

branches into (“A”) and (“B”) at approximately 5 inches from the wrist.

“A” passes above the major artery of the wrist and emerges at the radial (inner/medial) side of the thumb nail; circles the nail and develops the thumb.

“B” flows to the ventral (inner/medial) corner of the index finger, circles the nail and changes into **left** Large Intestine Developing Function at the outer (lateral) corner of the nail at 6 AM and flows downward.

(Wrist: the radius is on the thumb-side and the ulna is on the little finger side.)

Lung flow self help

Left flow

Left hand: base of left rib cage (SEL 14)

Right hand: below left collar bone (SEL 22)

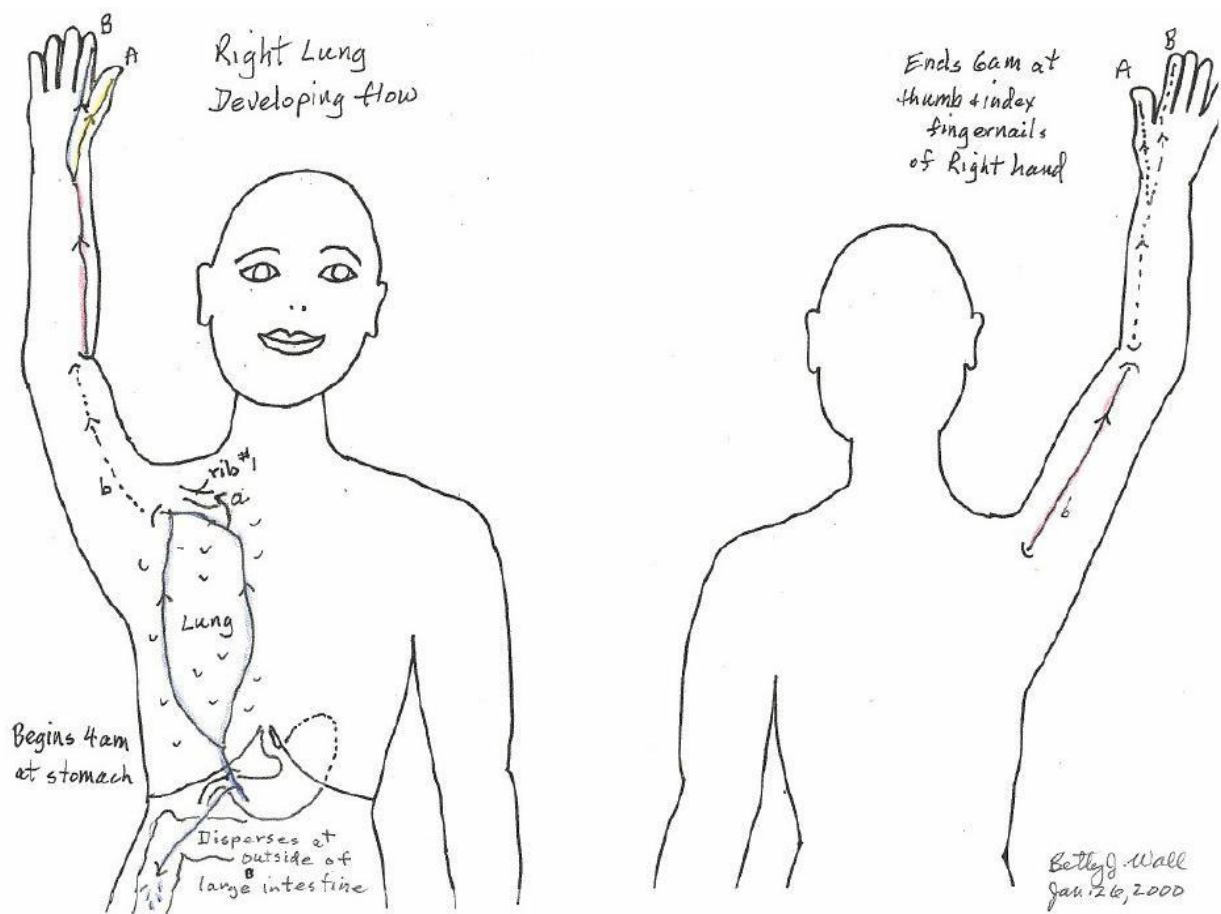
Right hand: back of left upper arm (high SEL 19)

Right hand: base of left thumb (SEL 18)

Right hand: left shoulder (SEL 11)

Right hand: below right collar bone (SEL 22)

Right hand: right 3rd rib (SEL 13)



LUNG FUNCTION DEVELOPING ENERGY

At 4:00 AM, the left* and right** liver flows turn into the **right** lung flow in the stomach, and as it proceeds to the lungs, one branch converges with the energy that is derived from the food that has been turned into thin gruel in the stomach and distributes part of the flow on the outside of the large intestine. The remaining main flow goes through the diaphragm and enters the lung from the bottom part of the lung, and, changes into the flow that creates the lung. The right lung flow circulates through the right lung, gathers at the trachea, comes out at the first rib (a) at the apex of the lung, and out the right subclavian area (b) into the armpit, up the lateral side of the right arm and then to the surface of the medial side of the elbow (thumb side 19), and branches into (A) and (B) at approximately 5 inches from the wrist.

“A” passes above the major artery of the wrist and emerges at the medial side of the thumb nail; circles the nail and develops the thumb.

“B” flows to the medial corner of the index finger, circles the nail and changes into **right** Large Intestine Developing Function at the outer (lateral) corner of the nail at 6 AM and flows downward.

(Wrist: the radius is on the thumb-side and the ulna is on the little finger side.)

(Note: In Mary Burmeister’s 1971 edition, page 20, it states under Lung flow, “liver ... goes

into the stomach at 4 AM and becomes the lung flow”, and on page 53, “C” of liver flow goes immediately into the lungs (apex) and at 4 AM changes into the Lung Developing flow” (ascending the arm).

* ** Lung Energy is so important, the liver energy supports it from three sources.

- 1) The left* liver flow ascends from the left big toe up through the right side of the abdomen, and goes through the right side of the stomach before going through the diaphragm reaching the bottom of the right lung,
- 2) and branch “C” of left liver flow is at right subclavian area, ready to become right lung flow up the right arm.
- 3) The right** liver flow branch “B” , together with right heart flow branch “3” form the Cerebrum flow deep in the brain, and flow from the head to the right side of the stomach, so I have included both left and right liver flows contributing to forming the right lung flow, which originates in the right side of the stomach

Lung flow self help

Right flow

Right hand: base of right rib cage (SEL 14)

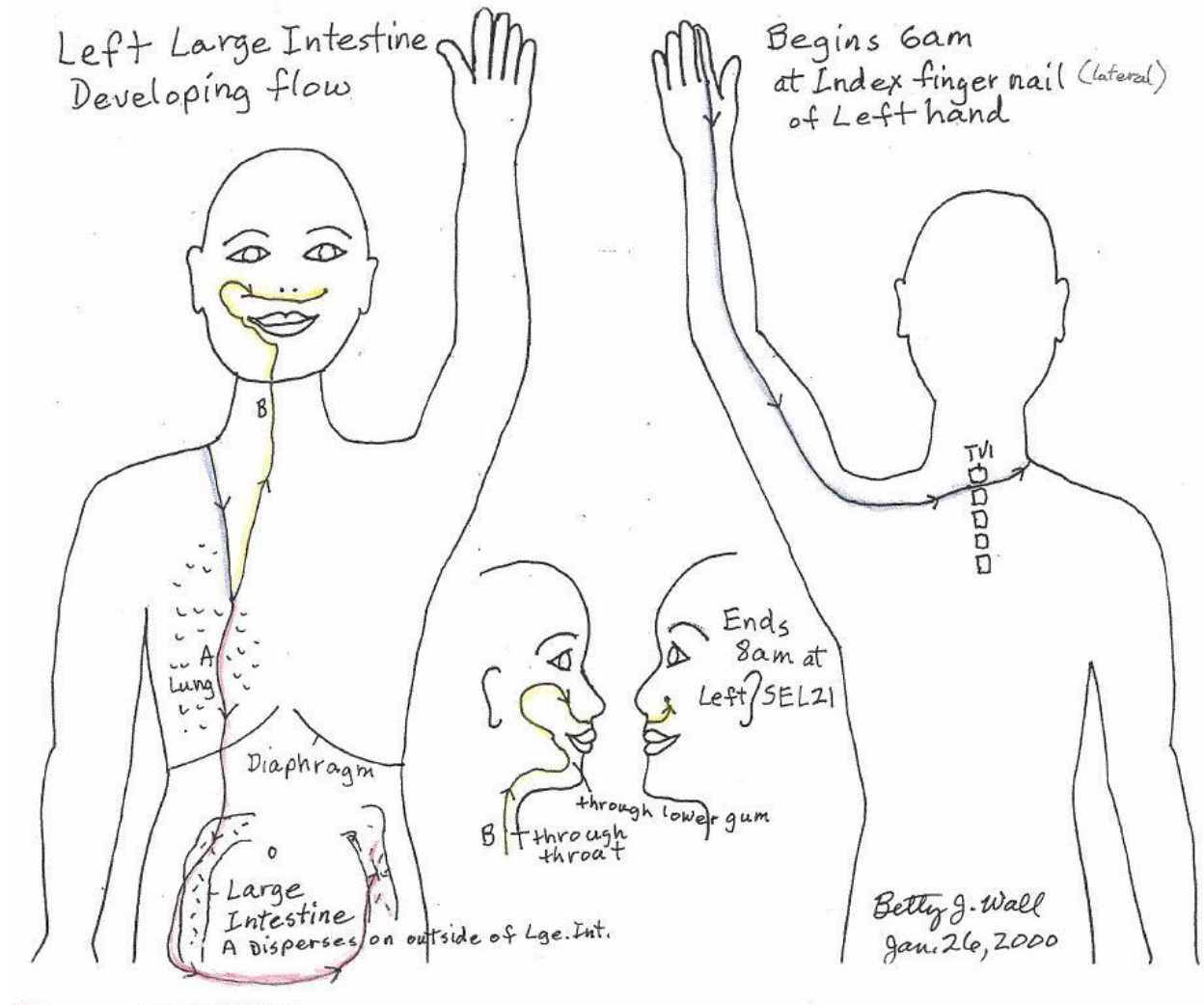
Left hand: below right collar bone (SEL 22)

Left hand: back of right upper arm (high SEL 19)

Left hand: base of right thumb (SEL 18)

Left hand: below left collar bone (SEL 22)

Left hand: left 3rd rib area (SEL 13)



LARGE INTESTINE FUNCTION DEVELOPING ENERGY

At 6 a.m. at the medial (inner or thumb) side/tip of the index fingernail the **left** Lung Developing Energy Flow changes into the **left** Large Intestine Developing Flow. From this point it flows down between thumb & index finger, passing through the "web" between the tendons of the thumb & side of hand. Flows down the posterior (back) side of the arm along radius. Descends along anterior (front) border of the upper arm to the highest point of the shoulder. Goes across top of shoulder on the back; and at the first thoracic vertebra passes under the spine and out to right side. The left and right flows meet and co-mingle under TV 1.

The left flow moves around right side of neck, down into right chest, rises up to skin surface and separates into two flows at right #13, "A" & "B".

"A" (in right breast) circulates (passes through) right lung, goes through diaphragm to about 15mm (1/2 inch) from right side of umbilicus (navel), makes half circle and disperses outside **left** large intestine.

"B" flows from right breast up through right side of throat into right lower gums.

Circulates (curves around) right side of face, comes back out to the right side of the mouth, then flows under (between nose and upper lip) the nostrils, out to left side of the nostril, along side of the left cheek bone (SEL 21) and turns into the flow that creates the **left** Stomach Function Developing Energy at 8 AM.

Large intestine flow self help

Left flow

Left hand: right shoulder (SEL 11)

Right hand: left index finger

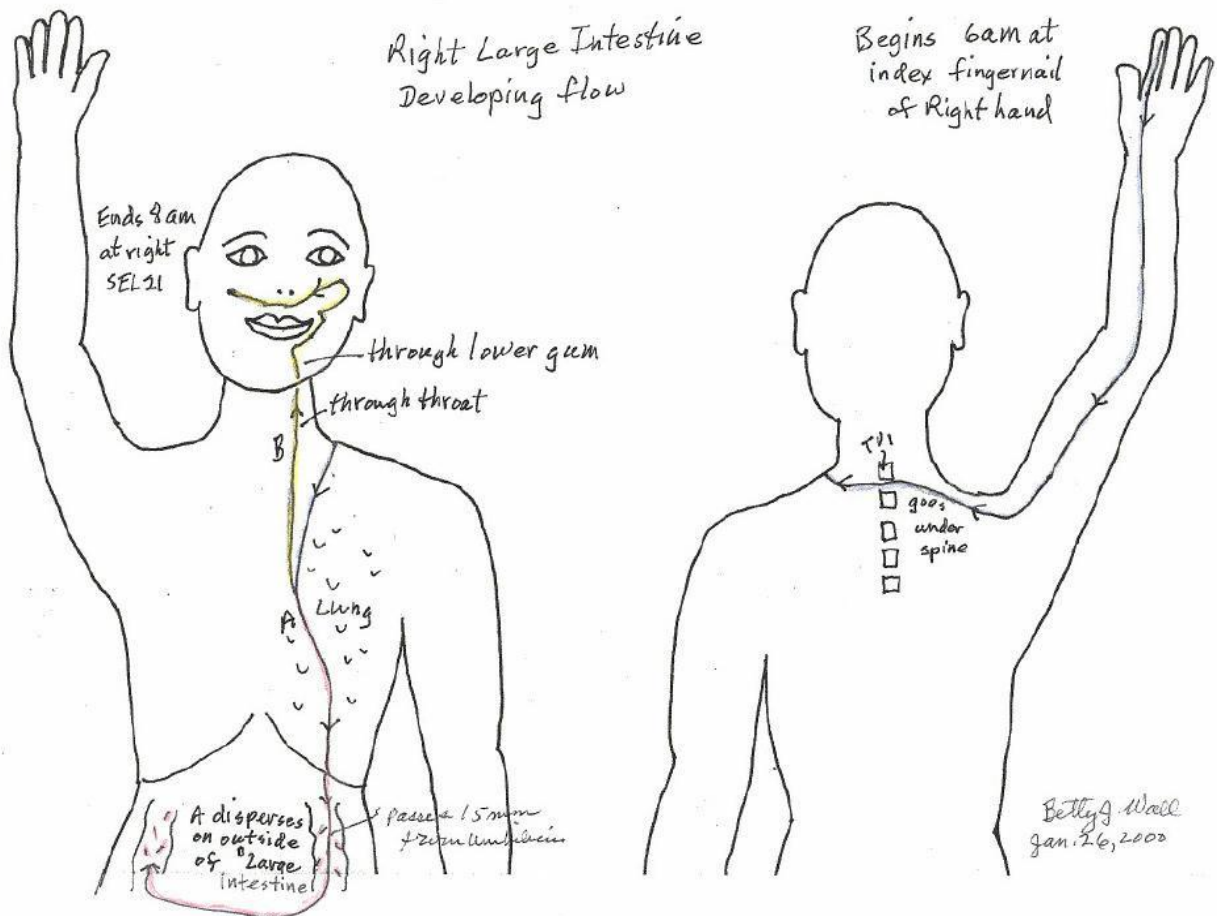
Right hand: right 3rd rib area (SEL 13)

Right hand: right bottom rib cage (SEL 14)

Right hand: left cheek (SEL 21)

Right hand: under right collar bone (SEL 22)

Right hand: under left collar bone (SEL 22)



LARGE INTESTINE FUNCTION DEVELOPING ENERGY

At 6 a.m. at the medial (inner or thumb) side/tip of the right index fingernail the **right** Lung Developing Energy Flow changes into the **right** Large Intestine Developing Flow. From this point it flows down between thumb & index finger, passing through the "web" between the tendons of the thumb & side of hand. Flows down the posterior (back) side of the arm along radius. Descends along anterior (front) border of the upper arm to the highest point of the shoulder. Goes across top of shoulder on the back; and at the first thoracic vertebra passes under the spine and out outside left side. The left and right flows meet and co-mingle under TV 1.

The right flow moves around left side of neck, down into left chest, rises up to skin surface and separates into two flows at left #13, "A" & "B".

"A" (in left breast) circulates (passes through) left lung, goes through diaphragm to about 15 mm (1/2 inch) from left side of umbilicus (navel), makes a half

circle and disperses outside **right** large intestine.

"B" flows from left breast up through left side of throat into left lower gums.

Circulates (curves around) left side of face, comes back out to the left side of the mouth, then flows under (between nose and upper lip) the nostrils, out right side of the nostril, along side of the right cheek bone (SEL 21) and turns into the flow that creates the **right** Stomach Function Developing Energy at 8 AM.

Large intestine flow self help

Right flow

Right hand: left shoulder (SEL 11)

Left hand: right index finger

Left hand: left 3rd rib area (SEL 13)

Left hand: left bottom rib cage (SEL 14)

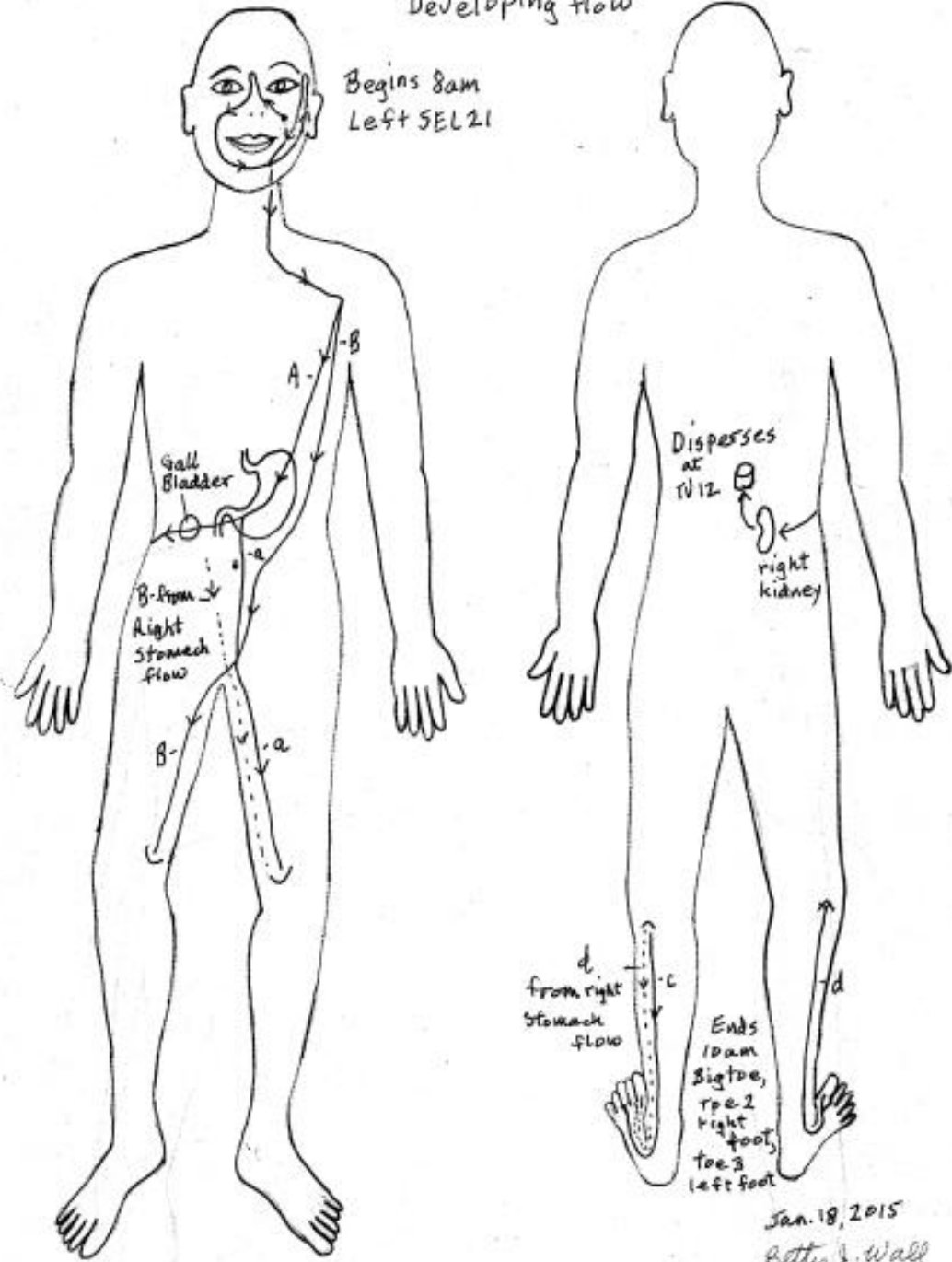
Left hand: right cheek (SEL 21)

Left hand: under left collar bone (SEL 22)

Left hand: under right collar bone (SEL 22)

Left Stomach
Developing flow

Begins 8am
Left 5EL21



Jan. 18, 2015
Betty J. Wall

LEFT STOMACH DEVELOPING FLOW

At 8 a.m. at the left cheekbone, the **left** Large Intestine Developing Flow changes into the **left** Stomach Developing Flow. From the left cheekbone it goes up to the center of the nose and crosses to slightly above the corner of the right eye, then flows down passing along right inner eye. Descends slightly out from the right side of nose passing through right 21, down to the center lower jaw at the chin, curves along the left jaw bone to the front of the left ear to just above left eye brow line, turns toward the left eye, descends, passing by the outer edge of the eye, across cheek, jaw, goes through the throat (left side of neck) to front of left subclavian area (lateral 22) where it branches into “A” and “B”.

"A" goes inward and directly to stomach where it divides into "a" and "b".

"A-a" descends on the left side of the abdominal mid-line, passing close to the umbilicus and continues to the perineum, to medial (inner side) left thigh to the lateral side of the knee to become “c”

"A-b" flows into the gall bladder, right kidney and into the 12th thoracic and disperses.

"B" descends from the subclavian area (around the outer side of the left breast), into the abdomen and continues down and crosses behind the pubic bone to the right inner thigh, to the lateral side of the knee and becomes “d”. (Travels in close proximity, parallel with Right Stomach flow “A-a” down right leg as c”.) “Right Stomach flow B” continues behind kneecap, down the lateral left lower leg as “d”.

"c" descends left lower leg, slightly lateral of the shin bone, flowing across the top of the foot to the left middle toe.

"d" descends the lateral right lower leg, across the top of the right foot to big toe and 2nd toe. It changes to the **right** Spleen Function Energy in the big toe at 10 AM.

