



## Healing with Acupuncture

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20 patients were asked to write half a page on their experiences during the spiritual acupuncture sessions. Most patients received up to 10 spiritual acupuncture sessions. The modalities and methods of the spiritual acupuncture practice are found in the second part of this paper.

### Experience report

Experience report of Patient C. Spiritual acupuncture sessions in June 2017.

The sessions with spiritual acupuncture came to me as a gift: I met the therapist Gabriel Stux accidentally in Merida Yucatan. I know after 6 sessions of spiritual acupuncture that I really needed to ground my energy, open my heart, and connect to divine energy.

We worked very deeply to connect and ground my energy with earth and to open the space of the heart. Many curious things have happened since the healing. I feel it was the doorway to deeper experiences of connecting with myself. I understood how to take care of my energy and how to avoid burn out again or even ever. I feel that through the treatment, I learned how to open the space of my crown chakra on my own as if the needles had opened the pathway and I had learned how to walk it.

The therapist was patience personified, holding the space for healing to take place. This spiritual therapy had a deep effect in the biology of my body: I experienced improved digestion, deeper sleep and felt happy. On reflection I would have said that the organic benefits were the initial I experienced followed secondly by the emotional benefits. But what is particularly impressive in the practice of spiritual acupuncture, is that it heals both the body and emotions.

The weeks after the sessions I began to feel safer in the world, and many beautiful things happen to me; these were to do with the more grounded, yet lighter feel in my whole being. I went on a family trip to Europa, then I met amazing people, and I felt all together in harmony. The connection with earth, the opening of heart and crown chakra made me feel healthier and safer in the world.

These notes were done two months after six spiritual acupuncture sessions.

### Experience report by patient N. Spiritual acupuncture sessions in May 2017:

The energy flow began quickly. With the breathing I soon could perceive the flow throughout the body from the head along the spine expanding in the heart area and abdomen and then into the ground. Then white light followed which flowed through me. Especially at the back of my neck a new large bright energy opened.

This white light turned silver and shiny. It expanded to encompass the body in a large cylinder from high above me down into the earth. I was able to move the flow along with my breath. My inner hearing and vision expanded and became clear. With this silver shimmering light flow the sense of time and environment receded and there were no more pain points. Afterwards I was walking very slowly. Since then I can simply sit down and access this bright light and energy easily although not quite with the same intensity as during the sessions.

### Experience report by patient M. sessions in June 2017

How to put experiences during sessions into words? How to formulate such non rational experiences into words. They are transformational processes.

A special transformation occurs through breathing. With attention on the in and out flow of breath the movement changes. Initially shallow and full of disquiet becomes a calm high and low extension of the chest. But at the same time my observation vantage point changes. From an external assessment that my breathing is far too shallow and my attempt to enable the air to enter more deeply to an inner experience of breathing that very soon takes place without no longer be directed by myself. In some moment it doesn't even seem necessary to breathe. It just happens automatic, but also more seldom.

Gaps of stillness are happening between breath that increasingly wide open into spaces of total quietness. The closed eyelids through darkness first allow access to one's own body, then gradually become a transparent curtain through which more and more light moves into the body. Initially tension is noticeably released with the needles. But now a light full emptiness expands

The feeling of emptiness simultaneous changes into feeling of fullness and more expansion. Only afterwards the certainty arose that there was a long period without any thought. In this state of deep calmness I was not even aware of not thinking. But thinking in a new manner is contained in this state of non thinking happening beyond words. (This patient is a university professor of philosophy).

### Experience report by Patient

As soon as the first needles are inserted you really feel the effect of this careful individual therapy in your body. The muscular tension, stiffness in certain areas, pain and feelings of cold begin to subside. The slight discomfort of the insertion of some needles soon disappears and you experience a gradual soothing peace and feeling of comfort.

Your mind starts to wander internally, at first deep in the heart region. The increasing expansion of the chest, the warmth of the area of the heart and deep, calm breathing allows your spirit to soar. Your head is light and completely clear. Time appears to stand still in a pleasant brightness and everything is infused with an unexpected feeling of lightness. In response to the therapy, the restorative energy becomes increasingly evident. Negative feelings and worries melt into a new enjoyment of life, an inner harmony (appearing again in the middle!) and a peaceful relaxation.

