Syllabus

Introduction
Transgenerational Trauma – Relationship to 8 EV
Physical Embodiment- Relationship to 8 EV
  Brain, Muscles, Nervous System, Perception of World
  Heart (Shen) and Kidney (Zhi)-primary systems in TCM
  Liver (Hun), Spleen (Yi) – Secondary Systems in TCM
Unresolved Trauma
  Inherited fears and perceptions
  Implicit memory
  Perpetuating the patterns and wounds
Epigenetic Inheritance – new research

The 8 EV
  Unfolding blueprint of life
  Function, structure, belief systems and relationship to Self
  The role of Kidney, Qi, Yin and Yang in transformational work
  Wu Chi the energetic body and neurological systems
  Vessel pathway, function and relationship to experience of trauma
  Efficacy of vessels to address trauma
  Eight potent acupoints located on the hands and feet

DU Mai: Governing Vessel, Sea of Yang
Opening Point: SI 3, Back Ravine
Balance Point: UB 62, Extending Vessel

Ren Mai: Conception Vessel, Sea of Yin
Opening Point: LU 7, Broken Sequence
Balance Point: KID 6, Shining Sea

Chong Mai: The Penetrating Vessel, Sea of Blood, Ocean of Twelve Meridians
Opening Point: SP 4, Grandparent’s Grandchild
Balance Point: P 6, Inner Gate

Dai Mai: The Belt Vessel
Opening Point: GB 41, Near to Tears
Balance Point: SJ 5, Outer Gate

Yin Qiao Mai: Yin Heel Vessel
Opening Point: KID 6, Shining Sea
Balance Point: LU 7, Broken Sequence
Transgenerational trauma may be triggered in utero with the latest epigenetic research suggesting that environmental factors such as stress can be passed on directly during pregnancy, with both maternal and paternal life experiences impacting neurodevelopment of the unborn child. Trauma is then experienced and transmitted through the nervous system, structure of the brain, muscles and hormones and often perpetuated through multiple generation. The Eight Extraordinary Meridians, formed in utero, a pre-meridian network provides an exceptional opportunity to address trauma in a simple, non-invasive way. Each vessel accessed through just two points on the hands and feet provide a gateway to address issues related to trauma including violation of boundaries, self-defeating behavior, fear, shame, inappropriate anger or violence, boundary issues and armoring as well as being withdrawn or stuck in the past. The goal for this two-hour presentation is to introduce you to the vessels (which you could spend a life-time studying), briefly describe the psycho-spiritual qualities of each vessel and how to craft a simple treatment, through holding, tapping or applying specific sound vibrations on or over the point.

You will gain knowledge that is directly applicable to clinical practice, have a deeper understanding of acupoints, the role of the Kidney, Qi, Yin and Yang in transformational work. Basic psychological and spiritual function for each of the 8 EV, the path of the vessel and the function and relationship to the treatment of trauma will be explored. Trauma transmission across generations impacts families, care-providers, ethnic groups and society. Understanding the direct impact of trans-generational trauma and gaining knowledge of a simple treatment
approach that integrates into the practice of EP to approach and treat the lasting embodied effects of trauma will be of great benefit to participants.

**Evaluation Questions**

Which of the 8 Extraordinary Vessel is most closely aligned with trans-generational trauma?
- The Chong Mai

How many vessels do you work with in an individual session? How do you access them?
- You select only two vessels per session. Each vessel is activated by an opening point that opens the door to that vessel and a balance point that supports the function of the vessel.

In what ways are the 8 EV different from the twelve primary acupuncture meridians?
- The 8 EV are formed in-utero during gestation. They are the root of the primary channels but a separate system. Contain both genetic strengths as well as weaknesses or unresolved traumas of preceding generations, making them highly effective to address transgenerational trauma.

What are some strategies for working with the 8 EV?
- Vessels are selected based on an understanding of the primary issue impacting the client. No more than two vessels are worked with in one session.
- Sound vibration is directed through tuning forks or chimes over the opening and balance point of the vessel, you can also hold, tap or lightly massage the opening and balance points of the vessels.

