

## **Radiant Circuits/Energies of Joy/Strange Flows**

Based on Donna Eden Workshop

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Doesn't matter what name is familiar to you, for me they are one of the energy systems that have a great importance for our well-being and happiness. They are our unique 4th of July and the ones that remind us of the JOY of this miracle of life that we are experiencing at this time.

We are too busy doing things and have forgotten to just BE. We are beings having a human experience. We should call ourselves being humans instead of human beings.

I am going to share information given to me by Donna Eden in workshops and from her book *Energy Medicine*.

What follows are excerpts from her book *Energy Medicine*.

Opposed to triple warmer that are your inner militia the Energies of Joy are your inner mom. They support, inspire, strengthen and cajole all your organs and energy systems to function as a tightly knit family. They advance men, ensuring that all systems will work for the common good, redistributing energies to where they are most needed, and preparing the way for a coordinated response to any happenstance the body encounters.

The strange Flows are Psychic Circuits. If we look through the lens of evolution the strange flows have probably been around much longer than meridians. She bases this fact that more primitive organisms as insects and few amphibians, she has examined, where she sees strange flows but not meridians. They presumably existed prior to the more aggressive defensive strategies of triple warmer.

The central and govern meridians are probably the evolutionary link between the radiant

circuits and the meridians. They jump their course like strange flows but are more efficient because they have established pathways like meridians.

They are ten Energies of Joy: The belt flow, penetrating flow, left and right bridge flows, left and right regulator flows and the four meridians central, govern, spleen, triple warmer that double as strange flows.

Using your handouts let us start demonstrating how to test and the corrections for each one of them.

### **From Donna Eden's Workshop, Sedona, 2001**

#### **The Individual Radiant Circuits**

Why do we need to know about the specific radiant circuits when we can just stick our butts in the air and activate all of them? You can bolster the overall radiant system by strengthening its weakest links. In addition, individual radiant circuits, have, over evolutionary time, taken specific roles and they serve different functions. So you can bring about changes in habits that are entrenched not only in the psyche but also in the body by focusing on and strengthening the action of specific radiant circuits. The locations of each of the radiant circuits in their dormant state are shown in Figures 1 through 7 (these charts differ somewhat from the traditional renditions based on how the first author sees the radiant circuits) their basic functions follow.

**The Yin and Yang Regulator Circuits** (Figure 1) The front (yin) and back (yang) regulators circuits influence hormones, chemistry, and circulation as well as the connections among all the

systems in the body. They help your body adapt to endless assaults of internal and external changes. Hormonal imbalances and the emotional turmoil that may follow can be addressed by working with the regulator circuits. They also establish harmonies with other people and within the environment.

**The Yin and Yang Bridge Circuits** (Figure 2). The front and back bridge circuit connect the front and back of the body as well as the body's energetic polarities: positive and negative charges, receptive and forceful impulses, male and female qualities, yin and yang influences. Where an energy is stuck, they bridge across to its polarity and get the system back into flow. Inner schisms—alienation of body and mind, head, and heart, love and sex—may be addressed by working with the bridge circuits. In the outer world, where regulating channels support harmony between people, the bridge circuits support the exchange of information, particularly the accuracy of intuitions about others

**The Belt Circuit** (Figure 3). The belt circuit surrounds the waist. It connects the energies of the top part of the body and the bottom part of the body. Distributing the energies up and down is the critical physical health task of the belt circuit. It also helps all of the meridians to move in harmony and orchestrates the charkas. Psychologically and spiritually, the belt circuit is involved with how grounded we are and how inspired we are; how grounded we can stay reaching to our spiritual heights, and how high we can reach while staying grounded. Much human folly and suffering is a reflection of impairment that keeps us energetically top-heavy or bottom-heavy.

**The Penetrating Flow** (Figure 4). If the bridge and belt circuits connect your front and back and up and down energies, the penetrating flow brings energy to your inner depths. When moving freely, it penetrates into charkas, the muscles, the bones, the genitals, and deep into the cells. In the embryo, according to both traditional Chinese and Japanese medicine,

the penetrating flow is said to carry the energies of the ancestors and to set strength of the person's basic energetic constitution. You know this energy in the flowing warmth of an orgasm, and when an orgasm opens into spiritual experience, it is as if you are the recipient of the penetrating energies of the universe. That is how your cells must feel when they are reached by your penetrating flow. When people feel depressed or empty inside, it is often because the penetrating flow is weak or blocked. To activate the penetrating flows is to connect with and energy that brings a deep sense of purpose and meaning.

**Central and Governing** (Figure 5). Four of the body's radiant circuits are also meridians. They carry radiant energy and are capable of instantly moving this energy to anywhere it is needed. But unlike the other radiant circuits their energy is also transported along fixed pathway and accessible through points on the surface of the skin that show decreased electrical resistance, called acupuncture points. Central meridian's pathway flows up the front center of the body, feeding energy to the brain. Governing meridian's pathway flows up the back center of the body, feeding energy to the spine and much of the nervous system. The two meridians meet at the back of the throat, creating a single force field, and this is where they begin to behave like radiant circuits. That force field radiates outwardly, bringing strength and vitality to the meridians, the charkas and the aura. When a person is filled with confusion or self-doubt, activating central and governing can pull the cerebrospinal fluid up to the brain and calm the nervous system, eliciting clarity and confidence. When a person is oversensitive to other people or the energies in the environment, activating central and governing often lends protection by strengthening the aura.

