



ZEN 2 WELLNESS

ON A LIFE-TIME JOURNEY

A Practice is Key

- Practitioners, Healers and Coaches
- For our Clients and Patients

The Major Problem is:

- Lack of knowledge
- Follow through
- Somebody to guide you to practice

Self-Care

Self-Care is the greatest practice one can do for themselves:

- Breathing(pranayama)
- Meditation
- Movement
- Acupressure
- Meditation

Western and Eastern Philosophy and Pathophysiology

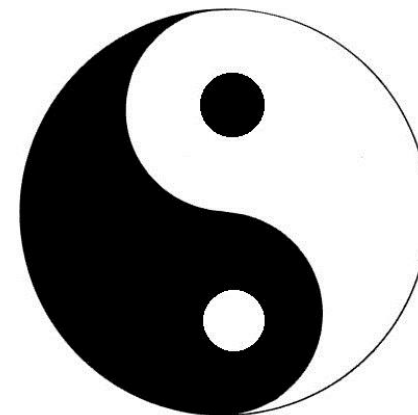
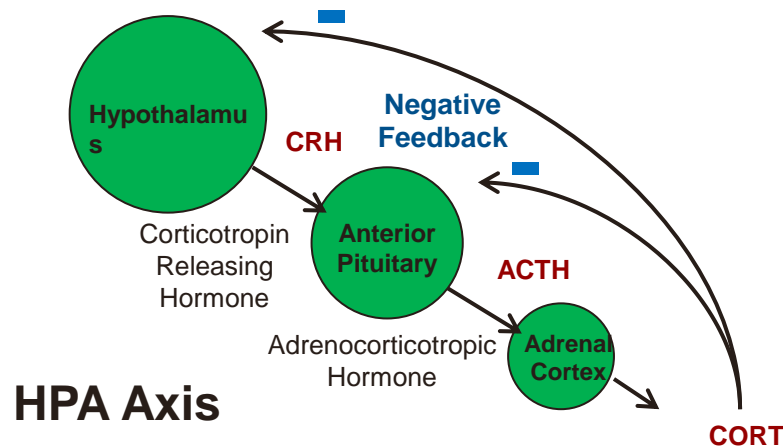
They compliment each other

Western: Pathology of Adrenals

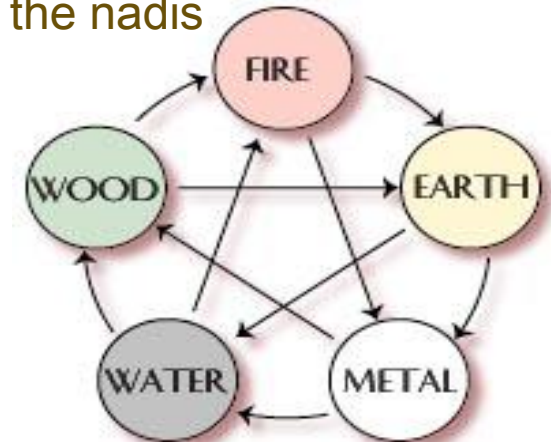
- Sympathetic Response
- Fight / Flight mode (hormones, neurotransmitters)
- HPA – neuroendocrine adrenal axis

Eastern: Kidneys – Yin, Yang and Essence

- 1st organ to be formed – retroperitoneal
- House of the Essence (jing)
- Also the House of Fear



- Elements breakdown into meridians that govern Qi or life force
- Qi is another of the 3 treasures
- Meridians or Nadis
- Ayurveda – says that there are between 72,000 and 350,000 nadis but 14 are important.
- Subatomic tube-like structures that carry light, sound vibration and resonance
- Chinese Meridians – are designated with the 14 major meridians
- Which are to me like atomic-like structures – larger than the nadis
- Broken down into the major midline frontal meridian or Ren which is Yin
- Or midline dorsal meridian or Du which is Yang
- Further broken down into 3 hand yin & yang and 3 feet yin & yang



According to Taoist tradition,
there are three fundamental energies
that are housed in all living beings;

Essence (Jing), Energy (Qi), and Spirit (Shen)

These are the energies that constitute our very existence and they are considered to be treasures that should be protected, nourished, and balanced. You build these energies with food, herbs, exercise, meditation and proper sleep.

**Essence (Jing), “the giver of life,”
is the first Treasure.**

**It is the energy we receive at conception
that is meant to last us our lifetime.**

Energy (Qi)

This is the energy that most people have heard about and are familiar with.

- Energy (Qi), “the breath of life,” is the second Treasure. While Essence is our deep reserves, Energy (Qi) is our day to day vitality. It is the vitality we derive from the **air we breathe and foods we eat**.
- It is for this reason that Lungs and digestive organs (Spleen and Stomach) play a critical role in building this Treasure.
- Digestion is so important. When you eat a poor diet, you don't give yourself the chi that you need. When the digestion is off, the body doesn't have the energy to heal on a daily basis.
- This is why in Chinese medicine we start to build the energy in the stomach first, which then circulates and distributes the nutrients and energy so the body heals globally as an organism.