**Keys to Working with and Selecting Extraordinary Vessels:**

- Have a clear intention before you begin
- The opening point lights up and activates the vessel
- The balance point holds the energy
- Look at the vessels name: Governing, Conception, Penetrating, Belt, Linking, Uniting, Motility, Girdle, Conception,
- Look at the sea it governs: Sea of Yin, Yang, Blood
- Look at the path of the vessel: encircles the waist, penetrates the uterus, goes to the eye, runs along the spine, etc.
- Look at the Harmonic keynote: to allow, to respond, to initiate
- Understand the depth contained in the names of the eight opening and balance points:
  - Back Ravine, Extending Vessel, Broken Sequence, Shining Sea, Grandparents Grandchild, Inner Gate, Near to Tears, Outer Gate
- Learn the applications for both physical and psycho-spiritual aspects of the vessel
Transgenerational Trauma – Relationship to 8 EV

- Physical Embodiment - Relationship to 8 EV
- Brain
- Muscles
- Nervous system
- Perceptions

Primary systems engaged in trauma in TCM are the heart (Shen) and Kidney (Zhi)

Heart: sleep difficulties, can’t concentrate, hyper-vigilant, hyper-arousal, easily triggered stressed angry, dissociative flashbacks, illusions, episodes when waking or intoxicated, inability to recall important aspects of trauma, detachment from others, restricted range of affect

Kidney: Fear - Experienced, witnessed, or been confronted with events that involve threat of death, death or serious injury. Intense fear, helplessness or horror. Try to avoid feelings, activities or places associated with trauma. Diminished interest in activities

Unresolved Trauma
- Inherited fears and perceptions
- Implicit memory
- Perpetuating the patterns and wounds

Epigenetic Inheritance – Stressors or traumas experienced in our life time may be transmitted across generations (i.e., parent–child transmission) and have direct effects on offspring without alteration to the primary structure of DNA. The Chong Vessel is most closely linked as it involves the transmission of essence or jing from one generation to the next serving as a bridge between pre and post-natal experiences.

Classical Chinese Medicine and The Eight Extraordinary Vessels

- Unfolding blueprint of life
- Function, structure, belief systems and relationship to Self
- The role of Kidney, Qi, Yin and Yang in transformational work
  - Wu Chi the energetic body and neurological systems
- Vessel pathway, function and relationship to experience of trauma
**DU Mai: Governing Vessel, Sea of Yang**

**Du Mai Called:** Sea of Yang  
**Harmonic Keynote:** To Initiate  
**DU:** Creative Origination  
**Opening Point:** SI 3, Back Ravine  
**Balance Point:** UB 62, Extending Vessel  
**Out of balance:** Loss of innocence, withdrawal, apathy, anger management  
**In Balance:** Provides strength, courage to face fears, engage in life, stand tall, motivation, individuation

**Opening Point:** SI 3, Back Ravine  
**Balance Point:** UB 62, Extending Vessel

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**Ren Mai: The Conception Vessel**

**Ren Mai Called:** Sea of Yin  
**Harmonic Keynote:** To Allow, to Respond  
**Ren:** The receptive  
**Opening Point:** LU 7, Broken Sequence  
**Balance Point:** KID 6, Shining Sea  
**Out of Balance:** Poor relationship to mother, lack of bonding, traumas of birth, insufficient self-care, eating disorders  
**In Balance:** Able to address birth trauma, create closure, learn to let go, access creative solutions and expression

**Opening Point:** LU 7, Broken Sequence  
**Balance Point:** KID 6, Shining Sea
The Chong Mai: Penetrating Vessel – Qi Thoroughfare

Chong Mai Called: Penetrating Vessel  
Harmonic Keynote: To Shake, to Shock, to Embrace All  
Chong: Trauma  
Opening Point: SP 4, Grandparent’s Grandchild  
Balance Point: P 6, Inner Gate  
Out of Balance: Unresolved trauma passed through generations - abuse, anxiety, depression, addictions, legacy of fear, guilt, shame, may be stored in the bones or marrow, heart pain, anxiety palpitations  
In Balance: Pure potential ability to feel whole, remember who we are, resilience, strength, perfect, unbroken, Epigenetics, shifting DNA  
Opening Point: SP 4, Grandparents/Grandchild

Dai Mai: The Belt Vessel

Dai Mai Called: Horizontal Vessel, Girdle Vessel  
Harmonic Keynote: To Connect, to be Joyful  
Dai: Delight  
Opening Point: GB 41, Near to Tears  
Balance Point: SJ 5, Outer Gate  
Out of Balance: Stuff emotions as form of self-preservation and protection from trauma. Suppress emotions, store negative beliefs, flashbacks, nightmares  
In Balance: Release old hurts and violation of boundaries, aids in releasing or letting go of trauma and violation of boundaries. Able to integrate and support all of the other vessels, re-establish connection to self, promote self-love. Use care when opening this vessel.

Opening Point: GB 41, Near to Tears  
Balance Point: SJ 5, Outer Gate
Yang Qiao Mai, Yang Motility Vessel

Yang Qiao Mai Called: Yang Motility Vessel, Yang Supervising Vessel  
Harmonic Keynote: To Ascend, to Animate  
Yang Qiao: Stilling  
Opening Point: UB 62, Extending Vessel  
Balance Point: SI 3, Back Ravine  
Out of Balance: Stuck in past, fear, armored against past abuse, pain and inability to engage or take action  
In Balance: Expand world view, facilitate forward momentum, able to be fully present, act and react in appropriate manner.

