

Natural Energy Balancing

Simple Techniques for Improving Wellbeing Through
Enhancing Your Own Energy

By

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Disclaimer

Before you read and use this book you should know that the materials contained herein are for **educational purposes** only. The book is intended to help educate you about the natural flows of energy in your body. Many cultures believe those flows are critical to your wellbeing. Nothing in this book should be interpreted as diagnosis or treatment of any medical condition since under the law diagnosis and treatment may only be done by a licensed medical doctor. So, if you have a medical condition check with your medical doctor before using any of the information in this book.

You should also know that despite thousands of years of documented continuous use in China and even longer experience in cultures throughout the world, the principles of energy flow and energy balancing are not generally recognized by western medical science, and certainly not by the Food and Drug Administration (FDA). So, this book is simply a collection of my opinions and ideas based on study and experience. Many people agree with my conclusions and many do not. You are responsible for coming to your own conclusions and for making your own decisions about whether you elect to take any actions based on what you have read.

Dedication

This book is dedicated to my friend and teacher

Koginka Kamaru Xue

His teachings about energy have been
invaluable in the creation of this book.

His efforts in opening the hearts of people
to unqualified love of all men and women
are invaluable for all humanity.

Forward

The notion that improving the flow of energy in your body can improve your sense of wellbeing may seem quite foreign. We have all been taught to believe that the only solution to feeling better is to take over the counter and prescription drugs, and, in severe instances, have parts of our bodies cut out. I have no doubt that at some time in the future those approaches to wellbeing will be regarded as quite primitive just as we now regard blood-letting with leaches as a rather barbaric practice. Today, when speaking about the human body the word *energy* is generally thought of as just get-up-and-go or vigor. You might say, “I have a lot of energy so I think I will take a run.”

Consider machines for a minute. A car does not function properly unless energy in the form of electricity flows properly to the spark plugs. A computer does not function properly unless the electrical energy flows through the circuits in exactly the right way. A compass does not operate properly unless the magnetic energy flows properly through the needle. A television does not display the picture unless the electromagnetic energy flows through the air to reach the antenna. In all these examples, energy is not vigor or get-up-and-go, but, rather a force that somehow flows through the machine in prescribed manners and in prescribed pathways.

An excellent example is an ordinary flashlight. Imagine a flashlight that has the best case possible, a perfect halogen bulb, a well designed reflector, an excellent lens, a well-designed on/off switch, and the most popular brand of batteries. With that picture in mind, what is the key component to make the flashlight work? It is simple; the batteries must have just the right amount of energy flowing through them, through the switch, and through the bulb. If there is no energy, then the flashlight will be dead. If there is too little energy, then the light will be dim. If there is too much energy then the bulb will burn out.

Many different cultures have discovered that the human body is much the same as the flashlight. At the moment, Chinese Medicine is gaining popularity. It teaches that there are reservoirs of energy in the body and rivers of energy circulating through the body. Some of the rivers are like the Mississippi River and others are like small streams. These rivers supply the muscles, tendons, ligaments, and organs with the energy that they need to get their jobs done properly. If a river has too much energy, too little energy, or is blocked then the organs and tissues it supplies will not receive the proper amount of energy and, like the flashlight bulb, they will not function optimally. For example, if the stomach receives too little energy, then you may always feel like your stomach is full of food. On the other hand, if it receives too much energy, then you may always feel hungry.

Unlike a flashlight, the human energy system is highly sensitive to information contained in the energy itself. Every type of energy also contains information. Even the simple flashlight contains information about whether the light is on or off. Information in the human energy system is millions and millions of times more complex. It contains signals from the environment, signals from within the body, and signals that shape the construction of the body in the DNA itself.

In order for you to experience optimum wellbeing, your body batteries must be fully charged and the energy in those batteries must circulate properly through the rivers to supply the organs and tissues with the energy and information that they need. It is really just that simple. This book will teach you simple ways to get energy tune-ups.

An important source of energy in the body is the food that you eat. Certain foods enhance the production of energy. Chinese Medicine also teaches that particular foods optimize the flow of energy in particular rivers in the body. Of course, food also supplies the nutritional building blocks for the organs and tissues. So, the food you consume is an important topic of concern.

