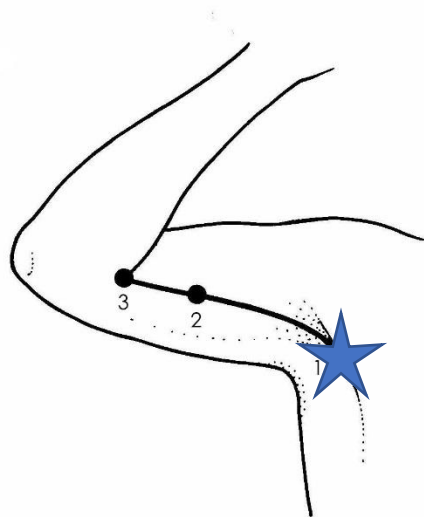




## Opening to Divine Guidance / Intuition A Few Techniques

### Heart 1 - *Ultimate Source*

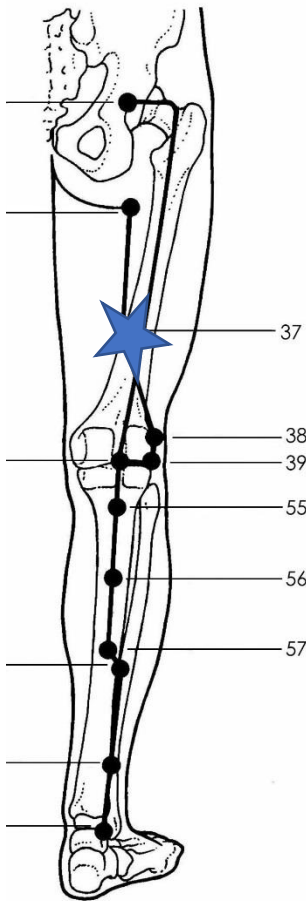
This point reconnects us to source, aligning the Divine Within (our innermost being) with God/Spirit/the Divine, (whatever term you prefer). Connecting or reconnecting us in the way are designed to be...connected, aligned, in-tune with Spirit at all times, we part of Spirit, the holy spirit dwells within us, we are one. This removes uncertainty, feelings of being isolated and alone in the world...alleviating sadness or the seeming inability to love or be loved...allowing us assurance, connection, endurance, unification, and love.



### **Third Eye of Intuition**

The third eye is associated with intuition, inner knowing, higher wisdom...that does NOT originate from our own thinking mind. The Third Eye is a gateway to our inner self and to higher consciousness.





## Bladder 37 Soul Door

Opening this door brings inspiration into all areas of one's life. Shock, suffering and distress can shut this door. When the door is shut, a sense of strange discontent may remain even though one seeks meaning and spiritual connection through:

- Spiritual searches or quests for significance, meaning, and purpose
- Looking for a sense of worth through titles, trophies, finances, and possession
- Changing houses, partners, diets, or expert advisors
- And trying again and again to connect with Spirit

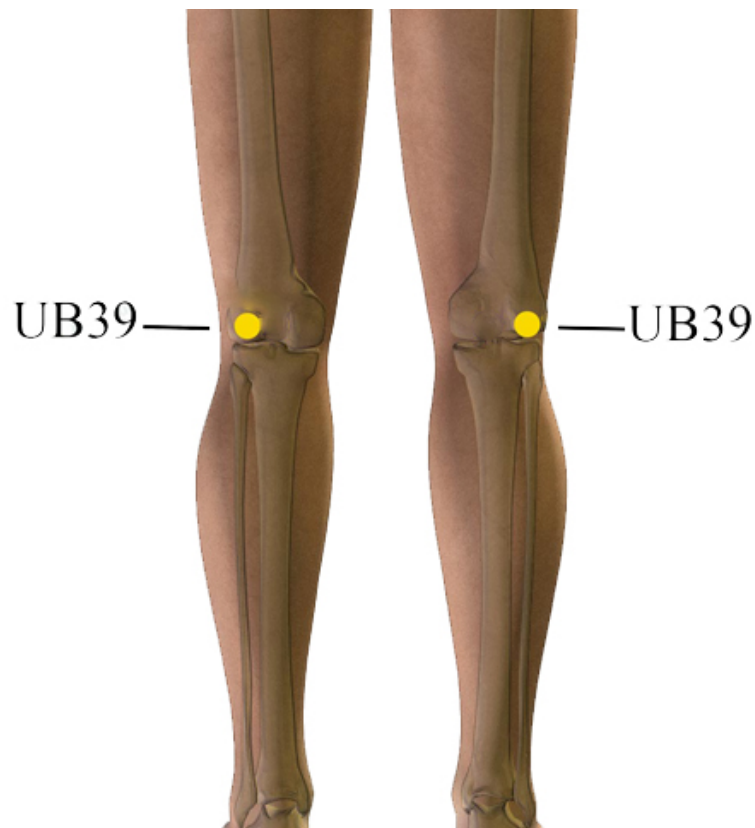
Opening this door lets us see our connection to Spirit that has been there all the time, but somehow - we did not recognize it. With this opening, we will begin to sense, know, and feel Connection with Spirit and with Guidance in our lives.

