs, needles and heat (moxibustion) were used together with focal point massage and other procedures, techniques and applications.

For thousands of years the healing knowledge has been shared throughout all sections and levels of Chinese society.

Three Levels of Being

The ancients came to realise the importance of working on three levels of our being, namely the physical level, the energy level and the spiritual consciousness. Like the rungs on a ladder we can learn to move between the higher creative spiritual levels and lighten up our lives at the physical level with knowledge and vitality. More advanced teachings and theories suggest that by using these internal alchemic principals each person can build and strengthen an immortal body of light which will link us with the between eternal life of pre birth and after death.

Linking, interacting and permeating the three above mentioned levels there are said to be seven main strata's of consciousness. We will take a look at these in a later chapter.

True Reality

The Taoist teachings reflect the true centre of reality namely the relationship between the Universe and us. This knowledge will help us to see the light of truth in philosophy, science and religions where it is often deeply hidden or in some cases lost.

The Theory of Immortality

The masters speculated that through reaching and developing different levels of higher consciousness immortality were possible. Through internal alchemy they devised many practices for the purpose of developing these states. The ability to transcend even death through the transmutation of one's physical energy into immortal spiritual energy is the highest goal of Taoism. This has been called physical immortality and is said to take the longest to achieve.

Chi Gung

Chi basically means energy or vitality and Gung can mean developing or working through. Even though the origin of Chi Gung originated eons ago, since the 1950's Chi Gung or Chi King or Qi Gong has become more and more an umbrella term for a whole host of different approaches to energy work some more modern than others. Chi Gung is therefore a vast holistic ongoing system of self-cultivation. In China alone there are said to be 4,000 distinctive styles of Chi gung. In addition to the Taoist traditional Chi Gung, Buddhism and Confucianism also developed their styles. Other styles were devised to achieve specific results such as healing, martial power or spiritual insight. Chi Gung therefore contains thousands of exercises, breathing techniques and formats not just from China were it was developed but from many different nations worldwide.

Chi Gung addresses one of our most fundamental aspects namely our energy. It has many applications and there are many reasons for its practice: fitness, sport, martial arts, healing, health, anti-aging, longevity, increasing feelings of well-being, reaching higher states of consciousness, immortality etc. Using the techniques and exercises of Chi Gung many people become more spiritually aware and some even work towards immortality.

When first beginning to practice Chi Gung you may have little idea of what your energy is or what it feels like. Chi Gung is not easily translatable into words – you just have to do it and feel the results.

In my new book on Chi Gung we will learn about just a few of the easiest and simplest of procedures. However don't underestimate their profound effectiveness. Anyone who uses the exercises, techniques and information from the book on a regular basis will be amazed at the tremendous benefits and improvements in health that will be theirs in a very short time.

Personal Responsibility - Chi Gung allows you as an individual to take personal responsibility for protecting your health, promoting vitality whilst assisting you to achieve a long and enjoyable life. It also allows you, if you are interested to cultivate spiritual awareness, intuitions and insights.

Chi-gung is simple to practice allowing you to harness the cosmic forces (Heaven) and balance them with the elemental energies (Earth) and harmonise them with essence, energy and spirit-consciousness (the Three Treasures) of humanity. Chi Gung thus gives you the ability to amplify your own personal power with the infinite power of the universe.

In the next chapter I will attempt in as few words as possible to give you a glimpse into the energy world of Chi and how it is vital to life and our very existence.

Summary

- I speculate that our universe is only a grain amongst unlimited universes within the reality of eternal beingness.
- The Tao is the way of nature and the Cosmos.
- Following the way of the Tao can lead to better health, a more fulfilling life and longevity.
- The keys to life transcend all thoughts, emotions and belief systems.
- Chi is the basis vital ever-moving energy out of which the universe and everything in it is created.
- The Taoists recognised three levels of being namely: physical, energy, and spiritual.
- True reality is the relationship between us and the Universe.
- The Masters of old speculated on reaching immortal states.
- Chi Gung means; the way of working with energy.
- Chi Gung allows you to take personal responsibility for your life.

CHAPTER TWO

A Blueprint for Life

Modern Physics

Today physics have conclusively proven that all matter – from atomic particles and molecules to planets and stars are composed of energy bound into types and kinds of patterns of sympathetic vibration and held in place by electromagnetic and nuclear forces. I briefly mentioned in the last chapter that the Taoists say that all manifested forms including human beings are composed and regulated by five elemental energies. These they have named as: **Wood, Fire, Earth, Metal and Water**.

The Chi Gung and other exercises, techniques and advice in this book are designed and based on the transformational cycles whereby these energies interact and counterbalance one another to sustain homeostasis

The Five Elemental Processes (or Five Phases or Five Forces)

Using the principles of Yin and Yang (mentioned in the last chapter) and the theory of the Five Elemental Processes we are able to map a blueprint of life which enables us to comprehend how nature works through interaction and balancing of all the varieties of patterns of Chi-cosmic vital energy.

The five processes interact and affect one another in characteristic ways. They have been described as principles of inter-creativity and inter-destructivity. The pattern of interaction can in the simplest form be described as follows:

Creativity - metal creates water; water creates wood; wood creates fire; fire creates earth and earth creates metal thus forming a circle of creative actions.

Inter-Destructivity - metal destroys wood; wood destroys earth; earth destroys water; water destroys fire; fire destroys metal, again forming a continuous circle.

See Fig 2-1 Outer circle arrows indicate Creativity
Inner pentagram arrows indicate Destructivity.

Fig 2-1



The Interplay of the Elemental Processes

Fig 2-2 and 2-3 illustrate how the five fundamental elements interact. Within nature and human life.