You leave the treatment couch no longer in pain, positive and enlivened with new energy. Your outlook is again open to appreciate beauty and you experience a marked affinity for your fellow man and nature.

### Experience report by female patient W August 2017

During the acupuncture session I felt immediately clarity and opening of my inner space. The guided breathing during session had a freeing impact on me and enabled a process of bigger opening and a sort of "bottom-top"-connection. Stomach and guts felt lighter and lost unconscious tension.

This process lasted during some days after session: light, strength and opening got stronger. The inner space of heart energy opened up more and more. Clarity of feelings and thoughts with a bright inner joy accompanied me. I feel more connected to my soul and experience more deeply its relation to my body structure. A strong energy flow fills my inner space which I experience as beautiful calming and enlightening.

Heart energy developed clearly: it is wider, liberated and light. This gives me sensations of inner freedom and openness to events and persons. I am settled in inner peace. My body feels warm and without tension. My thoughts are bright, hunger and digestion regulate, sleep is deeper, concentration sharper.

After each session I feel more and more light spreading from the top into my inner space. It enlightens me and is balancing. A feeling of happiness is growing. Living the light inside gives me a different and new ability of sensing my body; this is what makes spiritual acupuncture a very unique experience.

### Experience report by Patient

#### Introduction

This method draws on more than 40 years of experience in acupuncture and Chinese Medicine and 30 years of experience in working with different modalities of Energy Medicine and meditation. New methods of healing with spiritual acupuncture are described which have been developed and put into practice in an acupuncture clinic in Düsseldorf Germany. Of these modalities, different ways of using qigong and meditation are the most essential.

The main intention of this spiritual healing practice is to bring soul and body together and deeply connect the soul with the heart space. Additionally, awareness is directed to the flow of energy, focusing on the light level of the life forces. When the crown chakra has been opened, in the first step light and energy can flow from the soul, the eighth chakra into the heart space and through the whole body. The lightfull awareness exemplifies the spiritual application of the different healing modalities.

Chakras are experienced as expanded spaces with constantly moving currents of light in different colours and body energy. They play an important role in Indian medicine and yoga and correspond to the system of the Chinese organs, especially the triple heater, the sanjiao. The chakras correspond to five spaces within the body: the pelvic cavity, abdomen, chest, throat and cranium. Each chakra is related to specific emotional, mental, physical and spiritual levels of existence, and is associated with a certain colour, sound, symbol and frequency of vibration.

The chakras receive, assimilate and transform the life force termed prana or qi, regulating its flow through our energy system and thus keeping our mental and physical health in healthy balance. As the chakras progress from the lowest to the highest levels, they govern increasingly spiritual functions.

#### Crown Chakra Opening for starting the Healing with Spiritual Acupuncture

Starting with Baihui (Du-20) is of essential relevance when it comes to opening the energy field to light. Baihui opens and enlightens consciousness. It also opens the inner spaces of the body to the direct influence of the Soul.

The session begins with gentle peaceful needling of baihui. Then a further four (+4), eight (+8) or twelve (+12) needles are inserted

concentrically around it to open the crown chakra. The four points surrounding baihui are sishencong.

### Gate of light for expansion and connection

The application of needles to all these points leads to an extraordinarily wide opening of the crown chakra. Baihui and the surrounding point are opening an important "Gate of Light", which is bringing more clearness, light and luminosity into the mind by helping to open fully the crown chakra.

### Treasure points are twelve light points to the Soul

The twelve points, which surround baihui in three concentric circles, have been named 'Treasure Points' by one patient (Wunderpunkte). We are in the process of collecting more feedback on the effects of these points, which have also been named 'The Twelve Light Points to the Soul'.

When we include more points, the flow of light and energy into the heart chakra and the whole body is much stronger and much more noticeable for the patient.

### Essential meditation modalities for healing acupuncture

The meditation practice introduced here consists of three steps:

#### Breathing: consciously and deeply

We breathe in vital energy. Breathing is the first and main source of our life force. Whenever we breathe in deeply and consciously, our vital energy is more activated. The word inspiration, from the Latin "inspirare", to breathe in, is consistent with the idea that breathing is the gateway to our creativity and spirituality. We talk about feeling energetic charged and inspired. Conscious breathing is to be understood as an essential bridge between the soul and the physical body, thus helping to connect mind and body.

