UNIFYING THE ENERGY FIELD
ADDRESSING TRAUMA WITH ACUPRESSURE

INTRODUCTIONS

• Please tell us briefly:
  • Your name & where you are from.
  • Where you work.
  • One word that describes something you noticed during the meditation.

OBJECTIVES

Morning
• Discuss energy field and how it moves in the body.
• Review primary and secondary trauma response
• Trauma impact on nurses.
• Address how acupressure addresses trauma.
• Tool: Seva Stress Release for Self-Care

Afternoon
• Review how trauma stores in our consciousness and tissues.
• Energetic Blueprint
• Extraordinary vessels and three layers of chi
• Inner Compass and healing from the inside out
• Tool: Great Central Channel Release

ENERGY MOVES IN WAVES
ENERGY WAVES CREATE OUR SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEM

ENERGY RESPONSE TO STRESS/TRAUMA

THE TRAUMA RESPONSE

SECONDARY TRAUMA

Recognizing Warning Signals
- Physical
- Mental
- Emotional
- Spiritual
TRAUMA AMONG NURSES

- 519 surveys
- 3 populations: inpatients, nurses, and public
- Self-rated pain (Wong-Baker) and anxiety (10 point Likert) scales
- Pre and post measurements
- Intervention: 16 point stress/trauma release acupressure protocol

Monson et al. (2019) Beyond pills: Acupressure impact on self-rated pain and anxiety scores. JACM 25 (5)

Pain Reduction by Population

Anxiety Reduction By Population

ACUPRESSURE
5000 YEARS OF HISTORY

- Otzi the Iceman, 5200 years old
- Discovered in 1991 in the Austrian/Italian Alps
- Perfectly preserved in the glacier
- Body showed he suffered from acute arthritis in lumbar spine, knee, and ankle
- 15 groups of tatoos discovered
- 80% correspond to acupoints that treat pain and inflammation
WHAT MAKES ACUPRESSURE SO EFFECTIVE?

Acupressure is . . .
- Time-tested
- Accessible
- Convenient
- Simple, Safe & Effective
- Compassionate

WHAT IS THE SEVA STRESS RELEASE?

- Simple acupressure method created after 9/11
- Originally called the Shock Trauma Release
- Now being practiced and taught worldwide
- SEVA means compassionate service
- Anyone can use SEVA
  - Self Care
  - Family
  - Patients
  - Co-workers

VOCABULARY OF TOUCH

- Blending
- Streaming
- Channeling
- Interface

ACUPRESSURE FOR TRAUMA RELEASE

1. Leg Stretch
2. Middle Back
3. Behind Knees
4. Top of Shoulders
5. Down the Arms to Hands
6. Neck stretch, Brow sweep
7. Below collarbone
8. Armpit & Wrist
9. Heart center
10. Base of Ribs
11. Below Kneecaps
12. Behind Knees
13. Toes
14. Neck stretch, repeat
15. Root & Crown
16. Leg Stretch
ACUPRESSURE FOR TRAUMA RELEASE
THE LEG STRETCH
Engages the entire body with a forward bend

ACUPRESSURE FOR TRAUMA RELEASE
MIDDLE OF BACK
Located bilaterally on either side of the spine, outside the transverse processes at the bottom of the ribcage

ACUPRESSURE FOR TRAUMA RELEASE
BEHIND THE KNEES
Located in the popliteal crease, between the tendons.

ACUPRESSURE FOR TRAUMA RELEASE
TOP OF SHOULDERS (EXCESS BAGGAGE)
Place fulcrums downward into the top of the trapezius on both shoulders
NECK STRETCH & BROW SWEEP
From the base of the neck, create a moving fulcrum that continues up the back of the neck, past the occiput, and up the back of the skull to the top of the head.
Sweep gently across the forehead.

DOWN THE ARMS
This moving fulcrum travels from the upper arm to the elbow crease, and then down to each finger tip.

BELOW THE COLLARBONE
Located bilaterally on the chest, just distal to the collarbone, midway between the sternum and the shoulder joint.

ARMPIT & WRIST
Exert a fulcrum at the center of the armpit using the thumb, and another fulcrum at the ulnar wrist crease of the same arm.
ACUPRESSURE FOR TRAUMA RELEASE
HEART CENTER
Place both hands gently across chest at the level of the heart center.

ACUPRESSURE FOR TRAUMA RELEASE
BASE OF RIBCAGE
Place a broad fulcrum across the base of the ribcage on both sides.

ACUPRESSURE FOR TRAUMA RELEASE
BELOW KNEECAPS
Hold below the kneecaps with fulcrums at the medial and lateral epicondyles of the tibia and fibula on each leg.

ACUPRESSURE FOR TRAUMA RELEASE
BEHIND THE KNEES
Place gentle fulcrums upward into the crease behind the knee.
**ACUPRESSURE FOR TRAUMA RELEASE**

**GRASP TOES**
Grasp all the toes together, providing gentle pressure. If appropriate, give a gentle squeeze on either side of the nail bed of each toe.

**NECK STRETCH & BROW SWEEP**
From the base of the neck, create a moving fulcrum that continues up the back of the neck, past the occiput, and up the back of the skull to the top of the head.

Sweep gently across the forehead.

**ROOT & CROWN**
Place a gentle fulcrum at the tip of the coccyx with one hand. With the other hand place a fulcrum with very light pressure on the top of the head.

**THE LEG STRETCH**
Engages the entire body with a forward bend.
SELF CARE
The Greatest Act of Seva (Compassionate Service)

- What do you do to take care of yourself?
- How do you release trauma?
- What if . . . The greatest act of Seva in the world is to live to your fullest potential through compassionate self-care?