Figures from: Evidence-based Acupuncture Training, Western Medical Acupuncture for Musculoskeletal Pain, 2015

Valerie J. Berg Rice (Vita), Ph.D., CPE, OT/L  
 VitaLifeCenter.com, 210-391-8000  
 Occupational Therapist, Human Factors Engineer,, Speaker, Author

Eden Energy Medicine Advanced Practitioner & Instructor, 1-4  
 Certified Emotional Freedom Technique Practitioner, 1-2  
 Mindfulness-Based Stress Reduction (Meditation) Instructor  
 Psychic Medium

Author: *VitaLife Insight: Lessons from the Chair*  
 Co-Editor: *Ergonomics for Children: Designing Products & Places for Toddlers to Teens*  
 Co-Editor: *Advances in Neuroergonomics and Human Factors of Special Populations.*



#### Pohu, Door of the Corporeal Soul

The point is a gate that provides access to the deepest levels of the soul – the “Spiritual Soul”. Associated with the Liver (the Official of Planning), this point can clarify the spiritual vision to see one's destiny. It helps a patient see whether their path, their plans, and their choices are in alignment with their Divine purpose or destiny. It helps a person know how he or she fits into the grand scheme of things. Patients who need this point tend to lose their way or become easily confused, frustrated, and thrown off track. They lose their internal compass. They may spiritually flicker – finding purpose, direction, and alignment – only to lose it, as the natural functioning of this gate is impaired. When this gate is open, it allows for a strong flow of spiritual strength and insight capable of handling whatever need may arise. One is on-task, on-purpose, and confidently self-assertive.

**Chinese Name:** Pohu (English translation: Po Door)

**Location:** On the back, 3.0 cun lateral to the lower border of the spinous process of the 3rd thoracic vertebra.

**Indications:**

- Cough, asthma, pulmonary tuberculosis
- Neck stiffness, pain in the shoulder and back

**Functions:** Descends rebellious Lung Qi, relieves cough, activates the meridian, alleviates pain.

**Notes:** **UB 42** is the outer Back-Shu of the Lung. Its special feature is that it helps treat the psychological/spiritual aspect of the Lung. So, it is generally used to treat prolonged sadness and grief.

**Needling:** Oblique insertion .5 - .8 cun.

### **The Spirit Level**

When we speak of treating the spirit, we mean the spirit level. The spirit itself needs no treatment, as it is innately perfect and pure awareness. Having no components, it cannot become imbalanced and thus, cannot be improved.

Every patient has a physical body, emotions, and thoughts, but beyond that, there is clearly something else – the “elan vital”, the Divine spark, the source of the “magic” of life. Spirit is not quantifiable or measurable with instruments, but using ourselves as instruments, our own spirit can assess the condition of the spirit manifesting in the patient.

Treating the spirit level is analogous to the removal of dark clouds, which obscure our perception of a clear and bright blue sky beyond. Like dark clouds, our perception of spirit, can be (and often is) clouded and compromised. We may see ourselves (and the world around us) through veils of anger, sadness, and anxiety, perceiving ourselves to be unworthy, unlovable, inept, or in the opposite extreme, superior, and arrogant. Either extreme is equally imbalanced and worthy of our attention and compassionate care.

Even if the patient's chief complaint is at the physical level, there will always be concomitant imbalance on the mental and spiritual levels. The Chinese saw human beings as body/mind/spirit all at once. One could not be imbalanced at one level without it affecting the others.