Stomach Flow self help

Left side

Right hand: left cheek (right hand will stay here during the whole time) (SEL 21)

Left hand: under left collar bone (SEL 22)

Left hand: under right rib cage front (SEL 14)

Left hand: right back waistline (SEL 23)

Left hand: under left rib cage front (SEL 14)

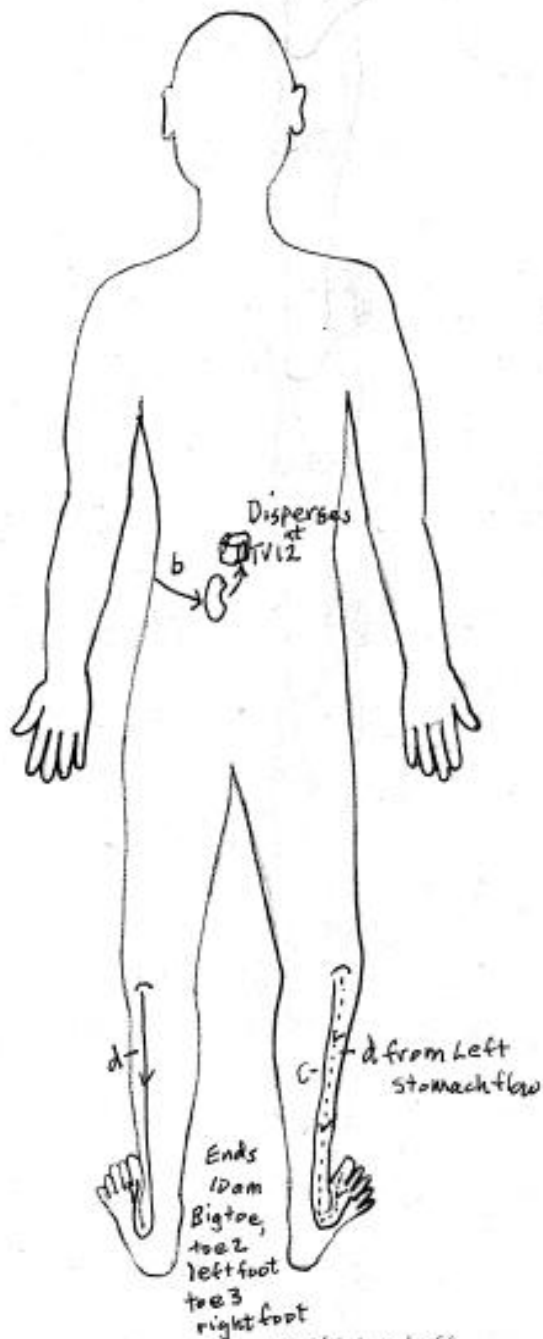
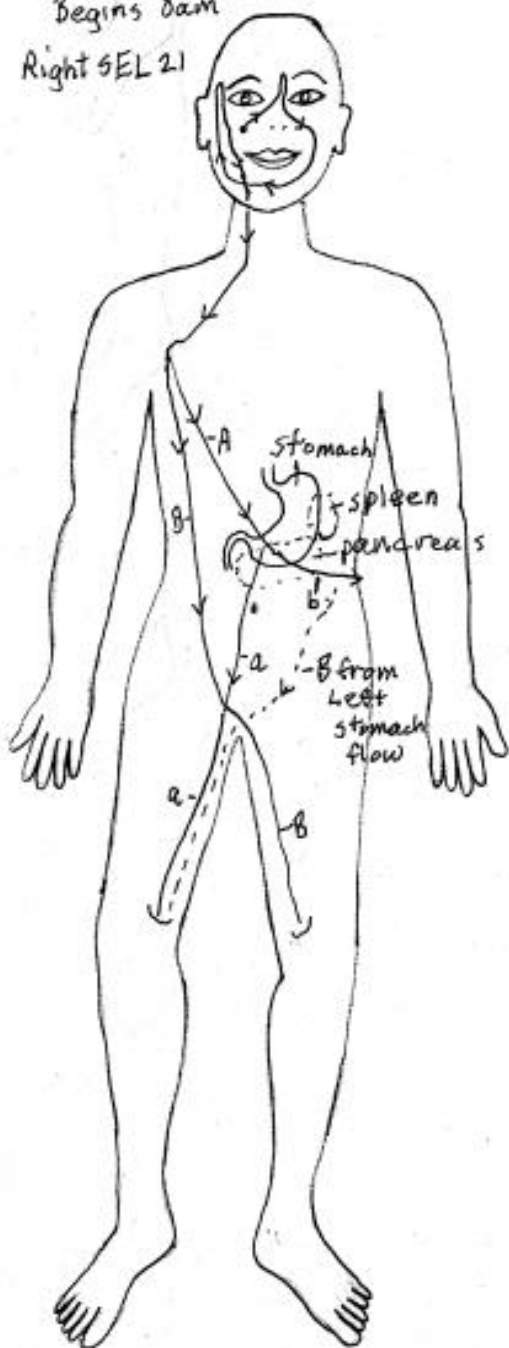
Left hand: inner mid right thigh (high SEL 1)

Left hand: outer mid right lower leg (low SEL 8)

Left hand: right middle toe

Right Stomach Developing flow

Begins 8am
Right 9EL 21



Ends 10am
Big toe,
toe 2
left foot
toe 3
right foot

Betty J. Wall
Jan. 18, 2015

RIGHT STOMACH DEVELOPING FLOW

At 8 a.m. at the right cheekbone SEL 21, the **right** Large Intestine Developing Flow changes into the **right** Stomach Developing Flow. From the right cheekbone it goes up to the center of the nose and crosses to slightly above the corner of the left eye, then flows down passing along left inner eye. Descends slightly out from the left side of nose passing through left 21, down to the center lower jaw at the chin, curves along the right jaw bone to the front of the right ear to just above right eye brow line, turns toward the right eye, descends, passing by the outer edge of the eye, across cheek, jaw, goes through the throat (right side of neck) to front of right subclavian (lateral 22) where it branches into “A” and “B”.

"A" goes inward and directly to stomach where it divides into "a" and "b".

“A-a” flow descends on the left side of the abdominal mid-line, passing close to the umbilicus and continues to the perineum, to medial (inner side) right thigh to the lateral side of the knee and becomes “c”.

“A-b” flows into the pancreas, left kidney and into the 12th thoracic and disperses.

“B” descends from the subclavian area (around the outer side of the right breast), through the gall bladder, into the abdomen and from about one inch from the side of umbilicus continues down and crosses behind the pubic bone to the left inner thigh, to lateral side of the knee, becomes “d”. (“B”/“d” travels in close proximity, parallel with “Left stomach flow “A-a/c” down left leg.)

“c” descends right lateral knee, slightly lateral of the shin bone, goes across the top of the foot to the right middle toe.

“d” descends the left lower leg, across the top of the left foot to big toe and 2nd toe. It changes to the **left** Spleen Function Energy in the big toe at 10 AM.

(Note: According to The Web That Has No Weaver the stomach flow from cheek goes up body of nose & emerges under the eye. The main branch of the stomach flow in leg terminates in the second toe. Secondary branch in big toe becomes the spleen flow. An explanation as to why 2nd toe helps eyes.)

Stomach flow self help

Right flow

Left hand: right cheek (SEL 21)

Right hand: under right clavicle (SEL 22)

Right hand: under left rib cage (SEL 14)

Right hand: left back waistline (SEL 23)

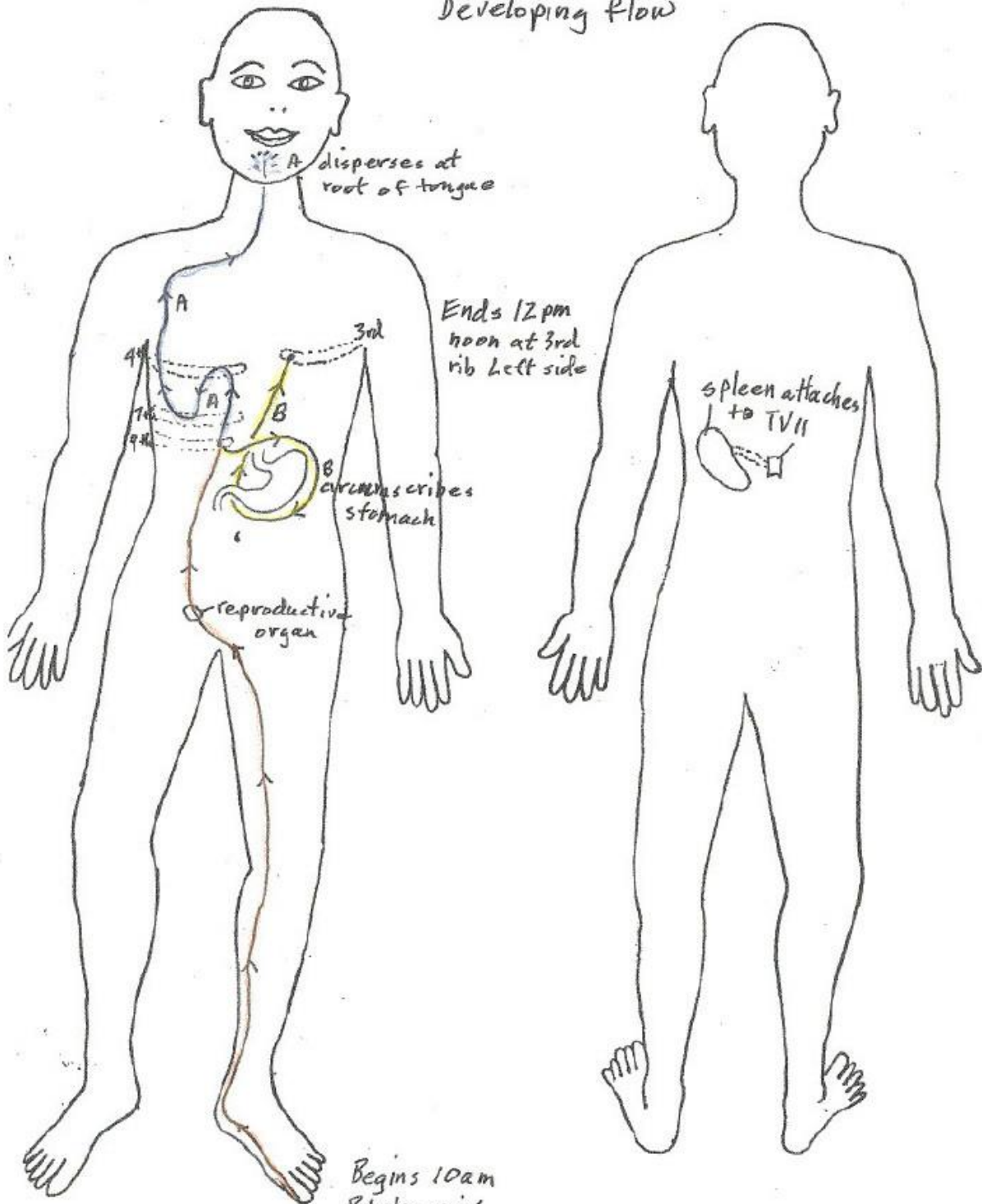
Right hand: under right rib cage (SEL 14)

Right hand: medial left thigh (high SEL 1)

Right hand: lateral left lower leg (low SEL 8)

Right hand: middle toe of left foot

Left Spleen
Developing flow



A disperses at
root of tongue

Ends 12 pm
noon at 3rd
rib Left side

B circumscribes
stomach

reproductive
organ

spleen attaches
to T11

Begins 10am
Big toe nail
Left foot

Betty J. Wall
Jan. 26, 2000

LEFT SPLEEN DEVELOPING FLOW

The **right** stomach flow “B” that goes to left leg and at lateral left knee turns into “d” that reaches the lateral side of left big toe goes to medial side of big toe and turns into the flow that creates the **left** spleen flow at 10 AM. It flows up from the edge of the nail to the medial ankle, rises slightly toward the ankle bone, then dips back down, going under the ankle, comes out from under the heel, up along the tibia; then by the inside of the back of the knee; travels up along medial thigh and into the groin. At the groin, the left flow crosses to the right side of the genitals, passes through the reproductive organs, ischium, gall bladder and liver, to the right 9th rib, branches into two parts, “A” and “B”.

“A” ascends between the 4th and 3rd rib, turns toward the right armpit, descends to between the 6th and 7th rib and turns outward toward the back, ascends along the lateral side (close to side seam) of the rib cage, passes in front of the shoulder (“lateral 22”), turns and continues to ascend right side of throat. Disperses at the root of the tongue.

“B” circulates the outer surface of the stomach, crossing the midline of the body to the left side of the sternum. Ascends the center of the chest into the left side of the heart where it creates the **Left Heart Function Energy** at the 3rd rib at noon.

Spleen flow self help

Left flow

Left hand: inner left ankle (SEL 5)

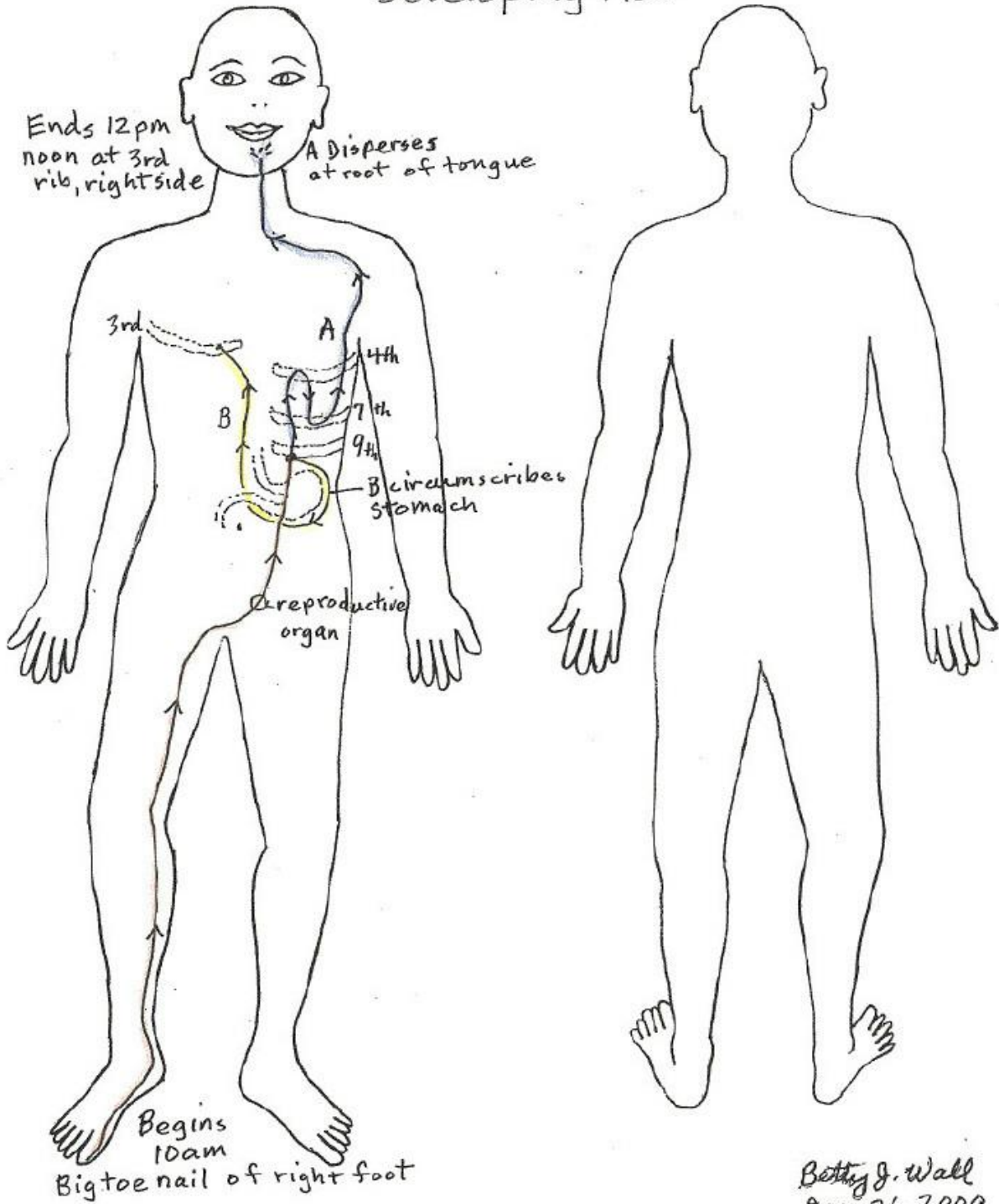
Right hand: tail bone (coccyx)

Left hand: under right rib cage (SEL 14)

Right hand: left 3rd rib (SEL 13)

Right hand: under right collar bone (SEL 22)

Right Spleen Developing flow



RIGHT SPLEEN DEVELOPING FLOW

The **left** stomach flow “B” that goes to right leg and at lateral right knee turns into “d” that reaches lateral side of right big toe goes to the medial side and turns into the flow that creates the **right** spleen flow at 10 AM. It flows up from the medial edge of the nail to the medial ankle; rises slightly toward the ankle bone, then dips back down, going under the ankle; comes out from under the heel; along the tibia; then by the inside of the back of the knee; travels along the medial thigh and into the groin. At the groin, the right spleen flow crosses to the left side of the genitals, passes through the reproductive organs, ischium, pancreas and spleen to the left 9th rib, branches into two parts, “A” and “B”.

“A” ascends between the 4th and 3rd rib, turns toward the left armpit, descends to between the 6th and 7th rib and turns outward toward the back. Ascends along the lateral side (close to side seam) of the rib cage, passes in front of the shoulder (“lateral 22”). Turns and continues to ascend left side of throat. Disperses at the root of the tongue.

“B” circulates the outer surface of the stomach, crossing the midline of the body to the right side of the sternum. Ascends the center of the chest into the right side of the heart where it creates the **Right** Heart Function Energy at the 3rd rib at noon.

Spleen flow self help

Right flow

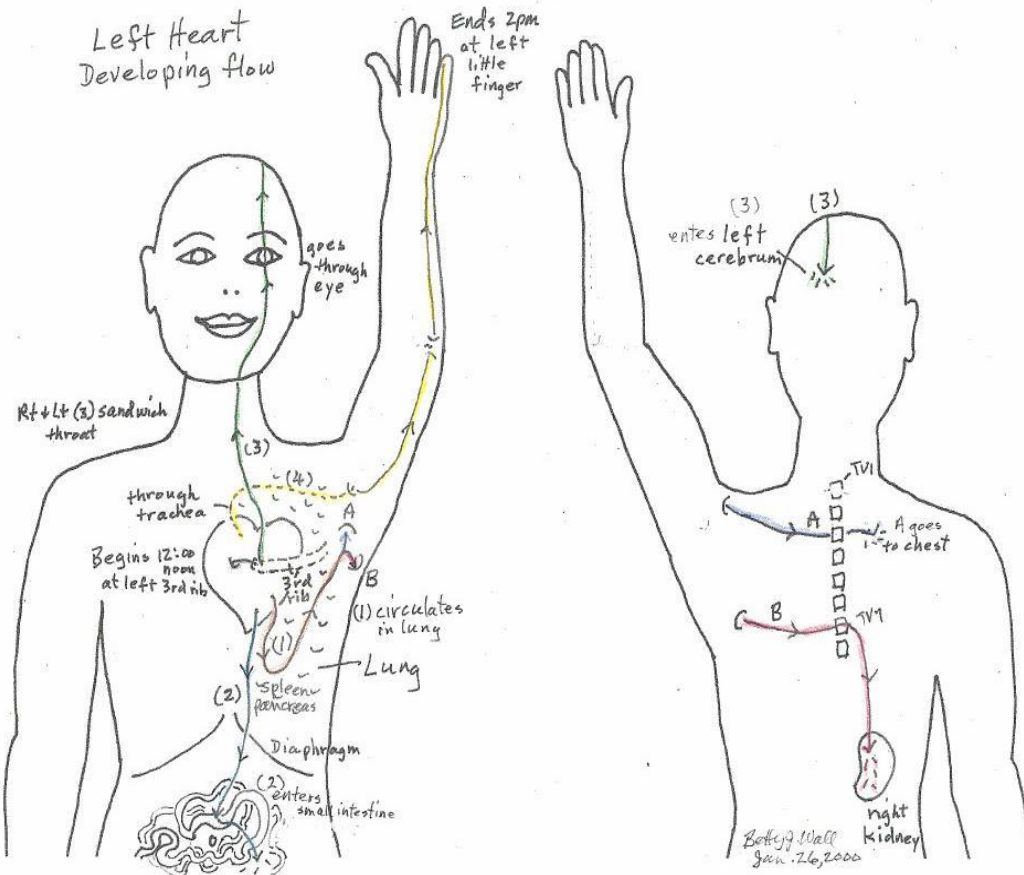
Right hand: inner right ankle (SEL 5)

Left hand: tail bone (coccyx)

Right hand: under left rib cage (SEL 14)

Left hand: right 3rd rib (SEL 13)

Left hand: under left collar bone (SEL 22)



HEART FUNCTION DEVELOPING ENERGY

The **left** spleen flow goes from the left 3rd rib, enters the heart and turns into the flow that creates the **left** Heart Function Energy at 12 noon. The heart flow goes out the four exits of the heart (ancient anatomy says there are five exits of heart energy, the fifth being the node behind the heart that controls the heart beat).

Exit 1 goes from the heart directly into the lung, circulates inside the lung and branches into “A” and “B”.

“A” flows directly into the third thoracic vertebra and comes out to the chest and goes through the lung, trachea and esophagus. T-3 is Air, lung and the heart pumps the Air throughout the body.

“B” descends, turns to the back of the armpit, goes across at TV-7 (diaphragm) and enters right kidney.

Exit 2 goes out the lower exit of the heart, descends through the diaphragm, through the spleen and pancreas, follows the pancreatic duct and enters the left small intestine about 1 inch above the umbilicus and circulates the left small intestine; flows above the pubic bone and scatters in the right small intestine.

Exit 3 ascends from the 3rd front rib, sandwiching the left side of the throat, goes behind the left eye and enters the left cerebrum. Participates with the liver energy to create the left Cerebrum flow.

Exit 4 ascends the chest area a short way, flows into the left lung. From the lung it circulates through the trachea, comes out to the left armpit, goes up the outside of the inner upper (lateral-to-central front) arm, out to the inside of the elbow (center front) and along the midline of the inside of the forearm through SEL 17,

goes to the backside of the inner tip (medial side, next to the 4th finger) of little finger, through and out of nail and turns into the flow that creates the **left** Small Intestine Function Energy at 2 PM.

