Microlight Electro-Acupuncture

Trauma & PTSD: A Microlight Approach

Darren Starwynn, O.M.D.
Upcoming Webinars

January 20th: Microlight Coaching Session with Darren $33 non members

February 10th: Treatment Updates for External Pathogenic Disease Treatments with Debi Weiss – Respiratory and GI Systems $39 non members

Tuesday mornings 7 AM Pacific: Healer Development Practice Sessions for MLI members

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What is Psycho-Somatic Disease?

Psychosomatic illnesses are caused by psycho-emotional stresses that manifest as physical diseases without biological causes. This includes conditions such as:

- irritable bowel syndrome, colitis
- digestive upsets including ulcers
- Chronic pain of many kinds
- headaches
- chronic fatigue syndrome
- panic attacks
- infertility and sexual dysfunction
- fibromyalgia
- probably also a major factor in most cases of cancer, auto-immune diseases, heart disease and emotionally based disorders
Psycho-Emotional Stress and the Immune System

Acute psychosomatic illnesses may be triggered at highly stressful times. In these cases, symptoms subside on their own as the stressful events pass.

Emotional stress has been proven to weaken immune system function. Stress can also make an existing illness worse.
Trauma and PTSD
Trauma Memory and the Amygdala

- The amygdala is a structure located in the brain’s medial temporal lobe. It develops conditioned responses to fearful triggering events associated with past trauma. People with unresolved imprints of emotional trauma often continue to re-live their trauma when a triggering event “pushes their buttons” and brings up those feelings and experiences again.

- The amygdala and basolateral nuclei hold memories of traumatic events.

- When the phobia response is triggered the amygdala releases corticotropin-releasing hormone, which activates the anterior pituitary to release adrenocorticotropic hormone (ACTH), which stimulates release of cortisol.

- The amygdala ultimately puts the person in a fight or flight mode and activates the sympathetic nervous system.
Flashbacks

When the amygdala’s buttons are pushed a person may re-live any or all of the following experiences:

- Anxiety
- Anger
- Nightmares
- Panic attacks

This often makes war veterans or survivors of violence or rape relive their traumatic experiences. Triggers are sensory experiences that bring up the traumatic memory again. For example, a war veteran hearing fireworks going off on 4th of July.

After some time living through this pattern it is common for people to turn to substance abuse and become fatigued and depressed as their Kidney/Adrenal (Water Element) becomes exhausted.
Avoidance – Living a Half Life

Many people with PTSD go to great lengths to avoid situations that they fear will trigger their amygdala to bring up the memory/experience. This could motivate them to avoid:

- Crowds
- Social situations
- Driving
- Dogs, other animals
- Movies showing war, violence or natural disasters
- Romantic relationships
Hyperarousal

PTSD could keep a person’s sympathetic nervous system on high alert much of the time when it is not warranted by actual circumstances. This could result in:

- Difficulty sleeping
- Hard to relax, receive nurturing
- Indigestion
- Unpleasantly startled by surprises of unexpected loud noises
- Feel unsafe in your skin and on Earth
Treatment Objectives

• Create trusting relationship with client
• Give them a healing experience soon to build trust and enrollment in the process
• Go deeper into healing process as they are able and willing
• Help them build confidence in their own ability to self-sooth through belief and attitude shifts – much easier after they have an experience of healing
• Offer ongoing support
Vibrational Therapies for PTSD

- Bilateral phobia de-sensitization (BPT)
- Auricular therapy
- PNE Balancing
- Acupuncture on special points with qualities for relieving fear or trauma, or strengthening Spirit connectedness. Often on the Water and Fire meridians
- FST – Concussion protocol and related sequences
- 5D Reconnection – Biofield Healing
- Soul healing
Value of Vibrational Therapies for PTSD

Vibrational and soul healing therapies can accelerate relief of PTSD imprints and symptoms over conventional treatment methods.

There is a great need for this service!
Phobias

- A phobia is a form of anxiety. It comes from a strong, irrational fear of something that is not an actual threat in present time.

- Phobias involve the Fire-Water axis in the body. Shocks to the Heart may also produce deep fear in the Kidneys.