Whether one covers the pain of brokenness at the spirit level with an outward façade or not, the pain is there and unless we address it, we are, at best, palliating – like putting a coat of paint on the outside of a decaying house, patching the holes in the wall without bothering to consider: Why are those holes there in the first place?

Some of the most powerful points to resurrect, strengthen, clarify, and support the spirit level are found on the upper Kidney meridians on the chest and the outer Bladder line on the back. These points may be conjoined with treatment of any element or organ/function. Below are 8 of these seemingly magical points.

### **Kidney 24: Spirit Burial Ground**

This point, in a category of its own, is capable of resurrecting a “dead” spirit. I emphasize that the spirit itself cannot be truly dead and buried (as it is eternal), or really affected by any internal or external “happening”. However, when one has been so heavily burdened or traumatized that he or she has virtually given up, it is as if the spirit is gone - deeply buried and unreachable.

The patient may appear loud and out of control or quietly resigned. He may be able to move, talk, and even reason. The determination of the mind may even make it appear that all is well, but it is utterly without a core, an empty shell without the inner spark of life that brings joy, enthusiasm, and meaning. Without spirit, there may be existence, but there can be no real life. This point has the ability to “open the ground”, resurrect, restore, and revive one's perception of spirit.

### **Kidney 25: Spirit Storehouse**

This point is a reservoir of nourishment specifically for the spirit. It is a deep spiritual spring - a reserve on which to call in hard times, when the patient has very little on which to draw. Protracted illness, pain, or discomfort at any level tends to wear down one's spiritual reserves. Though there is a perception of spirit remaining, the patient needing this point will be nearly empty - lacking the will, drive, or determination to carry on. Many times, what a patient describes as "fatigue" for which there is no physical explanation, is a call for this storehouse to be filled.

### **Kidney 26 Amidst Elegance**

When one sees through the eyes of spirit, one sees beauty, elegance, and the perfection of natural law – the Divine manifesting in everything. It is not that one becomes naive and ignorant of the presence of evil or imbalance, but when one is "amidst elegance", one sees through to the essential goodness. The patient needing this point may be cynical, pessimistic, discouraged, living a life of mediocrity - simply "going through the motions", rather than seeing the glory and grandeur here and now - within himself, in others, and in the external world.

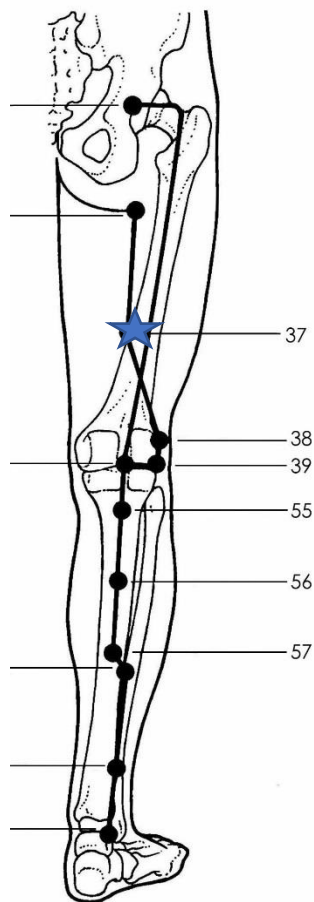
### **Kidney 27 Storehouse**

Unlike Spirit Storehouse, this point is a more general storehouse, in which the patient who is depleted on any level can find nourishment for that depletion. If KI 25 is like an ashram, church, or similar place of spiritual inspiration, this point is like a COSTCO – a huge department store. One will find everything there for almost every need. We tend to use this point for the patient who, though improving, needs support on a level that may be lagging behind the others, or despite improvement, seems unable to recover fully.

### **Bladder 37 Soul Door (in some texts, this point corresponds to UB 42)**

When this door is open, one is able to be inspired, able to take in new vistas of richness and quality. Shock and trauma can slam this door shut, keeping one from the very goodness and spiritual fulfillment that one seeks. One may go on spiritual quests, continual outer searches for meaning, purpose, and other sources of inspiration. One may seek more money, property, titles, and honors that promise a sense of worthiness. One may change partners, gurus, diets, may alter ones lifestyle, but not perceiving the essence that lies within, these quests are in vain. One tries to contact the spirit, but cannot. If this door is closed, one is strangely unsatisfied with what one finds. Even in the presence of the holiest of holies, one cannot take in its nourishment and may simply give up. Associated with the Lung, the Receiver of Pure Chi From the Heavens, opening this door allows access to inspiration, awe, and real self worth - the rewards that were there all the time, but unperceived. It is the way to the innermost dwelling of the spirit where the eternal riches await.