**Spleen and Triple Stimulator** (Figures 6 and 7). The two other radiant circuits that carry the properties of meridians are also paired polarities—triple stimulator and spleen. Triple stimulator's

fixed pathway goes directly from the back brain to the front brain. The back brain is primal, carrying the survival strategies of millions of years of evolution. Triple stimulator feeds the back brain while moving primal survival information into front brain. It can conscript energy from other meridian (except heart) to insure the body's survival. This is a very serious assignment, and triple stimulator is the single radiant circuit whose "personality" is more like a general in combat than an upbeat mom. Meanwhile, the mother of upbeat mom energy, the spleen meridian/radiant circuit, radiates the life force itself. Running through the pancreas, which metabolizes carbohydrates and sugars, this is the energy system that metabolizes thought, experience and emotion, as well as food. Spleen energy, in fact, resonates with and metabolizes all the other energies of the body, bringing them into harmony with one another. Together spleen and triple stimulator govern the immune system through an interplay of military and family values, and when you can keep their energies in balance, they become a powerful team for keeping your life in balance.

Even though various works (including this one) provide charts for the location of the radiant circuits, these are ultimately misleading. The radiant energies do indeed concentrate on specific lines along the body, but that is while they are relatively dormant. When they are active—and that is where the action is—they may go anywhere, and their paths cannot be reliably charted. Several books also attempt to "connect dots", showing which points to hold to activate the radiant circuits. While this can turn on the radiant circuits, linear formulas tend to go against the flow of this energy. Still, a value of the charts is that if you hold one of the points identified as an "anchor point" and then intuitively touch other points on the chart, you "hyperlink" the energies between the points, strengthening the circuit it can begin to radiate. I call this "anchor and wander". Instead of directing the flows by following some hypothesized linear pattern, using your intuition in a dance with that energy beckons it on its own terms.

### **Checking and Correcting the Radiant Circuits**

With the specific benefits of each of the radiant circuits being so central to enjoyment of life, you might be tempted to work with all of them, and we do feel that knowledge of how to activate the entire radiant energy system should be part of everyone's education. But it is also valuable to know which are the weakest links and how to strengthen them. You may already recognize from reading the above descriptions which circuits are not operating optimally for you, and you can verify this and investigate further with other energy tests.

When you suspect that working with the specific radiant energies may be helpful, you can energy test which ones might need attention. To do the test, you will need a partner. Select an indicator muscle (see Eden, 1998 Chapter 2), check for a strong baseline, and then use the following instructions. Following each of the test instructions are techniques for activating that particular radiant circuit. You can do many of the activating techniques without a partner although, particularly for the techniques requiring that point be held, when someone else is holding the points for you, your body relaxes and you can receive more deeply.

#### **Checking the Regulator Circuits.**

For the yin regulator circuit place your thumb at the bottom of the chin bone and the finger of the other hand in the hollow at the base of the front of the neck. Pull the fingers of one hand upward and the other downward, stretching the skin over the front of the neck. Energy check before and after. For the yang regulator circuit, pinch the backs of both heels (below Achilles tendon). Energy check before and after.

#### **Activating the Regulator Circuits.**

If either regulator circuit tests weak, rub your hands together; place them on the head and, touching the body, slowly smooth over the shoulders and down the arm. Return to the throat area under the chin and smooth the energy down the sides of the body with your full hand. As you come off the ankles, pass your hands

over the top of each foot, squeeze the sides of the feet, and then firmly pull the energies off of them. Make at least two passes. Another technique for activating the regulator circuits is to lie face up while a partner stands at the ends of your feet and places his or her thumbs at the bottom of the ball of each foot between the big toe and second toe (Wellspring of Life Points), gradually pressing in and holding for about 10 to 15 seconds. Then wrap the hands around the top of the feet, pulling them back, with the thumbs still on the same points and gradually releasing the pressure. It is a wavelike movement and can be repeated several times.

With this and each of the subsequent radiant circuits, if the initial energy check showed a weakness, repeat the test after completing the treatment. If the circuit has not corrected or the correction does not hold over time apply "anchor and wander" technique (see below) or "trace" the circuit. Find the figure for the circuit you wish to trace and, with the slow full contact of yours or your partner's hand follow the solid lines in the diagram, generally moving from top to bottom.

**Checking the Yin Bridge** (front of the body). Place the middle fingers of each hand between your breasts (at top of thymus) and draw a "heart" by circling your hands up and then around each breast (it is not necessary to touch the body), meeting just below the sternum. Energy check before and after.

**Activating the Yin Bridge.** Begin with the same heart motion as used in the test. Repeat three times, and then when your hands meet at the sternum after the third go straight down the front of the body very deliberately, continue down the legs, moving toward the inside and wrapping your fingers underneath your feet. Pull your body up and away, stretching your arms. You will feel a stretch in your back. Another good way to activate the Yin Bridge is to sideways figure 8 movements over the face and then down the front of the trunk of the body. The movements extend across the width of the body, making 8s that are about 4

inches tall, and weaving them down to the bottom of the body.

**Checking the Yang Bridge** (back of the body). Stand behind the person and with the fingers of either hand, tap on the outer edge of the person's left shoulder. Rapidly tap three more points: the outer edge of the right shoulder, the outer each of the left hipbone, and then of the right hipbone. These four quick taps form a "Z". A strong energy check indicates that energies are bridging between the left and right sides of the back.