After the acupuncture needles have been inserted, awareness should be focused on the breath. The patient is asked to observe his breathing. The first step is to inhale deeply for about five to ten minutes. Deep and continuous inhalations charge and strengthen the life force. The therapist may support the patient by saying:

'Breathe deeper, breathe deeply into the chest', or  
'Breathing deeply activates and strengthens your life force and gives you more energy', or 'Breathing deeply makes you feel more alive'.

The last two affirmations help the patient to develop a stronger motivation.

Then patient turns his attention to exhaling to breathing out. Here, the emphasis lies in a prolonged and more complete exhalation, to relaxing more and more with each outbreath.

The therapist may say:

'Breathe out slowly and deeply', or

'Take more time to exhale', or  
'Let your tension go with each exhalation', or  
'Each breathing out helps you to relax more and more'.

Conscious and prolonged exhalation helps the body to relax and release tension, thus harmonizing the life force and allowing for more free flow of qi.

Health is characterized by a constant flowing qi and pulsing of the breath and vital energy within the body's organs, channels, and energy centers. Focusing the awareness on the breath is most important and essential way to enhance the healing effect of acupuncture.

#### Awareness into the Body

Once the breathing technique has been established, usually during the first one or two acupuncture session and the patient feels comfortable with it, the therapist introduces the patient to increased body awareness. The patient is asked to close his eyes, feel inside the body and to become aware of bodily sensations and emotions while consciously watching the breath at the same time.

In the course of treatment, the therapist encourages the patient to go deeper and deeper into the body, while mirroring the process by doing the same and directing his awareness inside his own body. This approach helps the patient to focus his awareness and feel increasingly relaxed. He may also experience slight tingling sensations and a gentle flow of energy.

#### Qigong

Qigong is one essential modality of Chinese medicine, its practice being to harmonize and energize the life force. It is a way of cultivating qi, working with and become aware of qi by using the breath and certain positions of the hands, gently and slowly. The breath and the hand positions help to focus awareness and direct the flow of the energy.

During the acupuncture session, the patient holds his arms in a circle in front of the different regions of the body, the hands facing the body as usual in qigong, beginning with the chest area and then moving the hands downward to the abdomen, and later further down to the region of the pelvis. The distance at which the hands should be held from the body can slowly be expanded. However, the ideal distance comes about naturally and is determined by the patient himself.

The hand positions together with breathing technique help the patient to direct awareness to particular areas and hold it there, consciously perceiving the flow of energy inside the body. Blockages are loosened and will eventually dissolve. A deep relaxation is felt after a few sessions.

### Grounding the base for healing

After opening the crown chakra, the yang pole of the body, the therapist turns his focus to its opposite pole, the yin pole, to strengthen the Kidney and activate the first and second chakras. Acupuncture needles are inserted into the 3 important points taixi (KI-3), sanyinjiao (SP-6) and taichong (LIV-3). It is recommended that the patient should sit upright in the second half of the spiritual acupuncture sessions, as this activates the flow of light and life force from the crown to the Heart and base even more.

In addition the 'NADA points' of Michael O Smith (auricular Heart, Kidney, Liver, Sympathetic, and shenmen points) are particularly relevant when activating the Kidney and the base. They have an additional calming and grounding effect on the Kidney energy. The ear Heart and Kidney points harmonize relations between the two organs. As a result, a strong connection between Heart and pelvis, where the Kidney energy is centered develops in the next two or three sessions.

### Heart the centre for healing

When working with the seven chakras and the different modalities of using qi, the centrality of the Heart chakra is emphasized. It is the fourth chakra down from the crown or up from the base. It is also located in the centre of the chest, and is the chakra with exceptional healing energy. It harmonizes and balances, its main qualities being compassion, love and tolerance.

### The magic six points for the heart

The associated acupuncture point is shanzhong (Ren-17). Adding four surrounding points at a distance of 1 cun from shanzhong intensifies its effect, just as with sishencong and baihui. Furthermore, shendao (Du-11) on the back can be chosen as a major supplement. These magic six points help to activate and open the Heart chakra. Additionally the patient holds his hands in a circle in front of the chest and uses the breath to focus awareness there. The therapist may support the patient by saying: 'Allow your heart to open'.

The combination of acupuncture, awareness of the breath, and qigong hand positions lead to a further opening of the Heart, an expansion and strengthening of its energy, so that eventually the patient experiences a widening of the Heart space and will feel more joyful and humorous. This in turn helps him to become more conscious of this chakra.