- People with phobias go to great lengths to avoid the object of the phobia. If they are not able to they are likely to experience:
  
  - Panic
  - Rapid heartbeat
  - Shortness of breath
  - Trembling
  - Strong urge to escape
  - Mental confusion
Bilateral Phobia Desensitization (BPD)
Bilateral Phobia Desensitization (BPD)

Setting up treatment

• Get subject into a relaxed state with deep abdominal breathing, aromatherapy, massage or auricular therapy

• Select acu-points to be used that have a Chinese name that suggests use for alleviating fear. These are often on the Water or Fire meridians: Kidney, Bladder, Heart, Pericardium, Small Intestine, Triple Warmer

• Select color for treatment

• Optional – select a beneficial Microcurrent frequency
<table>
<thead>
<tr>
<th>Color</th>
<th>Positive Qualities</th>
<th>Helps Correct</th>
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<tbody>
<tr>
<td>Red</td>
<td>Energizing, increases Yang Qi, brings passion, courage &amp; circulation</td>
<td>Ungrounded, cold, stuck, disassociated, timid, yin depression</td>
</tr>
<tr>
<td>Scarlet</td>
<td>Passion, sexual aphrodisiac, stimulates emotions</td>
<td>Lack of passion and purpose, burnout, asexual, frigid</td>
</tr>
<tr>
<td>Orange</td>
<td>Joy, creativity, security, abundance</td>
<td>Low self-esteem, fragmented, emotionally congested, shame, gives power away</td>
</tr>
<tr>
<td>Yellow</td>
<td>Cheerful, empoworment, optimism, confidence, outgoing</td>
<td>Hopeless, powerless, shy, frustrated, weakened</td>
</tr>
<tr>
<td>Lemon</td>
<td>Mental clarity, protection, friendliness, accepting</td>
<td>Stagnation, inner conflicts, anger, hate</td>
</tr>
<tr>
<td>Magenta</td>
<td>Emotionally balanced, creative, deep inner resources</td>
<td>Many kinds of emotional imbalances, imbalance of Fire &amp; Water elements</td>
</tr>
<tr>
<td>Green</td>
<td>Physically/energetically balanced, peace, harmony, restoration, in tune with natural cycles</td>
<td>Stagnation, lack of motivation, emptiness, sadness/grief, feelings of abandonment</td>
</tr>
<tr>
<td>Turquoise (Cyan)</td>
<td>Calm, centered, emotionally intelligent</td>
<td>Overly mental, moody, hypersensitive</td>
</tr>
<tr>
<td>Blue</td>
<td>Calm, centered, emotional intelligence, far-seeing, emotionally appropriate</td>
<td>Lack of communication, harsh communication, fears confrontation, insomnia</td>
</tr>
<tr>
<td>Indigo</td>
<td>Clarity, emotional containment, able to focus &amp; stand up for oneself</td>
<td>Obsessive or scattered thought, indecisive, over-excitement/mania, memory issues</td>
</tr>
<tr>
<td>Violet</td>
<td>Intuitive, inner connected, trusting, appreciative</td>
<td>Dogmatism, paranoia, out of touch with reality, cannot trust, introverted</td>
</tr>
<tr>
<td>Purple</td>
<td>Abundance, power, beauty</td>
<td>Inflammation, hypersexuality</td>
</tr>
<tr>
<td>White</td>
<td>Integration, purity, protection</td>
<td>Fragmented, contradictory, unsafe, feeling polluted</td>
</tr>
</tbody>
</table>
Bilateral Phobia Desensitization

Applying treatment

• Set device to biphasic probes, 50 – 100 uA, timer to 30 seconds. On Acutron use probe preset #1, modify Timer. Insert selected color filters

• Wet Q-Tip electrodes and apply to same acu-point on left and right side of body, start treatment

• While current and light is flowing guide subject to think about triggering events associated with their phobia, or use other related methods

• Total treatment time can be 2 – 10 minutes. After first 2 minutes use light only, stop pressing trigger for microcurrent
Guided Imagery During BPD

- Reliving past traumatic event
- Visualizing doing phobic activity – rate before and after
- Imagining speaking to fearful person from present or past
- Skillful therapists may use role playing or channeling person or situation that bring up phobias
- May be used as part of forgiveness practice
Pericardium 6 *Nei Guan* (Inner Gate) – Depression, phobias, intimacy and betrayal issues, loss of will, nervous breakdown, paranoia, can help take one inside themselves (meditation)
Triple Warmer 5  *Wai’guan* (Outer Gate) – Helps create healthy boundaries, relieve guilt and shame, helps balance and heal relationships
Small Intestine 3  *Hou’xi* (Back Ravine) – Indecision as relates to processing information, lack of vision, stagnant growth
More Acu-Points for BPD 1