Conversely, toxins have a negative effect on the production and flow of energy in the body and result in negative biochemical effects. Toxins include chemicals, noise, electromagnetic signals, and even certain emotions and thoughts. Reducing or eliminating toxins is another major topic of concern.

Energy flow in the body may be significantly improved through the application of certain tools and techniques to specific locations, called “*points*” or “*energy points*”, on the body. That is the essence of the science and art of acupuncture. In Chinese Medicine, acupuncture needles are inserted into these locations and manipulated in particular ways in order to achieve desired results. This book does not attempt to make you an acupuncturist. You must receive the proper extensive training to become a qualified acupuncturist. However, there are alternative, modern tools that you may consider for properly stimulating locations on the body. These tools and the proper locations are the third major topic of concern.

Chinese Medicine is a form of medicine and, consequently, teaches specific ways to determine the presence of certain maladies in the body and combinations of points on the body that will treat them. You should be clear that this book does not do that. If you have a specific malady or western disease that you would like to treat with acupuncture, then it is important that you see a qualified acupuncturist fully trained in Oriental Medicine. This book will only present simple ways to use common points and safe tools to improve the overall flow of energy in the body and improve the overall state of wellbeing.

This book is designed to be a practical guidebook for taking actions that improve the state of wellbeing. It is not intended to be a manual to explain elaborate theoretical models or discuss the merits of one approach versus another. If you are a health care practitioner, then you may find many of the topics in this book already familiar. I suggest you skim through the areas that you are familiar with, because each area is at an introductory level. You may find some of the specific forms and techniques presented in this book useful in your practice.

If you are not a health care practitioner, then this book will be an introduction to many new concepts. In the workbook section you can find references for more reading material. However, the information in this book by itself is more than sufficient to make significant

progress in rebalancing and revitalizing anyone's energy. It is much more important to actually do something than to read. Using the many techniques presented here will start a path to health and wellbeing. Then additional reading may be done. The techniques and exercises presented in this book will work and produce results if used consistently.

The book is divided into four sections. The first section presents the theory that is useful to know. It is not the purpose of this section to stir debate among different theories. Its purpose is to give a framework in which to use the rest of the material in the book. If you are familiar with some other theory, find the points of similarity and not the points of difference. The second section contains the actual Natural Energy Balancing System. It describes the tools that are used in the system and details the methods for how to use them. The third section extends the Natural Energy Balancing System by discussing some specific conditions and how Natural Energy Balancing can be applied to them. The fourth section is a practical reference containing energy point locations on which to use the tools, forms to use to determine the points to use, and additional reading suggestions.

A final note to Traditional Chinese Medicine practitioners...

In order to facilitate the understandability of this book for people who are not trained acupuncturists, I have taken the liberty to rename many of the acupuncture points with simple English names that will, I believe, be easier for most people to remember. I ask for you to indulge me in this effort. I have also included their common standard designations like LU-1 in the point location guide at the end of the book. I have also extended many of the concepts taught in Traditional Chinese Medicine schools to what, in my opinion, is their logical extension into Energetic Medicine. It is curious to me that many of the energetic disciplines of Chinese martial arts did not seem to find their way into TCM, although there is clearly a vast energetic tradition in Medical Qi Gong.

The Web Site

There seemed to be no end to the wealth of information that could be included in this book. However, there is a practical limit to what can actually be included in a single volume. It is my sincere hope that this text will stimulate questions, personal investigations, and professional investigations. To accommodate the need to share future information a companion web site, www.energeticsinstitute.com, has been created in order to exchange and disseminate future information. The web site is a unique resource that will allow anyone to discover additional information and purchase other books and products. Members who have joined the site will also be able to find much more detailed information about energy and wellbeing topics, read articles from contributing healthcare practitioners, and share their own experiences for others to read. The web site also contains the most up to date information about Natural Energy Balancing tools and techniques, as well as, the most current information about specific protocols for balancing energy related to specific situations.

