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## **ACUPROCESS: INTEGRATING INTUITION AND TCM DIAGNOSIS**

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**Introduction:** AcuProcess approaches the patient's physical or emotional symptom or issue as an independent energetic agent. The premise is a symptom is a coagulation of energy stored in the body. The energetic imbalance is a result of personal issues, life experiences, repetitive thought patterns, fears, buried emotions etc., taking form in the body. This occurs when the underlying organizing structure of the symptom, becomes disowned, or disconnected from the circulating qi. The symptom challenges the patient to know more about themselves and the personal experience of their condition.

**Purpose:** The purpose of AcuProcess is the resolution and integration of the issue sustained or registered as a symptom dissolves, the qi flows freely, and the body returns to harmony and balance.

**Procedure:** The patient is diagnosed with Traditional Chinese Medicine. A health history is obtained, tongue and pulse are observed. An intuitive body scan and verbal assessment is employed, incorporating the patients symptoms, issues and dreams. This is the modality of AcuProcess.

Intuitive process oriented guidance explores the meaning and invisible sensations underlying the symptoms and issues. Patient participation in their own treatment promotes self-awareness as connection is made with the experiencing of their own condition. Simultaneously acupuncture needles are inserted according to Traditional Chinese Medicine (i.e. UB62, SI3 for back pain, LI11 for full heat conditions) and at the site where the energy is located in the moment. For example, the patient may be expressing a particular issue, event or experience and at the same time their shoulder pain flares up or the pressure in their sinuses increases. Appropriate acupuncture points are needled at that moment. This elicits a greater qi response, a greater movement of energy than normally expressed. The combination of the patient's awareness of the issue associated with the symptom in the body and the simultaneous movement of qi with acupuncture produces a core experience from which healing takes place. This combination is the foundation of AcuProcess.

**Results/Conclusion:** We have found AcuProcess creates an enhanced, accelerated healing process. The treatments are often profound for the patient and creates a core experience from which healing takes place. The patient's involvement in the process promotes self-responsibility, as the patient becomes more aware of the meaningful personal experience of their own condition.

## Abstract

**AcuProcess** approaches the patient's physical or emotional symptom or issue as an independent energetic agent. The premise is that a symptom is a coagulation of energy stored in the body. The energetic imbalance is a result of personal issues, life experiences, repetitive thought patterns, fears, buried emotions etc., taking form in the body. This occurs when the underlying organizing structure of the symptom, becomes disoriented, or disconnected from the circulating qi. The symptom challenges the patient to know more about themselves and the personal experience of their condition.

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**RESULTS:** We have found **AcuProcess** creates an enhanced, accelerated healing process. The treatments are often profound for the patient and creates a core experience from which healing takes place. The patient's involvement in the process promotes self-responsibility, as the patient becomes more aware of the meaningful personal experience of his or her own condition.

## Introduction

**AcuProcess** is for any person seeking to explore the in depth meaning of their experience of a condition, or symptom, as an independent energetic agent. The practitioner has to "rely on the curative powers inherent in the patient's own nature" (Lung, 1952). Lao Tzu mentions in the Tao Te Ching the greatest virtue is to follow the Tao even though it seems dark, dim and elusive (Chapter 21). Ilana Rubinfeld's Synergy combines talk and touch (1960s). The work of Arnold Mindell follows Process in the dreaming body (Mindell, 1984). **AcuProcess** combines Acupuncture, Intuition and the patient's process.

Currently several acupuncture practitioners and scholars of Chinese Medicine are exploring the relationship of personal issues, life experience, spiritual development, buried emotions etc., and symptoms manifested in the body.

Janet's "inner tradition" of Chinese medicine is concerned with the psycho-spiritual basis of illness and places emphasis on the use of medicine as a tool to aid spiritual evolution. It views physical symptoms as manifestations of underlying issues ranging from the depth of their spirit to superficial aspects of their physical being (Janet, 1988).

Flaws points out the need to understand that no dualism between body and mind (spirit) exist in Chinese Medicine. Because of this nonduality psychological events may have an effect on the body's physiology and vice versa. The body and spirit are a yin-yang pair, each reflecting intuitively the health and brilliance of the other (Flaws & Lake, 2001).

## Procedure

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As practitioners, we follow the process of the patient; we form no preconceived ideas concerning the etiology of the patient's condition. Our intention is to provide a blank screen and safe environment for the patient. This creates an open-ended framework from which the intuitive awareness can arise leading to resolution of symptoms. We follow the patient, the qi, the organs, points and meridians, the dao. We let the patient's innate wisdom show us the resolution and dissolution of the condition.

## RESULTS:

We have found **AcuProcess** creates an enhanced, accelerated healing process. The treatments are often profound for the patient and creates a core experience from which healing takes place. The patient's involvement in the process promotes self-responsibility, as the patient becomes more aware of

## CONCLUSION:

It is our experience that **AcuProcess** is a powerful healing modality. The integration of intuition, acupuncture and the patient's willing participation, creates an enhanced core experience from which healing takes place.

