

# West Coast Acutonics



## Protocol: Hydrating Ourselves to Help the Forests and Calming and Cooling the Shen to Help the Inflamed Mind

(All intervals are mid frequency unless noted.)

Begin this Protocol by listening to Ohm Unison and bringing it down to the Earth chakra. Repeat with the Low Ohm unison or with Ohm Octave.

Next, activate UB 10 and UB 60: these 2 points on the Yang Water Channel (Urinary Bladder) help us to be rooted like a mountain and reach up into the cosmos. We are what is between Heaven and Earth.

Use New Moon 5th, followed by Full Moon 6th. If you are giving this treatment to someone else, spread the forks from UB 10 to UB 60 on each side to accentuate the stretch from upper Yang to lower Yin.

Follow with Spleen 3, Source point of the Spleen, nourishing the Yin of the Earth Channel:

Use Saturn/Ohm to stabilize Earth, give structure to the Earth so it can contain the fire: as an earthen fire pit.

Follow with Earthday/Saturn to help encourage Earth fertility, which feeds the forest and helps it stay resilient.

If you have Demeter, use Demeter, or invoke her essence at your own 2nd and 5th chakras. Keep yourself resilient, your soul rich and fecund, and open your Throat chakra to speak and sing and sound for the Earth.

If we look at the Ren Channel, what I feel here is that the Opening point, Lung 7, Broken Sequence, allows us access to respiration, to fresh oxygen (including creative ideas and solutions) and to the grief that we are feeling at the forces of nature so out of balance. It also helps us access the Po, the Spirit of the Metal Element: taking in and letting go (of that we must release, that which is no longer useful)

The Balance point, Kidney 6, is a reservoir of Yin, the primordial, essential component that MUST balance Yang for our eco system to thrive... or in this case, survive.

Use this order of intervals in the Ren channel:

- Chiron/Ohm
- New Moon 5th
- New Moon /Chiron
- Low New Moon 5th
- Low New Moon/Low Chiron
- Venus/Ohm
- Venus /Chiron



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For the 2nd 8 extraordinary Vessel, I would ask you to choose which one feels like the right one for you, or for the person you are treating. If you want me to choose one so that it is a recipe, I will choose the Chong channel. Why? For the purposes of the As Above, So Below:

The Chong channel connects the Ming Men (Du 4) to your heart, and it contains the primordial DNA and cosmic blueprint of you, and by extension, of the Earth.

The Opening point of the Chong, Spleen 4, (Grandparent Grandchild) holds our ancestral DNA.

The Balance point, Pericardium 6 (Inner Gate) is on a Fire Channel, connecting us to our own Spirit, our own inner flame. Assessment of your own Shen here is very important - do you need cooling and calming? Do you need enlivening to bring back your own passion for your life and your work?

Here, you can repeat the same intervallic pairings and order that you used on the Ren channel, and add layers of Full Moon as well:

- Low Full Moon/Low Chiron
- Low Venus /Low Chiron
- Low Venus/Low Saturn

If you need to activate your passion to get back into action as a light worker (we need you!), add a layer of Mars. Has your Mars been challenged by all the COVID 19 constrictions? Use Mars/Chiron. If you need some inspiration and the moons did not get you there, add Neptune/Ohm, then Neptune/Venus.

To close: In honoring the forests, the Earth and yourself, use Vesta over your Heart chakra and 3rd Eye, affirming that you will continue to follow your own knowing. You will stay true to the Yin nature in yourself and sink your roots deep in the Earth.

Use a Tibetan bell at your heart, your throat and your 3rd eye, finishing with a figure 8 and/or a Spiral, joining with the Earth and all her inhabitants, pledging to stay awake to your flares of fire, to be responsible to nourish your own Earth and calm your own Shen.