Heart flow self help

Left flow

Left hand: left shoulder (SEL 11)

Right hand: left wrist, little finger side (SEL 17)

Right hand: under right collar bone (SEL 22)

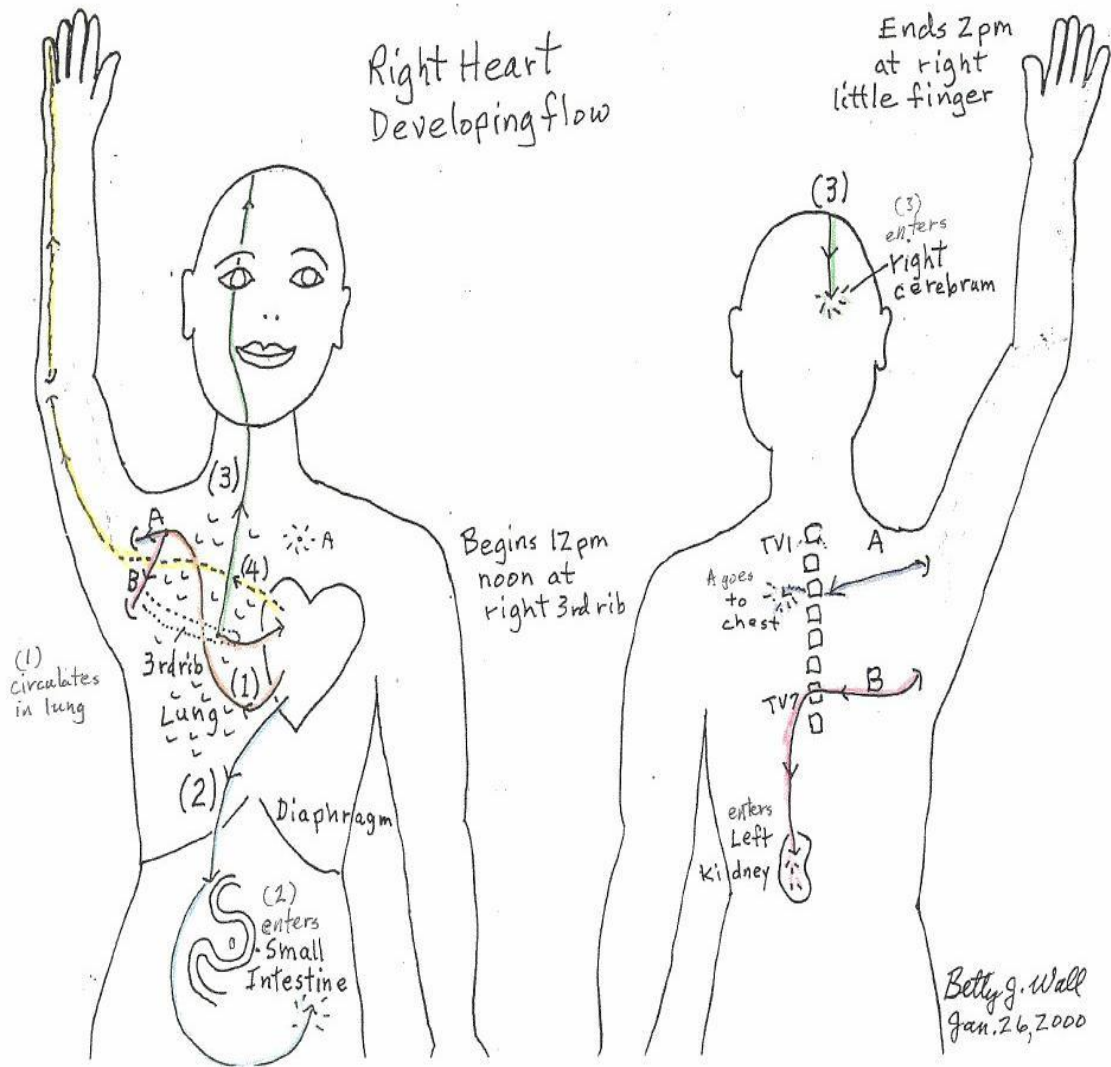
Right hand: under right rib cage (SEL 14)

Right hand: right groin area (SEL 15)

Right hand: inner left knee (SEL 1)

Right hand: inner left ankle (SEL 5)

Right hand: under left big toe (SEL 7)



RIGHT HEART FUNCTION DEVELOPING ENERGY

The **right** spleen flow goes from the right 3rd rib, enters the heart and turns into the flow that creates the **right** Heart Function Energy at 12 noon. The heart flow goes out the four exits of the heart (ancient anatomy says there are five exits of heart energy, the fifth being the node behind the heart that controls the heart beat).

Exit 1 goes from the heart directly into the lung, circulates inside the lung and branches into "A" and "B".

"A" flows directly into the third thoracic vertebra and comes out to the chest and goes through the lung, trachea and esophagus. T-3 is Air, lung, and the heart pumps the Air throughout the body.

"B" descends, turns to the back of the armpit, goes across at TV-7 (diaphragm) and enters left kidney.

Exit 2 goes out the lower exit of the heart, descends through the diaphragm, through the liver and gall bladder,

follows the bile duct and enters the right small intestine about 1 inch above the umbilicus and circulates the right small intestine; flows above the pubic bone and scatters in the left small intestine.

Exit 3 ascends from the 3rd front rib, sandwiching the right side of the throat, goes behind the right eye and enters the right cerebrum. Participates with the liver energy to create the right Cerebrum flow.

Exit 4 ascends the chest area a short way, flows into the right lung. From the lung it circulates through the trachea, comes out to the right armpit, goes up the outside of the inner upper (lateral-to-central front) arm, out to the inside of the elbow (center front) and along the midline of the inside of the forearm through SEL 17, goes to the backside of the inner tip (medial side, next to the 4th finger) of little finger, through and out of nail and turns into the flow that creates the **right** Small Intestine Function Energy at 2 PM.

Heart flow self help

Right flow

Right hand: right shoulder (SEL 11)

Left hand: right wrist, little finger side (SEL 17)

Left hand: under left collar bone (SEL 22)

Left hand: under left rib cage (SEL 14)

Left hand: left groin area (SEL 15)

Left hand: inner right knee (SEL 1)

Left hand: inner right ankle (SEL 5)

Left hand: under right big toe (SEL 7)

Way Of The Coach Class 6

With Mark and Magali Peysha

Creative Brainstorming

Life Stages



What do
clients often
come in with?

Complaint

"I don't like _____"

Reaction

"I don't even care about _____"

"Maybe I should just _____"

Generalization

"Life is just _____"

"Work is just _____"

Request

"I would like _____"

**Listen for what seems to be most important that they would like,
Then repeat what sounds like a priority for them. Do they agree?**

Let's look at some typical coaching goals and when a client can use creative brainstorming

- Difficulty understanding what another person needs.
- A desire to get to a new stage, position, action in their life.
- Client wants to change a behavior but they have failed to make a change in the past.
- Finding a purpose.
- Dating again.
- Looking for a new job.
- Overcoming fear, regret, blame, isolation, guilt, trauma...

The Specific Facts Are Your Best Friends

- Clients often start with the generalization: “I’m done with this job.”
- Ask for a specific instance of when the job worked or did not work.
- Ask for what was most difficult or stressful about that situation.
- Take note of their specific language.
- Ask: “Would it make sense to say that _____ is the biggest difficulty with your job?”
- Ask: “What would it take for your job to be more _____?”
- In order to brainstorm, it helps to have the facts.

Who is
brainstorming
the client or
the coach?
Or both?



What is client learning at a deep level during brainstorming ?



Surplus of ideas creates a relaxation and sense of priority in client.

- Client may need coach to help brainstorm.
- Coach and client may only come up with 2-3 new options.
- It may feel challenging for both or one.

What is the mood of creative brainstorming?

- Coach is questioning/suggesting not teaching or sharing a right way or belief.
- Client is discovering potential in his or herself to do more, see new points of view, discover new actions.
- Coach and client might be surprised by what client remembers from past times.
- New dimension is shared in coaching when creative brainstorming.

Life Stages

Child
0-13

- **At this age people are often saying or asking:**
- Am I safe?
- Am I loved?
- Am I special?
- Will things happen the same way tomorrow?

Life Stages

Teen 13-18

- **At this age people are often saying or asking:**
- Is this real?
- Are my parents telling me the truth
- How can I be more me?
- What do I like? Is that okay?
- Why is everything else how they are?
- How do I fit in/measure up?
- What is my style?

Life Stages

Young Adult 18-25

- **At this age people are often saying or asking:**
- How or what can I learn?
- What do I like? What's my position?
- Will I find a romantic partner?
- What will I do to take care of myself?
- Who are "my people"?
- What is my passion/calling?

Life Stages

Young Couple 25-30

- **At this age people are often saying or asking:**
- Do I/we want children?
- Is my career on a growth path?
- Does our work complement each other or conflict?
- Does he/she value me enough?
- How do we love our families and be our own family?

Life Stages

Ages 30-40

- **At this age people are often saying or asking:**
- Is my path relevant?
- Does my family support who I am as an adult?
- Am I taking care of others?
- Is this life real, or a dress rehearsal?
- Do I have goals?
- What happened in my 20's?
- How do I form a new relationship with my parents?

Life Stages

Ages 40-50

- **At this age people are often saying or asking:**
- No question: this life is real
- Are my relationships strong?
- What have I accomplished?
- How do I enjoy life?
- How will I get certainty?
- How will I contribute?

Life Stages

Ages 50-60

- **At this age people are often saying or asking:**
- I need fun. Is it too late?
- Planned retirement makes me feel old.
- I made mistakes and need to start over in some areas.
- How do I get along with my adult children?
- My second or third career – how do I make it happen?
- My second or third marriage – how do I deal with the past?
- I can't mess up again – I need skills in areas I ignored
- I will die someday.

Life Stages

Ages 60-70

- **At this age people are often saying or asking:**
- How do I give?
- Who really matters to me?
- Who do I matter to?
- How do I solve long-term bad habits and patterns?
- What can I still learn?
- I'm not where I thought I'd be. How do I get there?

Life Stages

Ages 70-80

- **At this age people are often saying or asking:**
- Discovering and sharing my life story would be nice.
- I want more for my children and grandchildren.
- How do I give to my friends?
- How do I take care of my health?
- How do I spend my days?
- I can't be anxious anymore: it will kill me.
- No more time for bad moods.

“Way of the Coach Class 6”

Transcript

Mark Peysha
Magali Peysha

Magali: Hi everybody, welcome to Way of the Coach training. We want to do a quick check with you guys, make sure first that you can hear us, so if you can type in that you can hear us that would be great. Yes, excellent, okay great.

So we'll get going.

Mark: All right guys, so today we're going to talk about one of the real core skills of coaching which is creative brainstorming. And one of the best frameworks for leading someone into a creative brainstorming session. We'll start talking about clients ask for and how they come into the session and then how you can clarify, and then how you could really add empowerment and sense of agency and choice to them, so that they can then figure out how to move forward.

Magali: I think one thing I'd like to say about brainstorming as a really key skill that all coaches benefit greatly in their work from being able to brainstorm with a client, this means brainstorming in themselves and helping the client bring out their own brainstorming, and one of the very, very important reasons for having this skill is that as a coach, sometimes we can fall into an old pattern of teaching someone, or believing that one thing is right for everyone.

And actually regardless of what the presenting problem, goal, or challenge is for a client, when you help them to brainstorm, what you're doing is giving them the ingredients for going on beyond their work with you as their coach, and being able to use this in any area of life. So we're going to look life stages, but also parts of life, typical challenges, and how that brainstorming can work, and I would love you to type in what – if you, today, were a client going into a coaching session, what would be the first goal you have? What would be a challenge in your life?

So we can really actively hear, see how brainstorming might work with one of you, or two of you today.

Mark: Now coaching is kind of special, because the person comes in kind with their own agenda, and you know coaching is different than other things in that they're paying you for a result, however, sometimes they come in with a wide variety of kind of reactions, thoughts, feelings, and some of them are kind of like you'd almost call them like pre-goals, like someone will – they can come up with a complaint, they can start saying I don't like this.

They might have a reaction, meaning past complaint, like I don't even care about this, screw it, I never want to do this again, maybe I should just leave, maybe I should just take off. They might have a generalization that's very emotionally intense, like life is just like this, or work just is like this, right. Or this person is just like this.

Or they might have a request which is a little less of a reaction and more of moving forward. I would like this; this is what I'm looking for.

So when you listen to this, just listen to what seems most important to them, and then you want to make sure that you're kind of catching what's important. So it's good to ask, it sounds to me like this is a priority for you, and do they agree. And we do this because in one sense you need to hear every single thing they say, and feel and align with them, and also it's a little bit of a needle in a haystack, finding what is the underlying need, request, desire, goal that they have.

Magali: And if I could, Mark, I'll just read out some of the goals and challenges on the line today, because I think this is really – this is a form of brainstorming, as a group, we're figuring out what many clients might be facing by using ourselves as the best example always. I always do that, use myself.

So become fearless, improving relationship, overcoming procrastination, growing my coaching business, need to lose weight, focusing on business, I'm not reading the entire thing you guys wrote in, just the beginning, helping my daughter, stopping procrastinating, start working after 16 years off, being able to react in – I can't read all of it, but lots of relationship, lots about taking action, a lot about fitness, a lot about healthy relationships, so you can kind of – that's a good general, of course taking from a group of about 200 coaches here.

Mark: Yes.

Magali: So this is going to be different, right, but not that different really.

Mark: You guys are going to be more often, more constructive already, more positive minded, than many people who are not kind of studying coaching or psychology, they may be more reactive, more like well you know this has just got to change. Like this is not okay with me.

And helping kind of figure out, what is the thing that they would like, and listening empathically and then taking them – and the reason that a lot of people have a reaction is that they feel that they are forced to decide between two bad choices, that's called a dilemma. So often people feel forced, like well I've got to – do I stay or do I leave? Do I quit, or do I go on?

But a goal is not do I have to do this, but what could I do.

Magali: And here are some examples, so just like we were reading from your group, difficulty understanding what another person needs might be one of the first steps in improving a relationship. A client might have a desire to get to a new stage, a new position in life. They might have a desire to take an action in their life, like exercising, or changing the way they eat or maybe even changing their communication style.

Another client might really feel that even though they're there in coaching, they've already tried other approaches to help, and it's always failed. They may really feel like it's impossible for them to make this change even though they deeply want the change. And oftentimes we'll find that at the core of what a client really desires, and you see this in some of the coaching films is to find a purpose.

So often one of the reframes that we can use is understanding why that goal is there at the deepest level, not why because of your past, or because you're blaming someone else, but why because how that is really intrinsic to your life, to what you're creating in this life, so getting to that purpose for the challenge being overcome, or the goal at hand is often one of the reframes

we use, and I use a reframe at the highest level when I say a reframe we use. It's really an elevating of a challenge into now a purpose goal.

So another thing you might encounter as a coach quite often is someone coming to you, because they want to start dating again, they want to increase love in their life, whether that's romantic, or friendship, or just reaching out to people from their past, so that rekindling of relationship in their life might be a pretty common goal you'll find.

Looking for a new job, looking for a life transition, overcoming a fear, overcoming a regret, overcoming some kind of blame they feel either towards themselves or another, a sense of isolation, guilt they experience, a trauma that keeps repeating in their life. Now, remember we're coaches, so we're not seeking out trauma in our clients; we're not hopefully marketing to groups who have been traumatized as coaches.

However, as coaches also our clients might bring up as they trust us, as the relationship deepens, they might very well bring up past trauma that they have a goal now to overcome.

Mark: Great. So one thing that you need to remember as a coach, and you know this kind of runs against the tradition that we all have read and grown up with, of like advice columns that say I don't like this, what do I do? Or this is like this, what do I do?

We need, as coaches; our job is to get to the facts, to the specifics, to real individual situation, the real individual's options, values, choices, and needs, right. So they'll start with a generalization, often because it's the most emotionally intense, I'm done with this. So if someone complains about an area of life, like a job for instance, ask for a specific instance of when that job worked or when it didn't work, or both, ask for what was the most.

And then once they tell you, yes, okay, so there was this time that I went through this, and I was so tired, and this person did like this, and you know they're explaining it to you. And then you can ask them which was the hardest part, what was the one part of it that was the trigger for it, it was the most difficult or stressful about it.

And then they'll often tell you yes, it was my boss looked at me like they didn't believe me.

Magali: So take this in for a moment, and take your own notes as how this relates to your life, and we're going to be quiet for about 30 seconds as you write down how this might relate to someone you're working with, to yourself.

Mark: Great.

Magali: Okay, go ahead, 30 seconds. All right, so I don't know if that was a full 30 seconds, but we will...

Mark: We'll narrow it down.

Magali: We'll narrow it down.

Mark: So narrowing down is really important because you can't help someone with a generalization, but you can help them with specific situations, specific conversations, specific decisions, and specific actions. So take note of their language also. When you're learning about something that's very emotionally loaded for a person, you don't want to translate it into your own words.

Like well, so when you got defensive with your boss, that wouldn't be necessarily the way you say it, you'd say oh, so when you felt judged by your boss, right. Then you can ask would it make sense – this is the biggest difficulty right, or what would it take for you – so the reason that you would say would it make sense to say it, is because you want to make sure that you're at the same level, that they're feeling understood by you. Or they might say no, I don't feel like this is it, this isn't what it really is, right.

And then ask them what would it take for your job to be more? And then this is the opening question that considers kind of opening up for brainstorming and thinking and troubleshooting, and how you can go forward.

Magali: And often I will also say let's just brainstorm this, let's just use this technique that I find really powerful to learn, and it's okay if it's uncomfortable at first, let's just come up with as many actions, as many options, as many crazy ideas as we can right now, and then see which sound good to you.

And so I'll introduce it very much like an exercise. You know I'd like to share with everybody right now about a coaching client that I'm working with currently who kind of surprised me actually in the most wonderful way, because she needed an emergency session because her 40-year-old son, my client is in her 70s, and she has a 40-year-old son, who she supports. She was supporting totally, her son is a creative who refused to get a nine to five job, even though he also has a child, and the mother, my client was supporting him completely and running out – completely running out of money for herself to live on.

So she was really in an urgent situation, and when she told her son, that the money would have to stop, he told her that his life would be at risk if the money stopped, because he owed money to some dangerous people. So my client and her son were really in a predicament. And actually I asked my client to please find a therapist, and I gave you names, and for multiple reasons that did not work, but I will share with you what did work in the area of brainstorming.

Now, her son was not going to be my client, I wanted him to see a therapist, not a coach, because of different things going on with him. However, I wanted to help my client to help her son. And she is the only parent; he does not have any responsible siblings in his life, friends, or family members.

So I really felt this was important to empower the mother here to do what she can, and we began with brainstorming, so that I could understand the son, and I could understand all of his options, all of his skills, where he would be willing to live, who was in his life, how he felt about life. And as we just brainstormed about this man, what came out was that he was actually a lot like his mother, deeply spiritual, had considered joining a monastery at one point.

He was very flexible when it came to where he lived. He was very connected with friends, even though he didn't have very deep friendships, he knew many people. He was actually quite resourceful when she had stopped giving him money in the past, he did find ways to make things work.

So the mom and I brainstormed how she could sit down with her son, and say look this is my situation, and this is why I need to cut back on giving you money, this is how it's going to look, and we created a plan over how she would cut back to zero over six months. And all the dates and amounts and everything were my client's idea, not mine. I had her come up with several options and pick which one would be the one she would lead with.

And we went through in detail brainstorming what she could say, how he might possibly react, and how she could really explain to him the why of her actions, and how she saw his greater skills, his greater abilities, so she was coming from a place of elevating him and also letting him know that even though she couldn't give him money, she could give him massive support as his mother, as someone who cared deeply for him, and saw the best in him, that was a very important part of this.

And the good news is, she did this, and the next time we met two weeks, her son had a job, had a nine to five job, she was following the plan, she was still paying for his rent, but nothing else, and their relationship was better than ever. They were taking a part of the brainstorming was how could she continue to give to him, without giving him money and that meant meeting every week for a long walk, where they would talk. And that was happening and the relationship was in very good shape.

So for me that was a very successful example of brainstorming, and then the client taking it and using it.

Mark: That's great, and you know because when people feel like they're faced with a dilemma like do I give, or do I not give, do I let him go – do I care, do I not care, that's stressful, and also the client is usually suppressing options, they're suppressing resources that might be available, they're suppressing the things that they could do that perhaps they're not favoring for some reason, they're making assumptions, they're thinking there's things that they can't – they have a thought of doing, like giving without giving money, right.

They are not – they're leaving out key information, like the son was spiritual, or that would go to a monastery or something like that, like options, he could travel, they have a relative, things like that. People, when they under stress, they reduce all their options, and you know a lot of people are taught about limiting beliefs, and coaches sometimes then they want to kind of march out with the validity of beliefs lecture, and say well you have these very limiting beliefs. Sometimes that helps a client. Sometimes it's more effective to actually go straight to the situation they're working with, and when you brainstorm you demonstrate, you show you're finding different options, oh that there's more options than you thought you had.

And that's a very healthy thought for people to think, that if I have a problem, I have more options than I may be thinking about right now.

Magali: Great, I saw some comments that you couldn't hear, I'm assuming those people joined the call during our 30 seconds of silence, please type in though if you can hear us right now, so I make sure.

Mark: Okay.

Magali: Or just – the people who type in right now I can hear you. That's it, excellent; okay you can hear us great.

Mark: Okay, good.

Magali: So who is brainstorming the client or the coach, or both? Both are brainstorming. Some clients, it will take a lot to get two options, two ideas, two actions, a lot of coaches, it will actually be a skill they need to work on, and take quite a bit, and some coaches, like myself, might overwhelm a client at times with brainstorming. So they might have to actually learn to get more from the client instead of themselves. That's something that I'm a pretty fiery coach,

and I have had to learn to really try to not step in as much with so many options, because that can be overwhelming too. So both are doing it. And there's a balance there.

Now, if a client is a great brainstormer, it's okay for the coach just to take notes, and try to help organize and prioritize that brainstorming the client is doing.

Mark: One thing that's great about brainstorming is also that it's very hard I think for people, especially if you think about the limiting beliefs to let go of things, or to replace things, but it's very easy to add things. So if they have – what's difficult about a dilemma is I've got to choose one, I've got to discard the other. But when you're adding brainstorming you're just giving them more options, they can combine them, they can do two or three. And one of the strategies that Magali, I love the way you use is what are three ways, right, you expand the options.

Magali: Yes, absolutely, in any situation with brainstorming you can just ask for three different ways to do it, three new ways, three ways from the past, three ways they can imagine it in the future. So when you limit it to just three, it feels a little less pressure on the person, yes. Okay.

Mark: So at the deep level, they're really learning that there are options. And it's something again that it's hard for – it would be hard for you to debate the person and say that they have more options than they think they have. But it's much easier when you're brainstorming actually addressing the problem, and actually modeling for them in some cases, they want to see modeled by the coach, how you would attack so to speak, how to attack a problem or an obstacle. How you would go around it. How you would sidestep it, then they're like oh, now if I was confronting this situation, what are some other ways that I can approach it.

Magali: Yes, and you can also use people from the client's life as examples that you bring in in an imaginary way. For example, you can – I often ask so what has a friend told you they would suggest to you in this situation? What would your child say? What does your partner say? What does your parent say?

And then we're bringing in all these different voices and opinions which they may agree with, they might disagree with, you might learn a lot when you do that, and it's definitely opening up the perspective that the client has when they can see different points of view.

You know a really fun exercise regarding this that anyone can do, and it can be a great homework assignment. This actually came in our own life; we were looking at getting a house that we learned had had a murder in it. And I knew something must be wrong with this house, because it was just too good a deal, too beautiful, too much land, too ideal for the price they were asking.

And Mark called the realtor and learned, yes, it was such a good price, because there had been a terrible murder in the house. So I was crushed, right.

Mark: No, at first you were like we can deal with this.

Magali: Yes, my first reaction was no problem, everybody dies, lots of people die, someone's died in every inch of you know the earth, let's go for it. But then I thought of my kids, and their association to that, and so I went out to lunch with my daughter, and we were at California Pizza Kitchen, and I told her what I had learned about that house, and she said well no way would I ever live there, you can't do that mom.

And I said well; let's just ask people here at the restaurant what they think of living in a house where someone has been murdered. And we asked our waitress. She asked her boyfriend that

worked in the kitchen; the maître de came over and got involved. Then the table next to us heard about it, and pretty soon we had about six or seven different opinions about whether or not they would want to live in a house where there had been a murder.

What was really fascinating is out of those six people, I believe four of them would be very excited, because they really wanted to have more paranormal experiences and they assumed there would be ghosts in that house, and they wanted that, which I found really interesting.

Mark: I love the way you used the question to activate the whole community, everyone in the whole restaurant got involved.

Magali: However, though we went with our children's feelings about it, and we did not proceed in learning more about that house.

Mark: Yes.

Magali: Okay, so surplus of ideas creates a relaxation and sense of priority in the client. So how does that work? Have you ever felt really stuck just because you are restricted in options? So having more options, more ways to proceed creates relaxation, or could it go the other way for you?