A further opening of the Heart chakra can be achieved during an acupuncture session when both the therapist and patient direct their awareness to the heart chakra and hold it there. Happy thoughts or childlike play also activate this chakra, bringing about a compassionate and healing energy. The Heart's warmth and joy expand and flow into the Lung, and from there into the whole

body. Regions of the body that are cold, such as the Lung or Kidney, are also warmed by the Heart. The way in which the 'warm heart' supports the flow of qi has a particularly healing effect, because it activates the shen (神) or Spirit by which all the other organs are invigorated.

### Organ flow meditation strengthens the sources

Organ Flow Meditation follows the principles of the nourishing Mother-Child cycle of the Five Elements and strengthens the five inner organs. These organs are the sources of the life force in our body. The 'Mother-Child Law' states that each organ in the sheng cycle strengthens the next one, as a mother nurtures her child. The sequence of organs and elements in the nourishing Mother-Child cycle is:

Lung – Kidney – Liver – Heart – Spleen - Lung  
Metal – Water – Wood – Fire – Earth

The meditation begins the cycle with the Lung (Metal) and continues from there. In this way, the Lung nourishes the Kidney (Water), the Kidney nourishes the Liver (Wood), the Liver nourishes the Heart (Fire), and the Heart nourishes the Spleen (Earth). The nourishing Mother-Child cycle, or cycle of enhancement, supports the flow of energy between the five zang (yin organs). Organ Flow Meditation is a simple and effective method to strengthen these and harmonize their energies: the activating energy of the Lung, the tranquil, regenerative energy of the Kidney, the vibrant, moving energy of the Liver, the joyous, expanding energy of the Heart, and the nourishing energy of the Spleen.

Lung to Kidney is the first and most important part of the meditation and consists of two steps. Each one should be practiced for five to ten minutes. The first step is to breathe deeply but gently into the chest, filling the lungs completely. In the second step we send the breath down into the centre of the pelvis – the region of the kidney – and then deeper, until the connection to the ground is felt through the pelvic floor and in the whole pelvic area and lower back. Practicing diligently leads to a distinct awareness of the pelvic region, which will feel much warmer and more alive. Even the feet and knees will feel warmer after a few sessions.

The importance of the first part is that it provides the necessary conditions for the other four parts to happen naturally. The two steps charge the Lung and the base with energy, building up a fullness from which the energy can then move effortlessly from the base to the Liver and from there to the other organs one by one.

Breathing should be done consciously but without any kind of force. Each breath should be taken deeply yet gently, allowing the breath to flow easily through the organs and the whole body. Organ Flow Meditation should be practiced in this way from beginning to end.

Kidney to Liver is the second part of the meditation. By breathing deeply the energy moves from the pelvic region to the right upper abdomen, filling this region with the now strong qi of the Kidney (Figure). Strong Kidney qi is the prerequisite for a strong and free-flowing energy of the Liver, which enables appropriate emotional expression as well as movement and strength of muscles and tendons. Deep breathing should be maintained for another five minutes. Practicing this part frequently will lead to a sense of action, orientation and drive which is contained until needed.

Liver to Heart is the third part of the meditation. The energy that has gathered in the Liver now moves to the Heart (Figure). The flow of qi strengthens the charge and movement of the Heart, which is the foundation for appropriate emotional expression and a lifting of the spirit. Here, too, we maintain deep breathing. The breath is sent into the chest, the area surrounding the heart, for about five minutes. This leads to an expansion of the chest, an opening; tension or tightness in this area is loosened. The Heart will feel softer and there may be a feeling of fullness and peaceful joy.

Heart to Spleen is the fourth part of the meditation. The qi, which has gathered in the Heart, now flows into the area of the upper left and mid-abdomen (Figure). The energy has a grounding and nurturing quality, and strengthens the Spleen and Stomach, which aid in digesting food as well as ideas. Breathing deeply into the area of the abdomen for five minutes releases anxiety and worry. The region feels relaxed and comfortably filled, as after a good meal. Gathering energy through deep breathing into the Spleen area increases the awareness of what is truly nurturing and appropriate for the body to function in the best possible way. The Heart energy expands directly into the Lung, warming the chest.