I invite you to examine this web site. As a purchaser of this book you will get free access to the members only area of the site for one month. Please take time to check the site out and let me know how you would like the site to grow and flourish for your benefit.

Ron

Section One

The Theory

*“This is your last chance. There is no turning back.
You take the blue pill, the story ends and you can believe whatever you want.
You take the red pill, you stay in wonderland
and I show you how deep the rabbit hole goes...
Remember, all I am offering is the truth.”*

Morpheus in The Matrix

Some readers may wish to skip this section and go straight to the next section in order to start using the Natural Energy Balancing system. It is fine to do that because the system will work whether you know the theory or not. If that is your choice don't skip Chapters 2 and 6. Eventually, return to the theory and read it. If you choose to read the theory, then turn the page, hold on to your hat, and begin the journey down the rabbit hole into the world of energy.

Chapter 1

A New Way of Looking at Health and Wellbeing

We are all accustomed to the idea of going to the doctor when we are sick. A more unusual concept is going to the doctor in order to stay well. That doesn't mean showing up for an annual physical to see if you are sick or going for tests to make sure your medications are not killing you, but, rather, going when feeling well to continue feeling well. Doctors are in the business of curing sickness. They are in the business of relieving the symptoms of illness and not in the business of creating wellness. Similarly, pharmaceutical companies are in the business of creating drugs to relieve symptoms of illness. There certainly is a need for relieving the symptoms of sickness; however, if everyone was well, doctors and drug companies would be out of business. So, believe it or not, it is in western medicine's financial interest that you be sick, not well. When you watch an advertisement for a drug on television do you ever wonder about all the possible side effects that are listed? Why would any company release a "medicine" that could possibly cause liver damage, respiratory problems, sexual dysfunction, nausea, or any of the other myriad of side effects? The answer is simple. It is because they have other drugs to sell that relieve the symptoms of those side effects. As I said before, it is in their financial self-interest that you experience more negative symptoms so that they can sell you more drugs. In fact, medical business consultants train doctors to view patients with long term illnesses as sources of long term revenue.

We are accustomed to seeing the doctor to remedy illness largely because of the "germ" theory of medicine. Everyone is familiar with idea that people get sick when "germs", the viruses and bacteria, invade the body. You take medicines to get rid of the viruses and bacteria. It is commonly taught that the germ theory developed around the work of Louis Pasteur in the mid nineteenth century. The essence of this conceptual model is that the physical body is invaded by either bacteria or viruses that produce illness. Antibodies in the body combat these invading organisms to cure diseases and modern medicines enhance and facilitate these processes. Colds, flu, dysentery, and malaria are all examples of this general "invading germ" bio-chemistry model. So, you catch a cold or flu and you go to the doctor to get an anti-biotic to get rid of the "germs". The assumed reasons for your illnesses are the germs and not the general state of wellness of your body.

There are many chronic diseases like high blood pressure, Alzheimer's, chronic fatigue syndrome, and fibromyalgia that you don't catch, but that somehow develop in the body over time. Bio-chemistry is also at the core of the model of these diseases. The newest models focus on something biological, chemical, or genetic that is broken inside the patient rather than something that invades the patient from the environment. Even so, the cure is to fix it by prescriptions, surgery, or genetic repair. This is also the prevailing conceptual model for mental disease. Psychoactive pharmaceuticals attempt to restore chemical imbalances in the brain's chemistry. The overall state of wellness is not viewed as the primary contributing factor.

The philosophy at the heart of these medical approaches is called reductionism. It is the tendency to look for diseases and cures by a process of isolating and reducing information. In other words, find the specific part of the body where a problem is located, find the specific germ that is causing the problem, and find the specific medicine to counteract the germ. Look for the microbe, the genome, or the specific structural imperfection causing the disease and then develop a specific biological, chemical, or surgical fix. This approach has helped to find medical solutions to many symptoms. If

Doctors and pharmaceutical companies only make money when you are sick.