Fig 2-2

| PROCESSES | SEASONS | DIRECTIONS | ZHANG (Storage) ORGANS | FU (Transformational) ORGANS | CLIMATIC CONDITIONS |
|-----------|-------------|------------|------------------------------|------------------------------------|------------------------|
| WOOD | Spring | East | Liver | Gall bladder | Wind |
| FIRE | Summer | South | Heart | Small Intestine | Heat |
| EARTH | Late summer | Centre | Spleen | Stomach | Dampness |
| METAL | Autumn | West | Lungs | Colon/Large intestine | Dryness |
| WATER | Winter | North | Kidneys | Urinary bladder | Cold |

Fig 2-3

| PROCESSES | ORGANS | EMOTIONS | COLOURS | TASTES | SOUNDS |
|--------------|--------|----------|---------|--------|--------|
| WOOD | Eyes | Anger | Green | Sour | Call |
| FIRE | Tongue | Joy | Red | Bitter | Laugh |
| EARTH | Mouth | Worry | Yellow | Sweet | Sing |
| METAL | Nose | Sorrow | White | Tart | Cry |
| WATER | Ears | Fear | Black | Salty | Moan |

Energy Medicine

For thousands of years in the East (Tibet, India, China & Japan) wise inquisitive people have used their understandings of Chi, Yin and Yang, the Five Elements to create ways of improving and maintaining good health and longevity. Acupuncture, Meditation, Use of Herbal Remedies, Chanting, Yoga, special breathing exercises and Dancing are just a few of the ways of causing beneficial changes to occur within the human energy systems.

In the Vedas and other Ancient Books of Knowledge it is said by the sages that our human form is reliant upon several levels (bodies) of vibratory energy.

The physical body manifests at the grossest visible levels. All levels of energy interact with each other. The subtler bodies are within and extend outside of the boundary of the physical body. Together they project what is known as the aura.

Each body is expressed through its own frequency band or range. Each maintains its own integrity rather like Radio and TV frequencies transmit without overriding or interfering with one another. These levels of conscious energy can be generally referred to as follows:

The Levels of Being (a model)

Etheric this is the densest level of subtle energy and is closely associated with the functioning of the physical body. It extends a few inches beyond the skin and is probably what is picked up by Kirlian photography. The system of meridians and energy systems are found here.

Astral is of a higher frequency or finer level of energy than the Etheric and is said to extend several feet out around the physical body. It is the vehicle of emotions and its shape and colours within it are ever changing according to whatever emotions we are in at any given time. This vehicle of energy is so sensitive that it can be affected and influenced by the emotions of those around us or by changes in feelings we have from reading or watching TV etc. Occasionally we may be overawed by things others feel or do. It is up to us to maintain our personal space and avoid entering into any destructive feelings expressed by others. Once you feel safe with another or others in emotional relationships then the need to keep a distance from others feelings may not be necessary and hugs and cuddles then become energizing rather than depleting.

Mental is composed of even finer energy and extends further out from the physical body. It is the analytical intellectual vehicle. It governs the thinking brain and contains and projects thought forms, which have colour and shape. Telepathic people use this vehicle to project and receive thoughts to and from others. A well-developed mental vehicle will allow its owner to think clearly and to be focused on any mental task.

Causal is connected with the Soul or Higher Self. It is composed some of the finest vibrations within the universe. These extend out far beyond the other bodies. This is the seat of intuition, perception and understanding. The soul is said to be the vehicle where resides all the knowledge and the essence of your connection with the Universe. The soul is said to survive death and when the flesh, astral and mental bodies dissolve the soul remains to continue on through all eternity.

Consciousness

All these levels interrelate and complement each other and reflect the degrees of consciousness through, emotions, thoughts, and intuitions, body awareness etc.

Life is a journey and during the process of maturation and personal development, consciousness widens and the higher levels become more active. In childhood you will be more concerned with your physical and

emotional experiences; in youth the mental faculties are activated and in adulthood and maturity intellectual and intuitive abilities evolve. In everyday life your consciousness moves through combinations of frequencies as you shift your attention. Energy moves through each of the bodies and becomes transformed from grossest at the lowest material levels, to finest and subtlest at the higher levels. Changes in your physical body will affect the balance and equilibrium of energy in meridians, emotions and thinking levels.

Likewise all our emotions and thoughts will affect our physical body and its balance and general health. Events at the Causal and Soul levels will echo powerfully on down through all levels, even into the physical body.

The Human Energy Matrix

The masters speculated that each human being was at the existential level a complex consciousness holding together an energy system consisting of many hundreds of thousands of interconnecting vibratory circuits. Estimates varied from between 5,000 up to 450,000. Of these however they identified a few that are considered to be most important and effective in the distribution and balancing of all energies throughout the whole human system. These they called Meridians, Channels, Vessels and Chakras.

The Psychic Channel

The strongest flow of energy in your body is said to be the psychic or spiritual channel or Sushumna, running from the base of the spine up to the top of your head. This channel is charged from Earth below and the Universe above.

We are apt to think of ourselves as just a physical body. It seems that we are quite separate from anything outside of our skin; when we think in terms of energy this separateness disappears. We are an energy being and we only exist because of the constant flow and interchange of energy between ourselves and everything else in the universe. We receive and give energy to other people, animals, plants, and other living organisms. We take in and transform energy from the earth, sun, planets, stars and outer space.

Through time human beings have learned to stand upright and therefore are able to receive a very effective flow from below and above. Hence if you do anything that requires concentration or alertness such as reading a book, playing an instrument or doing things that demands a great input of energy it is best to have your body in a comfortable upright position. If you wish to relax or rest then lie down with your body comfortably unfurled and not curled up.

The Seven Main Energy Centres (Chakras)

The seven main centres are a parts of the subtle energy bodies. Each centre-Chakra (Wheel or Vortice of Light & Sound Energy) has an etheric component nourishing the surrounding organs and their functioning and an endocrine gland excreting hormones into the physical body. Chakras have their own astral, emotional, mental and causal component and so each forms a special centre of consciousness.