Spleen to the Lung This fifth and last part of the meditation happens by itself when the qi, gathered during the previous parts, moves from the Spleen to the Lung. This brings the nourishing Mother-Child cycle, the cycle of enhancement of the Five Elements, to a close and completes the Organ Flow Method.

The therapist starts by practicing each section of the Organ Flow individually during the acupuncture session. Once the patient is able to perceive each part distinctly, he moves on to practicing the whole cycle. Disorder in one of the parts of the cycle may supply significant therapeutic information. Organ Flow Meditation can be practiced in a one-to-one session as well as in small groups.

### Third eye for better diagnosis

The Third Eye is the sixth chakra and very closely connected to the crown. The ability to perceive energies is an important prerequisite for energy diagnosis and a successful treatment. Here the Third Eye plays an essential role. It is the 'Seat of Insight'.

The Third Eye and the heart chakra play a vital part in the healing process.

The Third Eye has three functions: receptive insight, perceiving energies, and an active, clarifying and transforming function.

Receptive insight of the Third Eye means the ability to see the nature of things (e.g. diseases) and understand how they are interrelated. Every kind of visual recognition, of seeing – including the ability to perceive energies – is a function of the Third Eye and belongs here. It means looking beyond the surface of things and realizing the meaning of a piece of art, for example, or the meaning of dreams. The ability to perceive energies can be directed toward energy fields that are stable, radiant and healthy as well as to blocked and stagnant energy fields.

When the ability of receptive insight is strongly developed, it raises awareness, heightens intuition, and enhances visionary abilities. Thinking is then characterized as clear understanding and concise discernment.

The active function of the Third Eye helps to clarify diffuse energy patterns, which are found in many diseases, and to open them out. Dysfunctional patterns may become more apparent. As a result, the patient may find it easier to appreciate the causes underlying a particular disorder, becoming aware of the sensations, emotions, and thought patterns underlying a headache, for example, or any other chronic condition.

The Third Eye's clarifying function can be used during the session by either the therapist or the patient, when he starts to open his Third Eye. We talk of 'the opening of the Third Eye' when the area of the forehead comes increasingly into focus and the awareness stays there. Third Eye energy has a subtle quality and a gentle, clear and cool character.

In no way does the above give a full account of the Third Eye's practical implication. Only by practicing the relevant exercises to develop its potential will this 'organ' be fully experienced and available for therapy.

### Chakra acupuncture

Chakra acupuncture has been developed by the author as a method of Energy Medicine that extends and supplements Chinese acupuncture, joining both approaches into one practice as well as integrating the Indian concept of the chakra system.

The basic concept of Chinese acupuncture is to dissolve blockages and stagnation in the channels and organs by harmonizing the flow of qi. Conditions that are either deficient or excessive are balanced by achieving a harmonious interplay of yin and yang. Chakra acupuncture uses traditional acupuncture points and complements

them by adding the so called 'chakra points'. These are points that lie near the chakras. Stimulating these points and spaces through acupuncture is called 'opening of the chakras', because it activates them and increases the flow of vital energy within them.

It is not recommended to start treatment by working on the actual illness. Rather, we begin by opening the chakras, increasing the flow of life force, and letting a high charge build up within them. This helps the patient to become aware of the chakras and the energy inside his body. In the beginning, it is important to start the chakra acupuncture treatment with the crown, Heart and base chakras and to establish a strong and constant flow of energy within them.

First, the needles are inserted into the traditional acupuncture points as well as the chakra acupuncture points. The points used most frequently to open the chakras are baihui (Du-20), in the centre of the crown chakra, and sishencong (M-HN-1) surrounding baihui. Further relevant chakra points are yintang (M-HN-3) and yamen (Du-15) for the sixth chakra, shanzhong (Ren-17) and shendao (Du-11) for the Heart chakra, and taixi (KI-3) and sanyinjiao (SP-6) for the base chakra.

Secondly, the patient is asked to place his awareness on the chakras one by one, starting with the crown chakra. After a while the patient may feel a slight tingling or a gentle flow of energy. These indicate the opening of the chakra. The sensations should be observed during the entire session. Should the patient not feel the opening, he should start breathing deeply into the chakra. Breathing deeply furthers the opening of the chakra and intensifies the flow of life force through it.

Thirdly, the therapist directs his awareness to his own chakras simultaneously. He repeatedly reminds the patient to be aware of the crown chakra, to 'Open this area', and to 'Observe the flow of energy from the top of the head downwards'.