**Activating the Yang Bridge.** Do sideways figure 8 movements on the back of the head and then down the back of the trunk of the body. The movements extend across the width of the body, making 8's that area bout 4 inches tall, and weaving them down to the bottom of the body.

**Checking the Belt Circuit.** Place the webbed area between the pointer finger and the thumb of either hand around the waist on either side of the body. Energy check before and after.

**Activating the Belt Circuit.** With fingers spread, circle the hands around the side of the body at waist. Pull from the back of the body to the front and all the way across the belly and to the other side. Pull not only at the waist, but above and below as well. Do this several times with some pressure and lifting movement, alternating hands. Then firmly slide both hands down the leg on the side you are pulling toward and off the foot. Repeat on the other side of the body. With a little improvisation, you can do this one on yourself, and it is a wonderful one to do often to keep your top and bottom halves in harmony. Another belt circuit technique also stimulates the penetrating flow and is particularly effective if the energy is cut off at the top of the legs. Have the client lie face-up and place either foot against your stomach. Reach for both the client's hands so you can pull away from one another. Hold this stretch for about 10 seconds. Repeat using the other foot.

**Checking the Penetrating Flow** (done while sitting or standing). By placing the thumb of one hand on your navel, the fingers and palm rest on the second charka. Raise the thumb, fingers, and hand at the wrist. Gently and slowly lower your hand one segment at a time, until the hand is flat. Continue around until the fingers point down and finally lift off. With the other hand, simultaneously or immediately following, do the same motion on the back, directly opposite the first hand. Energy check before and after.

**Activating the Penetrating Flow.** Masturbate. If this is not convenient, lay on your back and cross your feet at the ankles, bending your legs at the knees. Wrap your right hand around your left foot and your left hand around your right foot. Pull your feet above your head, keeping your arms straight, and rock so your butt comes off the ground. Continue for at least a minute. If a partner is available, have the client lie face down, place one hand on the sacrum, the other at the top of the back, and rock the person for 3 to 5 minutes. When completed, lift both hands simultaneously and let the person bask in the feelings for another minute. This activates governing as well as penetrating flow.

**Checking Central and Governing:** Push in on ("smash") the nose for about a second. Energy check before and after. This determines if the energies that run up the front center of the body and through the charkas are connecting with the energies that run up the spinal column. When these energies connect, they create a resilient force field.

**Activating Central and Governing.** First do a front "hook-up" by placing the middle finger of one hand into the navel and the other hand at the third eye point. Push in both fingers and pull them upward toward head. Hold for a couple of minutes. The back "hook-up" requires a partner. Lay face down. Partner places palm of one hand on your spine in the middle of your back, with fingers pointing toward your feet. The other hand points in the opposite direction. The hands cross at

the wrists so that as they push apart, the spine is stretched. Continue to move the hands in opposite directions until the middle finger of the hand facing upward reaches the indent at the top of the neck and the middle finger of the other hand reaches the sacrum. Hold for a at least 15 seconds. Energy test before and after.

**Testing Spleen:** Rather than using the general indicator test, check the spleen meridian directly. With the client's arm hanging straight down the side of the body, thumb next to the legs, and palm facing back, the tester places two or three fingers above the wrist between the arm and the body, and pulls straight out, away from the body, for about one and one-half seconds.

**Activating Spleen:** Do the "spleen tap" by bunching the thumb, second and third fingers and tapping at the point on the bottom of the breast (one rib below the bra line on a woman) at the side of the ridge cage. Tap both sides simultaneously for 15 to 30 seconds. Alternatively, hold the acupuncture strengthening points for spleen (see Eden 1998 pp 118- 120)