The reductionism approach focuses on biochemistry, genetics, and surgery

you have high blood pressure you can take prescriptions that are diuretics, ace inhibitors, or beta blockers and your blood pressure will probably reduce. The standard approach to diagnosis and treatment for high blood pressure is to first get the blood pressure measurement, then try one or more pharmaceuticals, and then to see if the blood pressure is lower. If it is not, try another or more pharmaceuticals until the blood pressure is in the acceptable range. Finally, the complete treatment is to tell the patient that they should expect to be on these drugs for the rest of their lives and tell them to check back every three months. It is quite amazing that people don't ask why they developed high blood pressure in the first place. High blood pressure isn't normal, so what made their body develop it? Both the reductionism philosophy and the business of medicine make that question unimportant. From a reductionism point of view the symptom has been eliminated. From a business point of view you are buying pharmaceuticals and visiting the doctor for the rest of your life.

There is different way to look at things. Think of a cell phone instead of the human body. The physical material of the cell phone includes the case, the antenna, the buttons, the microphone, the electronic components, and the chemical batteries. If there are impurities in the silicon chips or the batteries, or if you spill a soft drink on the keys and they become sticky, the phone will not work properly. In addition to all of these material considerations, there must be energy in the cell phone for it to work properly. If the energy is weak, then the phone will not work. If the energy is too strong, then the electronics will burn out. The energy must flow through the proper pathways and in the proper directions for the phone to work at all. If the battery is inserted incorrectly it will not work

The components in the phone are like the organs and tissues in the body. They must have the proper energy circulating in the proper manner and must be free of toxic impurities. The heart must have the right amount of energy to circulate the blood. The stomach must have the right amount of energy to digest food. The lungs must have the right amount of energy to take in oxygen. The function of each organ is dependent on having the proper amount of energy. If the heart has too much energy, then high blood pressure may result. If the heart has too little energy, then memory loss may occur due to lack of blood in the brain. If the stomach has too much energy, then you may have nausea. If the stomach has too little energy, then food will just stay in your stomach. In the cell phone, the energy

must flow through the circuits in the right manner. In the body, the energy¹ must also flow through the energy circuits in the right manner. In the phone, if one component does not function properly it impacts the function of the entire phone. In the body, if one organ does not function properly it impacts the entire body.

In the cell phone, the entire functioning of the phone depends on receiving imperceptible electromagnetic energy that comes from outside the phone and converting the energy into perceivable sound energy using the circuits and energy of the phone. The other main function of the phone is receiving the sound energy from our voice, converting it into electromagnetic energy and transmitting it to the world. Without the energy, the phone would be little more than a paperweight. Similarly, Qi energy is the most critical component for the body because, frankly, without it the body is just a corpse.

The word “energy” has two very distinct meanings when used in discussions about the human body. One meaning is found in the sentence, “I have a lot of energy today.” This is the most common idea of someone having energy. This sense of “energy” implies an attitude as well as a physical ability. The alternative meaning relates to energy in the sense of physics operating in the body. It has the same sense as “electromagnetic energy” and “chemical energy”. When the “energy” of the universe is discussed, it doesn’t mean that the universe is enthusiastic to get up and mow the lawn and paint the house. It refers to energy as a type of force. To avoid confusion, the first meaning of energy will always be combined with the word “stamina”. The word “energy” by itself will refer to energy in the second sense. At times the Chinese word Qi (pronounced chee as in cheese) will also be used for the second meaning. Qi is an essential component in human beings and the proper flow and amount of Qi is what gives people energy and stamina.

***Energetic Medicine
focuses on
supplying the
organs and tissues
the correct amount
of energy in the
proper balance***

Organs do not function properly when the Qi supplying them is imbalanced. They also fail to function correctly when they contain toxic impurities. Toxic impurities arise when the body cannot rid itself of poisonous substances that it is exposed to. When the poisons cannot be eliminated, then the body is forced to store them somewhere where they will do the least immediate damage. However, over time these poisons accumulate to levels where their effects become visible in the body. They often manifest as diseases of aging and chronic conditions.