When the patient feels a distinct flow of energy through the crown chakra he should move to the Heart chakra and proceed in the same way as described above. He focuses awareness on the heart chakra and breathes deeply until the opening of the chakra is felt, mostly as a widening, a charge, a flow of warm energy in the area.

The combination of acupuncture and awareness makes treatments more efficient.

The Chakras how they are related to acupuncture points and Chinese Organs:

The base chakra Muladhara  
Location: Perineum

Opening: One downward opening,  
Function: Connection to the core of the earth  
Chinese organ: Kidney yin  
Acupuncture points: Huiyin (Ren-1)

The position of the base chakra corresponds to the point huiyin Ren-1 ' where the yin qualities of the body gather:

Polarity chakra Svadhisthana  
Location: Pelvic space  
Opening: Two openings, one to the front and one to the back  
Function: Sexuality  
Chinese organ: Kidney yang, Urinary bladder, Large intestine  
Acupuncture points: Front: qugu (Ren-2) to guanyuan (Ren-4)  
Back: yaoshu (Du-2) to mingmen (Du-4)

The polarity chakra balances yin and yang inside and outside the body; a balanced polarity chakra is the basis for harmonious sexuality, i.e. yin and yang in balance and exchange with another person. The first and second chakras form an important unit and correspond to the Kidney and the lower jiao of the sanjiao.

Solar plexus chakra Manipura  
Location: Abdomen  
Opening: Two openings, one to the front and one to the back  
Function: Personal will and emotional expression  
Chinese organ: Spleen, Liver, middle jiao of the sanjiao  
Acupuncture points: Front: shenjue (Ren-8), zhongwan (Ren-12)  
Back: xuanshu (Du-5), jizhong (Du-6)

The manipura chakra regulates personal will in the upper part of the body and emotional expression in the lower part. When imbalanced it is responsible for striving for power, anger, rage, and addiction.

Heart chakra Anahata  
Location: Centre of the chest  
Opening: Two openings, one to the front, one to the back  
Function: Harmonizing, balancing, integrating, healing  
Chinese organ: Heart, upper jiao  
Acupuncture points: Front: shanzhong (Ren-17) back: shendao (Du-11)

The Heart chakra is the most important healing chakra, much more so than all the other chakras. Its main qualities are compassion, love, tolerance, and joy. Being located between the three upper and the three lower chakras, the heart chakra forms the centre from which the energies of all other organs are influenced. This makes it the essential chakra for integration.

Throat chakra Vishuddha  
Location: Throat  
Opening: Two openings, one to the front, one to the back

Function: Strength and expressiveness of speech

Chinese organ: Lung

Acupuncture points: front: tiantu (Ren-22) back: dazhui (Du-14)

Strength and expressiveness of speech and creativity are related to the throat chakra.

'Third Eye' chakra Ajna

Location: Forehead, between the eyebrows

Opening: Two openings, one to the front and one to the back

Function: Intuition, clairvoyance, ability to discriminate, understanding, focus of the mind

Acupuncture points: Front: yintang (M-HN-3) back: yamen (Du-15)

Crown chakra Sahasrara

Location: At the vertex of the cranium

Opening: One upward opening

Function: Understanding the higher aspects of being, connection to the soul

Acupuncture points: Baihui (Du-20), sishengong (M-HN-1)

### Spiritual Acupuncture

This approach integrates all modalities described above, especially modalities one to four: Opening the crown, strengthening the base, expansion of the heart through conscious breathing, increased awareness and qigong.

Spiritual acupuncture focuses on the light level of energy, starting by activating and opening the crown chakra. It focuses on the flow of energy and light from the eighth chakra, the soul (situated above the crown chakra), to the heart and base, bringing a luminous quality of consciousness to the practice of acupuncture.

An increasing flow of light can be felt when putting the hands around the space of the crown chakra, holding them like a funnel. This helps the body to open upward towards the soul, which provides the inner light of consciousness. The soul, above the crown chakra, can be perceived as a ball of light by the Third Eye when the light of the soul moves down through the chakras into the body. When the patient feels the crown chakra distinctly open, the therapist moves on to the next chakra until reaching the base chakra, thus helping to connect with the energy of the Earth.

