

## Circular Pattern Techniques

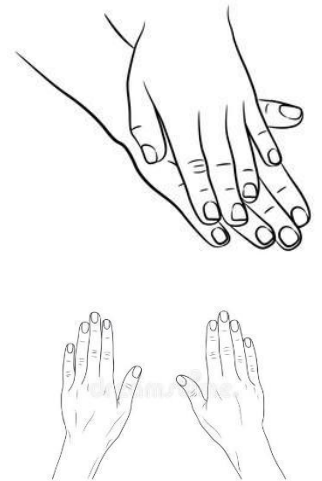
New book: Vol 3, pages 233-40

Old Book: Vol 3, pages 382-7

These techniques move Qi in large circular patterns around the body and are commonly used to move and circulate stagnant Qi. The flow of energy can be moved in a continuous pattern with or against the channel flow which can regulate and energetically balance the patient's channel Qi and internal organ Qi.

The following are considered to be specific energetic templates that are used for circulating the body's internal and external Qi. Each pattern has an advantage over the others, especially when balancing an internal yin/yang disharmony. They are also used to treat stroke patients. Select the appropriate pattern based on the patient's current disease condition.

Start each of these patterns by extending your Qi in to the patient's body. The depth of energetic penetration will vary according with your intention. When moving your hands through these full-body patterns, you can stack them so that the palms of both hands line up or you can have them side by side. Continue the pattern until the patient's Qi is regulated. Always end the treatments that use full-body patterns by returning the patient's Qi to their lower dantian.



### Flossing the Brain (A Singular Circular Pattern)

This pattern is used to dissolve stagnations as well as remove phlegm. It was traditionally used when treating stroke and brain tumor patients. Please note that in the case of brain tumors, they *must* be shrunk slowly. Shrinking them too quickly can result in the patient's death.

Stand above the patient's head and emit Qi into the patient's right ear and remove the toxic Qi via the patient's left ear using the Bellows Palm technique. Then alternate ears, purging each side of the brain for several minutes. Imagine and feel it circulating and enveloping the entire tumor area. It is important to completely circle and envelop the internal stagnation in order to dissolve and remove the toxic heat and phlegm from the brain.

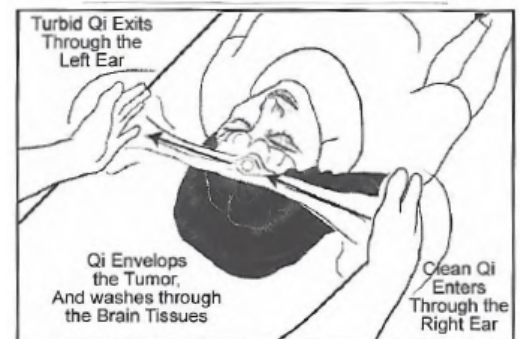


Figure 26.13. An example of a using the Single Circling energy technique to dissolve a brain tumor.

### Eternity Pattern

This pattern is used for balancing the Qi that flows between the patient's lower and middle dantians and regulating the patient's Triple Burner internal organ Qi. This pattern's energetic movement will utilize the subtle ring of energy that surrounds the center of each dantian. This would be used, for example, when the patient is suffering from an excess yang condition in the upper part of the torso and a deficient yin condition in the lower part of the body.

You will move the energy of the patient's body in a figure-8 configuration:

- 1) Standing on the patient's right side, start at the lower perineum (Huiyin) and lead and guide the Qi up the right side of the patient's lower dantian.
- 2) As you circle, cross the Yellow Court/Solar Plexus area.
- 3) Move around the far side (left) of the patient's upper chest (middle dantian).
- 4) As you circle around back towards yourself, cross the Heaven's Chimney at the center of the throat.
- 5) Continue down the right side of the patient's chest.
- 6) Again, cross the Yellow Court/Solar Plexus.
- 7) Finally, continue the circle on the opposite side of the lower abdomen (patient's left side), returning to the perineum.
- 8) Continue the pattern until the patient's Qi is regulated. If you are not doing another treatment pattern then return the Qi to their lower dantian.

