

## Balancing the microcosmic orbit in the body.

Dear LifeWave Family Members,

A few weeks ago, one of our members emailed me a link to a video on a new type of Qigong practice called Spring Forest Qigong. The message was sent from Dr. Quila Rider, an acupuncturist who knows that I have been practicing Qigong for many years and thought I might find the information interesting.

Throughout the video, the Qigong practitioner reinforced the necessity to balance the microcosmic orbit in the body. The microcosmic orbit refers to two meridians, the Governing Vessel on the back of the body and the Conception Vessel on the front. Now, there is a natural disconnect between these two meridians, with the Governing Vessel ending at the top of the lip and the Conception Vessel starting at the bottom lip. In Qigong practice, the way to circulate energy up the back and down the front of the body is to place the tongue on the roof of the mouth so that you can connect the circuit between these meridians and circulate the energy.

The major benefit to this type of Qigong practice is that if the Governing Vessel and Conception Vessel channels are in balance and the energy is flowing freely between them, then every other meridian in the body will be balanced as well. So, potentially, this could mean that you can balance all the meridians in the body simultaneously just by stimulating energy flow between these two meridians. This opens up some possibilities for how we could use the patches to do this.

I first thought about strengthening the flow of energy through three specific points on the spine to amplify energy through the Governing Vessel meridian. To do this, I placed three Y-Age AEON patches on acupuncture points along the back. In this specific case, I was experimenting with Governing Vessel 4, Governing Vessel 10 and Governing Vessel 14. In theory, you could use any of the positive patches in place of Y-Age AEON (e.g., a white Energy Enhancer patch or a Glutathione patch). I then placed three tan Energy Enhancer patches on the front of the body, on points that are roughly parallel to the ones I had chosen for the back – at Conception Vessel 6, Conception Vessel 27 and Conception Vessel 23. The effect was amazing. The energy burst was unlike anything I had experienced with any other patch placements before.

This experience is, of course, purely anecdotal. But it does open up some possibilities in the way we look at how we apply patches, how we direct energy flow and how we might get better use out of the products that we have.

With Much Appreciation,

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