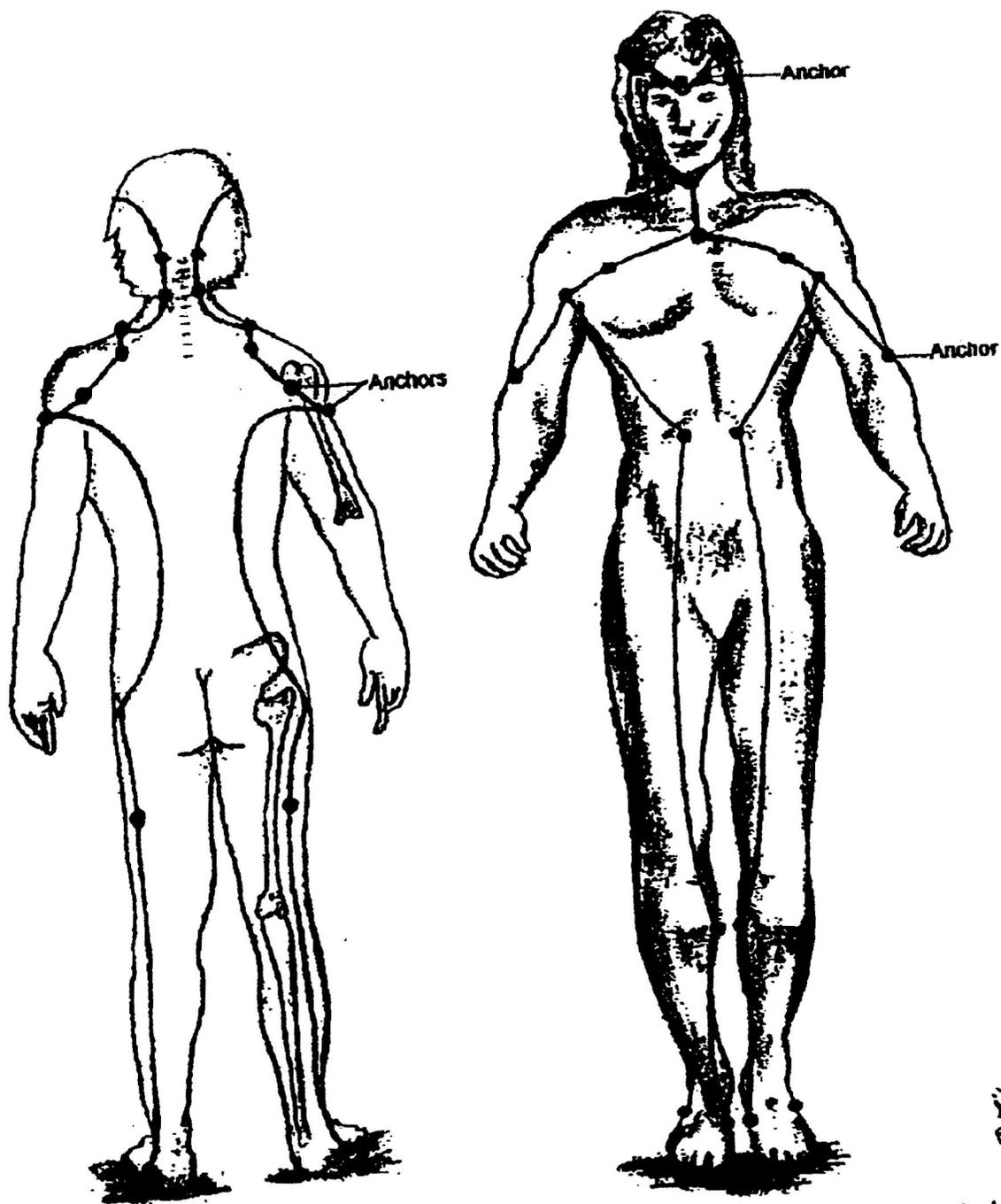
**Checking Triple Stimulator:** Cup either hand slightly with the fingers spread around the ears, fingers about an inch above and behind the ear. Energy check before and after.

**Activating Triple Stimulator.** Don't. It is probably already over-activated by virtue of the culture in which you live. The need is to reprogram it so its energies will be available when there is a real threat, whether to your health, your safety, or your state of mind. If the test showed a weakness, triple stimulator needs to be harmonized. Place one hand on the person's forehead and the other hand on and above the navel (over the solar plexus). Hold for a minute or two. Alternatively, hold the acupuncture sedating points for triple stimulator ( see Eden, 1998, pp. 122).

**Anchor and Wander.** If you have not been able to activate a specific radiant circuit with the methods presented above, or if one

continues over time to test as weak link, use the “anchor and wander” technique. It requires more intuition and will take longer, but it is a powerful method for repairing the weakest links. Find the diagram for the radiant circuit you want to work with and choose one of its “anchor points” (for points that are paired right and left, the diagrams identify only one side, but either side can be used). When possible cross over so you “wander” to a point that is on the opposite side from the anchor point. Place the fingers of one hand on the anchor point and intuit which of the remaining points on the diagram draws your other hand to it. Tapping that point sends a pulse. If you hold the point, your fingers create an electromagnetic charge between that point and the anchor point, jump-starting the flow of the radiant energies. The length of time you need to hold is, again, determined by your intuition, but the average is 3 to 5 minutes. Holding positive images or stating positive affirmations (e.g., “I am being filled with joy”, or gratitude, or peace, or love; “My heart is opening”) can amplify the benefits. As your intuition becomes more attuned to the radiant energies, you can rely less on the charts. Simply sense which points to hold, and you will find that sometimes the best points for a given individual at a given moment are not the ones identified on the chart.