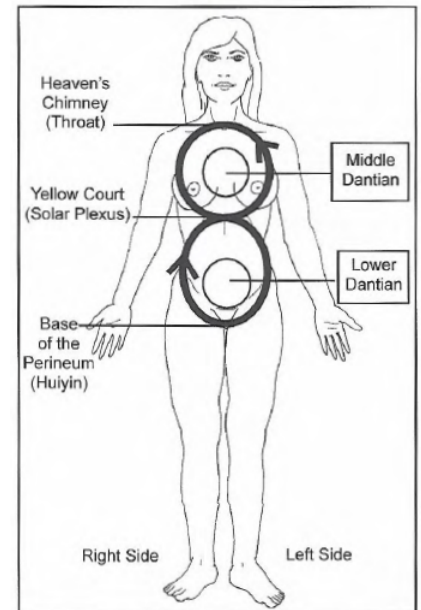


Figure 26.15. The Eternity Pattern

### Chain of Pearls Pattern

This pattern is used for balancing all three dantians and the kinesthetic, empathetic, and intuitive energy fields existing within the three dantians. By following this pattern, the Qi is swept up and down the entire torso, combining and regulating the energies of the patient's Weiqi fields, channel Qi, and organ Qi. This pattern's energetic movement uses the subtle ring of energy that surrounds the center of each dantian. This pattern is helpful if, for example, the patient is energetically disconnected from the upper and lower energetic fields of their body due to emotional congestion and energetic stagnation suppressed within the throat and/or Solar Plexus areas.

To perform this pattern, repeat the pattern described for the Eternity Pattern but once you reach the throat, continue to circle the patient's head (right side to left), returning to the throat and finishing the Eternity Pattern.

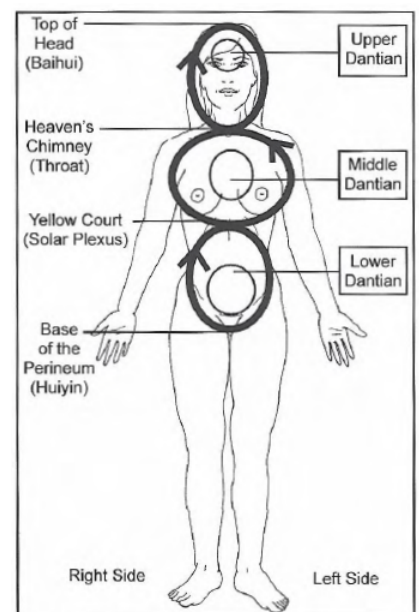


Figure 26.17. The Chain of Pearls Pattern

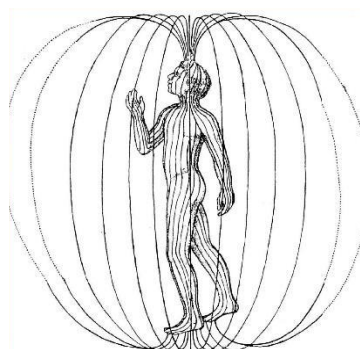
### **Small Heaven Regulation Treatment (aka Blue, Red, White Treatment, A Microcosmic Orbit Pattern)**

This pattern is used for balancing the yin and yang energy existing within the three dantians by connecting their energies to the radiant energy contained within the center of the Taiji Pole. It naturally purges any excess areas, tonifies any deficient areas, and regulates the Governing and Conception Vessels. This will also balance the body's Heart Fire and Kidney Water energies. It is traditionally used at the end of the session. Before beginning this treatment, purge the patient's body. Consider the pathways for the Fire and Water cycles as separate but simultaneous circulations that run very close together in the body. Therefore, you will not dampen nor impede the Fire Cycle when supporting the Water Cycle and vice versa.

This treatment consists of performing three rounds of the following procedure. Each round will balance a different pathway using different colors of light. The differences between these three pathways are outlined in the table below. You work with these cycles one at a time and you don't need to focus on more than one at a time.