Spirit (Shen)

- Spirit (Shen), “the light of life,” is the third Treasure.
- It is our higher self and our connection to the Divine.
- Spirit (Shen) is housed in the Heart and when nourished and balanced provides us with feelings of peace, calm, and serenity. It gives us proper perspective on our lives and our place in the universe.



The Practice:



OM NAMO GURU DEV NAMO

Pranayama: Breathing Exercises

Change your Breathing, Change your Life

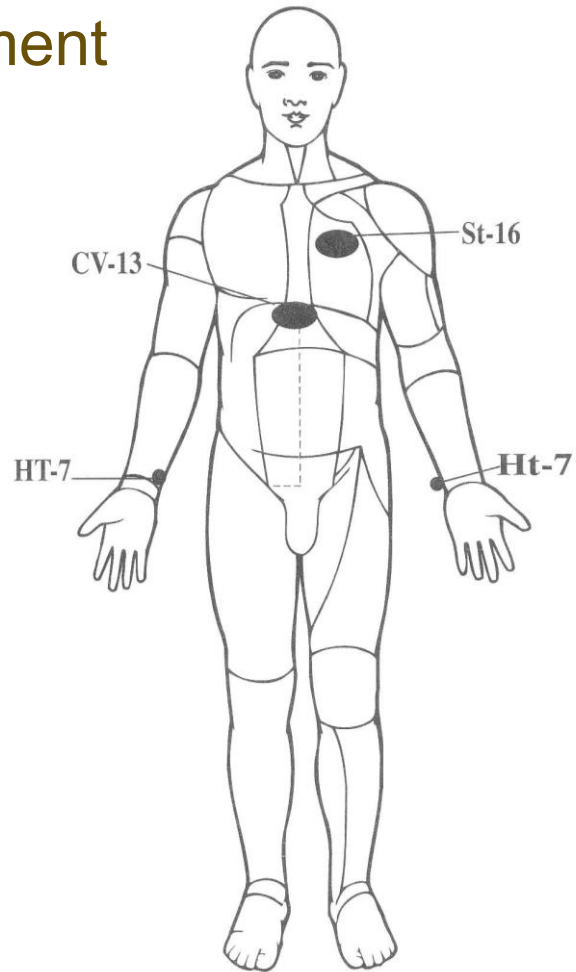
1. Alternating nostril breathing: balances both hemispheres of the brain and relaxes the nervous system.
2. Bellows breathing – cultivating prana / qi in the lungs
3. Close your eyes, create your bondas or locks lifting the energy from your root and abdomen to the 3rd eye area.

Sit quiet and meditate for a moment

- Movement: Qi Gong
- Zhongtian Movement: Opening the Heart
- Love descends on me
- Unraveling the Heart