Yin Qiao Mai: Yin Motility Vessel

Yin Qiao Mai Called: Yin Motility Vessel, Yin Supervising Vessel  
Harmonic Keynote: To Ascend, to Brighten, Attach to the Will of Heaven  
Yin Qiao: Illumination  
Opening Point: KID 6, Shining Sea  
Balance Point: LU 7, Broken Sequence  
Out of Balance: Self-loathing, shame, feeling unworthy, withdrawal, suicidal tendencies  
In Balance: Inward self-awareness, illumination, insights about limits, shed light on darkest aspect of Self

Opening Point: KID 6, Shining Sea  
Balance Point: LU 7, Broken Sequence
**Yin Wei Mai: Yin Linking Vessel**

**Yin Wei Mai Called:** Yin Linking Vessel  
**Harmonic Keynote:** To Network, to Move to the Interior  
**Yin Wei:** The Watery Depths  
**Opening Point:** P 6, Inner Gate, Inner Gate  
**Balance Point:** SP 4, Grandparent’s Grandchild  

**Out of Balance:** Depression, anxiety based on past events, inability to speak of trauma, fear, shame, guilt, unable to overcome past - spirit deprived of nourishment, feel out of control.  
**In Balance:** Mediation of emotions, ability to use resources wisely, to learn from the past, manage challenges, grow from life’s disappointment

**Opening Point:** P6, Inner Gate  

**Balance Point:** SP 4 Grandparent’s/Grandchild

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**Yang Wei Mai: Yang Linking Vessel**

**Yang Wei Mai Called:** Yang Uniting Channel  
**Harmonic Keynote:** To Network, to Move to the Exterior  
**Yang Wei:** Proceeding Gently  
**Opening Point:** SJ 5, Outer Gate  
**Balance Point:** GB 41, Near to Tears  

**Out of Balance:** Lack of passion, poor focus, self-defeating behavior, self-sabotage, withdrawal, fear of moving forward, may be expressed as Puer/Puella (the eternal child) resistance to change, inappropriate anger or violence  
**In Balance:** Courage to see available options, face life’s challenges, healthy expression of anger, less fear

**Opening Point:** SJ 5, Outer Gate  

**Balance Point:** GB 41, Near to Tears
Working with the Vessels
Discussion of treatment strategies

Select only two vessels per session – be clear on rationale and intention
Treat contra-laterally – for example: open using the point on the right side of the body – balance using point on left. Switch sides for the second vessel open on the left, balance on the right.
This method of diagonal pairing creates resonance and geometric patterns, extending resonance from pre-meridian network to subtle energy fields, above and below the physical body. Since the confluent
points are located on the wrists and ankles the intersection of the two points is in the Dan Tian, the umbilicus, where our journey into source qi begins.

Acupoint activation can be achieved by tapping, holding or directing sound with a chime or tuning fork. If you are self-treating or directing a client to treat themselves activate the opening point first than follow by activating the balance point.

**Basic Sound Principles: Resonance, Frequency, Rhythm, Entrainment and Vibration**

**Resonance**
- The frequency at which an object most naturally vibrates, everything in the universe vibrates.
- Everything has a resonant frequency whether we can audibly perceive it or not.
- From the orbits of planets around the sun to the movements of electrons around atoms, everything is vibrating.
- It is important to understand that, in alignment with the concept of sound, every organ, bone, and tissue in your body has its own resonant frequency. Together they make up a composite frequency, a harmonic that is our own personal vibrating rate. Through resonance, it is possible for the vibrations of one vibrating body to reach out and send another body into motion.
- Resonance can be destructive or restorative bringing that which is out of tune into harmony.

**Frequency**
- The number of periodic oscillations, vibrations or waves per unit of time.
- Measured in cycles/second. (100Hz/100 cycles/ sec)
- Sound travels 4 times faster in water than air, human body at least 70% water.
- Bones and marrow 25% water content.

**Rhythm**
- Regular pattern of beats, recurring pattern of activity or repeated functions of the body.
- Patterns formed from stressed and unstressed actions

**Entrainment**
- A consequence of an action that causes something to happen.
- Draw something in and move it along in the flow.
- The wave at a sporting event or concert, tapping of feet to music.

**Vibration**
- The process of movement: back and forth rapidly.
- Communication of feelings, atmosphere of place or situation

**Demonstration**

**Discussion and Question**
References


