

'Stargate' – connecting with the milky way

Self-Care

at the end or beginning of each day take time out for yourself....
when lying down place your *right* fingertips
with your hand flat on the opposite side
at the region between your hip bone and your pelvic bone
there is a channel about a hand width from bone to bone
which connects you to the milky way in the universe...
you may place your left hand on top of your right...just for comfort
you may have to turn your body slightly
on your right side to reach over your abdomen...
gently focus on your deep breathing
whilst envisioning and sensing the Qi entering your system through this gateway
but.... only invite positive Qi in!
(assertively, but with compassion, say no to any negative Qi, if you sense it)
leave your hand there for as long as you need to....
until you feel a sense of replenishment and nourishment
you may need to do this for up to half an hour or an hour
the more days you do this the more you will feel
the benefits of restoration

*this acupressure is also accessing the deepest vessel within you
formed at conception called Chong mai*
this is also tonifying your Stomach and Spleen function
reflecting the Earth element which nourishes you
the 'stargate' channel - pathway which connects with the milky way
allows *abundant universal Qi* - energy into your body
which nourishes and replenishes at spirit level

according to

Huang Di Nei Jing – the Yellow Emperors Medical Classic
206 BC

Shen refers to that aspect of our being that is spiritual
and looks to the universe around,
Shen draws our attention to the divine, contributes to wisdom,
virtue, calmness and maintains our whole being.
The spirit – *Shen* can be harmed by *external* factors if we fail
to maintain vitality through good habits - lifestyle,
physical strength and adequate nourishment.
The *Shen* can also be harmed by *internal* factors



mainly excessive emotions.

Crystallizing DNA

Preventative Medicine
Freedom and peace



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