- 1) Go to the patient's feet, raise your hands, connect with the Divine, and ask for a cord of Divine Light to fill your entire body with light.
- 2) Concentrate on forming a bright ball of the appropriately colored light within your lower dantian (see table). Once you feel it radiating with this light, lead the colored light up your chest and out of your palms or Sword Fingers.
- 3) Direct this colored light into the appropriate area of the patient's feet and up the appropriate parts of their legs (see table), into the base of their perineum, and filling their lower dantian.
- 4) Once their lower dantian is full, lead the colored light through the appropriate pathway (see table).
- 5) Continue this pattern until the patient's Qi is completely regulated (several minutes or 36 breaths).
- 6) Before starting the next round, disconnect energetically from the patient's body so that you can again fill yourself up with divine light and fill your lower dantian with the next color of light as described in step 1 and 2.
- 7) When you have completed all three rounds, put your right hand on top of and the left hand under the patient's lower dantian, feel all of the cycles flowing in an integrated and simultaneous fashion, and ask and intend that the patient's Qi return to their lower dantian.
- 8) If you end the session with this technique, you do not need to do any other regulating techniques such as the Microcosmic Orbit.

Cycle	Balancing the Qi of the:	Specifically balances:	Light Color	Enters the Feet at the:	Transported up the:	Pathway after filling the patient's lower dantian
1	Fire Cycle	the Qi flowing within the patient's Governing Vessel	Blue: Cools and balances out the red of Fire	Heels	Back of the legs	Around the Fire cycle of the Microcosmic Orbit. In the first pass up the back, it also goes into the brain, filling the brain, overflowing into the Fire Cycle, then running the Fire Cycle.
2	Water Cycle	the Qi flowing within the patient's Conception Vessel	Red: Warms and balances the water cycle	Bubbling Springs (Kd-1)	Front of the legs	Around the Water cycle of the Microcosmic Orbit. In the first pass up the front, it also goes into the brain, filling the brain, overflowing into the Water Cycle, then running the Water Cycle.

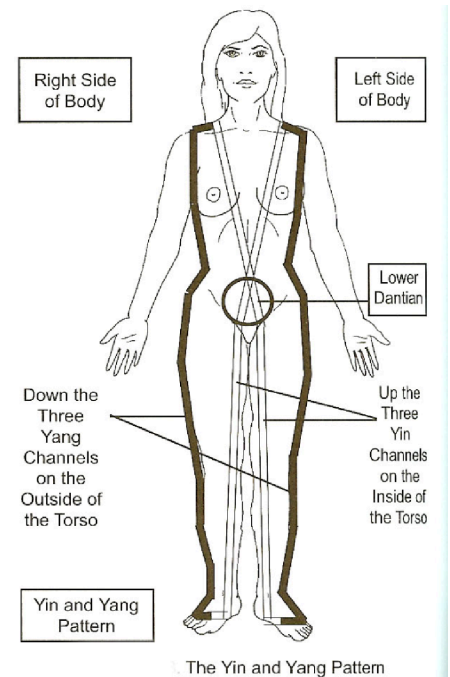
Cycle	Balancing the Qi of the:	Specifically balances:	Light Color	Enters the Feet at the:	Transported up the:	Pathway after filling the patient's lower dantian
3	Three dantians	the yin and yang energetic connection existing between the patient's three dantians, the core of the Taiji Pole, and three external Weiqi fields.	White: Balanced energy that connects Heaven and Earth	Center of the feet	Center of the legs	<p>Up the patient's Taiji Pole, activating and filling each of the three dantians, out of the crown (Baihui), pouring out, over, and through the three external Weiqi fields, the external tissues, and back up the center of the feet as represented by the flow of a torus.</p> 