- **Heart 3  Shaohai (Little Sea)** – Relaxes tight heart, relieves phobias, can help bring peace  On medial elbow

- **Heart 7  Shenmen (Heaven Gate)** – Grounds scattered mental energies (Shen), soothes heart & calms mind, help relieve insomnia  ulnar side of ventral wrist crease

- **Liver 3  Taichong (Supreme Rushing)** – Helps agitated people feel more calm, promotes smooth movement of Qi  top of foot between metatarsals 1 and 2

- **Kidney 21  You’men (Dark Gate)** – Racing mind, can't turn off negative thoughts, gives strength to face hidden fears, dark spirit fears  on chest, use light only for those with history of cardiac disease or pacemaker
More Acu-Points for BPD 2

• UB 45/40  *Dicang* (Wail of Grief) – Use after traumatic loss to avoid energy stagnation, for person attached to suffering 3 cun lateral to lower border of T6 vertebra on middle back

• Bladder 10  *Tianzhu* (Heavenly Pillar) – Helps one find inner strength to face fears and deal with present challenges

• Kidney 6  *ZhaoHai* (Shining Sea) - Depression, brings light into hidden fears to put them in perspective, panic attacks under medial malleolus (ankle bone)

• Bladder 40  *Weichung* (Central Servant) – Reduces anxiety and overwhelm center of back of knees
Point Formula For Releasing Deep Pain and Trauma

- K 6
- K 27
- K 13
- Ren 6
PNE Treatment: Auricular Treatments to Enhance Treatment of Trauma and PTSD

- Microlight Tx of Auricular Points
- Applying Intra-Dermal Needle
Auricular Points to Reduce Anxiety

- Tranquilizer
- Adrenal
- Occipit
- Master Cerebral
- Nervousness
Auricular PTSD Formula

From article: *Auricular Trauma Protocol: An Acupuncture Approach* from Medical Acupuncture journal, Volume 23, #4, 2011
What is Psycho Neuro Endocrine Balancing?

An integrated system of vibrational medicine that powerfully supports patients through accelerated healing for depression, anxiety, trauma and stress-related pain or illness. It includes:

1. Evaluating each PNE center
2. Determining the color hunger of imbalanced centers
3. Applying color light with microcurrent, essential oils & sound therapy with appropriate voice dialogue
4. Treating acupuncture points with strong Spirit effects

The term “PNE centers” is a modern, medical way to refer to chakras.
Restoring healthy function of PNE centers through well-chosen complementary colors, microcurrent and essential oils is similar to rebooting a computer with a faulty program or jump-starting a low battery: It can give the patient the energy, clarity and open space in consciousness to make new life-affirming choices.

It is actually the patient’s new choices and self-awareness that creates long-term healing.
The Elements of PNE Balancing

- Color light & microcurrent therapy applied directly to imbalanced chakras with guided toning (PNE Therapy). Essential oils can boost benefits.

- Adjunctive needle or microcurrent treatment of distal points with psycho-emotional effects – best with color therapy

- Intentional and healing statements from both practitioner and patient

Also Consider Adding:

- Internal & External Dragons Tx and Aggressive Energy drains for severe trauma

- Herb formulas to clear body energy spaces (Body Space Medicine)

- Auricular therapy

- Soul healing
PNE Treatment:
Holding Polarized Microcurrent Probes on Front & Back of Imbalanced PNE Centers with Needed Color Light
PNE Treatment:
Treating Crown and Root Centers Together for Yin-Yang Harmonizing Treatment
Applicable Microcurrent Frequencies for Trauma and PTSD

FST Module – in the Hz Sequence screens, look for Single Channel Sequences and consider:

- PNE Balancing
- Solfeggio Sweep

Other very useful frequencies:

<table>
<thead>
<tr>
<th>Tissues / Systems:</th>
<th>Conditions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>10: Spinal cord</td>
<td>40, 284: Inflammation</td>
</tr>
<tr>
<td>562: Sympathetic N.S.</td>
<td>49: Panic</td>
</tr>
<tr>
<td>985, 534: Limbic brain</td>
<td>494: Stress response</td>
</tr>
<tr>
<td>1.3: Whole brain</td>
<td>25: Attenuate stress-related cortisol release</td>
</tr>
<tr>
<td>347: Amygdala</td>
<td>94, 294: Trauma</td>
</tr>
<tr>
<td>970: Emotions</td>
<td>124: Torn and broken</td>
</tr>
<tr>
<td></td>
<td>321: Reboot system</td>
</tr>
</tbody>
</table>
Concussion Protocol

Van Gelder / McMakin

- 94 / 200 nervous tension
- 970 / 200 emotional tension
- 94 / 94 trauma / medulla
- 321 / 94 paralysis / medulla
- 9 / 94 allergy / medulla
- 49 / 94 vitalize / medulla
- 94, 321, 9, 81, 49 / 310 ant. Pituitary
- 6.8 / 38 constitutional factors
- 49 / 00 (37 female, 39 male) vitalize /
- 35 / 102 balance energy centers
# Treating the Brain

Vanessa Howe, P.T.

## Ch.A: Condition-Yang
- 284 chronic inflammation
- 9 histamine
- 40 acute inflammation
- 124 torn, broken
- 321 reboot
- 18 leaking/hemorrhage
- 91 calcification
- 58, 13, 3 scar, sclerosis
- 970 emotional aspect
- 18 stop leaking, bleeding
- 880 / 7.4 hypoxia
- 20 nerve pressure or pain
- 30 irritation

## Ch.B: Body Tissue-Yin
- 90 Forebrain
- 94 Medulla, trauma
- 89 Midbrain, thalamus
- 84 Hindbrain, cerebellum
- 58, 92, 273, 297: Sensory centers
- 245, 253, 255, 415: Motor centers
- 1.3 whole brain
- 33 heart
- 109 vagus nerve
- 562 sympathetic system
- 985, 534 limbic brain
- 424 neurotransmitters
- 347 amygdala
- 288 spinal fluid
Spinal Autonomic Balance

Useful for:

- Post-Stroke, MS
- Migraine prevention
- Chronic fatigue syndrome
- Peripheral neuropathy
- Hormonal balancing
- Depression
- Addiction release
- To support efficacy of FSM, Syntonics and other microcurrent or light therapies
Spinal Autonomic Balance Method

Treat series of para-spinal points with microcurrent probes moving bilaterally down spine. Very valuable for most chronic diseases through tuning action on autonomic nervous system.

For neuro-muscular degenerative diseases treat daily for one week, then 3 days on, 4 days off ongoing

More most chronic conditions treat 2X per week
## Spinal Autonomic Balance – Microcurrent Frequencies

Select individual Hz, or best to set up a Hz Sequence

<table>
<thead>
<tr>
<th>Tissue Frequencies</th>
<th>Condition Frequencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cerebro-Spinal Energy: 275</td>
<td>Stress Response: 494</td>
</tr>
<tr>
<td>Spinal Cord: 10</td>
<td>Attenuate stress induced cortisol release: 25</td>
</tr>
<tr>
<td>Spinal fluid: 288</td>
<td>Balance neurotransmitters: 424</td>
</tr>
<tr>
<td>Amygdala: 347</td>
<td>Endocrine secretions: 81</td>
</tr>
<tr>
<td>Nervous system: 45</td>
<td>Trauma: 294</td>
</tr>
<tr>
<td>Endocrine system: 3</td>
<td>Yin-Yang balance: 535</td>
</tr>
<tr>
<td></td>
<td>Panic: 49</td>
</tr>
</tbody>
</table>
FST Module 1
5D Healing Methods Used by Darren

• Higher Light Integration
• Biofield healing
• Soul healing

These help transform trauma from the deepest level including past life samscaras
Color Selection for BPD
Red

Timidity, could increase Yang assertiveness and courage
Orange

Low self-esteem, shameful, disempowered
Yellow

Feel powerless, frustrated, weak, shy
Blue

Fears confrontation
Violet

Lack of trust, paranoia
Magenta

Emotional and auric balancer, bridge to the higher worlds, Fire-Water balance
Turquoise

Obsessive, moody, hypersensitive

Promotes connection with the Spirit world, healing the heart, giving and receiving
Lemon

Inner conflicts, anger, hatred
Feeling unsafe, polluted, fragmented
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