Tao is the essence or substance of the Universe. The Tao is the flow of the Yin and the Yang in the Universe, the two types of “Qi.” Yin and Yang are opposite forces, that when balanced, work together. To be in accord with the Tao is to be in accord with the flow of the Universe. Enlightenment is developing one’s intuition and becoming directly aware of the Tao, the dance of life. In such circumstances, the enlightened person’s every action would be correct and timely and would always lead to the most favorable outcome.

Qi, the Yin and Yang essence of the Universe runs throughout our human bodies and throughout nature as well. Acupuncture was developed to correct imbalances in the energy or Qi flows in the human body. The first record of Acupuncture is found in the 4,700 year old Huang Di Nei Jing (Yellow Emperor's Classic of Internal Medicine). This is said to be the oldest medical textbook in the world. Yin is signified by female attributes, passive, dark, cold, moist, that which moves medially, and deficient of Yang. Yang is signified by male attributes, light, active, warm, dry, that which moves laterally, and deficient of Yin. Nothing is completely Yin or Yang. The Tao is the universal symbol describing the constant flow of Yin and Yang forces. One will notice that within Yin, there is Yang, and within Yang, there is the genesis of Yin.
How Does Acupuncture Work?
The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up the flow in one part of the body and restricts it in others.

The improved energy and biochemical balance produced by acupuncture results in stimulating the body’s natural healing abilities and in promoting physical and emotional well-being. The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems, including: digestive disorders: gastritis and hyper-acidity, spastic colon, constipation and diarrhea; respiratory disorders: sinusitis, sore throat, bronchitis, asthma, recurrent chest infections; neurological and muscular disorders: headaches, facial tics, neck pain, rib neuritis, frozen shoulder, tennis elbow, various forms of tendonitis, low back pain, sciatica, osteoarthritis; urinary, menstrual and reproductive problems. http://www.birthandbeyondokc.com/acupuncture.html
Barefoot shiatsu, also called “ashiatsu” is an ancient form of bodywork originating from Buddhist monks, originally from China and later from Thailand and Japan. The form of Barefoot Shiatsu used in “Energy-Healing Arts” originates in Japan from the lineage of Shizuko Yamamoto through Patrick McCarty, Edward Spencer and then Kim Fortier. It is a time-tested treatment style of using both hands and feet to create a sense of deep relaxation and powerful movement of internal energy, Qi. This process removes any Qi imbalances, blockages or deficiencies — which tend to manifest in health or emotional problems. Like Thai massage it is practiced on the floor on a mat or futon.

Shiatsu harmonizes the flow of yin-yang energy throughout the whole person: mind, body and spirit. Stimulating the body’s energy will help one’s immune system and enhance one’s natural ability to heal themselves.
Reiki originates from Rei meaning universal, higher knowledge or spiritual consciousness and from Ki meaning life force. Reiki healing is believed to have originated in ancient Tibet and India. It was rediscovered and developed in the 19th century by Dr Mikao Usui, a Japanese monk. Reiki practitioners channel healing energy direct from Source to other people.

Receiving Reiki has a soothing, refreshing and balancing effect on the whole being. It will work with the causes of any illness or imbalance, as well as the symptoms. It helps to dispel negative energies and blockages and will flow to the areas that most need healing. While you lie fully clothed, listening to soft music the practitioner will place her hands gently on your body and allow the Reiki energy to flow. Clients often feel warmth or a pleasant tingling, although each client’s experience will be unique.

Reiki is not allied to any particular religion or belief system. It is open to all and will work with most belief systems. Many clients say they receive useful insights during healing sessions. Some find it helps in releasing blocked emotions. Others may simply find it physically relaxing and a rare chance to unwind fully, away from everyday pressures.
Thai Massage is always done on a mat on the floor with the recipient fully dressed in comfortable clothing.

Thai massage is a process of transferring compassion, a Buddhist tenet, from the practitioner to the recipient. It is a meditation in motion in which the practitioner uses their palms, thumbs, elbows and feet to work the lines of energy (known as Sen lines which correspond roughly to the meridians in Acupuncture).