© J. Hobbs

Evidence-based Acupuncture Training, Western Medical Acupuncture for Musculoskeletal Pain, 2015

37

### **Bladder 38 Rich for the Vitals Correspondence (in some texts, this point corresponds to UB 43)**

This point directly enhances the richness, quality, and vitality of the blood. Associated with the Heart Protector (AKA Pericardium), it brings joy, warmth, vitality, and richness to every level. It is considered for any long-term chronic disease, wasting-away, blood deficiency, poor circulation, sluggishness in body

or mind, lacking joy, warmth, passion, and love. It is akin to putting high-octane fuel into the body, mind, and spirit. It is used for anemia at any level – physical sluggishness, mental fatigue, and coldness of the spirit. Rich red blood brings strength, power, and vibrancy to every cell, organ, function, and level. Thus, we consider it for patients who need enthusiasm, passion, and excitement.

This point can receive more moxa than any point on the whole of the body. With severe cases of depletion such as with cancers, chemotherapy, immune system diseases, chronic fatigue, chronic depression, weaknesses of old age (to name a few), we can begin with 5-7 small direct moxa cones, bilaterally, and increase on each visit. For example, we may begin with 5-7, do 15 on the next visit, then 21, 31, 41, etc., until we reach the upper limit, followed by needle tonification. In keeping with the practice of using odd numbers of moxas, this writer uses 49 as the upper limit. Then, if still warranted, we could start at 5-7 again and continue building up to 49. However, once the pulses and other diagnostic indicators (e.g. odor, color, sound of voice, and emotion) showed a strong and successful response, there would be no need to further increase.

### **Bladder 39 Spirit Hall (in some texts, this point corresponds to UB 44)**

This point, associated with the Heart, is an inner sanctum where the Supreme Controller can find rest, refuge, peace, and rejuvenation - free from the demands and needs of everyone to which the King or Queen must almost constantly attend. The Supreme Controller must rule from a place of internal quietude - with wisdom, love, and order. We consider this point when he has been overburdened, jarred, displaced, traumatized, at his wit's end. Spiritually, the patient needing this point is often restless, weary, unsettled, out of control, unable to find the way "home." Disorder, fear, and chaos is felt throughout the kingdom of all Officials. This point can restore order, calm, and provide a true "welcome home". When we are spiritually at home, we can feel at home anywhere.

### **Bladder 42 Spiritual Soul Gate (In some texts, point corresponds to UB 47)**

The point is a gate that provides access to the deepest levels of the soul – the “Spiritual Soul”. Associated with the Liver (the Official of Planning), this point can clarify the spiritual vision to see one's destiny. It helps a patient see whether their path, their plans, and their choices are in alignment with their Divine purpose or destiny. It helps a person know how he or she fits into the grand scheme of things. Patients who need this point tend to lose their way or become easily confused, frustrated, and thrown off track. They lose their internal compass. They may spiritually flicker – finding purpose, direction, and alignment – only to lose it, as the natural functioning of this gate is impaired. When this gate is open, it allows for a strong flow of spiritual strength and insight capable of handling whatever need may arise. One is on-task, on-purpose, and confidently self-assertive.

(English translations of point names are those taught by Professor J.R. Worsley and published in Traditional Chinese Acupuncture Volume 1 Meridians and Points, J.R. Worsley, Published by Element Books 1982.)

© 2019 Neil R. Gumenick / The Institute of Classical Five-Element Acupuncture Inc.

### **Small Intestine 11: Heavenly Ancestor**

This is one of the strongest points on the whole of the body to clean out impurities of the mind and spirit. The ancient Chinese held their elders and ancestors in great reverence. The ancestors had seen it all before, had traveled the path countless times and held the wisdom gleaned from vast experience. They learned what was useful and what was useless. Within all of us is access to such wisdom, which we can call upon for guidance. When it seems to be out of our grasp, this point can provide the connection, revitalizing clarity where there was filth, confusion and chaos.