### Here you will find the original statements of the patients in German language

Reports from patients

Spleen Needling Experience Patient K

The acupuncture of the spleen is always an impressive experience. As if my organism, my system has always been waiting for it. Subtle relief: A gathering in the background, from the periphery to a middle. Calm in the head.

A bullet in a loosely laid sheet: gathering toward a center, all aiming for that center of gravity. All natural, light, effortless. No question, no occupation with anything. Rest in itself. Only that.

Experience report by patient L

When the needles are set, immediate relaxation takes place: inner pressure, relief of contraction quickly diminished, thoughts calm down, calmness returns, an inward flow.

Lightness, vastness, boundlessness, the feeling of being bodiless emerge, sometimes accompanied by light experiences. I have often experienced how inner birthing processes were supported and effortlessly completed (as in a soul journey in a picture-world of souls).

Difficult mental transformation processes develop under needles on the treatment couch with ease. Feelings of traumatic character dissolve very quickly and permanently. Letting go is easy. Again and again there are experiences of connection: with myself and the soul, with healing loving powers. Harmonizing, healing, exhilarating.

Experience report of patient M

How to put words into words during an acupuncture session?

How to describe the non-imaginative experience? They are transformational experiences. A special transformation takes place in the breathing. With attention to the flow of breath going in and out, the movement changes. What is initially flat and full of dislocation becomes a calmer high and low of the ribcage.

At the same time, however, my observer position changes. It changes from the outer statement that I breathe too shallow and my efforts to let the air penetrate more deeply into the inner experience of a breathing, which soon happens uncontrolled by me. In the meantime, getting the air seems to be no longer necessary, it happens, but at the same time increasingly rare.

This creates an intermediate period of silence between the breaths, which opens more and more to a space of complete rest. The closed eyelids, which initially allow darkness through the reference to their own body, become a transparent curtain through which more and more light penetrates.

Tension was initially noticeably dissipated by the needles, but now a kind of lightfulness is being picked up. The feeling of emptiness is at the same time that of abundance. Only in hindsight was the certainty that he had not thought for a while. In this deep calm I did not even know that I did not think. But thinking is contained in this non-thinking in a different way, beyond the words.

Experience report of patient N. Experience of sessions in May 2017

The flow of energy started quickly. With the breathing, I could quickly sense the flow through the whole body, from the head, along the spine, spreading in the heart and abdominal area, down to the floor. Then followed white light, which flowed through me and also in me. Especially in the neck area, a new big bright energy opened up.

This white light finally became silvery, shiny. It went on encircling the body like a wide, cylindrical shell that went from high above me deep into the earth. I was able to move the river with my breathing. My hearing and seeing inward continued, clearer. With this long, silver river there was no sense of time, environment, no pain points... more. I could only go very slowly thereafter. Not in the same intensity, but quickly and consciously available, I can just sit down and feel the bright energy.

#### Experience report by patient S

When I'm tired, stressed, or just out of shape, and come to a session, I instantly calm down, just after the needles have been set. At first I clearly feel my "inner body." Then it is as if the physical boundaries dissolve and a very large expanse arises. The spaces of the chakras become wide and clear. The upper spaces open and it flows from there white or golden light. From below, almost from the earth, a firmer energy flows upwards.

The best moment is when the heart room opens by itself. Then I am in complete peace with everything and everyone, deeply felt joy spreads and the "earthly" problems fall back to their banal level.

Now the energies flow like a stream, in each chakra-room in a different quality.

If I apply the learned Chakra-Flow meditation during the session, the energy flow and the perception increase enormously. It is an awake being in which everyday life no longer plays a major role. This state of utter satisfaction, even the joyous happiness, can last for days. "

#### Experience report of patient P

As soon as the first needles are set, you can clearly feel the effects of a gentle, individual treatment in the body. The tension in the musculature, the rigidity in some regions, pain and cold feelings diminish. The puncture pain of some needles evaporates quickly, and it spreads a soothing calm and security.

The attention moves more and more inward, first deep into the heart area. The increasing expansion of the chest, the warmth of the heart space, and the deep, calm breathing seem to give wings to the soul. The head becomes light and very clear. Time seems to stand still in a friendly bright light, everything gets an unexpected lightness.

In response to the therapist, the strengthening energies are increasingly perceived. Negative feelings and worries give way to a new zest for life, an inner harmony (to come back to the middle!) And a peaceful relaxation.

