



Falling Leaves Protocol to Shed, Surrender & Strengthen

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So many people experience difficulty with all kinds of change. Even if we have organized our whole lives to avoid it, there are some forces beyond our control.

The changing of the season is one of these, and for many people the dimming of the light, of the Yang time and vitality, is a cause of sorrow, and even fear the coming darkness. This is an eternal dilemma that humans remembering that we are between heaven and Earth and part of the celestial dance have faced from ancient times. Being able to find our place on Earth, right now, always makes us feel safer.

Reach for your forks to help you with your next transition.

- Ohm Unison at ears, listening
- Ohm Unison at the heart chakra
- Ohm Unison at the 2nd chakra
- Ohm Unison on the ground between the feet
- Take some deep breaths, in and out, as you connect to air and the spirit of the lungs. Cross your hands and give yourself a comforting embrace by putting two fingers on **Lung 1**, Central Treasury
- Use New Moon 5th to sweep near the throat to open the **Windows of the Sky**
- Next, clear out any old residue or stagnation or wind from the Metal channel of the large intestine using Zodiac 3rd on L14. Add LW3 for a 4 Gates clearing, which will help release stagnation at a systemic, whole body level.

During the preparation for Autumn comes a time of discerning and assessing what to bring forward into the next cycle. Chinese philosophy uses the metaphor of not wanting to pack something away in a pantry or storage that is moldy. Clean out that which is not useful now for prevention of disease in Winter and make room for fresh new growth in Springtime.

To give yourself a clean sweep, use NM 5th on Lung 14 and Liver 14 to open up to a new cycle.

- Lung 1 Central Treasury
- LW14 Cycle Gate (or Gate of Hope)
- To give yourself an immune boost, follow with Earth Day 5th