The lowest three Chakras are concerned with our individual survival and physical and emotional relations with other people and the outside world. The diaphragm can be thought of as a divider between these lower functions and the higher human functions or qualities. The fourth and fifth Chakras, the heart and throat, become more active as we develop our ability to love and become creative in communicating ideas and concepts. As we gain increased intuitive understanding of the nature of life and the universe, the sixth brow Chakra becomes more active. The seventh crown Chakra only becomes fully active and enlivened when we have developed our awareness on a spiritual level, of the unity of all life. In this way every change in consciousness is reflected in a change in the energy activity of the Chakras. As with the subtle bodies there is also a movement of energy between the various subtle bodies within each Chakra. When a change or transformation occurs at any level, this will create changes in all the other bodies of the same Chakra. Often people with a thyroid or other throat area physical problem are those who have been prevented, or have had difficulty in expressing openly, their inner feelings or thoughts.

The Chakras

Crown Chakra. Located within the crown, it externalizes as the pineal gland and governs the upper brain and right eye. Its function is spiritual awareness and spiritual will-to-be. The associated colour is violet and the balancing sound is AUM.

Brow Chakra. Situated in the centre of the forehead just above the eyebrow. It externalizes as the pituitary gland. It governs the lower brain and nervous system, ears, nose and the left eye. Its radiates intuitive perception and understanding down from the higher mind. The associated colour is indigo and the sound is AH.

Throat Chakra. Residing in the hollow of the throat, just below the thyroid gland. It governs the lungs, vocal chords, bronchia and metabolism. Its function is communication, self-expression and creativity. Its associated colour is velvety blue. Its balancing sound is HAM.

Heart Chakra. Lies near and just above the human heart in line with the spine. It has links with the thymus gland. It governs the heart, blood and circulatory system, and also influences the immune and endocrine systems. Its function is awareness of self, service to others, empathy and compassion. Its colour is emerald green with a bluish tinge. Its balancing sound is YAM.

Solar Plexus Chakra. This is found in the area of the solar plexus. The centre of power and physical energy. It externalizes as the pancreas and influences the liver, spleen, stomach, gall bladder and aspects of the nervous system. It is the centre of emotional sensitivities and issues of personal power. It works on the emotions, personal power, and desire mechanisms. Its colour is bright yellow with an inner triangle of red. Its balancing sound is RAM.

Sacral Chakra. This plexus is associated with the Gonads and influences the reproductive system; lower back, legs and feet. Its function is to promote physical and mental vitality, grounded-ness, sexual energy, relationships and feelings of self-esteem. Its colour is orange with a glint of silver within. Its balancing sound is VAM.

Base Chakra. This Chakra is associated with the Adrenals it energizes the spine, skeleton, kidneys, bladder and autonomic nervous system. It functions through procreation and energizes the will-to-be. Its colour is red with a yellow glow within. Its balancing sound is LAM.

Organs

In the oriental system of medicine twelve organs/units are identified as being storage or transformational in their functioning. Storage organs include lungs, spleen with pancreas, heart, kidneys, pericardium and liver. Transformational organs include: stomach, small intestine, large intestine, bladder, triple heater and gall bladder. Their functions are briefly as follows.

Storage Organs

The Lungs take in energy from the air and combine this with energy from food to nourish the whole body. The lungs also contribute to increasing vitality and positivity in a system.

The Spleen transforms energy generated from food into bodily energy; also enhances concentration and thinking processes.

The Heart circulates the blood, controls the blood vessels, helps in the formation of blood from energy taken from food and the air; it is the home of mind, consciousness, thinking, feeling and long-term memory.

The Kidneys provide raw energy for all other organs, for growth, development, and reproduction. They also nourish all the bones including the spine and refresh the brain giving willpower and determination.

The Pericardium encloses and protects the heart, stimulates circulation and plays a part in successful relationships.

The Liver directs an even and regular flow of energy throughout the body; it enhances the ability to think and plan effectively, balances emotions, and creates humour, and creativity.

Transforming Organs

The Stomach Breaks down food ready for the extraction of vital energy by the spleen, and intestines. The stomach promotes intellectual thinking.

The Small Intestine Receives food and separates the nutritional content and passes the rest on to the large intestine. It is the centre of discrimination and decision-making.

The Large Intestine Receives food from the small intestine absorbs useful fluids and excretes waste matter in stool. It creates feelings of self-confidence and the ability to let go and move on.

The Bladder stores unwanted fluids prior to excretion in the urine. The bladder is the centre of courage.

The Triple Heater distributes energy as warmth throughout the body. It encourages successful emotional relationships.

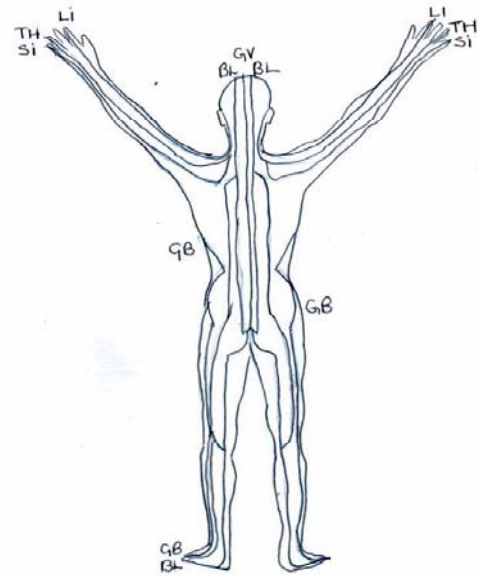
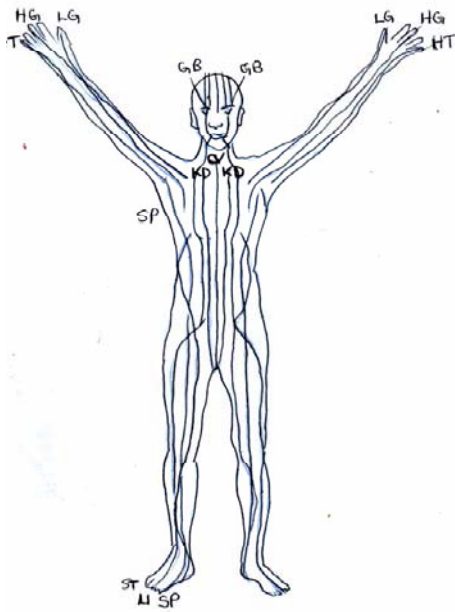
The Gall Bladder is the storage and distribution depot for bile, which is manufactured by the liver.