---

*Acupuncture Today* – August, 2004, Vol. 05, Issue 08

## ***Using the Spirits of the Points: The Small Intestine Meridian, Part Two***

**The Spirits of the Points** In this context, let us examine the spirits of points on the Small Intestine meridian and see how they can be used to restore the functioning of this Official when it is the primary imbalance or Causative Factor.

### **Small Intestine 6: Nourishing the Old**

This is one of the best points to nourish body, mind, and spirit. It is particularly useful for older patients as ailments associated with aging and deterioration set in. We may see things such as osteoporosis, dehydration, weakness, fatigue, and memory loss. Contrarily, as we age, we can grow in wisdom; in maturity, we can see our lives from an entirely new, more detached, often humorous perspective. This point can bring forth such gifts, with a tremendous feeling of vitality and relief. The point can also be used to support and nourish a patient of any age with an old problem, perhaps something that the patient has long been unable to sort out and resolve. Such people may be set in their ways, dwelling on the past, feeling unable to cope any longer. They need nourishment and support to get out of the rut and enter the joyous flow of life, which is available at any age.

### **Small Intestine 9: Upright Shoulder**

In considering the meaning of a point that contains the name of a body part, we must ask what that part does. How is a shoulder used? What does it do? A shoulder supports and carries. We carry a lot of responsibilities and burdens on our shoulders. We must be able to sort out what is essential to carry, stay upright, and not collapse under the stress. We must not carry excess, but discard that which is unnecessary. This point enables us to stand "upright" and straight, taking on a worthy and appropriate load, unique to who we truly are and the path that we take in life.

### **Small Intestine 11: Heavenly Ancestor**

This is one of the strongest points on the whole of the body to clean out impurities of the mind and spirit. The ancient Chinese held their elders and ancestors in great reverence. The ancestors had seen it all before, had traveled the path countless times and held the wisdom gleaned from vast experience.

They learned what was useful and what was useless. Within all of us is access to such wisdom, which we can call upon for guidance. When it seems to be out of our grasp, this point can provide the connection, revitalizing clarity where there was filth, confusion and chaos.

### **Small Intestine 12: Grasping the Wind**

This is a wonderful point for a patient who doesn't know which way to turn - is "grasping at straws," trying this, trying that, mind racing, stuck, confused, unable to sort out and see what is essential. Just as the wind cleanses by blowing away debris, so this point brings fresh air to this Official, breaks through the fog and muddle, allowing the patient to get a firm grasp on things, to see from a good, wholesome, and stable place.

### **Small Intestine 17: Heavenly Appearance**

**Background on "Windows of the Sky":** This is one of two points on this meridian that belong to a special category of points called "Windows of the Sky." Many sick people lose their ability to see. They may possess physical sight, but cannot clearly see with their mental or spiritual eyes what is going on within them or in the outside world. It is as if they are imprisoned by their sickness in a dark and dreary place, excommunicated from the flow of life.

Treating a Window of the Sky is akin to breaking a hole in this prison. It lets in a rush of fresh air and light. Once the patient can see the sky, the outside world, it may be the impetus to break down the walls and barriers to freedom. We use these extremely powerful points only when the patient is prepared and when the Officials express the need. Opening a Window too soon is like suddenly releasing a prisoner into the bright sun and saying, "You're free. Deal with it." The shock could be overwhelming.

Preparing the patient primarily involves the use of command points (on the Causative Factor meridians) over a number of treatment sessions. The amount of treatment needed to prepare a patient for a Window or, indeed, to determine if such points are needed, will vary tremendously from person to person, as each is a unique individual. Using command points (e.g., source points, tonification and sedation points, junction/connecting points, horary points, element points, energy transfers) influences every point on the body, including opening and closing every Window. However, if a Window is stuck

and unable to open and close appropriately, the patient, although improved, will still be unable to clearly "see."