Now reading this slide, I realize it can really go both ways. Some people might be a little stressed by a lot of options, and then that's where you soothe them, because stress doesn't really help, drive helps, energy helps, but you need to then create that sense of now, now we see what could be, what's possible, let's zoom in and really focus on two actions you can now take.

So all the brainstorming, the result of it is to then prioritize and zoom in, zooming in on actual actions and practicing how the client will really take those steps or actions in their life. So it's not just about the expansive opportunities, it's about now doing it.

Mark: Absolutely. And so one question that people might be asking, well how do I know when we find the right answer to the situation? And so this is not about the coach knowing in advance what the right answer, or guiding the client to a right answer, like well, clearly everyone knows that this is the truth, or you know being positive or some truth that you believe in, that you want to guide them to your belief, and instead, this is about kind of finding what is in agreement in the client. Like what feels right for them? So you need to be kind of sensitive to is the client sounding like yes, or are they saying yeah, right, those are two differences and when you can feel that the person is on board, and they're actually finding something that's doable, sometimes in brainstorming you will discover options which are completely sensible and useful, and would solve the problem, and yet the client has got hesitation from it. And they may not do it.

So you need to work with the client and find – maybe it's a shade of meaning that will make the person say oh no, that I can do.

Magali: Absolutely, and a typical example of what Mark was talking about is let's say a coach is a morning person, and they get most of their work done, their quality work before noon. And they believe in exercising first thing in the morning, and it's really improved their health, the quality of their life, their progress in life, they have this very strong belief.

However, they're working with a client that's a night owl, that gets a hit of creativity around 10 p.m. and does their best work from 10 p.m. to one a.m., what does that coach do? What would you do? You believe in mornings. They believe in late night. Well in my way of coaching, you'd go with the client's strength, not the coach's belief or strength.

Now that doesn't mean that you can't share what works for you as an example of what you can simply say what I found really worked for me was setting up my day to get the most important things done before noon. Now it sounds like that wouldn't be right for you, you need to get your most important sleep before noon. Let's look at five or six hours in the day, that are your peak hours and how to work with that. That would be a way you can bring in your difference, you might even have a night owl client, that at some point says to you, I'd like to change my schedule, and if they're saying they want to change their schedule, then it's great to bring in beliefs you have about timing, or whatever else.

However if they've shared with you what works for them, I suggest going with that. Okay, anything else we want to cover Mark?

Mark: I think these are good things. You're basically – yes, you want to pull stuff out, I mean one word for this from business is taking an inventory. So if all else fails, say okay so what are some more, let's make an exhaustive list of the options. You know it's always useful to say let's write down all the people you know, let's write all of the opinions like you create a very, you know as long a list as you can so that you can see then oh, look at all these things. We may not want all of these, but we might want two or three. Or try two or three to discover which one that we want.

Magali: Great and I just got a great question here, so when we're talking about something like what naturally works for the person, I'm not meaning a negative attitude about one's self, although you can explore how negative attitudes benefits the person. So a student wrote in here, what if a client has a negative belief about himself that is he's a loser, and it's impossible to encourage him just to do any action.

He knows it's a belief, but still he cannot imagine any alternative way of thinking. So if you're really, really stuck here with a client who cannot – does not want to brainstorm their strengths or possible actions, I would actually explore how their negative beliefs might be helping them. I would want to get on the same side of the fence as that part of the person who is looking at themselves or wanting to believe that they're a loser, and I would just say, okay, so could we talk right now to that part of you that really – really identifies with the sense of not being enough, and I'd like to know how that part of you on some level is caring and loving.

So not to oppose or try to rewrite that person's tendency, but instead get very close and connected, and allow that part of them that feels like a loser to even shine, it's a sense of humility. Does it keep you from looking down on anyone else? How is this actually making you in one way a better person?

Now, of course, we both want you to have higher self-esteem. And you've told me, I might say you know you've told me you want to change this, but sometimes in part of that change comes from really, really deep acceptance of a negative trait. Like let's say someone is very fearful, and they don't want to be fearful anymore, but the more energy and time they spend on not being fearful, it seems that fear is building up as a bigger and bigger identity for them. It might come through in anxiety. It might come through in defensiveness, and many different ways, in anger, but that fear is strong as they fight it.

So instead we get next to it, we include it in ourselves, we see what fear has taught us, what fear has given us as a gift. We allow fear to speak. We might feel a negative trait from the inside, instead of the outside, from the body, instead of the mind. And all of these are tools you can use that are very different than this brainstorming action taking.

However they are still brainstorming, because now you're brainstorming how feeling like a loser can actually give a person some great gifts in life, how it can help others.

Mark: And which of those do you want to keep? I found when people holding onto a problem they're getting benefits from the problem. So you say which parts of being a loser is good that we want to hold onto, and they might say yes, well I don't want to become one of those positive people who thinks that they're better than everybody else.

Okay, great, so you want to hold onto that part of being a loser. Or which part of the loser is maybe the weak link, oh this week, right, as an experiment

Magali: Absolutely.

Mark: Or you can also do a research project which is another way to say let's make a list of people who thought they were losers and they actually did wonderful things for people.

Magali: Right, absolutely. So we got a question here about can you elaborate on third bullet, remember past. So sometimes, like for example with my client about her son, we'll use that example, because we talked about it quite a bit, it really helped in that situation to brainstorm what he was like as a younger person, to understand him better, and also how the mother felt about him when he was younger.

So we're resourcing other emotions than from the current time that are hopefully going to help the client. So that doesn't going into the past in a way of like going down the rabbit hole into negative experiences and blame, or guilt, or shame. It's actually looking for the good in the past, looking for the opportunity, looking for the different perspective that might have existed when a person was younger. What were their hopes? What were their dreams? How did they connect to the world? What would they have done at 20 about this versus now?

And you know sometimes there's actually a lot of blaming and shaming of one's self, for not having done something when younger, and I've used as a strategy to ask a client to speak to like 10, 20-year-olds and get a sense of what a 20-year-old is really like, so that they can forgive themselves at 20.

Mark: Yes.

Magali: Because people forget that they didn't have all the resources that they have now at let's say 50 or 60, when they were 20. So sure they made a bad decision, they made a bad choice, they regret it, sure. However, the blame they're carrying for themselves, the inner guilt, the inner shame is keeping them stuck and inactive. So you have to get closer to it sometimes, and sometimes that means talking to people that were your age, when you made that poor choice.

Mark: Yes.

Magali: Okay.

Mark: All right, so now let's talk about one of the reframes, the frameworks that's very useful for people especially when they are – people often start off again, they start off blaming themselves, blaming someone else, complaining, reacting to something, trying to dispose of something that's actually real for them. And so let's take for instance someone who's starting a new career, or a new job, right, or trying to start a new business, they'll usually come in and say it's slow, I'm really dumb, I procrastinate, I'm really ineffective. And so those are generalizations that people use to beat themselves up in our culture, and to some extent there's some frustration with the

progress level, but on the other hand, they're not saying I just got started, I've never done this before. This is new to me. This is a big learning curve. So a life stage reframe would be that's interesting, because you know you're doing something you've never done before, and it's very hard to take bold steps into an area where it's foggy or dark, or that you've never made those steps before, or you may be learning skills for the first time.

So that would be an example of a life stage reframe meaning, hold on, you're not a procrastinator, you're doing something for the first time, so we need to give you time, we need to figure out how to analyze this together, and how to proceed so that you have something productive to do every week towards your goal. So that's an example of a life stage reframe.

So there is general kind of life stage reframes that we've written up that are typical thoughts, feelings, questions, you know priorities that people have in different stages in life. And so basically this is a reframe you can use at almost any point, when you talk to someone and you discover like kind of the threshold that they're working with or struggling with, you say interesting, it sounds like you're going through the life stage of this, and you know so let's take a look together at some of the things that you're looking to accomplish, maybe some things have shifted recently.

Magali: And sometimes what you'll find if that people or clients are dealing with a past life stage that they couldn't deal with at the time.

Mark: Yes.

Magali: So for example you might be coaching a man in his 40s, who is now dealing with a lot of questions he had as a young adult, however, certain aspects of his life, his situation, his real circumstance in life prevented him from going through that more typical questions and priorities of a life stage until later. And you can bring it up. You can say quite honestly, I've said before, I can remember saying this to a man, oh, okay, so you have done so much, you're so accomplished in all these areas, and now it's probably a little confusing because you're dealing with the questions and the issues of someone at a life stage of early 20s. And that's okay, let's do that. Some people didn't get to do that at that age, and we can do that now. I can really help you to answer those questions, and make those priorities in your life now.

This is very common for women when their children leave home. Many women who are focused on raising a family, or men who are focused on raising a family will go to past dreams or hopes or disappointments from younger years because now space has opened up in their life to take that on.

Mark: Absolutely, and you know life stages are not normative. Meaning whenever we talk about life stages, we don't say well you should have gone through all this by this age, these are more like typical – it's possible that some of this is biological that people just wake up one morning, and something is shifted in terms of what's important to them.

And often people at this point will also have regret, they'll say oh I can't believe I made these stupid mistakes, and you said wait, hold on, like just a couple years ago, this was really important to you, and now you just had a shift, so helping the person identify that now their needs have changed, rather than they've wasted their time, especially with work. People oh, I hate this job, how did I ever get into this. Well, there was time when you really wanted this job. And then there's a time when you pivot and you're looking for something different.

Magali: And guys I want to let you know even though we're proceeding with the slide show, sometimes at a pace faster than you would like, this will all be available to you as a pdf on your student portal, with a recording of the call.

Also, this life stages, these questions are found in the strategic intervention handbook that Mark and I wrote in Chapter Four.

Mark: Yes.

Magali: Okay, anything more on life stages.

Mark: You know ages 30 and 40 are interesting like for instance that this is often for many people, I know for a lot of my friends, the first time they started really retrospecting on their life, was when they hit 30. They start to look back for the first time, like before then they were so young, and it was always so go, go, go, that they didn't think like hold on, so where have I been this last – you know this 10 years that I've been an adult.

So some of this, when you can point that out to someone, it helps them normalize and relieve the blame from what they're going through, so they'll feel oh, like people often go through some of these patterns of going through a certain journey in life, and very often people at this point, they start looking at this and prioritizing this and asking themselves these questions, and it's a way to help your client to kind of relax and understand that they're not unique, they're not defective, they're not wrong.

And that you can help them kind of process where they're at in this life stage and what they want.

Magali: Absolutely and you guys have some questions about where to find this. The strategic intervention handbook is a Kindle book that you can get a simple app to read on any computer. We are also going to be printing it in a couple months into a book that you can order online, it's still not been printed, I apologize. We have a long list of things we want to do.

Mark: So you can get it on amazon.com.

Magali: Yes, and one these calls, I just want to let people know, because sometimes we get really urgent questions about different parts of the training, we do our best to focus in on a subject, so that we can really feel that you are understanding how to use that strategy or that framework in your coaching.

That might mean, I know you guys are sending great questions, and we will try to get to as many as possible when we're done with the lecture.

Mark: Great, and so life stages ages 40, 50, often people are, for the first time, like there's a life stage that happens for the first time, young people often think that old people, or people who die are completely different from themselves. And then one day you realize that you are more like your grandparents, than you used to think that you were, that you are also aging. So that's a major life stage change.

That often turns people's kind of psychology and their emotions all inside out, so that's one thing that you can just say, you know it's interesting it happens at different ages for different people, but when you start realizing your mortality, and that you are aging as healthy as you may be, that that life is proceeding, and then once a person – you listen for the person to kind of say, yes, that's what I'm going through.

And then you've got kind of – you can set new goals and priorities based on that.

Magali: And it's so funny too, like I loved hearing from a client in her 70s that mid to late 70s, she realized she was really getting old, and was going to die. And realized that that should be a goal in coaching to age with greater grace, and this was someone who had been a professional athlete really her whole life. And so didn't feel kind of the – somehow managed to not really feel the effects of age until her 70s.

So that's pretty unusual and that we were kind of going back in life stage to what someone else might typically be going through between 50 and 60. And that's okay, it's never that they're wrong; it's like an opportunity.

Mark: Yes.

Magali: So I think that that's one thing I really want to give people is the sense that all of these things that are revealed in coaching to you, whether it's like oh, this is the life stage issue, or hmm, I see there's a stickiness here in this part of the person's life. It's exciting, it's really empowering to get that and have the client get that and it's an attitude, a mood of exploration, and discovery which is really – even when the discovery might have an aroma of sadness or fear or regret, you're bringing that into the person's awareness, and into their conscious life so that they can now expand and grow. So it's very joyful.

Mark: Yes, and it's a form of support that was not available for people for most – you know for many times in history, that as a coach you can help someone kind of navigate a life stage, and understand where they're at, individually, and help them make the exact decisions that they would like to make.

Oh by the way, if you're talking to someone on the phone, you want to find out their age, because you may make an assumption about the life stage. We tend to unconsciously make assumptions also about life stages, so you would be talking to someone, and it sounds like a guy in his 20s, and he's trying to figure out what to do, and then you find out that he is 55, so that's important, right.

So it doesn't mean that you don't – you just want to have that information, because the age of a person does impact and you know it's one of the things that our culture has got kind of – it's not – where people need to be served is that we talk as if, say anxiety of a 13-year-old person and the anxiety of a 60-year-old person were the same thing. They're really very, very different when you look at it through the lens of life stages. They're different topics, different priorities, and different ways of addressing it. Because the way that you address it for a 13-year-old would be in relation to the challenges, the circumstances and the life situation of a 13-year-old, and the future.

Magali: Um-hmm.

Mark: And with a 60-year-old you address it with their circumstances, their life stage, and what's ahead of them, and what's behind them also.

Magali: Yes, I just got a great comment about someone who is working with a client, a 33-year-old man who has been in relationship for four years, but is having a problem settling down or committing. A pretty typical coaching situation, and one thing I would suggest with that kind of life stage issue, am I ready for the next life stage. That's often the problem, am I ready? How do I get ready?

How do I even envision myself in that new stage? I might want to explore with that client what examples of that next stage are positive in their life? Do they know men in their late 30s, who have families and are happy and have a good life work balance? Do they have negative examples of that next stage of life?

How at any age regardless if it's next year, or in 10 years, or in 20 years, just having that client envision, how all the good things, the possible negatives and how that could be worked through as if they were ready, pretending they are ready, so that they can see what that would mean to them when they are ready.

For some people the future is just really a big blank. I've talked to plenty of people that actually they tell me when they try to think about the future, it's if they're in a cloudy landscape, and they see nothing, they feel nothing, it's just not there for them, and I've heard this enough times now to know this is really something people are up against, and we can really assist them by going okay, let's think of real people you know. Let's do research, and then we come in with the research project, finding out even people in – famous people they're reading some biographies, learning what different people, what different men went through as they made that transition, how it helped them grow.

Mark: That's great, because you know often people's assumptions and beliefs about what happens in different ages has become outdated, because it's based on 30 years ago, when people had different life spans, different levels of health.

Also, it's often based on kind of a child's imagination, if you ask a bunch of 15-year-olds what does old mean, and then you ask a bunch of 30-year-olds what does old mean, you know the 15-year-olds will think 30 is really old, 30-year-olds will think 50 is old. Then they meet a bunch of energetic 50-year-olds, and they change their mind, and then they think 70-year-olds are really old, then they meet an energetic 70-year-old, and they say I don't really know, right.

Magali: Um-hmm.

Mark: So people think that they have to – they either are again, it's a situation where they feel forced, oh I'm going to have to accept this life stage, I'm going to have to now get the lazy-boy recliner and eat TV dinners on a sofa covered in plastic, you know what I mean. And then you open up the options, and you can brainstorm and say what are all the things that are possible?

And like the research project, let's find some examples of what people can do, and what can people do as their second and third career? What do people do as hobbies, often people have left hobbies out, they've been working or taking care of people, and they have no idea how to do something that just gives joy to you and no one else.

Magali: I also want to bring up something that is important, some people have a really hard time thinking what they do want, or what they do feel, and it's easier for them to go to what they don't want, what they don't feel. So if a person is really telling you over and over again, that they just have no idea how they feel, they don't understand that, they don't understand their emotions, they don't understand what they need, go the other way.

Say, well tell me what you don't need. Tell me what you don't feel. Tell me what you don't want to feel. Tell me what shouldn't happen, and go with the nots, the shouldn'ts, the nevers, and from that you might say to them, like let's say a client tells you, well I don't want to feel like a drama queen. I don't want to feel like an attention getter. I might ask, oh, do you know anyone who is like that? And that will lead to a conversation.

Oh is there a kind of a gray area between that and what you do want maybe that we could tap into right now? Or maybe you don't know what you do want, it's just the opposite of that, so how would that – I can imagine that might be having like a quiet sense of purpose and understanding without needing people to notice you, and it feels really good to observe. Am I getting it right? And then they might correct me.

So I'm kind of feeling out in the dark, trying to understand what they mean, and they're able to say yes, no, maybe.

Mark: Yes, and there's something really useful about even talking to someone about their unconscious beliefs, and then be able to just share them and discuss them, even briefly, and evaluate them, and I think we could probably put a little tweak on them, so now it's no longer this charge that people feel this pressure that they have to be like this, or they can't be like this, and you think oh, well let's talk about this situation.

And if you listen to us right now, we're kind of riffing on ways of reflecting on possibilities, brainstorming to doing a little reframe, and I think these are the kind of – all these are responses that you can also use when you hear someone give you information, and you can take it you know to the right or the left or center.

Magali: Sorry, guys, I hit end by accident there, but we're still here, okay. What time are we at? Let's see have time for some questions. So I will – I know you've already written a lot of questions guys.

Mark: Yes, we're 50 minutes.

Magali: Yes, we're about 50 minutes in, so we would like to answer your questions specifically about life stages and creative brainstorming. Which one? Okay, Mark has found a question he's like to go.

Mark: So one question that came up about, I thought we should address this with Tony and his work and brainstorming. And this is a situation where I would want to talk about, you know it's important as private coaches, when you're having a private conversation with one on one, and it's confidentiality, it's a different context than being on stage. So when you're watching Tony work, you need to be able to also distinguish, figure which parts are going to be for your coaching practice, and which parts are part of the seminar work in the seminar context.

So when it comes to brainstorming, often in the group, there is a very strong overwhelming message that he's trying to get everyone to get. So if someone for instance discovers that they've been valuing significance in a coaching conversation, then he would use that for the whole group to think oh yes, that's an example of significance. In the coaching situation, it's more effective to explore with the person and find what their forward is, rather than what their label is for what they've gone through.

Magali: Yes, exactly. So we wouldn't want to shame a client in the moment and say oh, you know it sounds like everything you're explaining to me is that you're really seeking significance, and you might want to focus instead on love and contribution.

Mark: Yes.

Magali: Because focusing on significance is not going to get you anywhere. That feel really like – like anything you say to the client, it's affecting them at 20 times the strength is the way I look at it, because they're going to remember your words and what you chose to focus on.

So instead I might take a note, okay there is a significance need here, or I might say wow, it sounds like you really would like to feel more important to your family or at work, and that's very important to feel important is super important.

Mark: Yes.

Magali: So let's figure out how you can feel more important.

Mark: Exactly, three more ways.

Magali: Yes, or you can yourself feel more important internally without needing someone else. So always using any framework to not put the client in a position of feeling judged or condemned by the coach.

Mark: Absolutely. There's no right answer that you know that the client needs to be forced or compelled to accept.

Magali: So question here what if the life stages doesn't correspond with presented problems? That's absolutely valid. Many times it won't feel that it has anything to do, you still might want to feel out in the understanding parts of your session what their life stage is, just for you to know, or however this life stage is just one type of reframe, one thing to know, it's not that you have to every time you're working with someone use every tool, every framework at your disposal.

Mark: Yes, often if someone – it can be in the sweet spot of their life stage, and they hitting their priorities, and you should say that's fantastic, right. No, you don't have to jump ahead, enjoy it, enjoy being ahead of the curve, or meeting – often this life stages, have got just a handful of priorities that are really important for the person. So like if you're an empty nester for instance, your kids are leaving, you probably want to know how to have a relationship with the kids as they're developing their independence or their dependence as it may be.

So if that is going great, say fantastic, that is one of the priorities of the life stage of being an empty nester, and let's look at how you can improve the life stage or enjoy it even more.

Magali: And I'm lucky in a sense, I get a lot of clients who are incredible powerhouse people, who are kind of hitting many, many, many of what most people would consider...

Mark: Success.

Magali: Success, quality of life, however, I find really common to all of those highly successful, motivated, like I can't tell you how often my clients feel to me way more together than I am, like that's often my feeling is like wow, if I was that organized, or if I was that this or whatever, I'm blown away by them.

And yet over and over again, when I bring up do you want more of something? Is there anything missing? Often what I'm asking is do you want more connection with people. So it's very common, I'd say past the age of 40, for many people, you'll know if it's not an issue for them, because they'll share with you how connected they are.

But if someone is not sharing that, instead they're sharing about their successes, their organization, their motivation, their passions, and they don't mention very much about friendships or relationships, chances are there's one area of their life that's gone a little quiet, and it can help them to bring that up, because when you are working with people that are so together and motivated and everything else, you're actually looking a little bit for what would be a good thing to focus on.

So in that way, I'm not looking for a problem, but I'm looking for what could be added in for this person, what might be missing. So that's kind of an inner coach's question you can have. So what's missing? And you ask that of yourself when you're listening to them. Is there anything here that's missing that I could help them experience more of?

Mark: Here's a question about what are techniques to ensure that people involved in the brainstorming don't dismiss ideas during the ideation stage. So you can just say, hey you know we're going to come up with stupid ideas, some good ideas, some ideas that you'd never want, just as an exercise, and if someone says no, I would hate it, or I would never like that. Then that's great, that's an authentic response of what they want, and what they would accept. That's something to explore.

When someone has a strong opposition to something and you feel like oh, that comes from a really deep place. Well let's discover where that comes from, because that will have a correlate of something that is good, or something that they want, or an option that we can tweak things and experience.

Magali: And the way – I mean you might not want to go down a rabbit hole of discovering where it came from either, but...

Mark: No, I didn't mean – I didn't mean in timeline, I meant so you wouldn't like this in your life, and they say no, and then I think okay, great that's really like – that kind of information for a coach is really important.

Magali: It's good, yes.

Mark: Because you're like okay, this person is really solid in their preferences not to do this.

Magali: Right, but then you continue with the brainstorming.

Mark: Exactly.

Magali: And you just comment great information.

Mark: Yes, and it's not a reflection on you, that you came up with an idea that they hated. You don't take that personally, like oh you hate all my ideas.

Magali: Right, right. Because that can happen too. I think in the beginning of the brainstorming exercise it's good to decide is the client going to take notes, or is the coach going to take notes.

Mark: Um-hmm.

Magali: So some clients really like the coach to take notes, and I will even send my client's – the notes while we're talking like through an instant message, I will send them that, because I do mostly phone sessions. Some clients are much better note takers than I am, and they take thorough notes, and they'll often say, slow down, I'm writing everything as quickly as I can.

Mark: Yes.

Magali: So feel out what that person's like, what they would benefit from. Do they want to go internal and kind of close their eyes as they brainstorm and you're their hand.

Mark: Yes. Great question here, do you ever recommend a client then go off and prioritize their list? You know possibly in some situations, but really what's useful in coaching is to prioritize together. Sending someone off to do the hardest work of prioritizing a big list is like telling them to do the heavy lifting alone and having two people to be able to discuss something and look at – and feel out what the priorities are, and what the blocks are to figuring out the priority, that's one of the big values of coaching. So that's not something that you'd want to leave someone to themselves.