Meridians/Channels

Each of the twelve organs is linked with an energy meridian. Each meridian travels through the body, connecting with various organs and chakras and in some places on the surface of the body. These twelve meridians are bi lateral- located on both sides of the body. In addition to the chakras and the

twelve main organic meridians there are two very important channels namely the Governing Vessel and the Conception Vessel. Together these two join and form a complete loop. The Conception Vessel runs down the centre front of the body and the Governing Vessel runs up the centre back of the body over the head and finishes in the mouth. See Fig 1 and Fig 2.

Fig 1 Meridians Front View Fig 2 Meridians Back View



| |
|------------------------|
| HG = Heart Governor |
| LG = Lung |
| HT = Heart |
| KD = Kidney |
| LI = Liver |
| SP = Spleen |
| CV = Conception Vessel |

| |
|-----------------------|
| LI = Liver |
| TH = Triple Heater |
| SI = Small Intestine |
| BL = Bladder |
| GB = Gall Bladder |
| ST = Stomach |
| GV = Governing Vessel |

Flow

Energy flows into the meridians from the chakras and the organs of the body and also from the outside ends of the meridians on the hands and feet and through the Tsubo/stimulation points. The meridians form a network and are all inter related. Each meridian has a short connecting pathway to two other meridians, so the energy flows from one meridian to two others, and each of these two others flows into two others. This network forms a matrix of life energy. The interflow of energy meridians is as follows: Heart meridian; small intestine meridian; bladder meridian; kidney meridian; heart governor meridian; triple heater meridian; gall bladder meridian; liver meridian; lung meridian: large intestine meridian; stomach meridian; spleen meridian and back into the heart meridian once more.

Each of the main meridians has a fixed direction, termed either centrifugal or centripetal. In addition each is associated with one of the five elements and is designated as either yin or yang depending on the character of the energy that flows along it.

Centrifugal when applied to a meridian indicates that the energy or vortex flows outwards in a swirling motion along the meridian away from the centre of the body.

Centripetal when applied to a meridian indicates that the energy flow swirls inwards towards the centre of the body from the periphery to the nerve or organic centre.

Health

Good health occurs when all the energy within main meridians, other energy channels, chakras, and organs is balanced and flowing freely. If there is a blockage or there is too much or too little energy in one part of the system for any length of time then ill health, disease or malfunctions will quickly follow. More energy flowing freely increases overall consciousness within the whole system/being and contributes to greater stamina, positivity and clarity of mind. In the Eastern Shiatsu tradition Kyo describes a state of deficient or low energy; Jitsu describes excess or high energy. A balanced state between these two is desirable for

Balance and Equilibrium

Good health whether mental and/or physical relies on all energy flowing freely throughout the Meridians and energy channels and also on reserves of vitality being taken in and stored within the systems of the body. The Ancients discovered that when blockages occurred within a system then illness and disease could soon followed. They recognised that certain illnesses were related to organs and imbalances either too low or too high energy levels. On the next pages I have included Energy Flow Charts to give more information about flow and its effects on the human system.

Meridian Energy Flow and Comparison Charts

| MERIDIAN | Physical Associations and Imbalances. | Psychological Associations and Imbalances |
|---|---|--|
| <p>Heart Meridian Quality = Unconditional love. Character = Yin. Element = Fire Flow = Centrifugal. Function = Awareness; Centre of Emotions; circulation.</p> | <p>Associations: heart organ; central nervous system; tongue and speech; perspiration. Imbalances: heart disease; circulatory problems; palpitations; speech disorders, stammering etc.</p> | <p>Associations: home of spirit and mind (Shen). Human consciousness/awareness; compassion; emotional stability; joy laughter; self expression; communication; long term memory. Imbalances: heartlessness; personality and mental illness; restlessness; insomnia; instability; hysteria; speech and communication problems;</p> |
| <p>Small Intestine Meridian Quality = Trust Character = Yang Element = Fire Flow = Centripetal Function = Assimilation; absorption; discrimination.</p> | <p>Associations: small Intestine; passage of nutrients from digestive tract into the bloodstream. Imbalances: intestinal gas; abdominal pain; anaemia; poor absorption of nutrients.</p> | <p>Association: clear discussion making; determination coping with anxiety and shock. Imbalances: cloudy judgment; bad reaction to shock. Indecisiveness.</p> |
| <p>Bladder Meridian Quality = Inner Direction Character = Yang Element = Water Flow = Centrifugal Function = Purification; storage and excretion of fluids.</p> | <p>Association: water metabolism; maintenance of bones, teeth; head hair; ears; spine; autonomic nervous system. Imbalances: urinary problems; prostate; bone disease; teeth, hair and hearing problems; vertigo; some arthritis; stress problems; nervous tension.</p> | <p>Association: fluidity; courage. Imbalances: restlessness; fearfulness; recklessness; timidity.</p> |
| <p>Kidney Meridian Quality = Gentle Spirit Character = Yin Element = Water Flow = Centripetal Function = Progression; will power; sexual and reproduction activity.</p> | <p>Association: endocrine; hormones; reproductive and sexual activity; overall potential for pace of lifespan; energy for activity; water metabolism; ears; bones and teeth; lower back; genetic inheritance. Imbalances: Any problems in the areas of the above-mentioned associations.</p> | <p>Associations: Inherited ancestral energy; genetic inheritance; courage; short-term memory; movement of emotions; forward progress through life. Imbalances: fear and phobias; restlessness; forgetfulness; lack of personal drive. Inherited psychological problems.</p> |