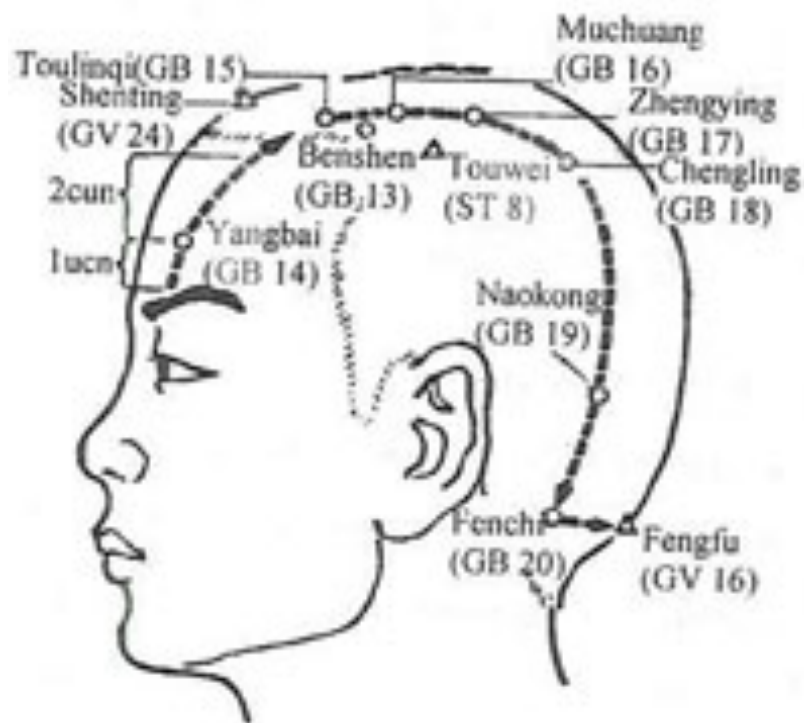
The Window, **Heavenly Appearance**, when opened, lets in the heavenly light so that we can see and extract the pure goodness from the impure. Everything is a creation of Heaven and there is good in everything. When we can see this, truly, everything has a heavenly appearance. When only the pure is retained, the fire of love permeates everywhere. We see the Divine Spark in ourselves and in everything, untainted by corruption or evil. We can actually live with the consciousness that in everything and everyone, there is a treasure: an experience to enjoy or a lesson to learn.

---

Click [here](#) for more information about Neil Gumenick, MAc (UK), LAc, Dipl. Ac.

Gall Bladder 18

## Gall Bladder 18



**Chinese Name:** Chengling (English translation: Spirit Receiver)

**Location:** On the head, 4 cun posterior to the anterior hairline, 2.25 cun lateral to the midline of the head.

**Classification:** Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

**Indications:**

- Headache, dizziness, eye pain
- Nasal congestion, epistaxis

**Functions:** Dispels Wind, benefits the head, clears Heat relieves pain.

**Needling:** Subcutaneous insertion .3 - .5 cun.

*Acupuncture Today* – March, 2004, Vol. 05, Issue 03

## ***Using the Spirits of the Points: The Heart Meridian***

BY NEIL GUMENICK, MAC (UK), LAC, DIPL. AC

### **The Three Levels**

It is common to use the word "wholistic" when speaking about Oriental medicine, yet what, exactly, does that imply? To the early Chinese, as well as to modern practitioners who practice according to classical principles, "wholistic" means understanding that every human manifests on three levels: body, mind and spirit.

Being healthy, therefore, means being vital and balanced on each of these three levels, and the levels being balanced among themselves.

Our culture places considerable emphasis on physical well-being, as evidenced by the abundant availability of diet plans, exercise routines and food supplements. Still, many patients come to us with physical symptoms, and we often find that even when the physical symptoms are resolved, patients are far from "well." Mentally, they may still be in a quite negative state: confused, unclear, unstable and unfocused. Spiritually, they may be dull, depressed, angry, agitated, fearful, resentful, and lacking the brilliance and spark that is the birth right of every human being. In a matter of time, the physical symptoms often recur, or new physical symptoms appear, as the real

underlying trauma exists at the level of the mind or, more often, at the level of the spirit. Imbalance at these levels must negatively impact the health of the physical body.

In some cases, we may find a patient who is reasonably mentally sound: articulate, logical, able to express and understand concepts and ideas clearly, to follow cause-and-effect relationships, yet is profoundly unhappy and unsatisfied. In the West, we have devoted much of our time and education toward developing the mind. From early childhood, we tend to assess our development and, indeed, our worth on how smart we are: our grades, the caliber of schools we attended, and the degrees we have earned.

Certainly, the health of the body and mind are important. We can eat right, exercise, study and learn in order to strengthen these levels, and yet neglect the most essential part of ourselves: the spirit - who we are at the core of our identity.