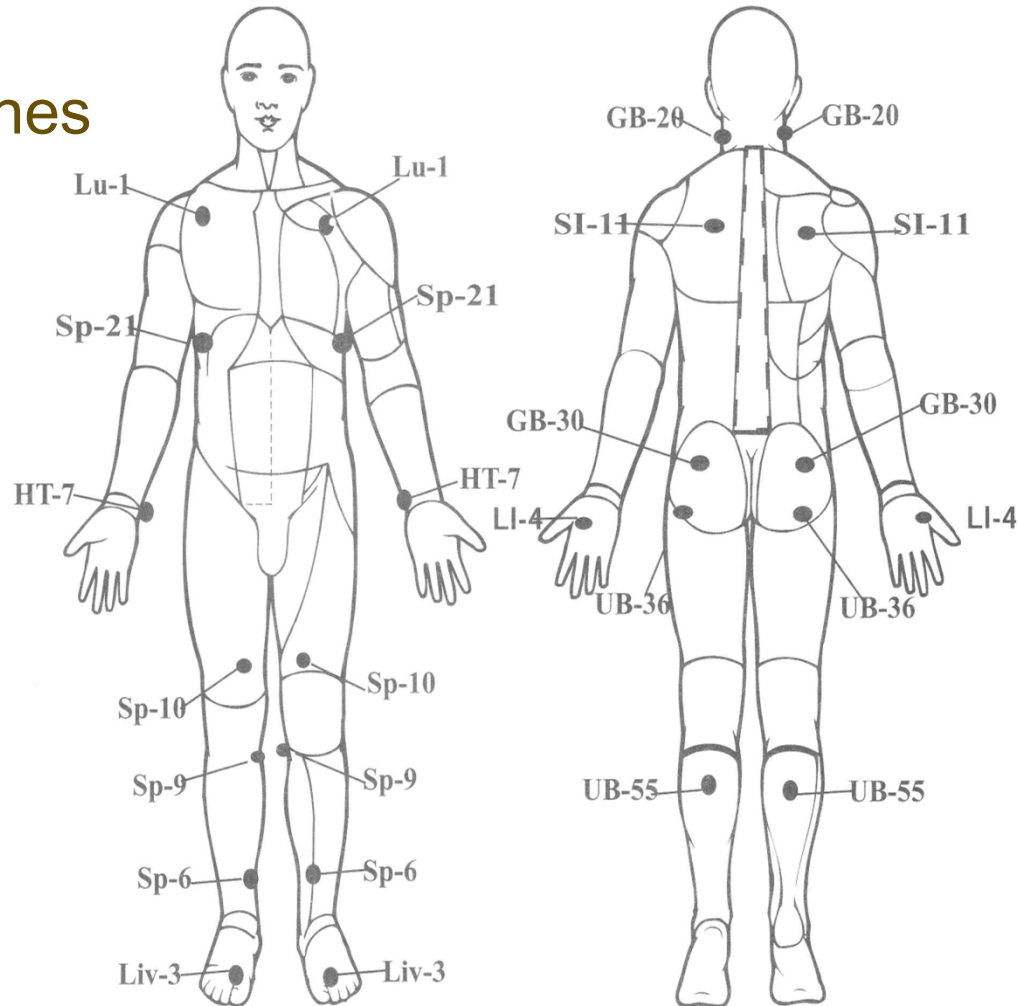
Acupressure

Emotional Self Treatment



Acupressure

Acupressure for pain and aches



TOP HERBS FOR KIDNEY YIN, YANG AND JING (ESSENCE)

Reishi

- General tonic to maintain overall resistance, mental tranquility and physical vitality.
- Immune enhancing, Antitumor.
- High Blood Pressure, Recovery from heart attack or stroke, Palpitations, angina.
- Arthritis, inflamed joints
- Hepatitis
- Altitude sickness

Chaga

- Birch mushroom
- Antitumor, Antibacterial, Anti-inflammatory
- HIV/AIDS, Influenza, Infection
- Pain
- Blood sugar irregularities
- Hepatitis
- Ulcer, gastritis, low appetite

Cordyceps

- Summer Grass, winter worm
- Sore, weak lower back and lower extremities.
- Anti-fatiguing activity, athletic improvement due to increased respiratory ability and stamina.
- Stops bleeding
- Immune enhancing, Antiviral benefits viral hepatitis and Lyme disease
- Anti-cholesterol, Antioxidant activities
- Aphrodisiac and sexual tonic

Deer Antler

- Helps with cold hands, feet, lack of sexual desire.
- When someone feels cold and depleted their energy is down.
- You can imagine what type of energy it takes for a young deer to grow new antlers each year. This is the type of energy that we are talking about—this is the jing energy, yang energy that you are tonifying and energizing.
- in Asia it is believed to strengthen all aspects of a person's life. It has both yang, yin and jing. Most diseases are due to an imbalance of yin and yang, the male and female forces. It is also a blood tonic. IT helps to strengthen the nervous system, heart, strengthen the mind, calm it and enlivens it at the same time.
- Throughout Asia it is said that it invigorates sexual energy. Modern research in Asia indicates that it stimulates blood production by nourishing the bone marrow.
- It contains chemicals that are related to HgH, so it is believed to promote youthfulness. This is an example of a tonifying herb that would be appropriate to take, starting in your 40's when your jing starts to become depleted.

Ginseng Root

- Most famous and valued herb used by mankind.
- It is an energy tonic that regulates the human energy system. Research shows it that it stimulates and regulates the CNS and endocrine system.
- It also harmonizes the digestive system.
- It is the primary qi tonic of Chinese herbalism.
- It helps a person adapt to stress, enhances endurance and resilience under stressful conditions. Adapts to the environment of what the body needs.
- It is an adaptagenic herb—meaning it helps to balance you—brings balance and harmony within the body. The higher the quality the ginseng the more shen or spirit the ginseng root contains.

Royal Jelly

- This is not an herb.
- Support jing energy.
- It's the nutrient from the royal jelly that give the nutrition for a bee to become a queen. Royal jelly is produced by worker bees for their queen.
- This is a whole food rich in vitamins, minerals essential for radiant health.
- It is said to be an important beauty aid and beautifies the skin, eyes, and hair.
- It's widely available commercially. It can be obtained fresh from the hive.
- I have frozen royal jelly in my freezer. I like to put a TBS in my green smoothies.

Free Webinar

How to Increase Your Client's Results Exponentially with a Self-Care Protocol

Thursday, November 20th, 2014

6:00pm Central / 4:00pm Pacific

<http://Acupressure2Wellness.com>

You'll Learn:

- 3 Keys to setting up your personal practice of self-care
- Why it's important to do breathing and movement exercises before doing acupressure.
- My top acupressure protocols for:
 - Migraines
 - Digestive Issues
 - Anxiety
 - Sinus Problems
 - Total Balance and Well-Being

Bonus Module

How to enroll new clients and retain patients
to fill your practice, while monetizing
your self-care practice

<http://Acupressure2Wellness.com>