| MERIDIAN | Physical Associations and Imbalances. | Psychological Associations and Imbalances |
|--|--|--|
| <p>Heart Governor Meridian Quality = Unconditional Love Character = Yin Element = Fire Flow = Centrifugal Function = Governs the circulatory system and protects the heart.</p> | <p>Association: heart organ; arteries; veins; blood pressure. Imbalances: angina; palpitations; circulatory; arterial and venal problems including hardening of arteries and varicose veins.</p> | <p>Association: Relationships; emotions; sleep and dreams. Imbalances: shaky emotions; unease in social situations; insomnia and disturbing dreams; overprotective and overprotected.</p> |
| <p>Triple Heater/Warmer Meridian Quality = Connection Character = Yang Element = Fire Flow = Centrifugal Function = Balances and Harmonizes the body's thermostat; protects immunity through the lymphatic system. Controls the opening of the body's waterways.</p> | <p>Association: Regulates temperature for heart and lungs in circulation and breathing; stomach and spleen for digestion and transportation; the kidneys, bladder, correct working of liver, small and large intestines in segregation distribution of fluids and substances. Imbalances: Organic and temperature imbalances within the various systems of the body; allergies; lymphatic problems; immune system disorders</p> | <p>Association: Social interaction; emotional protection and balance. Imbalances: lack of warmth socially; chilly personality; overprotective or under protective with self and others</p> |
| <p>Gall Bladder Meridian Quality = Harmony Character = Yang Element = Wood Flow = Centrifugal Function = Storage; distribution; judgment; bodily movement; secretion of bile.</p> | <p>Association: gall bladder; joints; muscles and tendons; sides of the body; digestion of fats; eyes. Imbalances: gall bladder and gall stone problems; bodily stiffness, inflexibility; indigestion; some arthritis; migraines; tiredness.</p> | <p>Association: decision making; tenacity; good humour; positive use of anger; creativity. Imbalances: lethargy; tendency to overwork; inability to plan; over perfectionism. bitterness; impatience; irate.</p> |
| <p>Liver Meridian Quality = Loving Kindness Inner vision. Character = Yin Element = Wood Flow = Centripetal Function = Control; distribution; detoxification; body movement; harmony; planning.</p> | <p>Association: Liver; detoxification and storage of blood; blood sugar metabolism; muscles, tendons, ligaments; eyes. Imbalances: jaundice, cirrhosis; menstrual flow; eye problems; migraine; biliousness; gout; tiredness; painful muscles, joints, tendons; ligaments; arthritis;</p> | <p>Association: control; planning; pleasant emotions; humour; anger; industriousness. Imbalances: losing and being out of control; controlling others; inflexible thinking; emotional suppression; repression; frustration; bad temper; either lacking determination or hanging on.</p> |
| <p>Lung Meridian Quality = Self Worth Character = Yin Element = Metal Flow = Centrifugal Function Vitality; intake of air energy; take in new influence</p> | <p>Association: lungs; nose; skin. Imbalances: lung diseases and disorders; asthma, emphysema; coughing; chest tightness; nasal and sinus problems; skin problems; eczema; spots; dry skin</p> | <p>Association: personal boundaries and structures; self worth; individuality; uniqueness; able to express grief and sorrow. Imbalances: depression; melancholy; negativity; introvertedness; low self-esteem.</p> |

| | | |
|---|---|--|
| <p>Large Intestine Meridian Quality = Letting go Character = Yang Element = Metal Flow = Centripetal Function = Elimination; excretion</p> | <p>Association: bowels; skin; nose; sinuses. Imbalances: constipation; diarrhoea; IBS; diverticulitis; skin disorders; excessive mucus, catarrh and other secretions.</p> | <p>Association: Ability to let go; boundaries between self and others. Imbalances: Clinging to things and people mentally and physically; rigidity; negative thinking and outlook.</p> |
| <p>Stomach Meridian Quality = Contentment Character = Yin Element = Earth Flow = Centrifugal Function = Nurturing; nourishing body, emotions, social interactions etc.</p> | <p>Association: chewing; mouth and lips; appetite; breasts; ovaries; menstruation; sleep. Imbalances: stomach ulcers; mouth ulcers; hiatus hernia; indigestion; nausea; vomiting; weight problems; nervosa; ovarian cysts; fibroids; prolapses; irregular bodily cycles.</p> | <p>Association: the mind; thinking processes; intellect; harmony, balance and being grounded; harmony with family, home, earth; sympathy; maternal feelings. Imbalances: too much worrying, thinking, studying; mental confusion; obsessive and dogmatic attitudes; anxiety; instability; self-pity; fussing;</p> |
| <p>Spleen and Pancreas Meridian Quality = Choice Character = Yin Element = Earth Flow = Centripetal Function = Nurturing; transportation and transformation of energy; digestion; reproductive cycle.</p> | <p>Association: secretion digestive enzymes and digestion. Transformation of energy; reproductive cycle. Flesh and body fat. Imbalances: digestive problems; diabetes; hypoglycaemia; ravenous hunger or lack of appetite; problematic periods; anaemia; bleeding disorders.</p> | <p>Association: Nurturing; motherhood; transformation. Imbalances: Mental deep-seated mental problems leading to eating discord.</p> |
| <p>Governing Vessel Quality = Strength Character = Yang Function = Influences all the Yang meridians.</p> | <p>Associations: spine; brain; Yang aspects of the Kidney meridian. Imbalances: disorders in the back nervous system; lack of vitality; epilepsy; sexual disorders</p> | <p>Note: Using techniques to balance energy in this vessel can give clarity of mind and promote spiritual upliftment.</p> |
| <p>Conception Vessel Quality = Nurturing Character = Yin Function = Influences the Yin meridians.</p> | <p>Associations: Abdomen chest, lungs, throat; face; fertility; childbirth; menopause. Imbalances: coldness; weakness; weak will power; lumps; hernia; lumps; fibroids; reproductive Problems.</p> | |

Health and Healing

Health and healing depend on the quantity and quality of vital energy in the body. Vital energy (Chi) is a causal factor in a wide range of bodily phenomena. For example a deficiency of Chi in the kidneys may result in a physical and psychological illness. See the meridian charts above.