You know if you can make a simple directive out of the list, and not think that the person now has 15 new things to do, if you can focus on one thing to implement or two things to implement.

Magali: Yes, exactly, like two actions would be all I'd ever want to give a client from their list, and I would suggest that you trust your intuition and your instincts, and you have the client trust their intuition and instincts as they reflect on a big brainstorming session.

So it may not make sense, why, but what really jumps out to you from this list? What feels like something yes, I could do that today. I'm going to do that today.

Mark: Yes.

Magali: Does anything have a little extra charge as you look at it, and then go from there to make it as easy as possible for them to take that action.

Mark: And one of the powers of coaching is being able to say let's do this now, even if it's an imaginary exercise, let's do this now means that it's not a theoretical exercise. At any time, it could be – whatever you're talking about can be activated by trying it, deciding it, or making a simple version of it that you can start doing.

Magali: Okay, great. I think we're kind of at the end of the hour here. It was so great to be here with you, and I know many of you wrote in that this is one of your favorite techniques and you love this subject, and you want more on it. That's awesome; I don't have a book list here ready for you of what to read or anything. I really suggest doing it.

Mark: Yes.

Magali: Practice brainstorming.

Mark: There's nothing like doing it, and you know again, when you go out and you find many different books, there might be some differences in the purpose. So whenever you kind of say oh let me find more ideas, think about coaching. Coaching is a one on one relationship, it's not judgmental, it's not that there's a right answer. It's not a work committee where brainstorming is being done in that situation.

So everything we teach you is for that very specific situation of a one on one, one on two coaching session where the client is kind of bringing the agenda, and the priorities, and the coach is assisting them in circumventing the things that are frustrating and difficult, and

obstacles and being able to make choices that are empowered and progress through the goals and requests that they have.

Magali: And I'd like to give you guys a little homework assignment about creative brainstorming for yourself. Now, I know it's the beginning of the year, and you might be listening to this recording and it's summer, so it really doesn't matter when it is, but as people we have a tendency to get a bit tense and tight around what we have to do and how we want to do it. And we forget brainstorm high quality ways to relax.

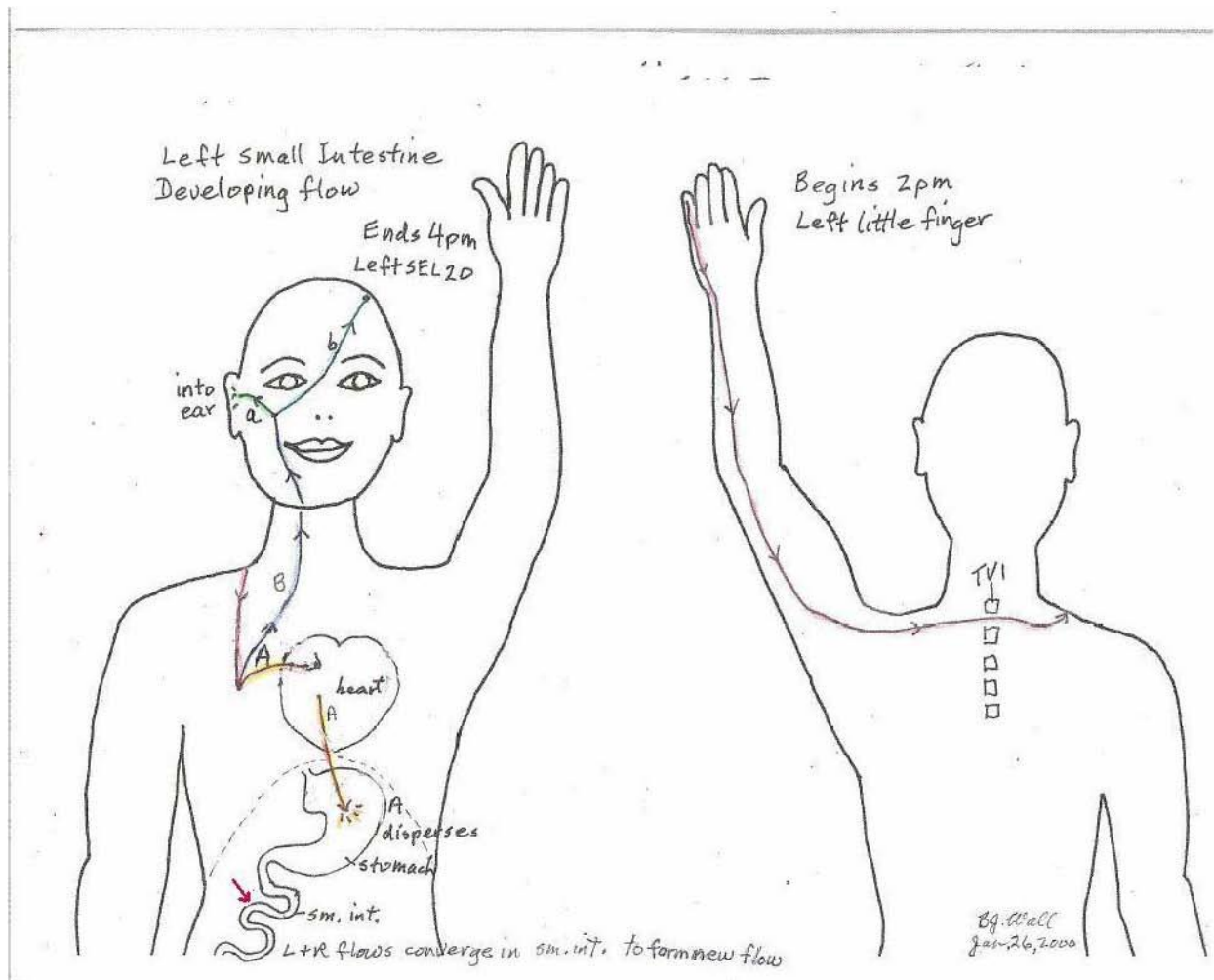
So I'd like to ask you as a homework assignment to take 10 minutes, and put your body into a relaxing situation, maybe play music if that relaxes you, or make a cup of tea or coffee, or something that relaxes externally, as well as internally, and take 10 minutes to write down all of the high level ways you can experience relaxing. And when you might really benefit from relaxing a little bit more, maybe when you're really having a tough time, and you're beating yourself up about something, would that be a good time to relax? When do those times happen for you?

Is there a trigger in your life that gives you a lot of stress and tension? So looking at these different parts of your life, where you might need the relaxation would be part of the brainstorming session, and then the other part would be the simple actions you can do that are relaxing, and for how long you can do them. How long would be a good goal? Because when we decide things sometimes spontaneously, because it's like a release we have to have, we actually go sometimes overboard on it.

So it's good when planning this for yourself, brainstorm when, how, how long, what the options are, what the transition to that activity might be. With the – hopefully for you, whatever your belief system is that you value some form of relaxation in your life every day, and you see this as a recharging kind of a coming together with yourself that is empowering, relaxing, rejuvenating and needed. So that's your homework, hope you enjoy it.

Mark: All right, guys. Great being with you, see you next time.

Magali: Take care everybody.



SMALL INTESTINE FUNCTION DEVELOPING ENERGY

The **left** heart flow reaches the inner corner of the little finger and turns into the flow that creates the **left** Small Intestine Function Energy at 2 PM. Descends (arms held above head) from lateral (outside) corner of the little fingernail, down the back forearm, enters the elbow joint at little-finger side SEL 19, flows into the joint and descends anterior/lateral edge upper arm through the posterior (back) shoulder and left and right flows cross between TV-1 and TV-2.

The left flow moves to the right side of neck/shoulder and at the subclavian area separates into two branches, "A" and "B".

"A" flows down, diagonally inward from right breast area, enters the heart, comes out of the heart, through the diaphragm* and then into the stomach and disperses. The energy recollects and descends into the right small intestine.**

"B" ascends into right side of face and at the cheek bone separates into two branches, "a" and "b"

"a" goes from the outer corner of the eye into the right ear and scatters.

(*Web That Has No Weaver* says it flows to outer corner of eye before entering ear.)

“b” ascends from the right cheek, across the indented area of the nose (low bridge) between the eyes, through the left eyebrow, to the top corner of the forehead SEL 20 (slightly in the hairline) and turns into the flow that creates the **right** Bladder Function Energy at 4 PM.

(According to *Web That Has No Weaver*, the energy line of bladder energy that flows directly into the brain is from the inner corner of the eye).

*The flow passes through the diaphragm, into the stomach and disperses. Recollects and descends into the small intestine—the contracting and relaxing of the diaphragm muscle is helping send the energy down to the intestines.

**“A”, the energy which dispersed on the outside of the stomach, then goes into the intestines, the left and right flows converge and form a new flow. This flow is colorless and viscous. It turns the starch in food into sugars, or it transforms fiber into peptone and emulsifies sucrose and fat. This milky substance is called chyle. From Kato

Small Intestine flow self help

Left flow

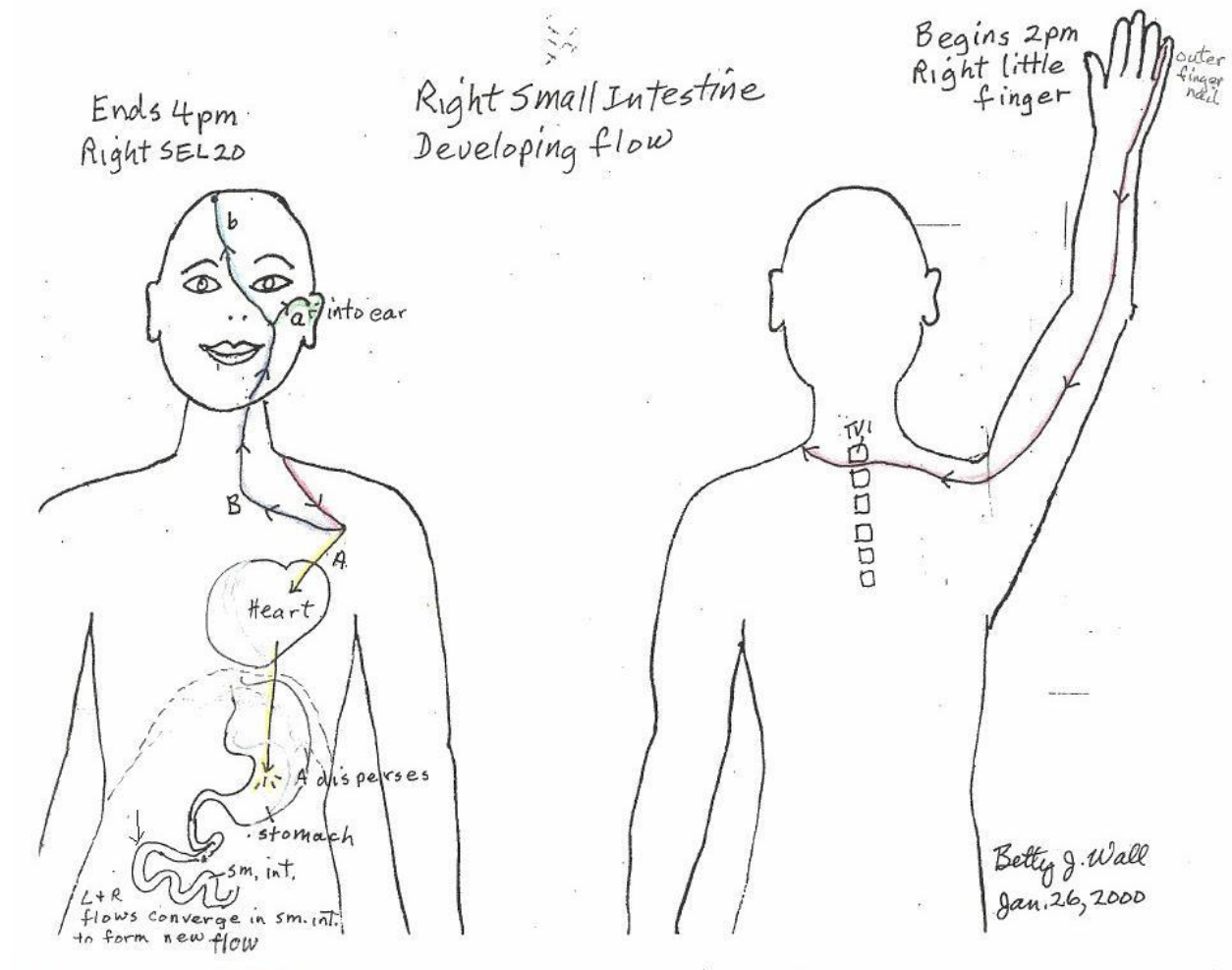
Right hand: left shoulder (SEL 11)

Left hand: right 3rd rib area (SEL 13)

Left hand: right elbow (SEL 19)

Left hand: inner left knee (SEL 1)

Left hand: under left big toe (SEL 7)



RIGHT SMALL INTESTINE FUNCTION DEVELOPING ENERGY

The **right** heart flow reaches the inner corner of the little finger and turns into the flow that creates the **right** Small Intestine Function Energy at 2 PM. Descends (arms held above head) from lateral (outside) corner of the little fingernail, down the back forearm, enters the elbow joint at little-finger side #19, flows into the joint and descends anterior/lateral edge upper arm through the posterior (back) shoulder and left and right flows cross between TV-1 and TV-2.

The right flow moves to the left side of neck/shoulder and at the subclavian area separates into two branches, "A" and "B".

"A" flows down, diagonally inward from left breast area, enters the heart, comes out of the heart, through the diaphragm* and then into the stomach and disperses. The energy recollects and descends into the left small intestine.**

"B" ascends into left side of face and at the cheek bone separates into two branches, "a" and "b"

"a" goes from the outer corner of the eye into the left ear and scatters.

(*Web That Has No Weaver* says it flows to outer corner of eye before entering ear.)

“b” ascends from the left cheek, across the indented area of the nose (low bridge) between the eyes, through the right eyebrow, to the top corner of the forehead at SEL 20 (slightly in the hairline) and turns into the flow that creates the **left** Bladder Function Energy at 4 PM.

(According to *Web That Has No Weaver*, the energy line of bladder energy that flows directly into the brain is from the inner corner of the eye).

*The flow passes through the diaphragm, into the stomach and disperses. Recollects and descends into the small intestine—the contracting and relaxing of the diaphragm muscle is helping send the energy down to the intestines.

**“A”, energy which dispersed on the outside of the stomach, then goes into the intestines, the left and right flows converge and form a new flow. This flow is colorless and viscous. It turns the starch in food into sugars, or it transforms fiber into peptone and emulsifies sucrose and fat. This milky substance is called chyle. from Kato.

Small intestine self help

Right flow

Left hand: right shoulder (SEL 11)

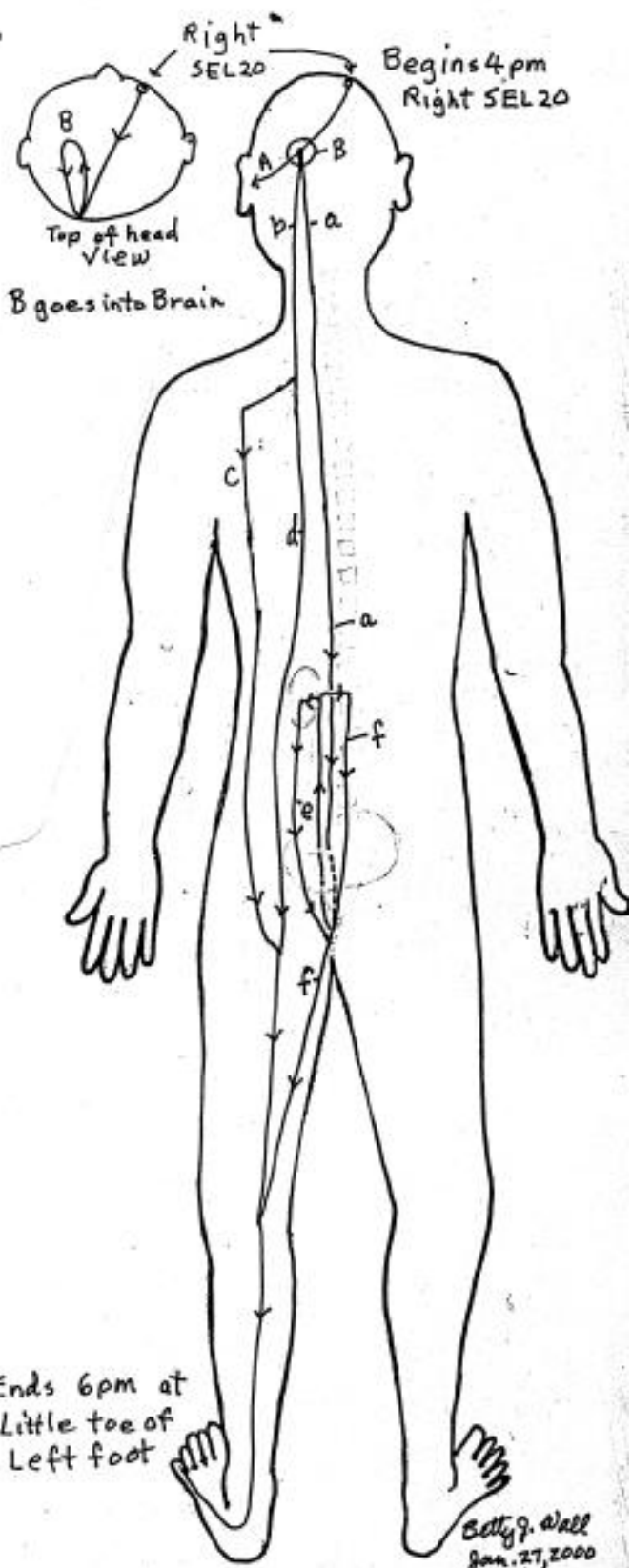
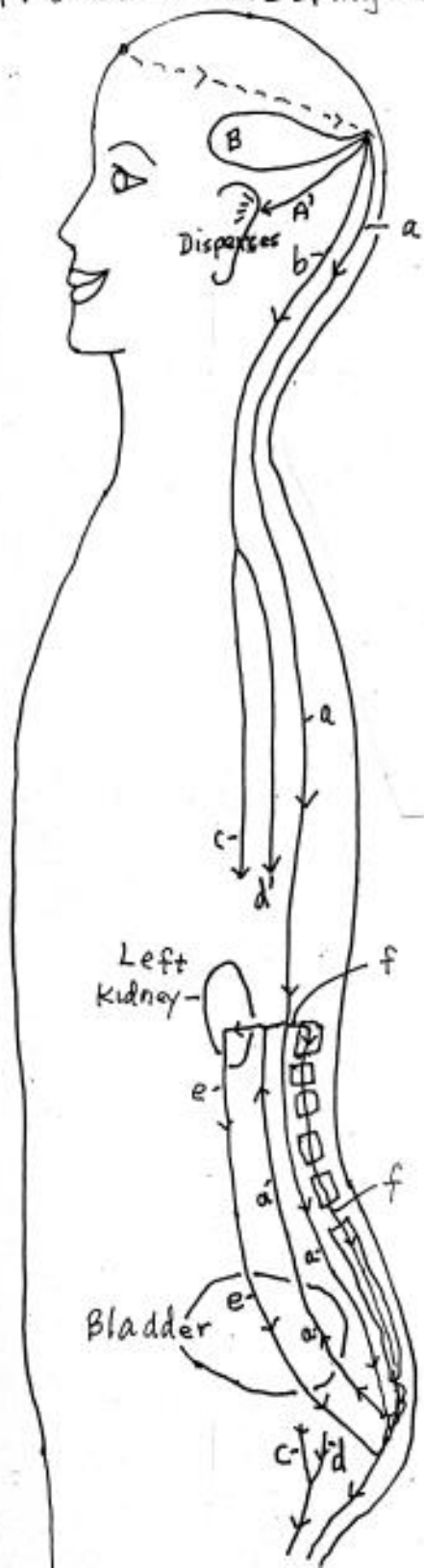
Right hand: left 3rd rib area (SEL 13)

Right hand: left elbow (SEL 19)

Right hand: inner right knee (SEL 1)

Right hand: under right big toe (SEL 7)

Left Bladder Developing flow



Cathy J. Wall
Jan. 27, 2000

LEFT BLADDER DEVELOPING FUNCTION ENERGY

At 4 p.m., above the right eye at the front (anterior) corner of the hair line at SEL 20 (top of forehead, just inside hair line) the **right** Small Intestine Developing Energy Flow becomes the **left** Bladder Developing Energy Flow.

It continues to flow diagonally toward the center/back top of the head, reaches the hair whorl at the back of the head on the Main Center line. At the main center line (on the top of the head, toward the back) one may feel a slight indentation at the hair whorl behind the crown chakra. Here the left and right bladder flows meet, then go to the opposite side. At the hair whorl, the flow divides into "A" and "B"

(Note: if the right and left bladder flows do not meet in the center (at the hair whorl) there is disharmony and stress will manifest in the back.

Note: It was presented that the space between the close encounter of these two flows of energy at the hair whorl (Bindu chakra, Hindu philosophy) is the "gap" where the spark enters! The bladder flow was also described as portraying the four pillars of the head. The energy splits at the hair whorl, one portion going to the ear and the other deep into the brain.

"A" flows into the left ear lobe and scatters. (More surface energy).

"B" flows into the left brain area (deep energy in the head) and comes out at the edge of the back of the skull. Follows the left side of the cervicals and branches into "a" and "b".

"a" goes vertically down the left side of back, about one inch from the spinal column enters the coccyx and then into bladder. From the bladder, it turns inward at the coccyx and ascends toward the left kidney, separating into two branches "e" and "f".

"e" enters the kidney, comes out at the back of the kidney, and descends into the bladder and continues to descend.

"f" continues from the line that exited the kidney and descends along the lumbar spine, and emerges at the side of the coccyx, behind the anus, descends to back bend of knee and co-mingles with "c-d" and flows into center back of knee.

"b", at the top/back of the shoulder, separates into "c" and "d".

"d" descends about one and a half inches away from the spinal column (along the medial edge of the scapula going down the vertical muscle alongside the spine), descends to the ischium where it merges with "c".

"c" descends the outer side of the vertical muscles along the spine, about three inches from the spinal column (flows under the scapula), to the ischium where it merges with "d". From there the merged flow descends back of thigh to center back of knee where it merges with "f".

It continues to descend center/outer back of leg to lateral (outer) side of ankle, through the ankle (SEL 16), along the lateral edge of the foot to outside of little toe where it turns into the flow that creates the **left** Kidney Developing Energy Function at 6 p.m.

The neck filters into the 3rd line bladder flow (in Mary's teachings, we utilized the third line by holding under the ear when neck is involved for a flow). Third line bladder flow opens the back, helps unburden the 1st and 2nd lines of the bladder function energy and kidney function energy.

Bladder flow goes down the back and Trinity flow is going up the back at the same time. Therefore, good to do them together. The bladder flow is releasing tension from the bottom to the top.