These poisons are a consequence of the society we live in. They include food additives, petrochemicals, heavy metals, and many other substances. They are found as mercury in the fish we eat, aluminum in soft drink cans and antiperspirants, chlorine in the water we drink, fluoride in toothpaste, preservatives in food, dyes in food colorings, fumes from gasoline, anti-stick surfaces on cookware, and many other sources including over-the-

¹ The energy in the body is called **Qi** (pronounced chee as in cheese) in Chinese medicine. The Qi travels in particular pathways called the **Meridians**.

counter and prescription drugs². The toxins have a negative effective on both the biochemistry and Qi of the organs. However, the economic fabric of our society does not support the concept of maintaining wellness. Imagine removing the sources of toxins in our environment. That would cause economic chaos in virtually every industry. The western medical approach is simply a product of and a response to the western technoculture we all live in. It gets rid of symptoms so we can all get back to our stressful lives and continue to ingest toxic substances with a minimum of discomfort. Is that really wellness?

This does not mean that there is no value in modern medicine's reductionistic, biochemical approach. It has produced dramatic results. However, its inherent strength is also its greatest weakness because it tends to miss the forest while focusing on individual trees. A different way to look at health and wellness is to consider the body as a whole rather than as separate components, to focus on the proper flow of Qi energy throughout the body and between the body and the environment, and to emphasize the reduction of toxins in the body. These approaches are called *holistic medicine*, *energetic medicine*, and *detoxification*. They are usually called "*alternative*" medicines, implying that the reductionistic, material, and bio-chemical approach of modern western medicine is the more legitimate approach. Isn't it funny that the holistic, energetic, and detoxification techniques, which have been practiced successfully for thousands of years are called "*alternative*" while the more modern western techniques, which have only been around for a couple hundred years are considered more "*standard*"? Somehow this seems backward.

The most widely practiced form of holistic, energetic medicine in the world is Chinese Medicine. The branch of Chinese Medicine most people are familiar with is acupuncture. Chinese Medicine is the oldest form of documented, professional medicine practiced in the world today. It was developed by the best scholars in India and China for well over 5000 years and has been thoroughly documented with the same rigorousness as western science for about 2500 years. The basic ideas of Chinese Medicine can be summarized in six sentences.

- The body, emotions, and mental states are completely interconnected and work together as a whole.
- The body, emotions, and mental states inherently function correctly when the Qi energy of the body functions properly.
- The nutrients, material structure and Qi energy in the body inherently depend on each other.
- What we call disease begins when the Qi energy system in the body is somehow out of balance.

² If you doubt drugs are toxic, ask your doctor what would happen if you took the entire bottle at once. You might die.

- Chronic diseases including structural and bio-chemical troubles occur when the major organs in the body fail to receive the proper Qi energy and nutrients over an extended period of time.
- Wellness and wellbeing consists of maintaining proper nutrition and the proper flow of Qi energy in the body and between the body and the environment.

I would like to add two additional sentences to those six.

- Toxicity produces negative effects on both cellular biochemistry and Qi.
- Inadequate nutrition, improper Qi, and toxicity are the root causes of lack of wellbeing.

Together, these eight sentences form the basis of **Natural Energy Balancing** and this book. In the book you will find a simple approach for maintaining wellness and wellbeing by ensuring that the Qi energy in the body is flowing effectively and supplying the organs properly and by reducing toxicity. This will benefit the entire body, the emotions, and the mind. While the book is based on many concepts of Chinese Medicine, it is not a book on Chinese Medicine, and it is certainly not a book about western medicine. It does not attempt to diagnose or present treatment or cures for any particular disease. Instead it provides basic instructions about how balanced Qi energy flow in the body can be encouraged by using simple energetic methodologies and making some simple changes in lifestyle. In addition, it provides a way to recognize Qi energy imbalances and simple techniques to fix them. When used in conjunction with a good program of proper nutrition and exercise, Natural Energy Balancing will help you realize the old adage:

An ounce of prevention is worth a pound of cure

The most important factor in taking an energetic approach to wellbeing is perseverance. Energy imbalances that have been long standing are not likely to shift overnight. Right Qi, right diet, and right exercise will yield positive and lasting results in time.