You leave the treatment couch painless, happy and vibrant with new forces. The view is again free for everything beautiful and you feel a special bond with the people and with nature. "The customer review has been automatically translated from German.

#### Report by Patient K

Spirituality is Latin and means: breath - soul - life. For me, spirituality means an inner familiarity. Through my body and my feelings, I perceive what energies I send out or receive.

In each acupuncture session I experience an intense flow through the needling, in conjunction with the deep inhalation and exhalation. I breathe deeply in the chest as in meditation. My heart space opens wide. It creates a soul-heart connection, which gives me a pleasant, warm and very bright feeling. Around my body is a bright room or cocoon.

By opening the chakras, the acupuncture is intensified and activated my life energy, so the qi. Subjectively, the continuous acupuncture sessions give me tremendous mental strength. In addition, I also experience a very positive charisma, which also perceives my environment. I am often addressed or greeted, which I know only from Bavaria. Furthermore, I have become more empathic.

Through my many years of acupuncture sessions and meditation, since I was 28 years old, I have learned to perceive with the third eye. The soul space lies above the crown chakra and is a space of bright light. I experience daily brightness and light through the third eye. In addition, I have developed a good perception and intuition.

#### Experience report by patient L

When the needles are set, immediate relaxation takes place: inner pressure, relief of contraction becomes rapidly noticeable, thoughts calm down, rest returns, an inward flow.

Lightness, vastness, boundlessness, the feeling of being bodiless emerge, sometimes accompanied by light experiences. I have often experienced how inner birthing processes were supported and effortlessly completed (as in a soul journey in a picture-world of souls).

Difficult mental transformation processes develop under needles on the treatment couch with ease. Feelings of traumatic character dissolve very quickly and permanently. Letting go is easy. Again and again there are experiences of connection: with myself

and the soul, with healing loving powers. Harmonizing, healing, exhilarating.

### Experience with acupuncture of the spleen

The acupuncture of the spleen is always an impressive experience. As if my organism, my system has always been waiting for it. Subtle relief: A gathering in the background, from the periphery to a middle. Calm in the head.

A bullet in a loosely laid sheet: gathering toward a center, all aiming for that center of gravity. All natural, light, effortless. No question, no occupation with anything. Rest in itself. Only that.

### Report by patient W. in June and July 2017

Baihui +4 I have always felt as a very balancing and lightening. In recent sessions, more needles have been placed around these points. Physically I feel when setting the needles directly a very strong relief in the skull area. Pressure in the head, which I may not have noticed before, disappears. It feels like the skull is moving up and out, which makes me feel very relieving and relieving. I feel an increasing relaxation of body and mind. Everything in me becomes brighter, freer and more fluid.

The third eye opens. I perceive an incoming white light from above and in different days I see other colors. It is difficult to describe these feelings in words. I then notice that my body and my consciousness are opening to the environment. Limits that I realize for a moment disappear. My body opens to the light and merges with the environment. It creates an exchange from inside and outside. This streaming light brings clarity, brightness, lightness, and calm. It feels like becoming one with everything.

### Patient report W in August 2017

During the session, I immediately felt a great clarity and openness. The concomitant work of breathing has a liberating effect and a process could arise that not only expanded the entire opening, but also created a kind of connection between top and bottom. The entire abdominal area became lighter and more relaxed.

I feel more connected to my soul and see its connection to the body more clearly. There is strong energy [1,2] flowing in my inner space that I find beautiful, soothing and fulfilling.

In the days after the meeting, the overall process continued: light, strength and openness continued to increase. The heart area opened more and more [2]. Clarity of feelings and thoughts as well as great joy accompany me.

The heart energy developed noticeably: the heart space is getting bigger and feels free and easy [3]. Through this I experience inner freedom and openness towards people and things. I rest in myself. My body feeling is warm and relaxed. My thinking is

lightened, appetite and digestion are re-regulated, sleep is deeper, concentration better.

As I go through the sessions, I feel more and more light coming in from above [4]. It enlightens my inner space and radiates "out of me". A feeling of happiness arises. This light is found after the initiations in different colors, which can light up gradually in me [5]. The experience of light gives me a new sense of myself; this makes spiritual acupuncture a special experience [6-8].

Twenty patients were asked to write down 8 to 10 sentences about their experiences, which can not be found here.

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