Bladder flow self help

Left flow

Right hand: back of left neck (SEL 12)

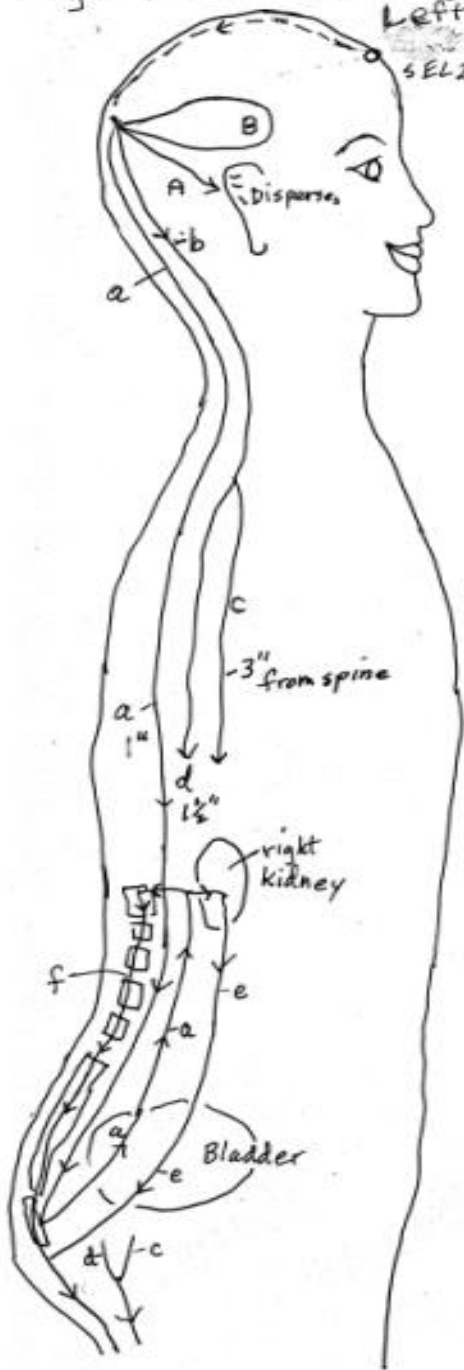
Left hand: tail bone (coccyx)

Left hand: back of left knee

Left hand: outer left ankle (SEL 16)

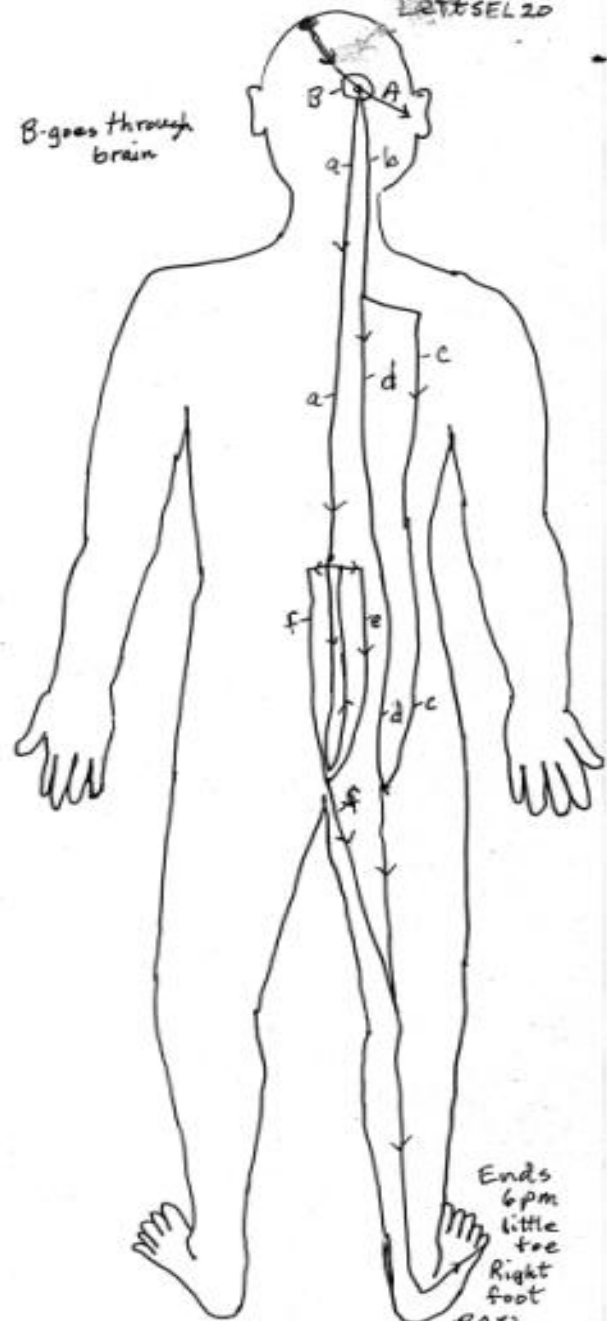
Left hand: left little toe

Right Bladder Developing Flow



Begins 4pm
Left SEL20

B-goes through brain



Ends
6pm
little
toe
Right
foot
BQZ.
8/23/00

RIGHT BLADDER DEVELOPING FUNCTION ENERGY

At 4 p.m., above the left eye at the front (anterior) corner of the hair line (top of forehead, just inside hair line) the **left** Small Intestine Developing Energy Flow becomes the **right** Bladder Developing Energy Flow.

It continues to flow diagonally toward the center/back top of the head, reaches the hair whorl at the back of the head on the Main Center line. At the Main Center line (on the top of the head, toward the back) one may feel a slight indentation at the hair whorl behind the crown charka. Here the left and right bladder flows meet, then go to the opposite side. At the hair whorl, the flow divides into "A" and "B"

(Note: if the right and left bladder flows do not meet in the center (at the hair whorl) there is disharmony and stress will manifest in the back.

Note: It was presented that the space between the close encounter of these two flows of energy at the hair whorl (Bindu chakra, Hindu philosophy) is the "gap" where the spark enters! The bladder flow was also described as portraying the four pillars of the head. The energy splits at the hair whorl, one portion going to the ear and the other deep into the brain.)

"A" flows into the right ear lobe and scatters. (More surface energy).

"B" flows into the right brain area (deep energy in the head) and comes out at the edge of the back of the skull. Follows the right side of the cervicals and branches into "a" and "b".

"a" goes vertically down the right side of back, about one inch from the spinal column, enters the coccyx and then into bladder. From the bladder, it turns inward at the coccyx and ascends toward the right kidney, separating into two branches "e" and "f".

"e" enters the kidney, comes out at the back of the kidney, and descends into the bladder and continues to descend.

"f" continues from the line that exited the kidney and descends along the lumbar spine, and emerges at the side of the coccyx, behind the anus, descends to back bend of knee and co-mingles with "c-d" and flows into center back of knee.

"b", at the top/back of the shoulder, separates into "c" and "d".

"d" descends about one and a half inches away from the spinal column (along the medial edge of the scapula going down the vertical muscle alongside the spine), descends to the ischium where it merges with "c".

"c" descends the outer side of the vertical muscles along the spine, about three inches from the spinal column (flows under the scapula), to the ischium where it merges with "d". From there the merged flow descends back of thigh to center back of knee where it merges with "f".

It continues to descend center/outer back of leg to lateral (outer) side of ankle, through the ankle

(SEL 16), along the lateral edge of the foot to outside of little toe where it turns into the flow that creates the **right** Kidney Developing Energy Function at 6 p.m.

The neck filters into the 3rd line bladder flow (in Mary's teachings, we utilized the third line by holding under the ear when neck is involved for a flow). Third line bladder flow opens the back, helps unburden the 1st and 2nd lines of the bladder function energy and kidney function energy.

Bladder flow goes down the back and Trinity flow is going up the back at the same time. Therefore, it is good to do them together. The bladder flow is releasing tension from the bottom to the top.

Bladder flow self help

Right flow

Left hand: back of right neck (SEL 12)

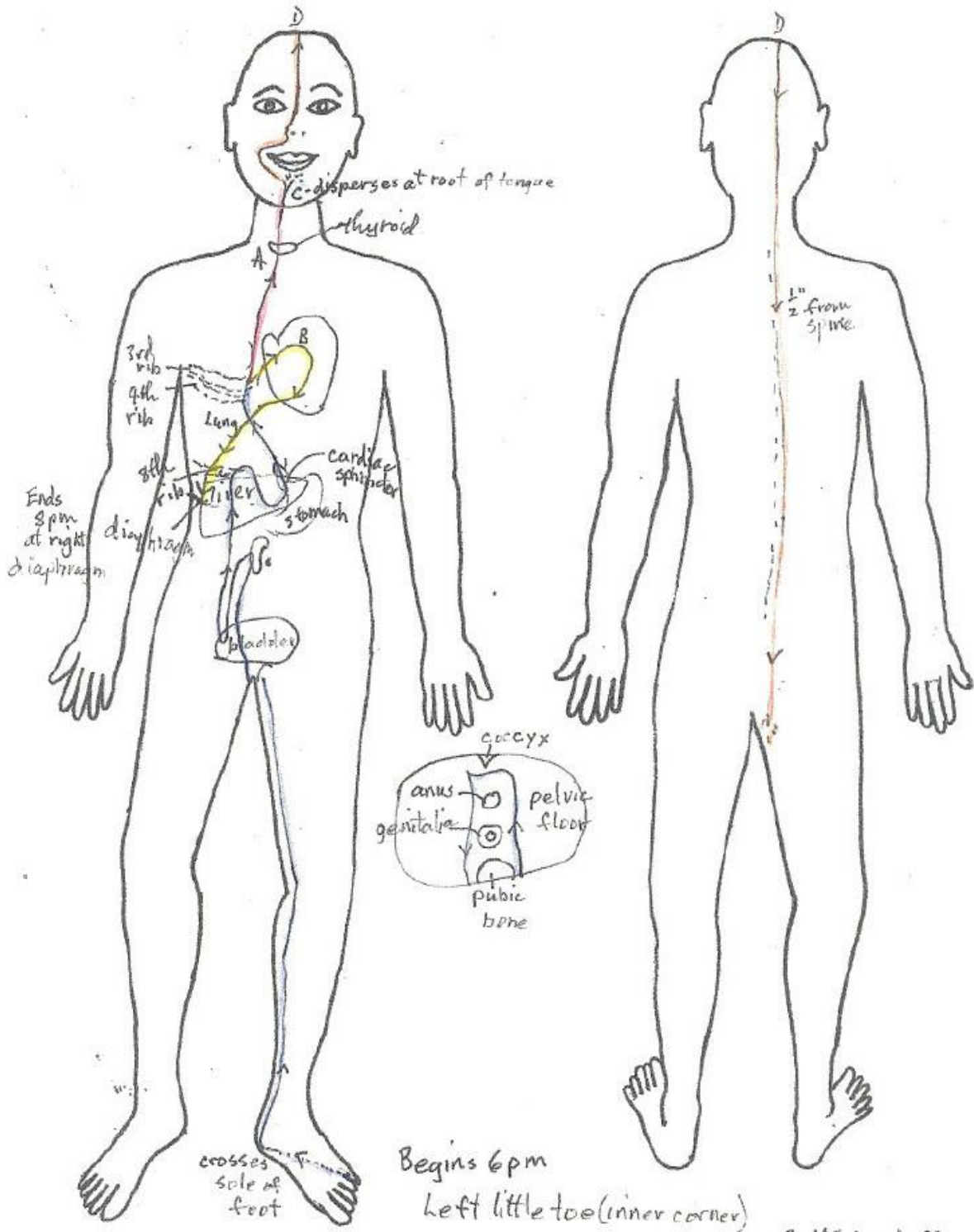
Right hand: tail bone (coccyx)

Right hand: back of right knee

Right hand: outer right ankle (SEL 16)

Right hand: right little toe

Left Kidney Developing Flow



Betty J. Wall
Jan. 16, 2000

KIDNEY FUNCTION DEVELOPING ENERGY

At 6:00 p.m. the **left** Bladder Energy Developing flow which arrived at the lateral (outer) back side of the little toe changes into the **left** Kidney Energy Developing Flow.

It flows from medial inner corner of the little toe diagonally across the sole of foot to below the medial ankle, comes out at the heel, goes up the medial side (toward back) of the leg. Continues up medial side of leg, between the medial patella (knee cap) and medial ligament (passes between the ligament and bones inside of the knee), up the thigh, to the medial side of the groin and reaches the anus.

From there (see enlarged drawing) it proceeds diagonally to other side, comes out to the right lateral side of coccyx, goes along the genitalia from behind and comes out to the front, then along the pubic bone and up to the lower abdomen (see enlarged drawing), passing over the right outer edge of the bladder and into right kidney at the umbilicus. From the right kidney, descends back and circulates through the bladder. It ascends again through the abdomen, close to the medial side of the right kidney and then to where the 8th rib (costal cartilage) attaches. From there enters the liver, comes out at the cardiac sphincter (the opening between the stomach and the esophagus [in and out of the stomach]) and goes up the chest, into the right lung along the 4th rib and at the 3rd rib, branches into “A” and “B” at the portal (trachea). (Portal, where the trachea divides to go to each lobe of the lungs.)

“A” goes out of the lung at the 3rd rib, flows up through the trachea, under the clavicle, up to and through the throat, and branches into “C” and “D” at the root of the tongue.

“C” disperses at the root of the tongue.

“D” ascends along the side of the nose, then from the front of the head to the back of the head (deep within the brain), descends along the cervical vertebrae, then ½ inch from the spinal column, descends along the spine to the coccyx. (Mary said: From the coccyx area goes into the front (anterior) groin area (15's) where it disperses (building the pelvic girdle). (Kato's text states “from the coccyx goes to the inside of the inner thigh and disperses.”)

“B” from the 3rd rib flows under the sternum and into the heart, circulates the heart and flows down into the diaphragm muscle. The diaphragm muscle attaches at the back and it appears it is there the kidney flow changes into the **right** diaphragm flow just above the right kidney at 8 PM.

The Kidney Flow nurtures (passes through) kidneys, bladder, liver/pancreas, lungs, heart, brain and spine, reproductive and diaphragm..

(Note: Right Kidney Function Energy ascends the left abdomen. “B” also flows directly into the heart; just before entering the heart, divides and “A” goes into the chest, trachea, etc.)

Kidney flow self help To help left kidney

Left hand: inner right ankle (SEL 5)

Right hand: tail bone (coccyx)

Left hand: left edge of pubic bone (SEL 15)

Right hand: left abdomen (between SELs 15 & 14)

Right hand: under left rib cage (SEL 14)

Right hand: left lung area (SEL 13)

Right hand: under left collar bone (SEL 22)

Right hand: left base of head (SEL 4)

Left hand: left back waistline (SEL 23)

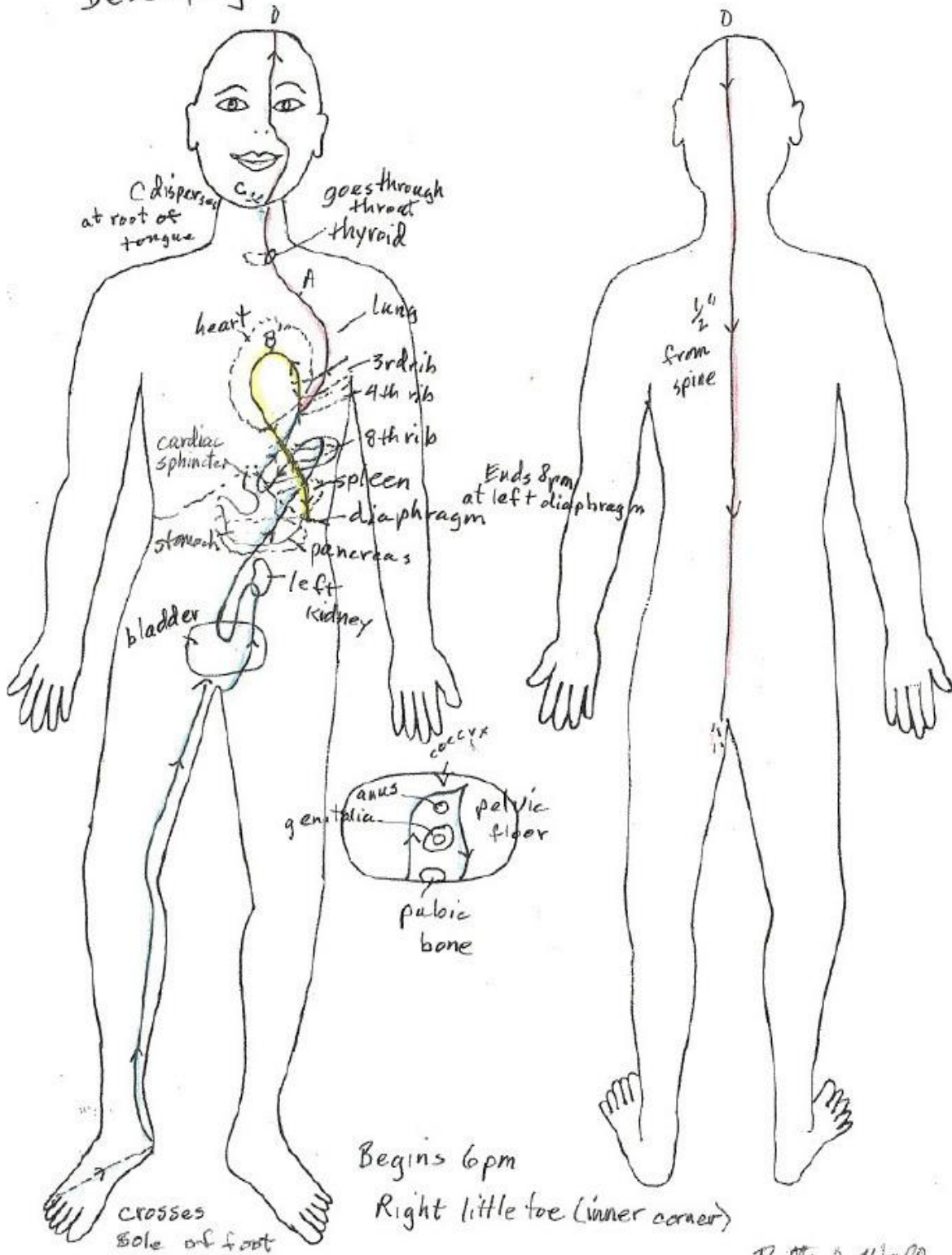
Right hand: left back of neck (SEL 12)

Right hand: left shoulder (SEL 11)

Left hand: left sacro-iliac joint

Right hand: left SEL 4,12,11

Right kidney Developing flow



Begins 6pm
Right little toe (inner corner)

Betty J. Wall
Jan. 26, 2000

RIGHT KIDNEY DEVELOPING FLOW

At 6:00 p.m. the **right** Bladder Developing flow which arrived at the lateral (outer) back side of the right little toe changes into the **right** Kidney Developing Flow.

It flows from medial inner corner of the little toe diagonally across the sole of right foot to below the inner (medial) ankle, comes out at the heel, goes up the inner/medial side (toward back) of right leg. Continues up medial (inner) side of leg, between the medial (inner) patella (knee cap) and medial ligament (passes between the ligament and bones inside of the knee), up the thigh, to the medial (inner) side of the groin and reaches the anus.

From there (see enlarged drawing) it proceeds diagonally to left side, comes out to the left lateral side of coccyx, goes along the genitalia from behind and comes out to the front, then along the left side of pubic bone and up to the lower abdomen, passing over the left outer edge of the bladder and into left kidney at the umbilicus. From the left kidney, descends back and circulates through the bladder. It ascends again through the abdomen, close to the medial side of the left kidney and then to where the 8th rib (costal cartilage) attaches. From there enters the pancreas and spleen, comes to the cardiac sphincter (the opening between the stomach and the esophagus) in and out of the stomach and goes up the chest, into the left lung along the 4th rib and at the 3rd rib, branches into “A” and “B” at the portal (trachea). (Portal, where the trachea divides to go to each lobe of the lungs.)

“A” goes out of the lung at the 3rd rib, flows up through the trachea, under the clavicle, up to and through the left throat, and branches into “C” and “D” at the root of the tongue.

“C” disperses at the root of the tongue.

“D” ascends along the left side of the nose, then from the front of the head to the back of the head (deep within the brain), descends along the cervical vertebrae, then ½ inch from the spinal column, descends along the left side of spine to the coccyx. (Mary said: From the coccyx area goes into the front (anterior) groin area (#15's) where it disperses (building the pelvic girdle). (Kato's text states “from the coccyx goes to the inside of the inner thigh and disperses.”)

“B” from the 3rd rib flows under the sternum and into the heart, circulates the heart and flows down into the diaphragm muscle. The diaphragm muscle attaches at the back and it appears it is there the right kidney flow changes into the **left** diaphragm flow just above the left kidney at 8 PM.

The Kidney Flow nurtures (passes through) kidneys, bladder, liver/pancreas/spleen, lungs, heart, brain and spine, reproductive and diaphragm.

(Note: Left Kidney Function Energy ascends the right abdomen. “B” also flows directly into the heart; just before entering the heart, divides and “A” goes into the chest, trachea, etc.)

Kidney flow self help to help right kidney

Right hand: inner left ankle (SEL 5)

Left hand: tail bone (coccyx)

Right hand: right edge of pubic bone (SEL 15)

Left hand: right abdomen (between SELs 14 & 15)

Left hand: under right rib cage (SEL 14)

Left hand: right lung area (SEL 13)

Left hand: under right collar bone (SEL 22)

Left hand: right base of head (SEL 4)

Right hand: right back waistline (SEL 23)

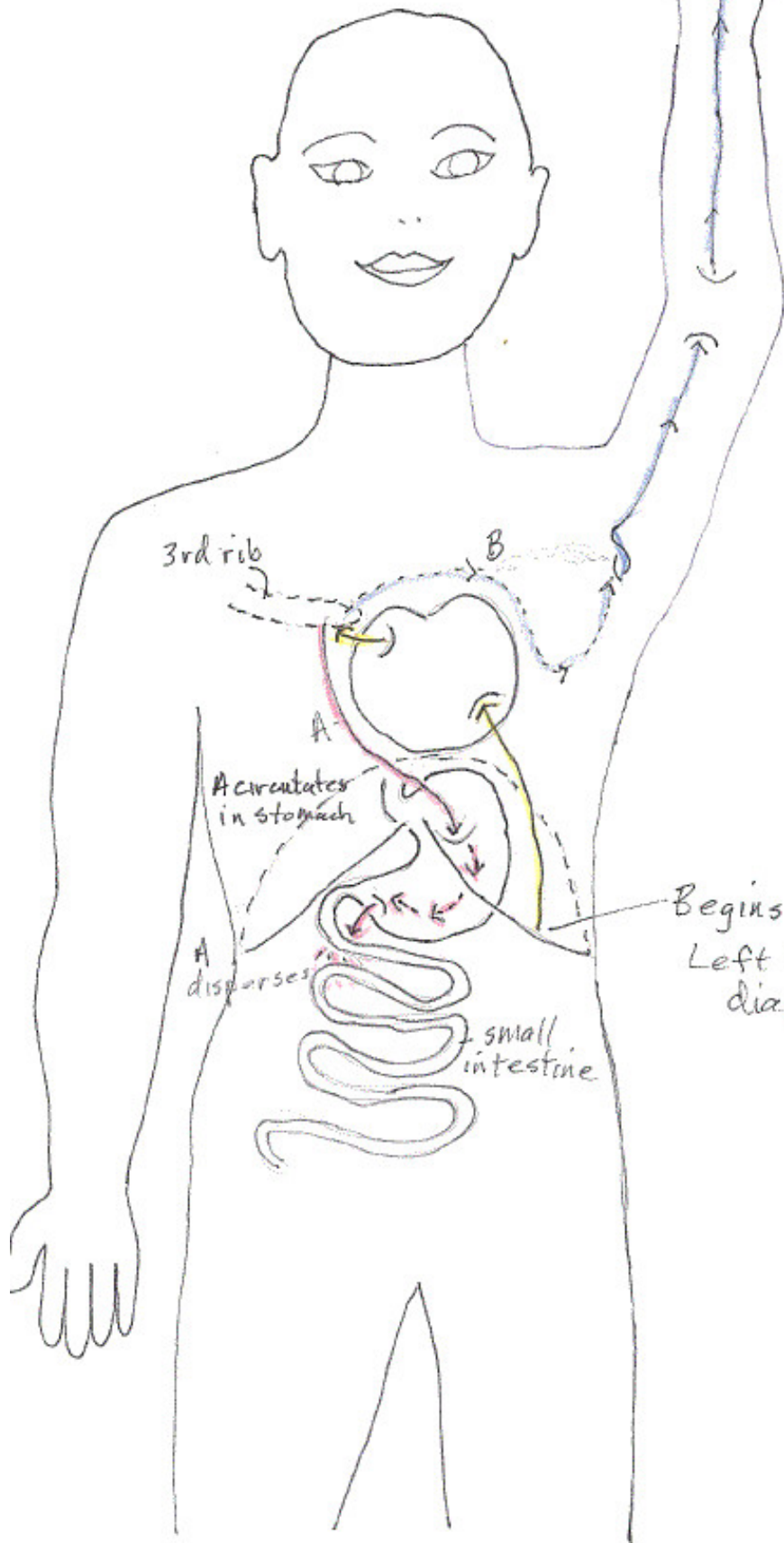
Left hand: right back of neck (SEL 12)

Left hand: right shoulder (SEL 11)

Right hand: right sacro-iliac joint

Left hand: right SEL 4, 12, 11

Left Diaphragm
Developing flow



Ends 10pm
at middle ring
fingers of
Left hand

to inner ring finger
to tip middle finger

3rd rib

A circulates
in stomach

A disperses

small
intestine

Begins 8pm
Left side of
diaphragm

Bj Wall
8/24/00

LEFT DIAPHRAGM FUNCTION DEVELOPING ENERGY

The **right** Kidney Developing Energy Flow changes at 8 pm into the **left** Diaphragm Developing Energy Flow. The energy circulates the diaphragm muscle and at the lower part of the chest goes directly into the heart. It comes out of the heart at the base of the third front rib, where it separates into two flows, "A" and "B".