## Yin and Yang Internal Organ Regulation Treatment (Butterfly Pattern)

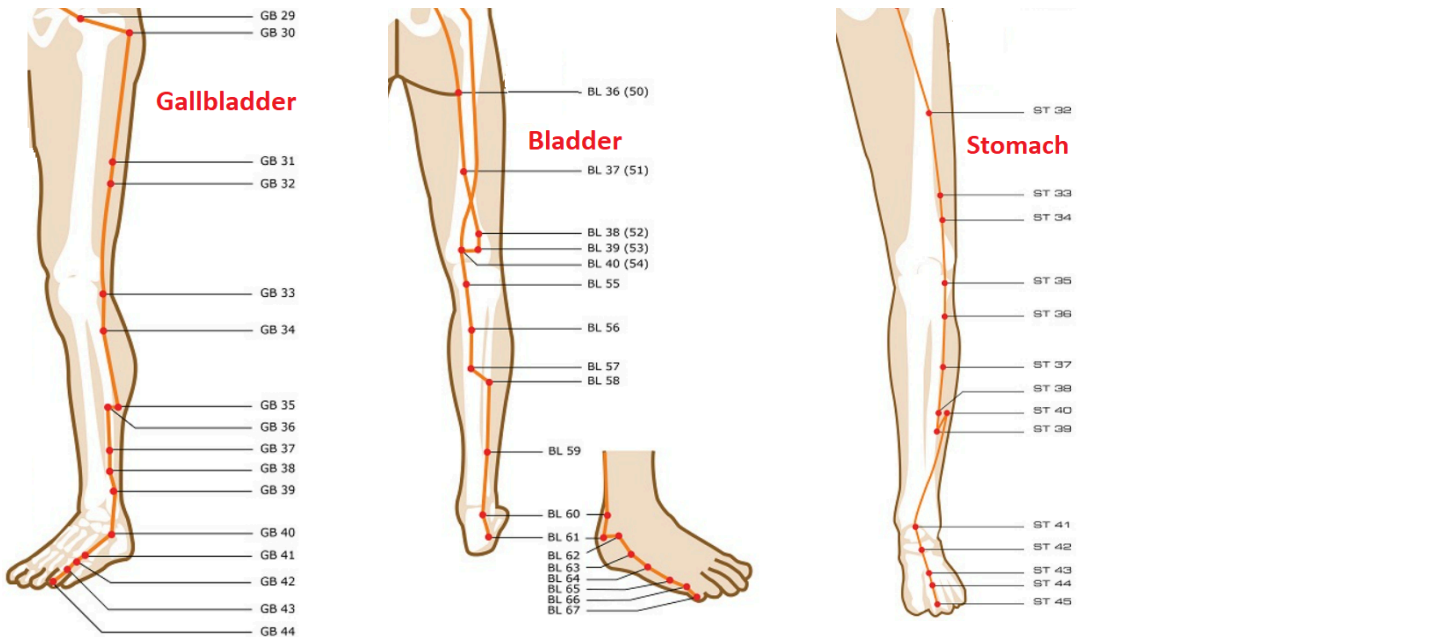
This pattern is used to balance the viscera energy between the yin and yang internal organs and the left and right sides of the body. This is an especially useful pattern for a patient that suffered paralysis after a stroke; it will quickly balance the left and right sides of their body. In stroke cases, always end the treatment using this pattern.

You will move the energy within the channels of the patient's body using a full body-length figure-8 pattern.

- 1) Purge the patient's body of all toxic Qi.
- 2) Stand on the patient's right side, energetically connect with the Divine, and ask for a chord of light to fill your entire body.
- 3) Connect again to the divine and direct the chord of divine light to root into the patient's lower dantian.
- 4) Starting from the lower dantian, lead the Qi up the patient's chest and then cross over to the patient's far (left) shoulder.
- 5) Move the Qi all the way down the outer left edge of their body to the bottom of their left foot, moving the Qi through the three yang channels (gall bladder, urinary, and stomach channels).
- 6) From the bottom of the left foot, guide the Qi up the inside of their far (left) leg using the three yin channels (kidney, liver, and spleen channels) until it returns to their lower dantian.
- 7) Repeat the pattern on the patient's right side.
- 8) Continue the pattern until the patient's Qi is regulated then return the Qi to their lower dantian.
- 9) If you finish the session with this technique, you may choose to perform a regulating technique such as running the Microcosmic orbit before closing the session or not, depending on what the patient needs. There is no need to disconnect the chord of divine light that you rooted into the patient's lower dantian; it is intelligent and will take care of itself.



# Leg Yang Channels



# Leg Yin Channels