Meridians can be likened to streams or rivers and Vessels or Channels can be likened to reservoirs or lakes where reserves of vital energy-vitality are stored. In addition to the two main Channels mentioned (Conception Vessel and Governing Vessel) there are a further six important ones. Briefly they are:

- Tai Mo, or Belt Channel it begins under the navel, where it divides into two branches, which extend around the waist to the small of the back
- Ch'ueng Mo or Thrusting Channel, passing through the centre of the body, in front of the Governing Vessel and behind the Conception Vessel its lower end is at the genitals, and it extends upward to just below the heart.
- Yang Yu Wei Mo, or Positive Arm Channel, also begins below the navel, passes through the chest to the shoulders, and goes then down the outer sides of the arms to the tips of the middle fingers, then around to the centre of the palms.
- The Yin Yu Wei Mo, or Negative Arm Channel, extends along the inner sides of the arms, from the palms to the shoulders, and ends in the chest.
- The Yang Chiao Mo, or positive leg Channel, extends along both sides of the body, from the centre of the soles of the feet, along the outer sides of the ankles and legs, and then farther up to the head, and ends below the ears. The lower extremities of this channel in the soles are called the Yung ch'uan cavities or bubbling spring.
- The Yin Chiao Mo, or Negative Leg Channel, also begins in the Yung Ch'uan cavities but extends up through the inside of the legs to the genitals and then farther up the centre of the body to a point between the eyebrows.

Balance and Equilibrium

Good health whether mental and/or physical relies on energy flowing freely through all the Meridians and energy channels and also on reserves of vitality being taken in and stored within the systems of the body. The Ancients discovered that when blockages occurred within a system then illness and disease could soon followed. They recognised that certain illnesses were related to organs and imbalances either too low or too high energy levels. On the next pages I have included Energy Flow Charts to give more information about flow and its effects on the human system.

The Three Treasures –Chi Jing and Shen

The three Treasures underlie everything in the Universe. They are the vital components of human life and the indispensable assets of existence. They are the hidden link between the creative spiritual wisdom and infinite power of life and the universe.

Chi is vibrant energy and it is the fundamental essential force of the Universe and life itself. For life to exist there are also two other vital elements they are Jing and Shen.

Jing is the essential component of your human body and serves as a basis for vital activity. Jing can be categorised as congenital, acquired, reproductory or as the basis essence of Zang and Fu organs and their meridians. These types of Jing do not exist as four separate substances but interact with, support and transform into one another. Congenital Jing is

inherited from the blood and essence of your parents and is one of the prime substances of vital activity in your body. Congenital Jing supports and is involved in the transformation of the other types of Jing. Acquired Jing is produced through the digestive process from your food and nutrients and active in the spleen and stomach. Through the function of your lungs it is transported to all the Zang and Fu organs where it becomes Zang Fu Jing.

Chi and Jing are therefore the substantial basis of the vital activity of your body. They exist together. When Jing Chi is present in the body you live. As soon as it leaves you die.

Shen means different things in different contexts. Basically it is the spirit of life. It can also be used to describe mind, sense, expression purposefulness. It could be said to be the driving force of consciousness. Shen is also the vital movements within the body resulting from brain activity. It manifests outwardly as an expression of the Zang Fu systems, meridians, Chi, blood, Jing and bodily fluids. It is derived from Jing and Chi and also has a substantial basis. Shen is also the outward manifestation of the cooperating actions of JING AND Chi. Where Chi is strong, there will be Shen, where Chi is absent, Shen will weaken. Shen moves along with Chi whilst Jing permeates it. The substance of Shen manifests in bodily appearance, while at the same time Shen is also a function of bodily appearance.

Shen depends on Chi and the appearance of the body to express its function. At the same time the entire body-brain, interior viscera, organs, orifices, meridians, Chi blood, Jing and bodily fluids and all movements and activity depend upon Shen to maintain their normal activity. The role of Shen is vital and necessary. It is said that increases in Shen result in vibrant life and that of Shen means certain death.

The Main Sources/forces of External Vibrance

The Universal or First Force is also known as **The Heavenly Chi** (Energy). It includes the energies of all planets, stars and galaxies and the presence of the Universal Love. This vast, all-pervading force nourishes soul, spirit and Chi within each person and in every living creature.

Universal Vitality-Cosmic Chi is the second force of nature. Particles of light are part of the original Chi energy that spirals into matter to form the stars and planets. The magnetic powers of Planet earth, Moon and the Universe cause these particles to drift through our atmosphere like dust. These particles nourish the mind, internal organs, glands and senses. The finest way to attract and absorb more of this vital force is to relax and/or meditate. In this way we naturally receive this energy into the meridians were it circulates before once more being re-absorbed back into the Universe.

The Earth Force is the force of nature. It issues from all plants, animals, water, minerals, rocks, mountains, oceans, Earths gravitational force and electromagnetic field. We may easily absorb some of this energy through the soles of the feet as we ground or earth ourselves.

All three above mentioned forces work together in harmony to sustain all life forms in our Universe.

