

Your Energy Practice

Anxiety and the Adrenals — Part 3 Unraveling Fear and Worry

Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. – Arthur Somers Roche

In the second installment on Anxiety and the Adrenals we spent some time discussing how getting caught in the middle of the stress loop of anxious states begets more anxious states. We discussed holding the points on the forehead — termed the OMG points — until we feel pulsing. Holding the OMG points restores blood flow to the neo-frontal cortex and thusly, our emotional equilibrium. We also learned about the bilateral adrenal points — about an inch above and about an inch out either side of the navel — and how rubbing these points gives the adrenals a pause when we find ourselves caught in loops of cascading stressors. Those navel adrenal points can serve as “off” buttons to the flood of stress hormones that accompany the anxious state, at least temporarily.

In this issue I would like to address how to counteract damage that stress hormones perpetuate on our bodies and restore peace of mind. There are impressive volumes of information explaining the damage that stress does — from zits to heart disease. All imbalances have their roots in how we process stressful events. Unchecked stress hormones are the door opener to all disease states.

We do have two meridian systems that are arranged around the “Do I feel safe?” question. They are called Triple Warmer and Circulation Sex meridians (TW and CX for short). Triple Warmer is the meridian that governs our external safety. It is Triple Warmer meridian that gets us out of the burning house. Circulation Sex is the meridian that governs our internal safety. It is the meridian that navigates our inner world. It helps us navigate our connections with family, friends, work and most importantly, it governs how we manage ourselves. One system asks what is chasing me? The other system asks what is causing me to suffer?

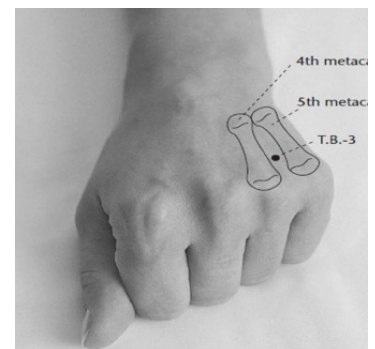
Lonny Jarrett in *Nourishing Destiny* discusses these two systems in this way: “Think of Circulation Sex and Triple Warmer as the guard stations protecting the imperial city and the borders of the country respectively.”¹ The function of these two systems is imagined in the names of two corresponding points on the meridians — Triple Warmer 5 is known as the “Outer Gate” and Circulation Sex 6 is known as the “Inner Gate.” Both energies sit at their respective gates guarding diligently in tangent to keep our whole self safe.

When someone is really freaking out — they cannot pay rent and are losing their home or they cannot find meaning in a dead end job — the consequence is the same. Inner or outer stress is the same; it all damages our physical selves. Stress that does not feel manageable to us triggers an over-reaction in our defense systems and leaves us stewing in the overload of stress hormones.

The systems of TW and CX are the energies that govern the stress response — but when they are balanced TW and CX are the energies that give us the ability to take a deep breath and stay cool in the midst of the storm; they also assist us in making excellent strategic decisions.

Triple Warmer 3

Triple Warmer 3 is the point for helping balance that external stress response. It is located on the back of the hand between the 4th and 5th metacarpals about a half an inch from the knuckles. This point is called the Central Sand Bar Point, Middle Islet, Central Isle or the Island in the River. You get the point. Safe place surrounded by fast moving water — that is Triple Warmer 3.





Here is the poetry and power of this point. Life, like the flow of a river, constantly builds and rearranges our sense of self. The turmoil of the river disturbs us and when there is a storm, we fear we will be simply washed away. This point is the island in the storm. It is a stabilizer. Tap this point between 2 and 1000 times a day to stand safe on the island in the fast-moving river. When we engage this point our ability to weather the turmoil of our lives becomes our normal. This point holds our ability to see through the stress to stable grounds. Dr J R Woosley states that Triple Warmer 3 “. . . is for the birth of getting well.”²

Circulation Sex 9

The Circulation Sex meridian, in its capacity as the Inner Gate, offers the acupoint Circulation Sex 9. This point is located on the tip of the middle finger. It is the last point on the Circulation Sex meridian. It is called the Rushing into the Middle, Central Hub or the Surging Center. This point helps those who have trouble expressing themselves, connects the mother to the child and calms the inner self. Dr. J R Woosley observes that this point “. . .restores one’s creative power, builds self-esteem, corrects the vision for oneself and mends the capacity for discernment. . .”²



There are two applications for stimulating Circulation Sex 9.

First, hold the entire length of one of your middle fingers by wrapping your other hand around the length of the middle finger. This draws the energy down the meridian and energizes the end point. Hold for as long as you need on one hand. Switch hands. Holding 30 seconds for each middle finger is usually enough to get the energy to start to calm when panicked — but hold longer if the anxiety is intense.

The second application is to tap the end of the middle finger of one hand — CX 9 — on the Triple Warmer 3 of the back of your other hand. Tap about 10 times and then pause for about 10 seconds and then tap again. Then change hands.

The second application incorporates both systems of the inner and outer guards. Tapping with the CX 9 on TW 3 institutes a communicate so all are on the same page. Looping back and forth between the external protector and the

internal protector generates mending and recuperation.

One of the many upsides of crafting a rapport between CX and TW meridians is that they hold the keys to the relax and repair hormones. While there is a great deal of damage that long-term stress can do to a body, there is equally a great deal of healing that happens when these two systems are running smoothly and in tandem with one another. When in balance tissue repairs, inflammation decreases, blood pressure regulates and our ability to feel wellness returns.

In the next issue we will discuss how stress affects our brains. €



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References

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2. Woosley, J. R. (2001). Unpublished lecture notes.