Chapter 2

A Quick Energy Balance Self-Survey

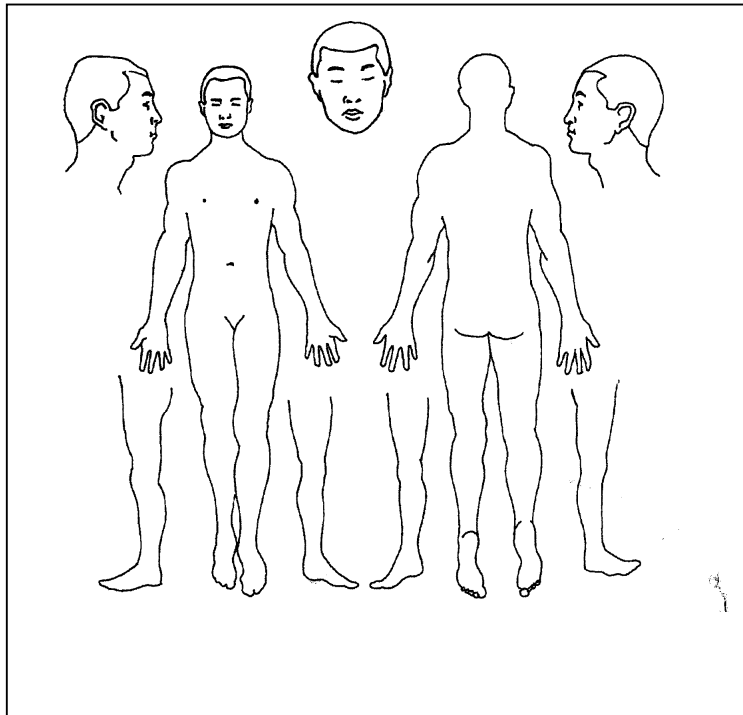
A Journey of a Thousand Miles Begins with the First Step

Lao Tzu

Animals in the wild seem to be in a more natural state of balance and harmony than human beings in modern society. Do you suppose the animals ever wonder about their state of harmony and balance? Do they ever ask if their energy is circulating correctly? Most likely, they just run, hunt, eat, and sleep and let the balance and harmony take care of itself. Human beings, on the other hand, have a wonderfully reflective mind. Not only does it reflect on different things from art to zoology, it also reflects the state of the energy in the body. Remember, the mind, emotions, and body are all interconnected. Simply put, what someone tends to think about the most reflects the imbalances in energy that they have. If they think about their digestion a lot, they probably have digestive imbalances. If they think about migraine headaches a lot, they probably have energetic imbalances in the head. Even if they constantly think about exercise they probably have an overexertion imbalance.

There are two simple exercises that help to understand personal energy balance challenges. The first exercise uses the illustrations shown below.

You have an energy imbalance in the areas of the body you think the most about!



Take a few minutes and mark the areas of the body that are on your mind the most. “On your mind” does not necessarily mean that you think of them as being sick. You might

focus on how attractive your face is. You might focus on how strong your legs are. You might focus on your sexuality. You can complete this exercise quickly by starting at your toes and working toward your head asking yourself the question, “Do I think a lot of thoughts related to this part of my body.” If the answer is yes, then mark that area on the diagram. When you are finished you will have a quick picture of the likely areas of energy imbalance.

The second exercise is also very simple and uses the matrix shown below³.

Work																			
Exercise																			
Children																			
Spouse																			
Food																			
Chores																			
Relaxation																			
Driving																			
Recreation																			

To complete the exercise will take one week. If you have a watch that you can set to chime every hour, that will be handy as well. Each hour simply check or shade in the box corresponding to the activity and/or thinking that you are doing at that moment. There are blank spaces at the bottom of the chart for you to add additional categories. In some cases you may need to choose between what you are doing and what you are thinking about. For example, you may be eating a snack while worrying about your job. Which is your major focus? Check or mark that square.

At the end of the week, look for any activities that have significantly more checks than the average. Those are the activities that may cause you to be out of balance.

You can use these preliminary results in future chapters.

³ The full matrix is found in the fourth section of this book.