Hereditary Primordial Chi (Energy) is said to be stored within our bodies in the space between the navel the kidneys and the sexual centre, slightly above the pelvic area. It is like a personal internal power pack, a battery within each of us. We receive it at conception and it is with us until the day we die. It nourishes us in the womb and is the foundation of our life force. . It is instilled in our bodies through the union of our parents. The meeting of the sperm and the egg at conception cause a reunion or fusion between heavenly eternal power and earth universal life energy. This original energy can be depleted by excesses and overuse of senses, sex, work, or study. There are several breathing and stretching exercises that can help increase and restore or re-charge this life battery.

Categories of Personal Chi

Acquired Chi (Energy) includes all the types of Chi that are produced after birth. The primary sources of this energy are food, water, air, and certain mental and physical exercises.

Jen or Fire Chi (true Energy) Postnatal derived from digestion, respiration, metabolism and other basic bodily functions and is the mainstay of daily life.

Ying Chi (nourishing energy) The fuel of metabolism and other vital functions of the organs and cells. It travels within the blood vessels and the energy meridians and is distributed to every cell, organ, gland and tissue of the body. It activates your entire system and relies on the purity of the air one breathes, the efficiency of the digestive, respiratory and circulatory systems. Correct breathing, clean blood, and strong heart and liver functions are preconditions for the unimpeded flow of blood and energy requires for efficient delivery of nourishing vital energy to all parts of the body.

Wei Chi (guardian energy) Moves outside the bloodstream and energy channels and is distributed evenly throughout the surface of the body, in the subcutaneous tissue of the skin and around the exterior surface, where it forms a protective shell of energy that resists invasion by aberrant external energies from the environment, such as extreme weather conditions, radiation and negative energies received from other people.

Dzang and fu Chi (Organ energy) These energy patterns are associated with the two types of organs. They respond to external sources of the elemental energies drawn from nature through food, water, air, weather factors, colours and herbs, as well as related internal factors such as emotions, thoughts, hormones and metabolic processes and their mutual balance.

Jing Chi (essential energy) this is a potent type of energy derived from the conversion of the purest, most potent forms of bodily essence particularly sexual fluids, hormones and neurochemicals. When conserved they may be

transformed into the potent energy of through the internal alchemy of the body. This energy suffuses the entire body with vitality and enhances the actions of the immune system. It also promotes clear mental activity, increases stamina and aids longevity.

Ling Chi (spiritual energy) Ling-chi is the subtlest most refined of all human energies and with daily special practices of breathing, stretching and relaxation can be developed from refinement of all other energies. It is said to enhance spiritual awareness, improve cerebral functioning and can lead to higher awareness and enlightened states of mind

Summary

- Modern Physics has now proven that the universe and all matter issue from energy.
- The Taoists discovered Five Elemental Processes or Forces.
- Each element interacts with the other four.
- There are endless permutations created by the interaction of the five forces.
- Energy Medicine is based on understanding the way of the Elemental forces.
- There are several levels of Being.
- Consciousness is reflected through emotions, thoughts, intuitions and body awareness.
- There are said to be up to 450,00 energy circuits in a human being.
- The main energy routes are called chakras, meridians and channels.
- There are twelve main organs for storage and transformation of nutrients, vitality, fluids etc.
- Energy flows through our bodies to and from the organs through meridians and blood vessels.
- Energy flows either Centrifugally or Centripetally.
- Good health relies on the balance and equilibrium of the energy in the meridians.
- Good health relies on the quality of the energy in the body.
- There are said to be three treasures in nature. They are Chi Jing and Shen.
- Energy comes to us from many sources: from parents at berth, from the universe, the earth, food, relationships, exercise and breathing.

CHAPTER FOUR

CHI GUNG – Working with Energy

Medical Benefits

The medical philosophy underlying Chi Gung emphasized the superiority of maintaining good health over curing illness. Chi Kung is medicine par excellence. But it is even more: when you practise Chi King you experience at the same time both its preventive and its curative functions. If you have a disease, and you practice Chi King often remission of most if not all the symptoms of the illness will disappear and your system will return to a healthier state. Chi Kung will promote health and longevity. This preventive and curative quality of Chi King make it a unique and wonderful healing system.

In addition to its preventive and curative benefits Chi Kung also helps each of us to grow emotionally, mentally and spiritually, giving us access to the wonderful benefits of health in its widest sense.

Simply, Chi Gung helps to cleanse and harmonize the energy flows thereby restoring the balance of yin-yang throughout and on all levels of a system.

Yin and Yang

The Yin Yang relationship is probably the most misunderstood concept in the Western World. Many people think that yin and yang are the two basic ingredients or forces of which the universe is composed. This is a misunderstanding. Yin and Yang are not absolute units; they are merely symbolic terms that can mean different things at different times and in different situations. Yin and yang refer to the two opposing yet complementary aspects of everything in the universe from concrete objects to abstract ideas. They are relative to each other and exist because of the other. Take the simple concept of big and small. We say a whale is big, because we usually compare it to a smaller creature like an ant or even a human being. If we compare a whale with an iceberg or an ocean liner then the whale is very small.

A more abstract example maybe courage and cowardice. Just as with big and small, courage is relative to cowardice; it exists because of cowardice, and vice versa. Here is an example. If someone climbs up a cliff face but only gets part of the way up, some observers might consider that person a coward if they do not climb up to the very top. However if someone is very frightened of heights but still attempts to climb and succeeds in getting half way up the cliff some people might consider this a great act of courage.

We might refer to one aspect above. small or cowardly , as yin and the other aspect, large and brave as yang. We can reverse the terms for small or cowardly as yang and large and brave as yin. But we may cause some problems, because by convention, whatever is negative, feminine, dark, cold,

yielding, below, inside or structural, is referred to as yin and their counterparts as yang.

The Masters of Wisdom referred to the body's natural self-defence system as yin, and all exopathogenic agents as yang. Although at any one time, there are millions of germs and bugs in your body, many of them deadly, you are not sick because your yin defence can balance the yang invaders. If this yin-yang balance is disturbed, then illness may occur. For example if the yin defence is weakened perhaps by anxiety, depression, over-tiredness or some other disruptive based disorder then you may fall sick and even if the exopathogenic agents have not increased, this yin-yang imbalance is caused by insufficient yin. On the other hand, the yin defence may remain constant but the exopathogenic agents increase substantially, for example when you take in contaminated food or breathe in a excessive number of harmful germs. Then illness may occur, and this yin-yang disharmony is caused by excessive yang.