The muscles are kneaded and stretched as the practitioner gently works the recipient’s body into a series of Yoga postures, to the precise depth appropriate for each individual. [http://www.passiveyoga.com/massage/description.htm](http://www.passiveyoga.com/massage/description.htm)
“Shamanism was with us from the beginning and is with us today as wisdom teacher, natural healer, story teller, visionary, artist, dream worker, spiritual advisor, or builder of sacred community.

All cultures were aboriginal at one time and have a name for the person who practices shamanism in their community. For example, sangoma in South Africa, curandero in Latin America, wu of ancient China, kahuna in the Hawaiian Islands, marakame in Mexico’s Sierra Madre and medicine man/woman in North America.

The shamanic practitioner makes propitiatory offerings, recovers lost soul parts or conducts healing ceremonies. In Russia’s Siberia, "to shamanize" was to use out-of-body journeys to mediate between the seen and unseen worlds serving spirit, community and individual.

As the body can grow ill from lack of nourishment or improper diet, so too can lack of, or improper, nourishment for the heart and soul cause us to be imbalanced or physically ill. Healing takes place from the spiritual realm. Before a physical healing can take place, the patient sometimes needs to draw closer to Spirit."

---Chokechery Gall Eagle, Lakota, Beyond the Lodge of the Sun.
Native Americans and other tribal peoples recognized that because we’re all related in the Circle of Life, animals will reveal themselves in visions and share their power or energy. Shamans and primary peoples have always been connected to the animals, both physically and psychically. They possess a spiritual connectedness, an inner knowingness, as well as living closely and harmoniously with animals. Animals live from the heart, with a deep instinctual knowing that is firmly connected to the entire circle of life. Because they live from the heart and are not entrapped by their reason, they can be powerful spiritual and emotional allies. Sometimes Power Animals come as visionary help through a specific stage or challenge in one’s life. People may also seek or be gifted with an animal that stays with them their whole lives. In tribal cultures, a vision of an animal was often received during the puberty Vision Quest — the major initiation into tribal spiritual ways. The owl, as a creature of the night, has the ability to fly through darkness into the Light with assurance and ease. Thus it is a guide for us in our dark times. Each power animal has different energies and different strengths and abilities to teach us.
"We are all in danger of becoming spiritually deaf and mute, because we are losing contact with our natural environments. We live in an artificial world, a land of concrete jungles, where man has become a consumer rather than a creator. Within this world, our hungers are placated, but we are not really nourished."

"Once we can honor the balance that is needed to know ourselves well, then we can learn to nourish ourselves, to be healthy and well, and to create a planet that reflects that well-being."

"This wholistic approach is used the world over by natural people living with the land and with the Spirit in all things. By helping the person to achieve or to re-achieve their proper flowing within the larger pattern, healing is accomplished".

---Eduardo Caldero'n Palomino, Folk healer
Dolphins heal on all levels, mind, body and spirit. Many Dolphin Assisted Therapists have experienced a strong connection and telepathic communication with dolphins. Patricia Saint-John met the dolphins and had deep telepathic experiences with them. She found that by being in the state of mind she had with the dolphins she was able to telepathically contact autistic children and had much success in improving their functioning and communication. Michael Hyson, Ph.D, was once swimming with Liberty Dolphin in Florida. In the murky water he accidentally jammed his elbow into Liberty’s blowhole area. The dolphin came around in front of Michael and at about 2 1/2 feet from his chest began to put out a high intensity, fairly low frequency sound, probably less than a 1000Hz. First, at low power, he could feel the water vibrate. Then Liberty's power increased and he felt the water in front of his chest get warmer. Then Liberty increased power again and he felt his chest wall get warm. Then he changed frequency and soon, all Michael's chest hairs were vibrating - even in the water, so strongly that his whole chest tickled with an intense buzz. Liberty stopped his sounds at this point. Michael had the distinct impression that he was just showing me part of what he could do, something like: "This is just a demonstration, I could do a lot more, I'm just warming up"