THE WISDOM OF NATURE

UNIVERSAL LANGUAGE OF TOUCH

AN INTEGRATED SYSTEM

- “Energy within the human system is the primary factor which interpenetrates and integrates the body, mind, emotions, and soul.”
  - Dr. Aminah Raheem
BACK TO THE BLUEPRINT

**Western Perspective:**
- DNA
- Gender
- Environmental Factors
- Culture

**Eastern Perspective:**
- Ancestry / Inheritance
- Constitutional Nature
- Legacy

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MATRIX FOR THE WHOLE BEING

- Conception
- 3 weeks gestation
- 6 weeks gestation

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STRUCTURE AND ENERGY

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<th>Structure</th>
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<tr>
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AN EXTRAORDINARY TRADITION

- 365 distinct acupoints
- 12 Organ Meridians
- 8 Extraordinary Vessels
OUR INNER COMPASS

Deep inner wisdom
Beyond words
Coming home to true nature
Remembering who we are

HEALING FROM THE INSIDE OUT

GREAT CENTRAL CHANNEL RELEASE FOR TRAUMA

We are the bridge between heaven and earth
THE GREAT CENTRAL CHANNEL

- Primal energy flow
- Established in the embryo
- Directly connected to "original chi"

"The Great Central Channel penetrates the soul beneath all the chaos and trauma of personal history. Through the Great Central Channel a person can be helped to return to their own center..."

Dr. Amimah Raheem

PERSPECTIVES ON THE GREAT CENTRAL CHANNEL

- Western perspective: Central Nervous System
- Eastern perspective: Chakras, Kundalini
- Chinese Medicine Perspective
  - Primary expression of Yin & Yang
  - Ancestral chi
  - Microcosmic Orbit
  - Extraordinary Vessels
    - Governing Vessel
    - Conception Vessel

IMPLICATIONS FOR HEALING

- Stress Relief
- Pain Management
- Addressing Anxiety
- Personal empowerment
- Connection to soul-wisdom
- Whole-being integration

We are the bridge between Heaven and Earth

PATHWAY OF THE GREAT CENTRAL CHANNEL

- Du Mai: The Governing Vessel
  - Vessel of Individuality
  - Tip of coccyx to upper lip
- Conception Vessel
  - Vessel of Bonding
  - Perineum to lower lip
GREAT CENTRAL CHANNEL ALIGNMENT FORMULA

1. Root Chakra
2. Sacral Chakra
3. Solar Plexus Chakra
4. Heart Chakra
5. Higher Heart Chakra
6. Throat Chakra
7. Brow Chakra
8. Crown Chakra
9. Chakra Balancing
10. Grounding

GREAT CENTRAL CHANNEL ALIGNMENT

• Root Chakra
  • Stairway to Heaven: Governing Vessel 1
    Tip of Tailbone
  • Cup Left Heel: Kidney 6 and Bladder 62
  • Cup Right Heel: Kidney 6 and Bladder 62
  • Hold Dove Tail: Conception Vessel 15
    Tip of Xiphoid Process
  • Hold superior edge of pubic bone
    Conception Vessel 2

• Sacral Chakra
  • Governing Vessel
    Lower back at the Sacrum
  • Conception Vessel 5: Stone Gate
    Lower abdomen

• Solar Plexus Chakra
  • Governing Vessel 4: Gate of Life
    Mid-back, directly behind navel
  • Conception Vessel 8: Spirit Palace Gateway
    At, or above the navel
**GREAT CENTRAL CHANNEL ALIGNMENT**

- **Heart Chakra**
  - Governing Vessel 11:
    - Light Storehouse
    - Upper-back, directly behind the heart center
  - Conception Vessel 17:
    - Sea of Tranquility
    - Center of sternum

- **Higher Heart Chakra**
  - Governing Vessel 12:
    - Upper-back, slightly above the heart center
  - Conception Vessel 20:
    - Flower Canopy
    - Just below the manubrium

- **Throat Chakra**
  - Governing Vessel 14:
    - Great Yang Crossing
    - Between C7-T1
  - Conception Vessel 22:
    - Celestial Chimney
    - Window to the Sky
    - Sternal Notch

- **Brow Chakra**
  - Governing Vessel 16:
    - Head Drain
    - Base of the occiput
  - Governing Vessel 24.5:
    - Yin Tang
    - Third Eye
    - Between the eyebrows
GREAT CENTRAL CHANNEL ALIGNMENT

- Crown Chakra
  - Governing Vessel 16:
    - Head Drain
    - Base of the occiput
  - Governing Vessel 20:
    - 1000 Petaled Lotus
    - Top of skull

CHAKRA TAI CHI

- Root & Sacral Chakra
  - Rocking with the earth
- Solar Plexus Chakra
  - Clearing the Path
- Heart Chakra
  - Giving and Receiving
- Higher Heart Chakra
  - Gathering In to Serve
- Throat Chakra
  - Freeing Expression
- Brow Chakra
  - Clearing the Vision
- Crown Chakra
  - Bringing Down Heavenly Chi

TAKEAWAY

- "Trauma is the single greatest unaddressed public health threat facing our nation today. Until we start treating trauma and toxic stress as a coordinated public health crisis, we’ll continue to see high rates of addiction, suicide, heart disease, hypertension, diabetes, and cancer.” Sarah Tennyson

- Recognize prevalence and burden of trauma
- Consider use of acupressure to unify the body energy field and release trauma.