So how does Energy Work prevent or cure contagious diseases, illness and/or disorders?

When disease-causing micro-organisms attack certain parts of the body, reserve energy is naturally and automatically channelled to meet these attacks. However if there are blockages in meridians then the flow of reserve energy is hindered and illness results.

When you practice Chi Kung you cleanse your meridians, harmonize energy levels and promote a smooth flow of reserve energy to the areas under attack, thus restoring the yin-yang balance. In addition, practising Chi Kung increases your reserves of energy and vitality, thus preventing any possible outbreak of illness.

A series of experiments carried out at Tientsin Chinese Medical Research Centre on sixty-eight patients, showed that the proportion of white blood cells, which are responsible for the body's self-defence, increased from an average of 57.7 per cent to 78.1 per cent after practising Chi Kung for three months. Experiments carried out at Jiangsu Chinese Medical Research Centre showed that the amount of the antibody IgA which is important for humoral immunity, increased from 767.5 mg per cent to 1193.4 mg per cent after three months of Chi Kung practice. The proportion of T-cells, which are important for cell-mediated immunity, was found to be 74.9 per cent among Chi Kung practitioners, compared to 65.6 per cent in other people.

So as you can see Chi Kung work greatly enhances the immune system. When we can successfully prevent outbreaks of contagious diseases, we not only add to the quality of our lives now, but also give ourselves the opportunity to live more fully our natural life span.

THE NEW BOOK

I hope that you have enjoyed reading these extracts from the new book. The book itself will be an easy reader and contain techniques, exercises, and

procedures illustrated with photographs and diagrams to demonstrate the simplicity of the system. If you want to know more about Bev and myself and the work we do feel free to visit our personal website at www.freezezone.co.uk/tranquilife or visit our free community for information about free offers, prizes etc. at www.communityzero.com/freeway or contact us by e-mail at tombev@freezezone.co.uk

THE ORIGIN OF FREEWAY-CER MERIDIAN ENERGY THERAPY

For many years I travelled the world and whilst in the Orient and the Far East during late 1950's and through the 1960's I was amazed to see people carrying out miraculous feats of healing. I asked people about these wonderful happenings and I was told that these people were able to work with, channel and direct energy within themselves and their patients.

Most of these healers seemed to touch, massage, press, rub or breath on the sick person and very soon wonderful changes occurred. Sometimes vocal sounds were hummed by the healer or doctor but I noticed that **very few words were spoken**

When I returned to the UK I soon forgot what I had witnessed, too busy earning a living and providing for my family.

In the early 1980's after many years of stressful living I was in a very depressed state. divorced and out of work. I felt that life was not worth living. Then I met someone who taught me a simple technique of deep rest which miraculously changed my whole life for the better in a matter of days.

I felt so complete, so comfortable within myself. I then noticed that many around me seemed to be suffering as I had been. I then decided I would like to spend the rest of my life helping others to find the deep peace that I was experiencing.

I then recalled the wonderful things I had seen all those years ago in the East and realised that the technique that I had been taught came from the same roots.

For the next 14 years I carried out much research into the magical world of healing and the use of techniques to cause beneficial changes. I studied and took courses and gained qualifications and skills in holistic therapies including hypnosis, psychotherapy, healing, aromatherapy and nutrition. Using these skills I was able to help many people to gain relief and better health. I wrote my first energy book 'Vibrations for Health and Happiness' in 1986/87 and it was published in 1998.

A few years ago I was introduced to EFT by Chrissie Hardisty and began to use this and BSFF for myself and with my family, friends and clients.

Within a very short period of time I realised that the healing techniques and energy work that I was already using prior to learning about EFT could offer

perhaps the foundation for a comprehensive yet easy to use system that any therapist or practitioner could easily learn to use not only to relieve problematic conditions rapidly but to do far more. So with the help of my partner Beverley I soon combined a selection of complimentary energy elements and formulated the beginning of the FREEWAY Energy Therapy System.

One night I awoke with an idea and the next day I thought through the previous nights insights. After a few days of trial and error the Change Energy Routine (CER) procedure/technique came to life. It is now the central procedure within the whole system which is now called FREEWAY-CER System.

CER only uses 8 points. **Very few words**, a series of strategic yawns, and finally an intonation made using voice, ears and hands.

One round of CER takes less than a minute.

CER is easy and simple to use, it addresses all meridians, channels not only vertically but across body. Clients and people who have been trained as Practitioners say that it is a very gentle yet deeply effective and profound procedure. It is now the main rapid change technique within the FREEWAY-CER System.

So the birth, development and coming to life of the FREEWAY-CER System is based on the ancient energy teachings of the masters of the Ageless Wisdom and also benefits from the new energy science of today.

Notice of FREE FREEWAY-CER PRACTITONER COURSES FREE BURSARIES AND FREE BOOKS

Since we recently opened the new free FREEWAY CER Community site a we have had a enormous response and lots of interest in the FREEWAY CER System, and lots of people have joined the community. At <http://www.communityzero.com/freeway>

We are therefore now offering for all those of you who have already joined the FREEWAY Community group or who decide to join no later than the last day in May 2002, an opportunity to win a free FREEWAY Master Practitioner Correspondence Course or a free FREEWAY Practitioner Correspondence Course, or one of over £1500 worth of other exciting prizes.

For full details of how to qualify to receive one of the above mentioned free gifts, all you have to do is to visit the FREEWAY community site at <http://www.communityzero.com/freeway>

Note: there is also a free download of the FREEWAY-CER System extracts manual on the freeway community site.