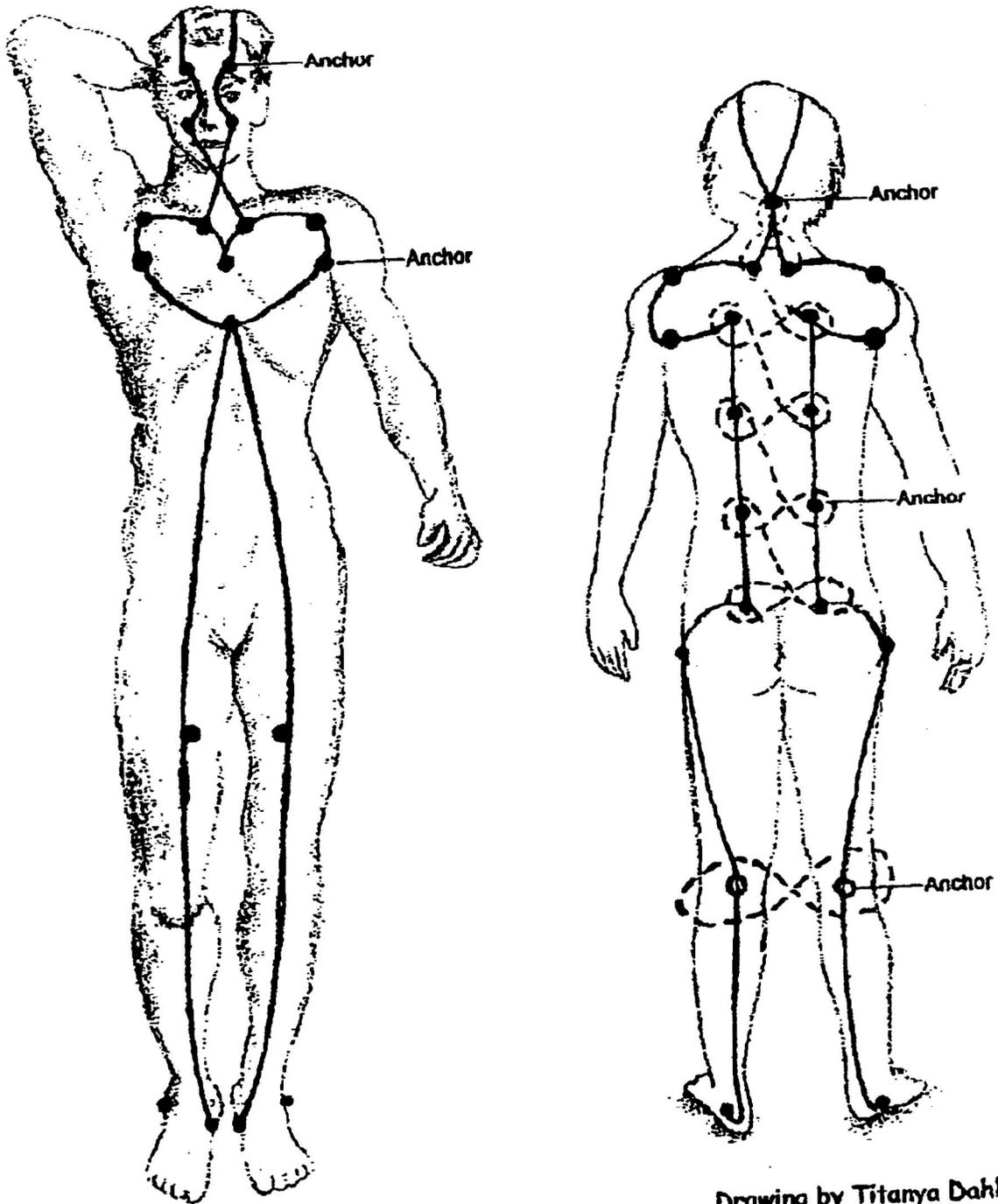
Figure 1  
The Regulator Circuits



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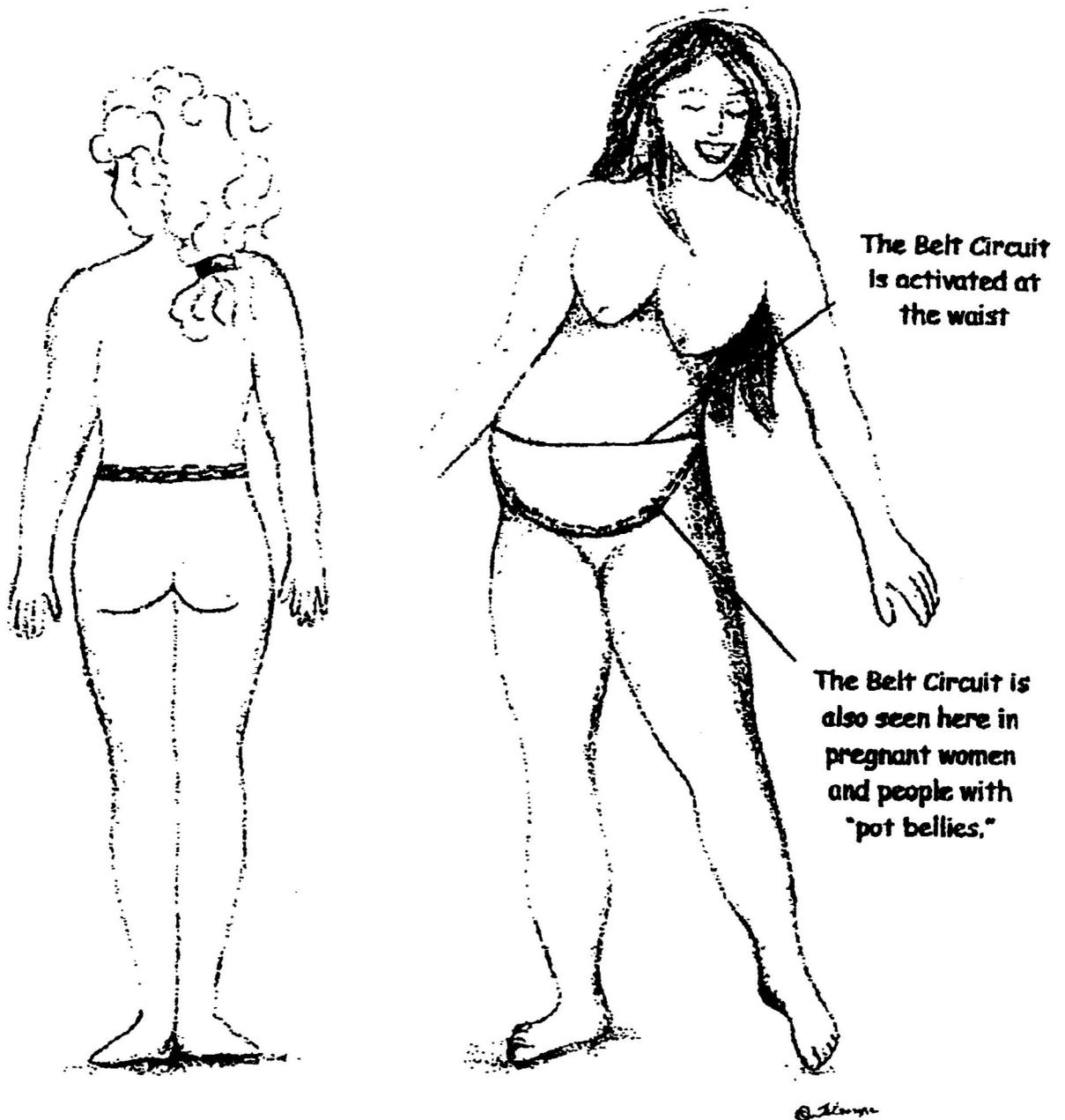
Drawing by Titanya Dahlin  
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Figure 2  
The Bridge Circuits