### **Using Points for Their Spiritual Connotations**

Each of the acupuncture points has a name, translated from the Chinese characters, which offers insight into the unique spiritual gift the point is capable of delivering. Until we are able to assess from the patient in need (via our own senses) exactly what point or points are being asked for at the levels of the mind and spirit, and *provide* for those needs, we are not practicing wholistically. We are treating, at best, a part - not the whole.

We may see one patient who presents with migraines, for example, and is able to carry on reasonably well at work, at home, and in social situations. We may then see a patient with identical migraines who completely collapses into dysfunction, helplessness and isolation for days at a time. The strength of the spirit is the difference between these two patients. We cannot, then, expect to treat these two people the same. They are both unique individuals with very different needs. According to Classical Five-Element Acupuncture theory, their underlying elemental imbalances (*causative factors*) could be entirely different, as well as the needs of their spirits. The fact is that the *vast* majority of patients, regardless of their symptoms, severity or elemental imbalance, are primarily imbalanced and traumatized at the spirit level.

It is vital, however, to know what a patient's underlying elemental imbalance (*causative factor*) is. The *causative factor* is the element among five (Fire,



Earth, Metal, Water, and Wood) that is the weak link in the system and most in need of support. Therefore, in choosing points for their spiritual connotations, we mostly choose points from the *causative factor* meridians. The *causative factor*, as I have indicated in previous articles, is determined by sensing the color in certain specific areas of the patient's face, the sound of the voice, the emotional expression, and the odor.

Therefore, if a patient were a Fire *causative factor*, we would not choose points from Wood meridians, for example, regardless of how suitable and good those names sounded. Thus, Liver 14, *Gate of Hope*, used for its spiritual connotation, would not be appropriate for a Fire *causative factor*, even if he or she felt hopeless. The best and most appropriate points to resolve the hopelessness, in *that particular patient*, would be found on the Fire meridians.

### **Exceptions to the Rule**

Certain points are capable of touching the spirit directly and offer their unique gifts to persons of any *causative factor*. These constitute "exceptions" to the aforementioned principle, and are indeed used, when needed. These include points on the conception vessel (Ren), the governor vessel (Du), upper Kidney chest points, certain outer Bladder points on the back, and Heart 1, which I will describe shortly.

In addition, I must mention that we can only reach the spirit of a patient if there are no energetic blocks present. It is impossible for any spirit point to deliver its gift if the patient is blocked. Such blocks include possession, aggressive energy, a husband/wife imbalance, or an entry/exit block between meridians. It is beyond the scope of this article to expound on these, and a good deal of clinical experience and guidance is required to develop the sensory skills to detect them, but the question of a block must always be held in mind if a patient is not responding.

### **The Heart: The Supreme Controller**

The early Chinese considered their emperor to be God's representative on earth. As such, the emperor manifested those traits that we would all want in a chief executive: wisdom, fairness, unselfishness, love for all, and an embodiment of truth. As king, his power was dependent on these qualities, which gained him the love, devotion, and respect of his people. He was ultimately responsible for order in the kingdom, leading in the way of the *Tao*, controlling, coordinating, delegating, arbitrating, prioritizing,

reconciling differences, and assigning tasks. His people welcomed his control because of the love and joy they received from being aligned with him, who was aligned with the Divine. His will was carried out with the help of his loyal ministers (officials) upon whom he depended and who depended upon him.

We all have such a being within ourselves, connected to the same divine source: the Heart Official, also known as the Supreme Controller. His ministers are the 12 Officials (organs/functions). More than just a physical pump, we feel our deepest love and passions in the heart. We speak of feelings as being "heartfelt," having a "heart-to-heart" talk, or having a "heart of gold." We also know feelings of being "heartbroken," being "heartless," or "wearing our heart on our sleeve." All of these colloquialisms refer to the spiritual aspect of this Official.

Belonging to the element Fire, the Heart Official is associated with warmth, laughter and enthusiasm. Just as the summer season, associated with the Fire element, brings blossoming and maturing - the flowering of all the seeds planted in the spring - love is the blossoming of a human being. It is indeed who we are in full "bloom." Nowhere is such love felt more deeply than the Heart. Love is the current that connects us to each other as one, reaching the furthest corners of the kingdom of the body/mind/spirit with each heartbeat.

When the Supreme Controller is sick, there is no one to guide, to love, or to lead. There is no one to give the orders or to set boundaries. There is little or no warmth, love, enthusiasm or happiness. Life seems to have no purpose or meaning. With no leader on the throne, every Official will cry out in distress and symptoms can arise anywhere. Fear and panic may ensue. Rebellion and eventual resignation may result.