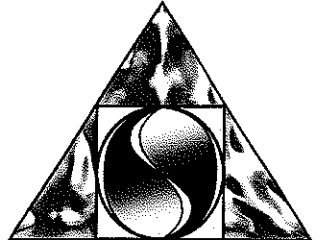
Through **AcuProcess** we have become aware of a number of other energetic patterns that we plan to explore and present our findings. Some of our findings will include further exploration of patient's repetitive patterns, and the patient's



# AcuProcess

## Integrating Intuition and TCM Diagnosis

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## Case Studies...

**Case 1 Fran** is a 36-year-old professional woman. Fran initially sought acupuncture treatments for migraines that she had been experiencing every day for 6 months. She was also prone to sinus infections. With the acupuncture her migraines decreased to one or two a month. Three months into treatment Fran began experiencing great unexplained anxiety, anger and depression. Fran chose to pursue further insight of her condition through **AcuProcess**.

The intuitive scan revealed a very restricted energy pattern. The energy was contained in an oval shaped area from the throat to the bladder. There was a tight band at the midsection, a hot burning knot at RI2. RI2 was also a significant area, the inside pressure was releasing here, causing internal shakiness and pressure over the eyebrows and chronic headaches. Nauseous sensations were perceived and confirmed by the patient.

Fran conveyed a dream of being chased by the wind and rain and found this dream image to feel exhilarating. In the second dream she was in the wilderness, faced a bear and then it chased her. Again she found this dream image exhilarating. Fran came to understand how she restricted her exhilaration for life. This was based on a fear associated with her sister's uncontrollable wildness and the trouble it caused those around her. She connected the wildness and the natural elements in the dreams to her own feeling of wildness. The feeling of wildness was chasing her to connect with her body on an instinctual level. The internal shakiness became visible as her body shook. Fran's feelings of being "up-tight" were decreasing.

Initially Fran presented with migraine symptoms that were a LI/GB diagnosis. As the migraines decreased, the root condition of a ST/SP pattern emerged. This was especially evident during **AcuProcess**. RI2 was needled for the restricted burning energy in the midsection. This is the front Mu point of the ST. It is the alarm point of the stomach that harmonizes the stomach and downbeats counter flow (nausea), fortifies the spleen and disinhibits damp. The Chinese name for RI2 translates to "central center." The pressure built up from this point was like a steam engine, rising to the throat, eyebrows and head. UB2 was inserted to dispel the rising wind and resolve the headaches. DU 23 was selected for similar indications, as well as addressing mania and withdrawal (anxiety and depression). GB20 was used to course wind, clear heat, clear the head and deep source nasal congestion. GB20 was also inserted for the shakiness, or internal wind that was expressing. Additionally, Tyme associated the bear with the spleen (Tyme, 95).

After the shaking subsided, Fran reported feeling peaceful, calmer and cooler. In that calmness, for the first time she had no pain in her body and allowed herself the experience of feeling good.

**Case 3 Frank**, a 76-year-old male psychiatrist presents with severe chronic pain in his left foot, at the inside arch and the base of metatarsals. He would experience days of pain relief after an acupuncture treatment. Because of his profession, he felt there was an unresolved issue behind his symptom. Therefore he sought out **AcuProcess**.

The intuitive scan revealed a huge emotional knot at the midsection encompassing the liver, spleen, stomach and gallbladder that came to a focal point at RI2. The energy in the lower legs and feet were weak and achy. Since all the energy was pulled up into his midsection, his footing in the world was weak. The foot pain was a result of the compromise of his footing, his foundation, and his standpoint in the world. Too many medications were also perceived in the blood (confirmed by the patient) and this was masking the real issue.

As **AcuProcess** progressed, Frank revealed his emotionally painful witnessing of man's inhumanity to man. Frank was part of the liberation forces of a concentration camp in WWII. He wasn't able to stand it because he too was Jewish. The pain and horror he witnessed stayed with him his whole life. He felt he had never before expressed this personal trauma and that the pain in his foot reminded him of his experience so he would never forget.

RI4, the alarm point of the heart, was needled to address the deep painful memories being expressed, as it clears the heart and stabilizes the spirit. GB40 and ST34 were chosen to facilitate the qi bound across the whole midsection, as well as local points to begin to bring the qi back into the legs and feet. GB40 clears the liver and gallbladder and is used for loss of locomotive ability of the lower extremities. ST34 is the xi-cleft point of the stomach and is specific for pain on that channel and in the organ. It is also indicated for paralysis of the lower extremities and cold lower limbs.

Frank reported that following **AcuProcess** the pain in the foot would come and go. The pain was no longer severe and he had longer periods that were pain free. Frank felt calmer and more contemplative about his life experience.

