

AWAKENED ONE

The objective of this technique is to open up all the acupoints within the body. Once these points are open, all the sensations one may experience stated below will be absent allowing the energy to flow unobstructed through the body like electricity through a light bulb when a switch is flicked.

- 1.) Lay or sit in a comfortable position
- 2.) Focus on the area between 4 to 6 inches above your forehead for 30 seconds or until you can feel a slight pressure on your forehead
- 3.) As soon as you feel this pressure stop focusing and relax your mind and body. Do not try to manipulate anything just acknowledge what you are sensing. You should feel a slight movement or pressure flowing down your body which will or can produce sensations of tingling, twitching, pressure, pulsations, spasms, pain, heat or cool sensations. Do this technique a minimum of 30 minutes to 1 hour a day to improve one's wellbeing.

Note: This technique is recommended to intermediate and advanced practitioners who engage in any forms of energy practices such as meditation, Yoga, Tai Chi, Chi Gong, etc. If a first time or novice practitioner or client chooses to engage in this exercise, they should have a Dr. of TCM and acupuncture or an advanced energetics practitioner on hand in the event that they experience pain which can become excruciating if not treated in a short period of time. Pains that occur in organs or glands are usually caused because the energy in the location is stagnant and or congested. Detoxification of the organ can rectify this problem or unblocking acupoints. Decongesting the organ through energy manipulation is also quite effective and takes much less time.

This technique is used to cleanse ones body (organs, glands, energy centres, etc.) transforming it into an optimal functioning machine. Once all the acupoints have opened it will automatically ignite Kundalini (ones energy centres or chakra system) developing their psychic abilities.