"A" descends from the third rib into the stomach, circulates in the stomach, and continues to descend. It comes out one inch below the umbilicus and scatters in the direction of the small intestine.

"B" emerges from under the third rib, comes out three inches below the armpit (to the side of the nipple), goes up into the pit of the left arm, runs along the middle of the inner arm (ascends the center of the anterior (front) side of the arm), comes out into the dent in the outer elbow (thumb side) joint, runs along the middle of elbow joint to inner side (comes out little finger side), runs along middle of forearm, reaches the middle of the palm and divides into "a" and "b".

"a" goes from the center of the palm out to the tip of the middle finger.

"b" goes from the center of the palm to the inside of the ring finger, then round the tip of the nail, reaches the back of the nail, and at 10 PM turns into the flow that creates the **left** umbilicus at the top of the nail.

Diaphragm flow self help

Left flow

Right hand: under left rib cage (SEL 14)

Left hand: right elbow (SEL 19)

Right hand: left sit bone (SEL 25)

Left hand: inner right ankle (SEL 5)

Left hand: left palm center

Left thumb over left ring fingernail

Ends 10pm
at ring + middle
fingers of
right hand

Right Diaphragm
Developing flow

Begins 8pm
at right side
of Diaphragm

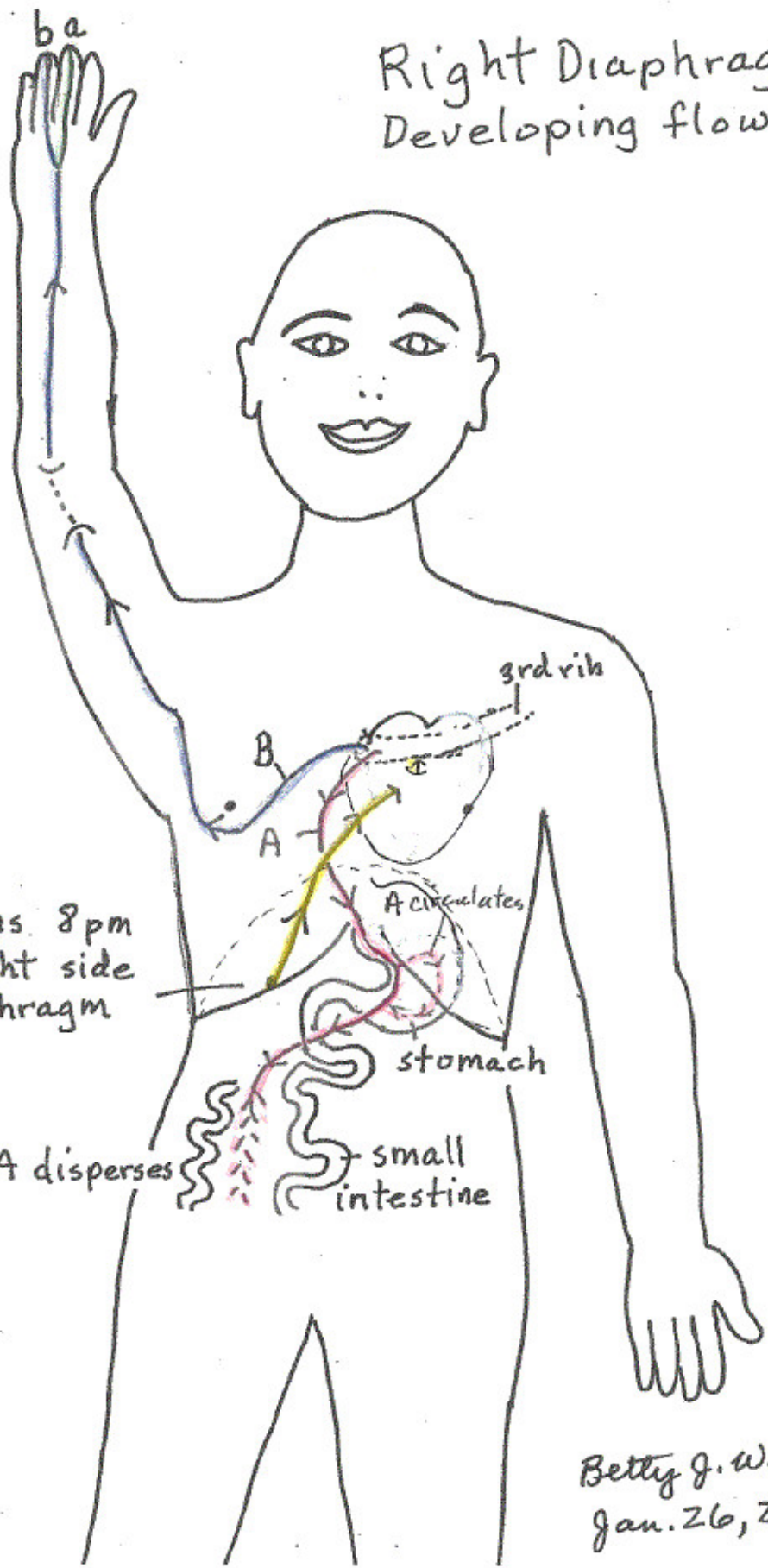
A disperses

A circulates

stomach

small
intestine

3rd rib



Betty J. Wall
Jan. 26, 2000

DIAPHRAGM FUNCTION DEVELOPING ENERGY

The **left** Kidney Developing Energy Flow changes at 8 pm into the **right** Diaphragm Developing Energy Flow. The energy circulates the diaphragm muscle and at the lower part of the chest goes directly into the heart. It comes out of the heart at the base of the third front rib, where it separates into two flows, "A" and "B".

"A" descends from the third rib into the stomach, circulates in the stomach, and continues to descend. It comes out one inch below the umbilicus and scatters in the direction of the small intestine.

"B" emerges from under the third rib, comes out three inches below the armpit (to the side of the nipple), goes up into the pit of the right arm, runs along the middle of the inner arm (ascends the center of the anterior (front) side of the arm), comes out into the dent in the outer elbow (thumb side) joint, runs along the middle of elbow joint to inner side (comes out little finger side), runs along middle of forearm, reaches the middle of the palm and divides into "a" and "b".

"a" goes from the center of the palm out to the tip of the middle finger.

"b" goes from the center of the palm to the inside of the ring finger, then round the tip of the nail, reaches the back of the nail, and at 10 PM turns into the flow that creates the **right** umbilicus at the top of the nail.

Diaphragm flow self help

Right flow

Left hand: under right rib cage (SEL 14)

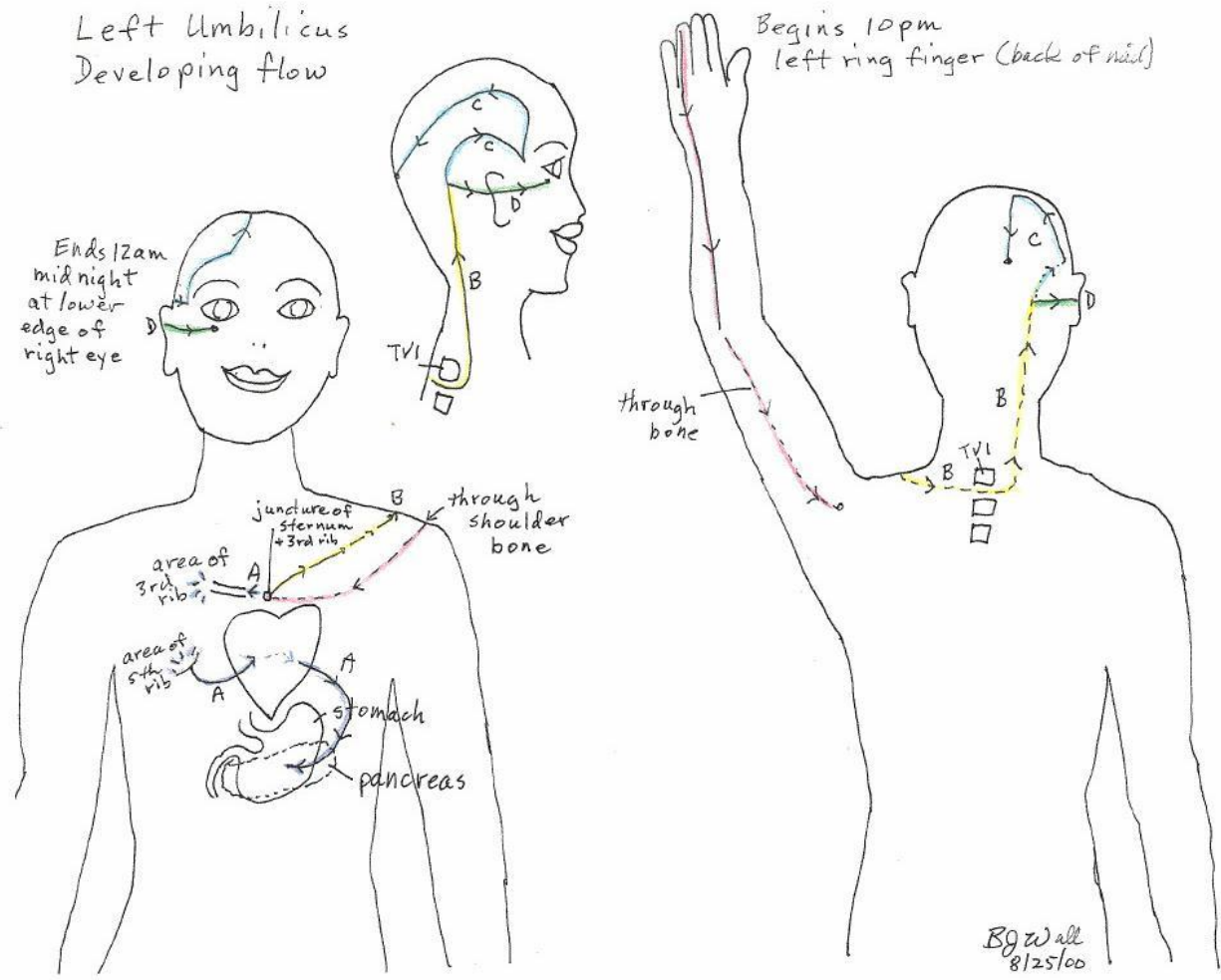
Right hand: left elbow (SEL 19)

Left hand: right sit bone (SEL 25)

Right hand: inner left ankle (SEL 5)

Right hand: left palm center

Right thumb over right ring fingernail



LEFT UMBILICUS DEVELOPING FLOW

At 10 p.m. the flow which developed the **left** diaphragm arrives at the lateral (outer) top/back of ring fingernail changes into the **left** Umbilicus Developing Energy Flow. From the posterior (back) side of the nail it goes down the outer edge of the ring finger nail, along the outside (posterior side) of the wrist joint and into the hollow (indentation) of the elbow bone (little finger side), through the bone structure (humerus) and down to the root of the arm at the shoulder on the back, up to the outer edge of the shoulder, through the shoulder bone structure, and then down to the 3rd rib (center 13) and branches into “A” and “B”.

“A” flows around the right 3rd rib and disperses, collects again at the lower area of the 5th rib and enters the heart. It then comes out of the heart, penetrates the diaphragm and the left flow (on left side of body) goes into the stomach via the pancreas.

[Web/No Weaver: ... from the posterior shoulder region enters into the chest underneath the breast bone. An internal branch passes from this point through the Pericardium, penetrates the diaphragm & then proceeds downward to unite the Upper, Middle & Lower burners (passing

through the navel). Hence the name, Triple Burner.]

"B" ascends to front of right left shoulder, through the neck muscles, under Thoracic Vertebra 1 and ascends close to right side of cervicals and comes out two inches from the right ear where it separates into two flows, "C" and "D".

(The left and right flows meet and cross at TV-1)

"C", from behind the ear, flows across the head diagonally to the outer corner of the right eye, up the side of the eye (temple), into the back of the head, where the left and right flows converge.

"D" goes into the ear from behind the ear, comes out to the lower edge of eye and flows a quarter of an inch from the outer corner of the right eye and changes into the **right** Gall Bladder Developing Energy at midnight.

Umbilicus flow self help

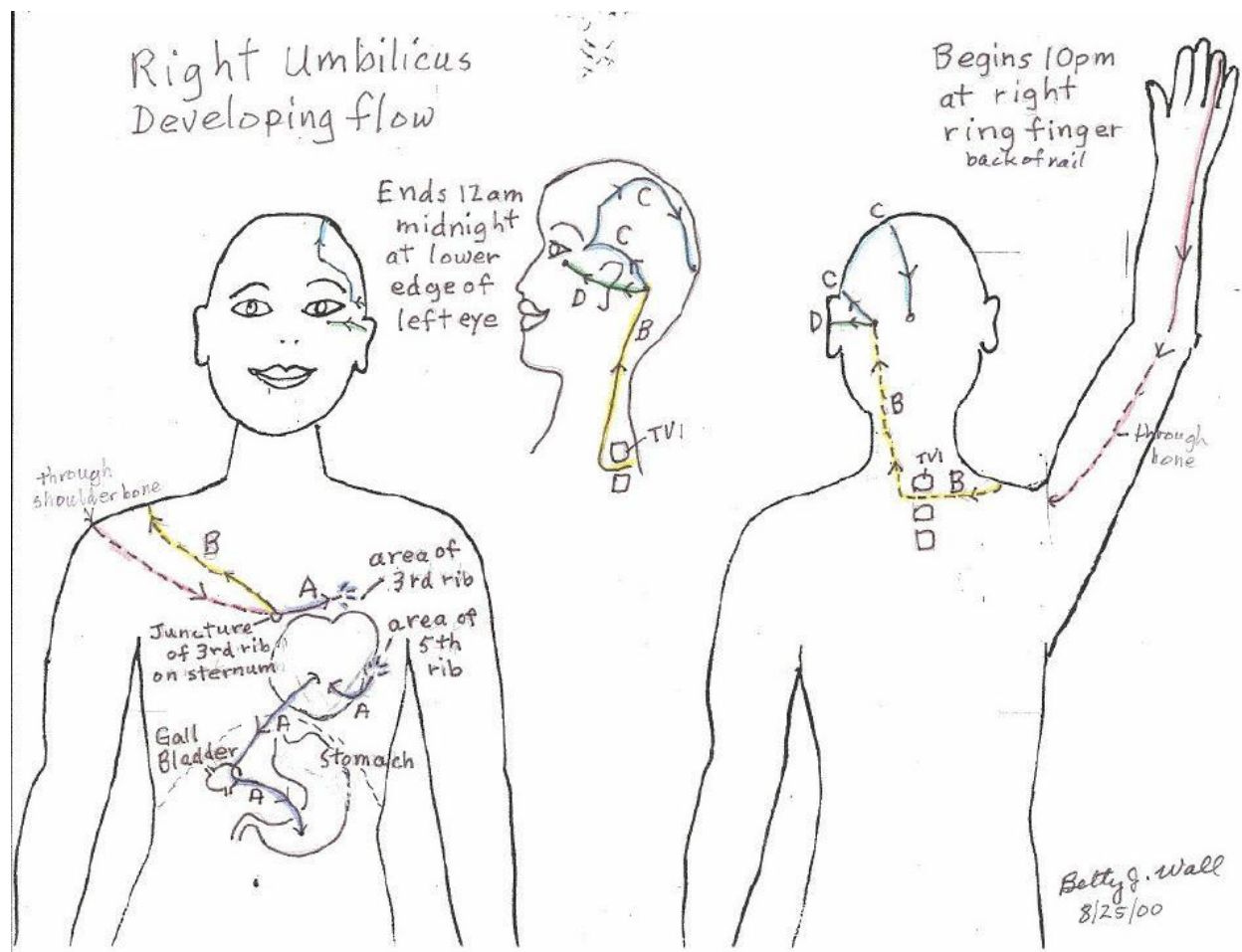
Left flow

Right hand: left shoulder (SEL 11)

Left hand: right back neck (SEL 12)

Left hand: right forehead (SEL 20)

Left hand: left back neck (SEL 12)



UMBILICUS FUNCTION DEVELOPING ENERGY

At 10 p.m. the flow which developed the **right** diaphragm arrives at the lateral (outer) top/back of ring fingernail changes into the **right** Umbilicus Developing Energy Flow. From the posterior (back) side of the nail it goes down the outer edge of the ring finger nail, along the outside (posterior side) of the wrist joint and into the hollow (indentation) of the elbow bone (little finger side), through the bone structure (humerus) and down to the root of the arm at the shoulder on the back, up to the outer edge of the shoulder, through the shoulder bone structure, and then down to the 3rd rib (center 13) and branches into "A" and "B".

"A" flows around the left 3rd rib and disperses, collects again at the lower area of the 5th rib and enters the heart. It then comes out of the heart, penetrates the diaphragm and the right flow (on right side of body) goes into the stomach area via the gall bladder.

[Web/No Weaver: ... from the posterior shoulder region enters into the chest underneath the breast bone. An internal branch passes from this point through the Pericardium, penetrates the diaphragm & then proceeds downward to unite the Upper, Middle & Lower burners (passing through the navel). Hence the name, Triple Burner.]

"B" ascends to front of right shoulder, through the neck muscles, under Thoracic Vertebra 1 and ascends close to left side of cervicals and comes out two inches from the left ear where it

separates into two flows, "C" and "D".
(The left and right flows meet and cross at TV-1)

"C", from behind the ear, flows across the head diagonally to the outer corner of the left eye, up the side of the eye (temple), into the back of the head, where the left and right flows converge.

"D" goes into the ear from behind the ear, comes out to the lower edge of eye and flows a quarter of an inch from the outer corner of the left eye and changes into the **left** Gall Bladder Developing Energy at midnight.

Umbilicus flow self help

Right flow

Left hand: right shoulder (SEL 11)