### **The Spirits of the Points**

The following are examples of points on the Heart meridian which can be used for their spiritual connotations to heal the Supreme Controller and restore order in the kingdom of the body/mind/spirit.

#### **Heart 1 - *Utmost Source***

The love we receive from the Fire element bathes every part of our lives. It warms our spirit and gives us an inner communion with the love of the

divine. It allows us to share in the spirit that pervades and sustains everything, to feel the warmth of relationships and to feel at one with others. When we are connected to that source, we feel that love: the love of self and the love of others. We know what that self is. This point reconnects us to that source when the connection is broken. It aligns the Supreme Controller, the divine within, to the divine without - one in the same. We use this point, applicable to patients of any *causative factor*, when supreme control needs to be restored to the Heart, such as after severe trauma, shock, the removal of possession - whenever this Official has lost its connection. Typically, the patient in need of this point may feel internal chaos, uncertainty, panic, isolation, abandonment, depression, inability to love him/herself or others, and is struggling to survive.

#### **Heart 4 - *Spirit Path***

This point refers to the path or way of the spirit. It is the job of the emperor to lead the people in the way of the *Tao*. To do so, he needs to know what the way is. So often, we (and our patients) become overly wrapped up in the allure of mundane things - the temporary gratifications of the ego (i.e. money, sex, power) - that we lose our way. We become anxious, worried, and preoccupied about things that are, at best, transient and impermanent. This point illuminates the way back to the one path that satisfies our real needs and guides us to our next step.

#### **Heart 5 - *Penetrating Inside***

This point can take us deep within the heart of the Supreme Controller. Consider what a thrill it must have been to see the king even from a distance. In our age, we assign royal status not only to political and religious leaders, but also to sports, music, and movie stars. People line the streets to catch a glimpse of them, as if something regal or holy might rub off. Even more exciting is to make eye contact! How about a private meeting? Everything (and more) that we imagine we might get from such a meeting is already inside of us, waiting to be discovered. We can penetrate right to the soul of the king himself and be so fueled and inspired by that meeting that our lives are forever changed. This point can take us there, beneath superficial masks, facades and pretensions. We tend to use it on patients who are so identified with their exterior masks that they are unable to contact their own true essence.

#### **Heart 7 - *Spirit Gate***

Like all gates, the Spirit Gate must open and close freely. The spirit must be able to move freely, responding appropriately to any need, within or without. Locked out of its home, or with the gate stuck open, the spirit cannot rest in quietude. A patient so affected may feel perpetually restless, unstable, and ill at ease. With the spirit locked inside, the patient is unable to access and bring forth love, joy, inspiration and fun: the things that make life worth living. Without access to the spirit, patients hunger for its contact and are often driven to destructive compensatory behaviors, such as drug and alcohol abuse, overeating and promiscuity.

If the gate is closed, the other Officials, too, are deprived of the love and warmth that the Supreme Controller provides. As it is, the Supreme Controller tells the Officials what to do, listens to them, and provides for their needs; without his contact, they are on their own. Chaos soon begins; order is lost. The heart itself can become overcontrolling and tyrannical. Here, we may find the Fire-imbalanced patient who micromanages everyone else's tasks, exhausting himself or herself to utter collapse.

### **Heart 8 - *Lesser Palace***

This point refers to a house of the king, but not the grand official residence where affairs of state are conducted. Rather, this is a place to rest and revitalize. Everything in this palace is pure, plentiful and of the highest quality: fit for a king. In this palace, the emperor can reside within himself and be cared for, bathed, fed, loved, totally recharged, free of the burdens of his awesome responsibilities for a time. We all have such a palace within ourselves; a place to go when the richness and joy of life seems to have gone.

With this point, we bring our Fire-imbalanced patients into the palace when they feel they cannot get what they need from life. Everything seems to be a drain, one more meaningless, joyless chore. We refer to such people as "burnt out," having expended too much, too fast, and for too long. This point can literally resurrect the spirit in such people, bringing it back to life, discarding old negativity, and charging them with new warmth and vitality, restoring in them the ability to carry on with confidence and inspiration.

---

Click [here](#) for more information about Neil Gumenick, MAc (UK), LAc, Dipl. Ac.