EEG’s of the human subjects reduced in frequency and increased in power after swimming with free dolphins. All systems have natural frequencies at which they prefer to vibrate. An external energy of the proper frequency and with the proper timing or phase near a system’s natural frequency will cause the system to vibrate with or resonate with the external energy.  [http://www.planetpuna.com/dolphin-paper-html/dolphin-paper.htm](http://www.planetpuna.com/dolphin-paper-html/dolphin-paper.htm)
Ancient Egyptian healing techniques and wisdom originate from knowledge of the architecture of all spheres of life. Hesi-Ra was the secret Master Architect-Priest who held more knowledge than the pharaohs. Most people have been taught that the pyramids were tombs to transport one into the after-life when in actuality they were energy conversion devices used for spiritual evolution and other earth-spirit energy connections. The Eye of Horus below was typically seen when Egyptian hierophants were meditating. It also symbolizes the spirit energy coming into the physical at the top of the pyramid.
EGYPT – Master Architect-Priest

"The method used in Ancient Egypt for strengthening energy flows within a human body is shown above left. Above right is a picture of actual Egyptian healing rods taken at the Metropolitan Art Museum in 1998.

Two rods are clutched in the hands of these standing figures. The hands, holding the rods free energy within the body to gather any unipolar knots and [activate the] spinal fluid. The renewal of energetic potential is hundred-per-cent and continues for 24 hours.

Records indicate the Rods were held during the Pharaoh’s entire life. They harmonized the two main energetic streams, ”Yin-Yang” which are two principles, opposite and unified, different and homogenous at the same time. The Ancient Egyptians used the Rods with different fillings to regulate the energetic balance of a body. The first one was made usually for the right, another one for the left hand. The first possessed the power of the Sun, the second - of the Moon. The Priests and Pharaohs of Ancient Egypt used these metal cylinders with different fillings as an instrument to achieve their high aims that allowed them to realize step-by-step evolution of their psychic, energetic and as consequence, their physical abilities. These abilities were necessary for preparation of the ”Communication with the Gods” combined with the help of the Pyramids. The above was taken Count Stefan Colonn Walewski’s manuscript and the following website. http://www.rods.ru/Html/English
Ayurveda, which translated means "The Science of Life", is similar to Traditional Chinese Medicine (TCM) in that it represents a practical application of universal philosophical concepts based on universal life energy which, in TCM, is called "qi", and in Ayurveda, "prana". Both systems go back over 5000 years. Ayurveda is a wholistic system for life, longevity and medicine from India. Ayurveda helps to maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. It provides guidance regarding food, herbs, bodywork and lifestyle. We can find historical evidence of Ayurveda in the ancient Hindu scriptures known as the Vedas, written over 6,000 years ago.

Ayurveda also sees that before we exist in physical form that we exist in a more subtle form known as the soul. In fact, they hypothesized that we may indeed occupy many physical bodies throughout the course of time but that our underlying self or soul remains unchanged.
The word yoga means "union" in Sanskrit, the language of ancient India where yoga originated. We can think of the union occurring between mind, body and spirit. There are four main paths of Yoga - Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga. Each is suited to a different temperament or approach to life. All the paths lead ultimately to the same destination - to union with Brahman or Creator - and the lessons of each of them need to be integrated if true wisdom is to be attained. Karma Yoga is the Yoga of Action, Bhakti Yoga is The Path of Divine Love, Jnana Yoga is the Yoga of Knowledge or Wisdom and Raja Yoga is the Science of Physical and Mental Control. Raja Yoga is also called Ashtanga Yoga.

http://www.sivananda.org/teachings/philosophy/fourpaths.html

Asana is only one of the eight so-called "limbs" or types of Raja yoga, What is commonly referred to by most people today as "yoga" can be described by the Sanskrit word asana, which refers to the practice of physical postures or poses. Today the words asana and yoga have become almost synonymous. http://yoga.about.com/od/beginningyoga/a/whatisyoga.htm
Whether one believes in the written records of Jesus the “Christ” or not, the methods and outcomes of his healings parallel many other ancient cultures. His methods could have been naturally present or he could have traveled to the cultures of that time period and learned the energy or Qi healing methods. By the laying on of hands he healed the blind, the sick, lepers, the lame and even the dead. He exorcised demons and other lower entity spirits out of people just as shamans would do in their culture. When one sick woman touched him, he felt energy leave him and go into her. The energy he transmitted was most likely in a similar manner as the dolphins, resonant energy shifting the sick person’s energy to a healthier frequency. As in Thai massage compassion was also part of the process.