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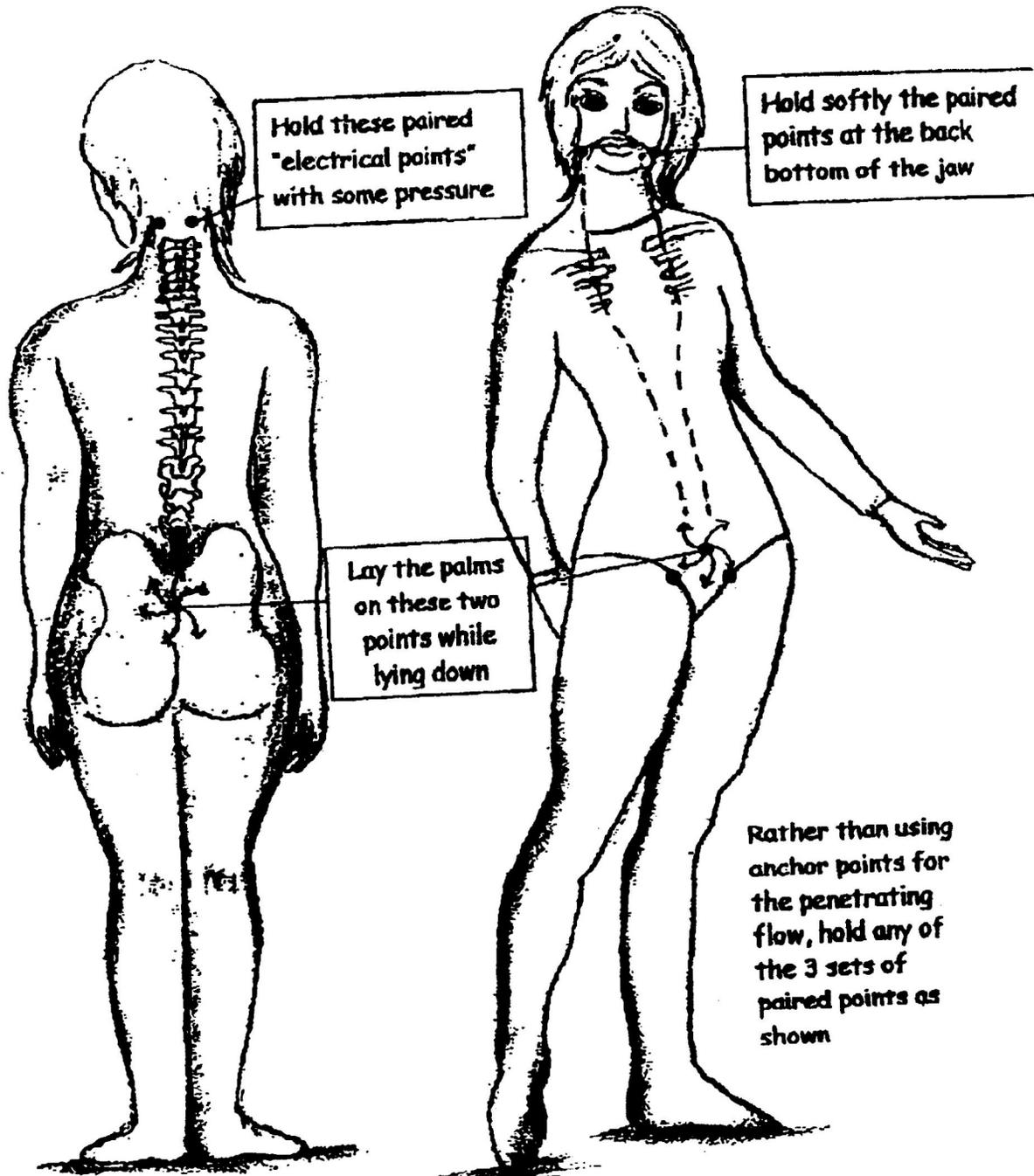
Figure 3  
The Belt Circuit



Drawing by Titanya Dahlin © 2001

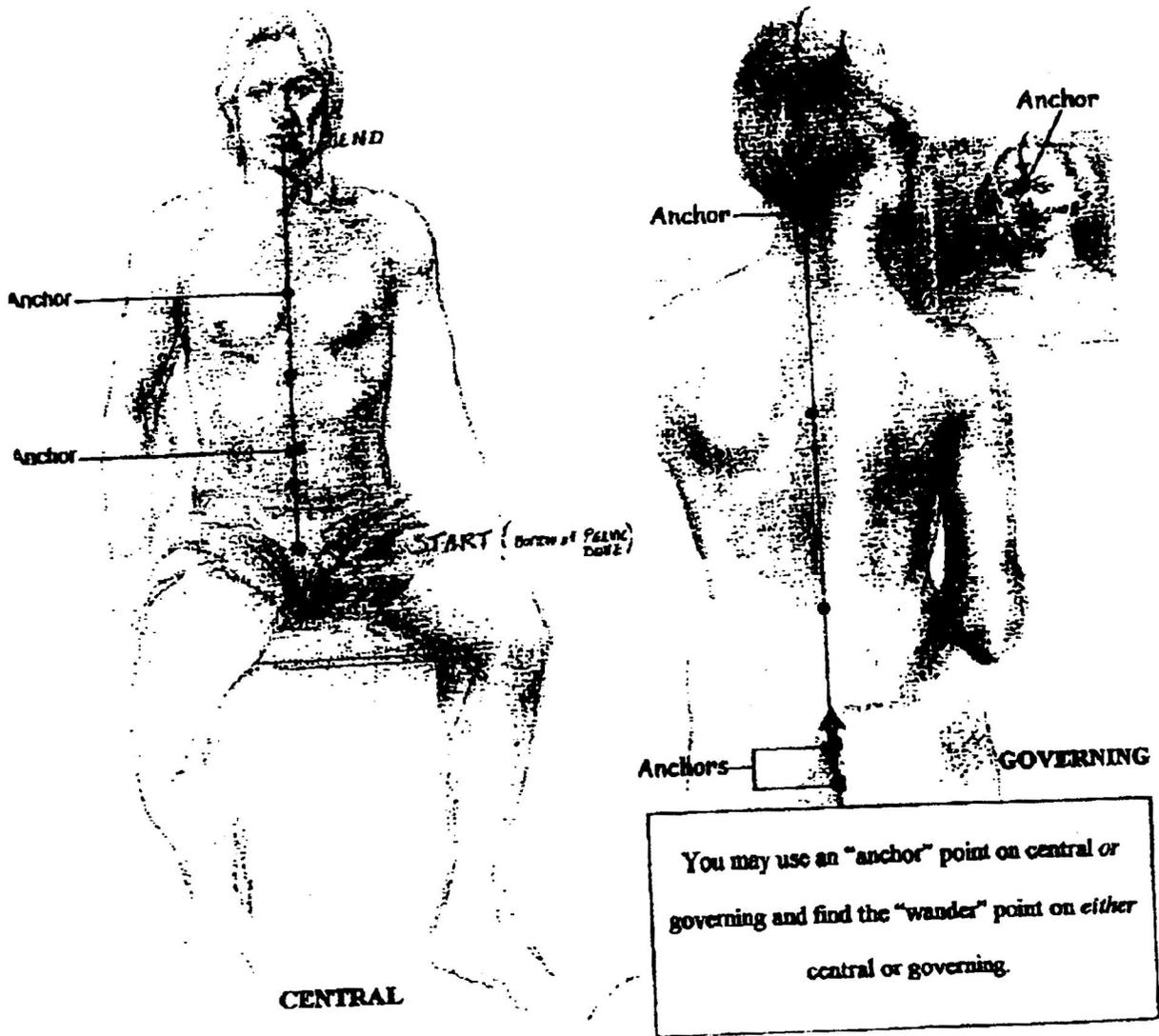
You can hold points anywhere along the belt circuit, but we have found that pulling the energies across the body as described in the text is the most powerful way to work with it. This opens all the top-bottom circuitry in the body.

Figure 4  
The Penetrating Flow



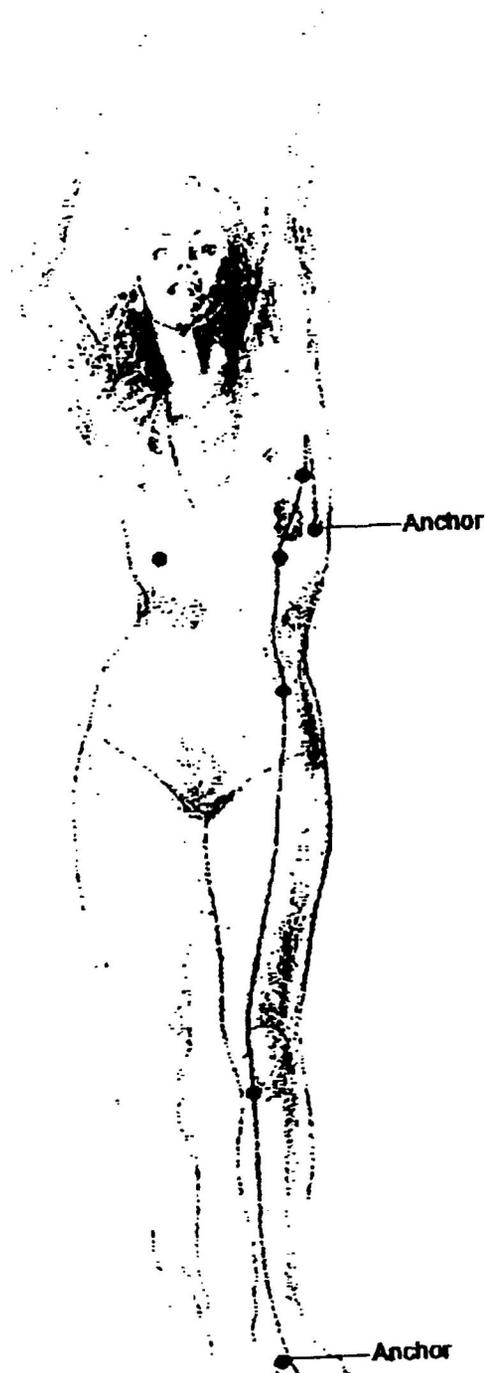
Drawing by Titanya Dahlin  
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Figure 5  
Central and Governing



Drawing by Brooks Garten  
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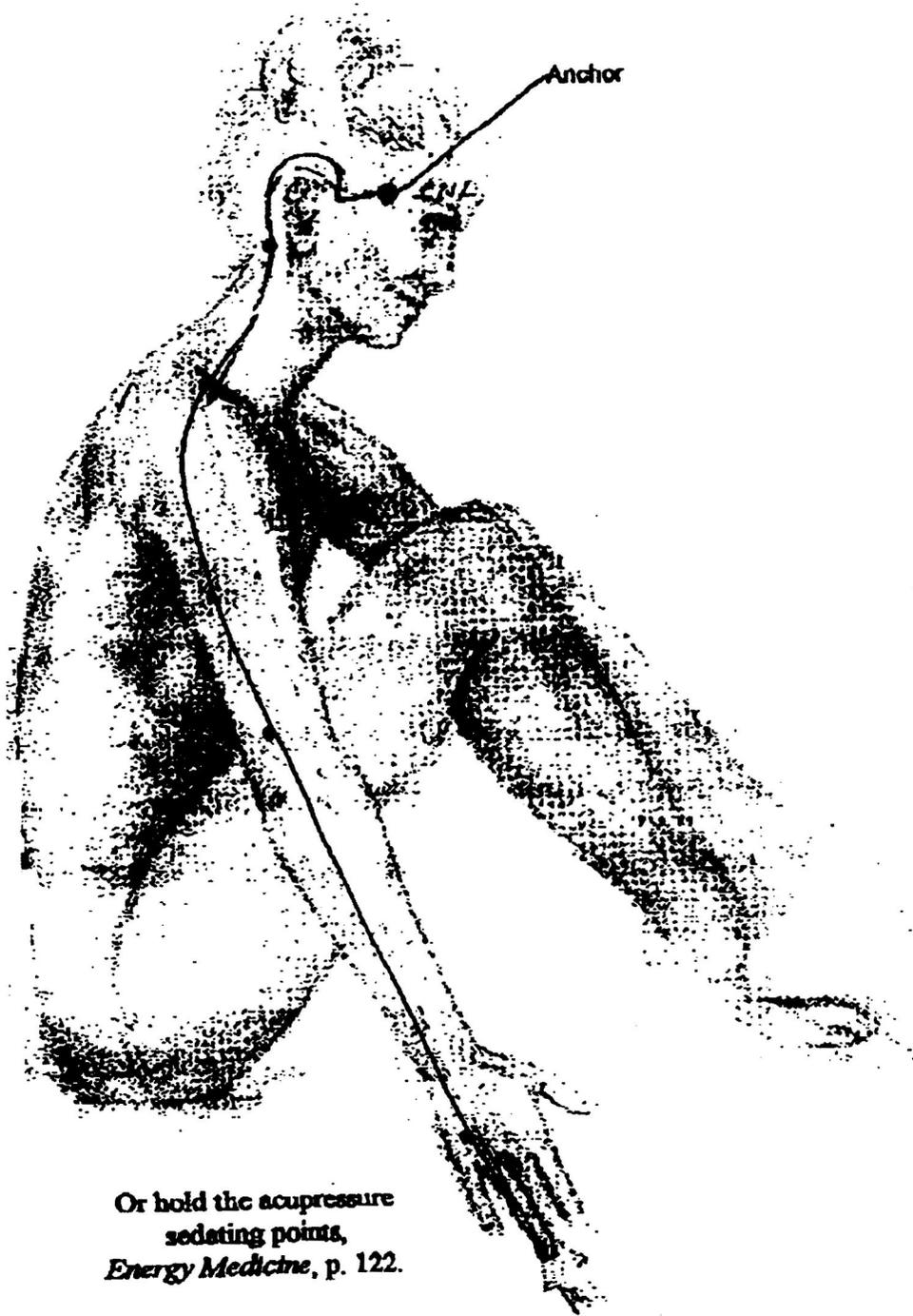
Figure 6  
Spleen



Or hold the acupressure  
strengthening points,  
*Energy Medicine*,  
pp. 118 - 120.

Drawing by Brooks Garten  
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Figure 7  
Triple Stimulator



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