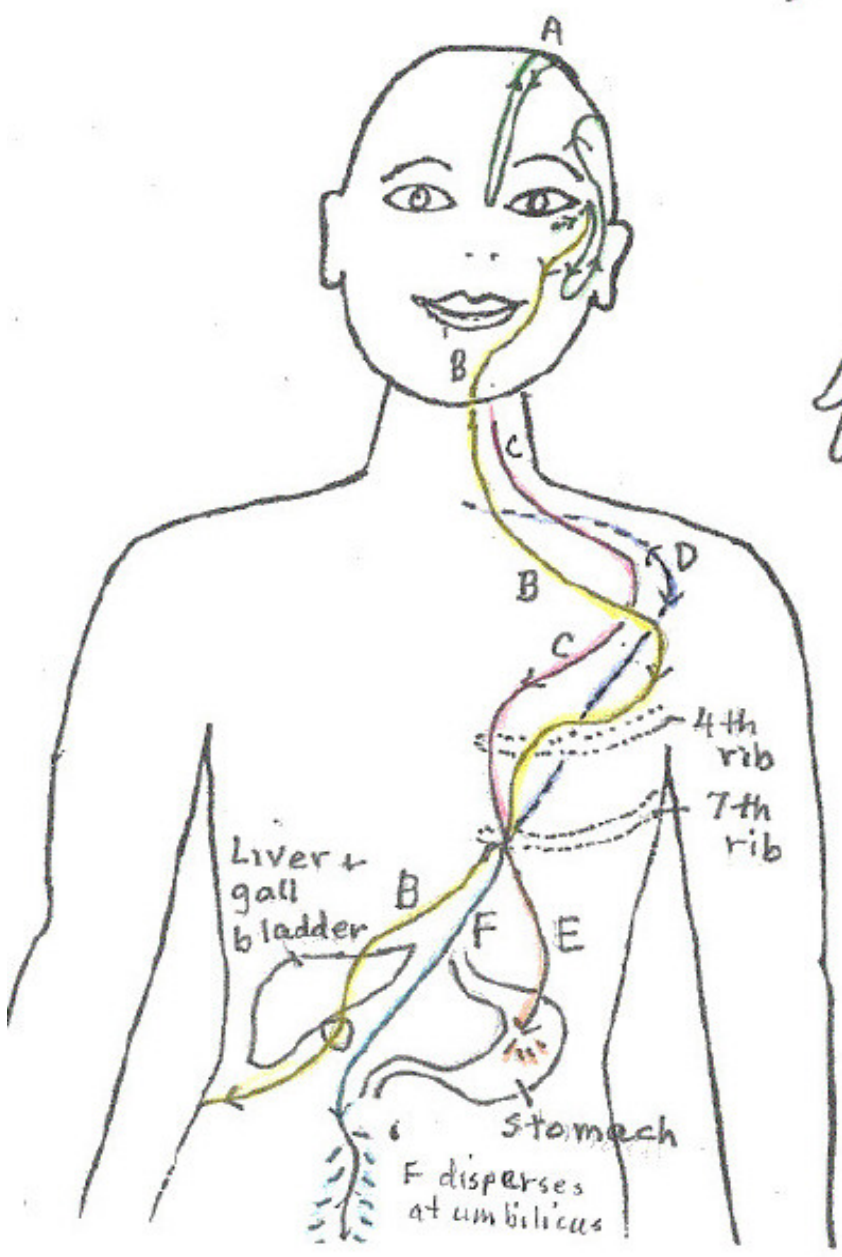
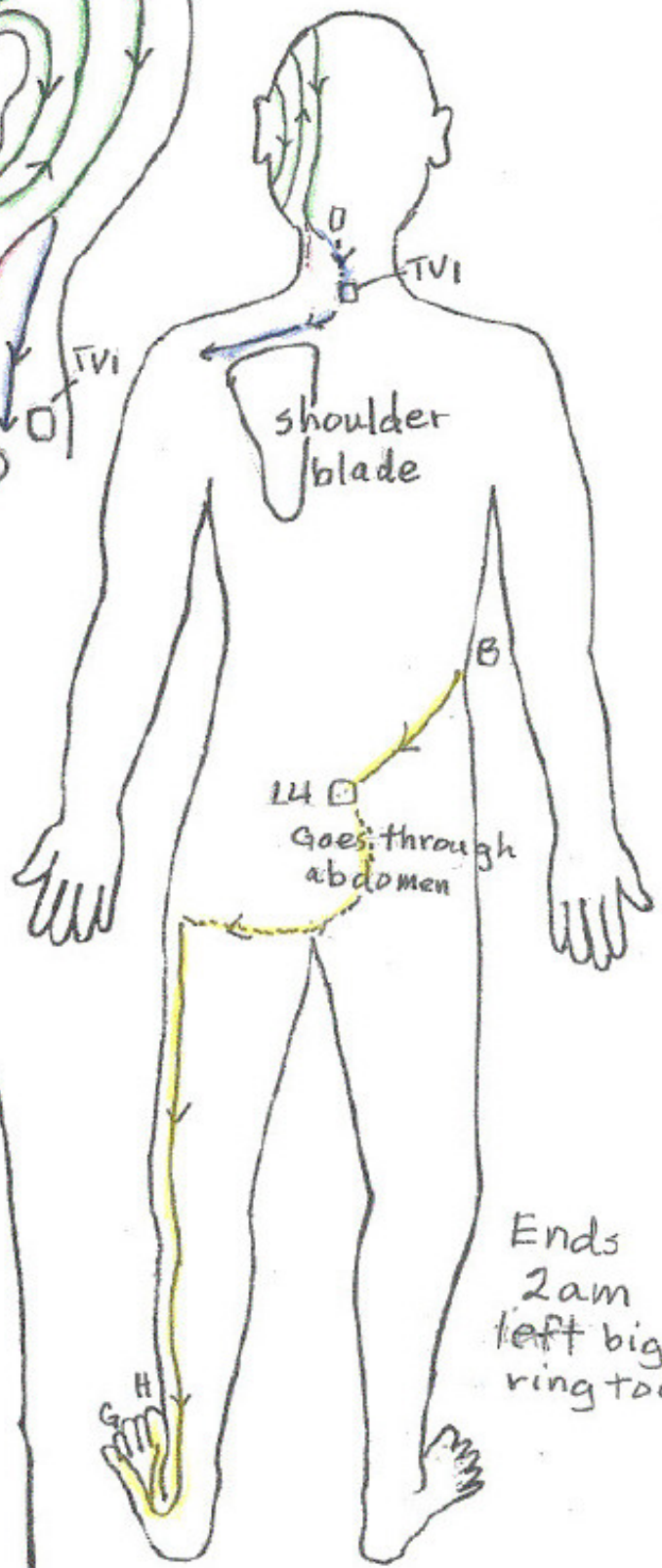
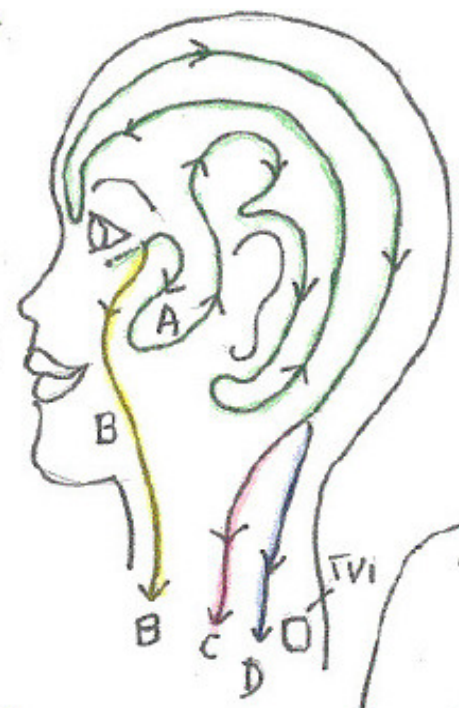
Right hand: left back neck (SEL 12)

Right hand: left forehead (SEL 20)

Right hand: right back neck (SEL 12)

Left Gall Bladder
Developing flow

Begins 12am
midnight outer
corner of left eye



Ends
2am
left big +
ring toes

Betty J. Wall
1974

GALL BLADDER DEVELOPING FUNCTION

At 12 midnight the **right** Umbilicus Developing Flow arrives a quarter inch from the outer corner of the left eye and changes into the **left** Gall Bladder Developing Energy Flow and immediately separates into two flows, "A" and "B".

"A" circles the cheek bone, goes up to the temple from the front of the right ear, circles the ear one quarter inch above the hair line, that is to say, above the ear in a semi-circle, to bottom of ear (round the inside of the bone below the ear); turns toward the back of the head in a semi-circle, ascends in a half circle to the forehead (front); makes three little turns at the inner corner of the eye (in effect drawing a semi-circle) the third time and at back of head (occipital bone) separates into "C" and "D".

"C" flows directly to the hollow of the subclavian area (front of shoulder and arm joint). Turns and descends in front of the shoulder joint, crosses "B," continues to 7th rib where "C", "B" and "D" merge. "C" and "D" become "E" and "F". "B" continues.

"D" from the first thoracic vertebra flows diagonally to the posterior (back) shoulder blade; descends to the hollow of the subclavian area, comes out to the front of the shoulder and crosses with "B" at the 4th rib and descends. It merges (co-mingles) with "B" at the start of the 7th rib, where they immediately branch into "E" and "F".

"E" flows into the stomach.

"F" flows to the umbilicus and disperses.

"B" descends from the cheek bone to anterior (front) shoulder, descending by the 4th rib, and at 7th rib comes together with "C"/"D", then descends to the abdomen. (From 4th rib, loops to the side, flowing through the 5th/6th ribs and back to the 7th rib. It continues to descend through liver & gall bladder, through right side of the abdomen, around to right edge of lumbar 4, then circulates the interior pelvis, emerges to side of rectum (anus), crosses to left buttock, descends along lateral (outer) seam-side of left leg and into lateral (outer) ankle bone where it separates into "G" and "H".

"G" from inside of the outer (lateral) ankle, immediately proceeds across the top of the foot to 4th toe.

"H" flows from lateral (outer) ankle diagonally across top of foot to top of big toe, to top of the nail and changes into the **left** Liver Developing Energy Flow at 2 AM.

[Billie Watkins' observation, looking at an acupuncture diagram.] Left GB "B" energy crosses at center 14 and goes to the gall bladder and liver and to right side of 4th lumbar and into abdomen; (the right GB energy flow crosses at center 14 and flows through spleen and pancreas and into left side of lumbar 4 and into abdomen).

The flow that began at the corner of the left eye crosses at center 14, crosses again in the perineum and ends in the left big and 4th toes. The part that goes to the ring toe comes together with Mediator Flow. Harmonizes front to back and side to side with mediator flow. (Ring toe helps through TV-4 any gaseous conditions in body) The gall bladder flow is the dividing line between the front and back (anterior/posterior) of the body (frontal cut). Main Central is the sagittal cut of the body (sagittal—pertaining to the longitudinal vertical plane that divides the body into left and right halves.)

Gall bladder flow self help

Left flow

Left hand: left side of neck (SEL 12)

Right hand: right forehead (SEL 20)

Right hand: tail bone (coccyx)

Right hand: lateral side of right ankle (SEL 16)

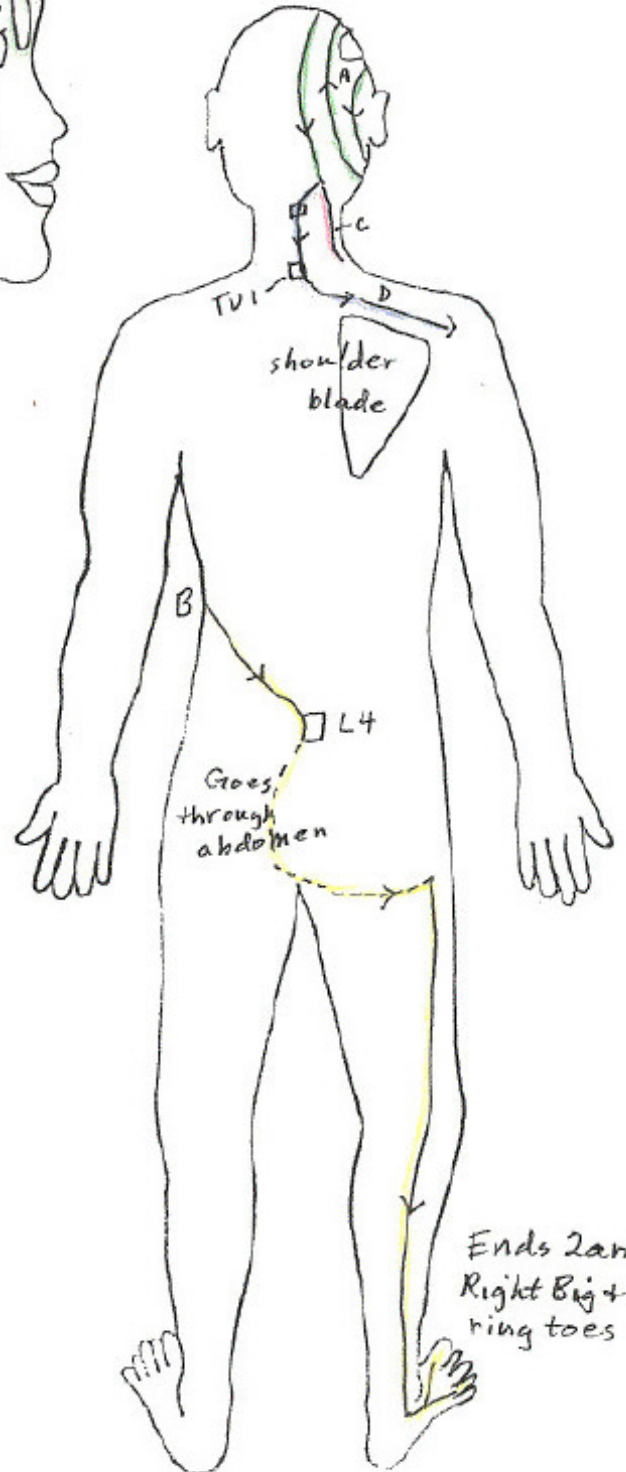
Right hand: under right rib cage (SEL 14)

Right hand: under left rib cage (SEL 14)

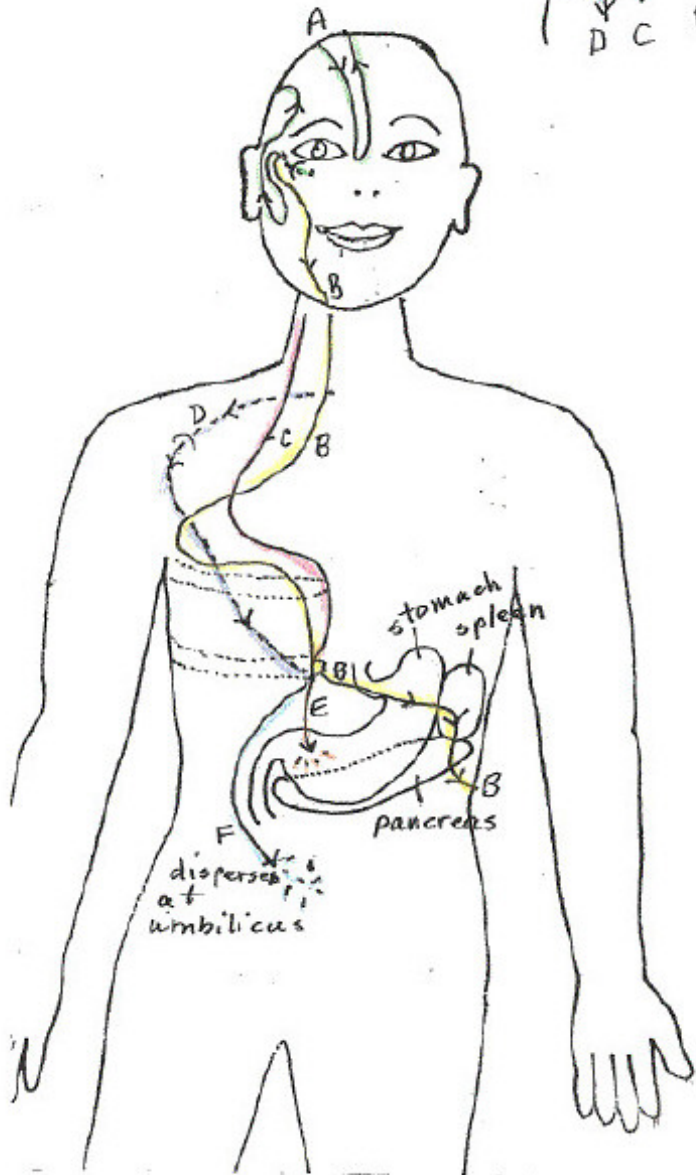
Right hand: under left clavicle (SEL 22)

Right Gall Bladder
Developing flow

Begins 12am
midnight outer
corner of right
eye



Ends 2am
Right Big +
ring toes



Betty J. Wall
8/26/00

RIGHT GALL BLADDER DEVELOPING FUNCTION

At 12 midnight the **left** Umbilicus Developing Flow arrives a quarter inch from the outer corner of the right eye and changes into the **right** Gall Bladder Developing Energy Flow and immediately separates into two flows, "A" and "B".

"A" circles the cheek bone, goes up to the temple from the front of the right ear, circles the ear one quarter inch above the hair line, that is to say, above the ear in a semi-circle, to bottom of ear (round the inside of the bone below the ear); turns toward the back of the head in a semi-circle, ascends in a half circle to the forehead (front); makes three little turns at the inner corner of the eye (in effect drawing a semi-circle) the third time and at back of head (occipital bone) separates into "C" and "D".

"C" flows directly to the hollow of the subclavian area (front of shoulder and arm joint). Turns and descends in front of the shoulder joint, crosses "B", continues to 7th rib where "C", "B" and "D" merge. "C" and "D" become "E" and "F". "B" continues.

"D" from the first thoracic vertebra flows diagonally to the posterior (back) shoulder blade; descends to the hollow of the subclavian area, comes out to the front of the shoulder and crosses with "B" at the 4th rib and descends. It merges (co-mingles) with "B" at the start of the 7th rib, where they immediately branch into "E" and "F".

"E" flows into the stomach.

"F" flows to the umbilicus and disperses.

"B" descends from the cheek bone to anterior (front) shoulder, descending by the 4th rib, and at 7th rib comes together with "C"/"D", then descends to the abdomen. "B" continues to descend through the stomach, spleen, pancreas around left side of the abdomen, to left edge of lumbar 4, then internally in the abdomen circulating the interior pelvis, emerges to side of rectum (anus), crosses to right buttock, descends along lateral (outer) seam-side of right leg and into lateral (outer) ankle bone where it separates into "G" and "H".

"G" from inside of the outer (lateral) ankle, immediately proceeds across the top of the foot (instep) to 4th toe.

"H" flows from lateral (outer) ankle diagonally across top of foot to top of big toe, to top of the nail and changes into the **right** Liver Developing Energy Flow at 2 AM.

[BillieWatkins' observation, looking at an acupuncture diagram.] Right GB "B" energy crosses at center 14 and goes to the pancreas and spleen and to left side of 4th lumbar and into abdomen;

The flow that began at the corner of the right eye crosses at center 14, crosses again in the perineum and ends in the right large and 4th toes. The part that goes to the ring toe comes together with Mediator Flow. Harmonizes front to back and side to side with mediator flow. (Ring toe helps through TV-4 any gaseous conditions in body) The gall bladder flow is the dividing line between the front and back (anterior/posterior) of the body. Main Central is the sagittal cut of the body (sagittal - pertaining to the longitudinal vertical plane that divides the body into left and right halves.)

Gall bladder flow self help

Right flow

Right hand: right side of neck (SEL 12)

Left hand: left forehead (SEL 20)

Left hand: tail bone (coccyx)

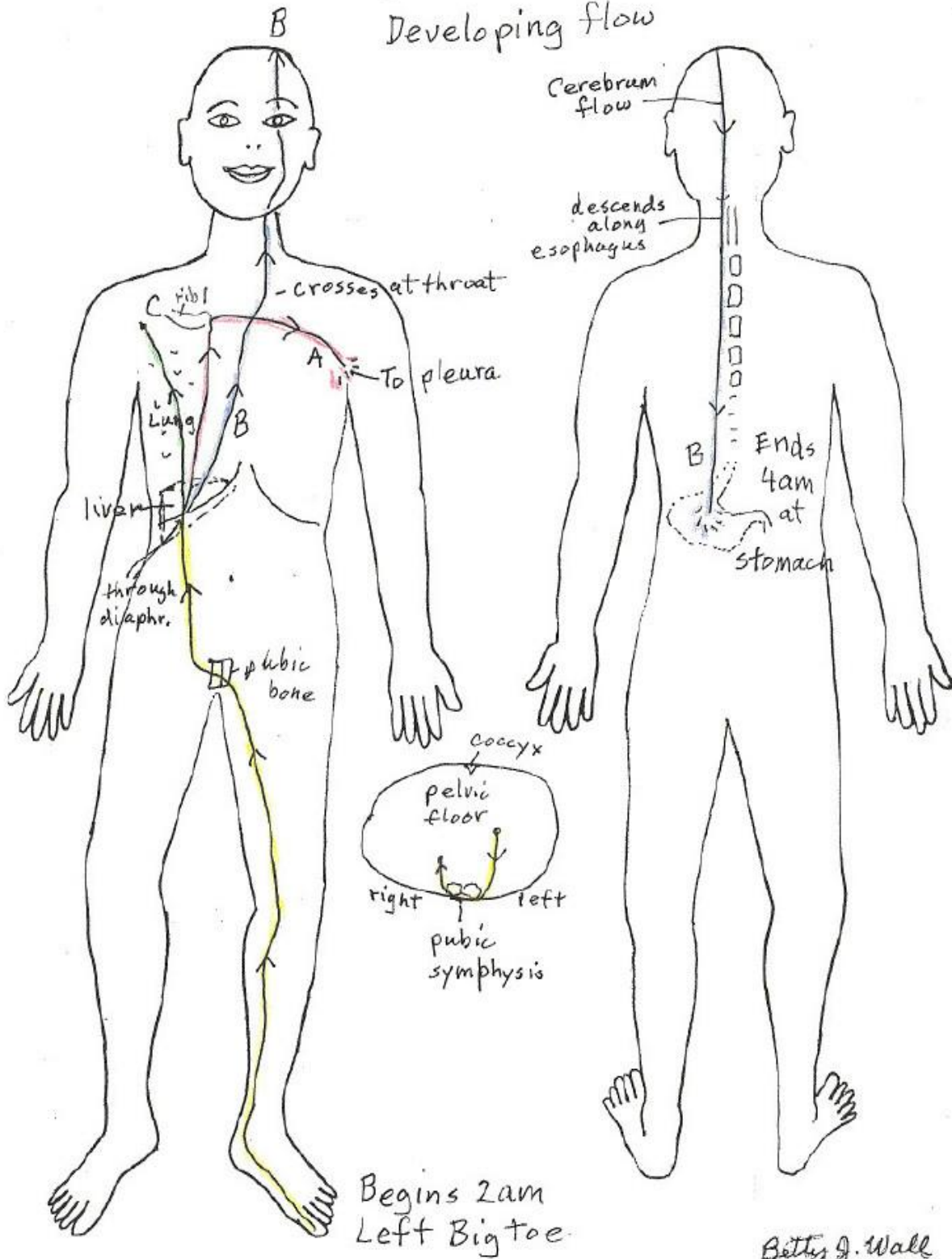
Left hand: lateral side of left ankle (SEL 16)

Left hand: under left rib cage (SEL 14)

Left hand: under right rib cage (SEL 14)

Left hand: under right clavicle (SEL 22)

Left Liver Developing flow



Betty J. Wall
Jan. 26, 2000

LEFT LIVER FUNCTION DEVELOPING ENERGY

At 2 AM the **left** Gall Bladder Developing Energy Flow arrived at the inside of the big toe changes into the **left** Liver Developing Energy Flow at the medial tip (inside) of the big toenail. Goes up the inside of the foot, by the inner ankle, through the inside of the back of the knee (between the bones and ligament), comes out to the inner thigh, goes underneath the groin (perineum), comes out to the front of the pubic bone where the left and right flows cross.

[Web That Has No Weaver: Beginning at top of big toe, traverses top/inner side of foot, ascending in front of the inner ankle & along medial aspect of leg. From the pubis symphysis it circulates the genitalia, crosses to opposite side and enters lower abdomen.]

The left flow ascends into right side of abdomen, by right inside of stomach and into liver. Passes through the diaphragm, and immediately separates into "A", "B" and "C", creating the energy that circulates in the lungs.

"A" ascends and turns at first front rib, crossing the sternum to the left underarm area and scatters and flows into the pleura. (Pleura – the serous membrane investing lungs and lining the thorax. Thorax - the chest; the part of the body between neck and abdomen. The liver energy is nurturing the fluid surrounding the lungs.)

"B" goes up the right chest, crosses at the manubrium to the left side of the throat and ascends throat, through the bottom of the eye, up to the head, deep into the brain. [The left heart flow enters the Cerebrum, merges with the liver flow to create the Cerebrum Flow (5th depth aiding 3rd depth). The Cerebrum Flow goes to the back top of the head, descends in front of the cervicals, into the neck, to the left side of the esophagus. The Cerebrum flow descending to stomach and liver flow ascending to the head, sandwich the esophagus. The Cerebrum flow disperses outside the left stomach. (Cerebrum Flow is also providing energy for developing lung function.) The liver flow changes into the Cerebrum Flow and the Lung Flow. The Cerebrum flow is illustrated and discussed as part of the liver flow.

"C" flows immediately into the right lung, energizing the inner lung. At the apex of the right lung (subclavian area), it becomes the right lung flow at 4 AM. ... [Web/No Weaver: lung meridian originates in the middle portion of the body cavity & runs downward, internally, to connect with the large intestine, then turns and passes upward through the diaphragm, etc.]

In the Order of Creation, the lung is the first organ to manifest. The first few rounds of energy come from 3rd depth unmanifested.

All the depths are participating in supporting the lungs, the sequence:

(1) 3rd depth (liver) flows to the stomach (1st depth), surrounds it and changes into the lung flow.

- (2) One branch (“B”) ascends to the head where it merges with the (“3”) of heart flow (5th depth) and creates the Cerebrum Flow (6th depth). The cerebrum flow descends along the esophagus behind the sternum.
- (3) Recalling the Order of Creation, the bladder enters the Main Central at the center 13 (esophagus area) and the kidney enters Main Central at center 14 (stomach area), allowing 4th depth energy to participate with the descending cerebrum energy.
- (4) 3rd and 6th depth energy are continually changing into lung energy.
- (5) Also, one branch of the liver flow (“C”) changes into the lung flow at the apex of the lung, 2nd depth.
- (6) Liver energy is supporting lung energy in three ways: liver to stomach, cerebrum to stomach, and another branch at the top of the lung changing into the pathway that ascends the arm.

Liver flow self help

Left flow

Left hand: left side base of head (SEL 4)

Right hand: under right clavicle (SEL 22)

Right hand: bottom of right rib cage (SEL 14)

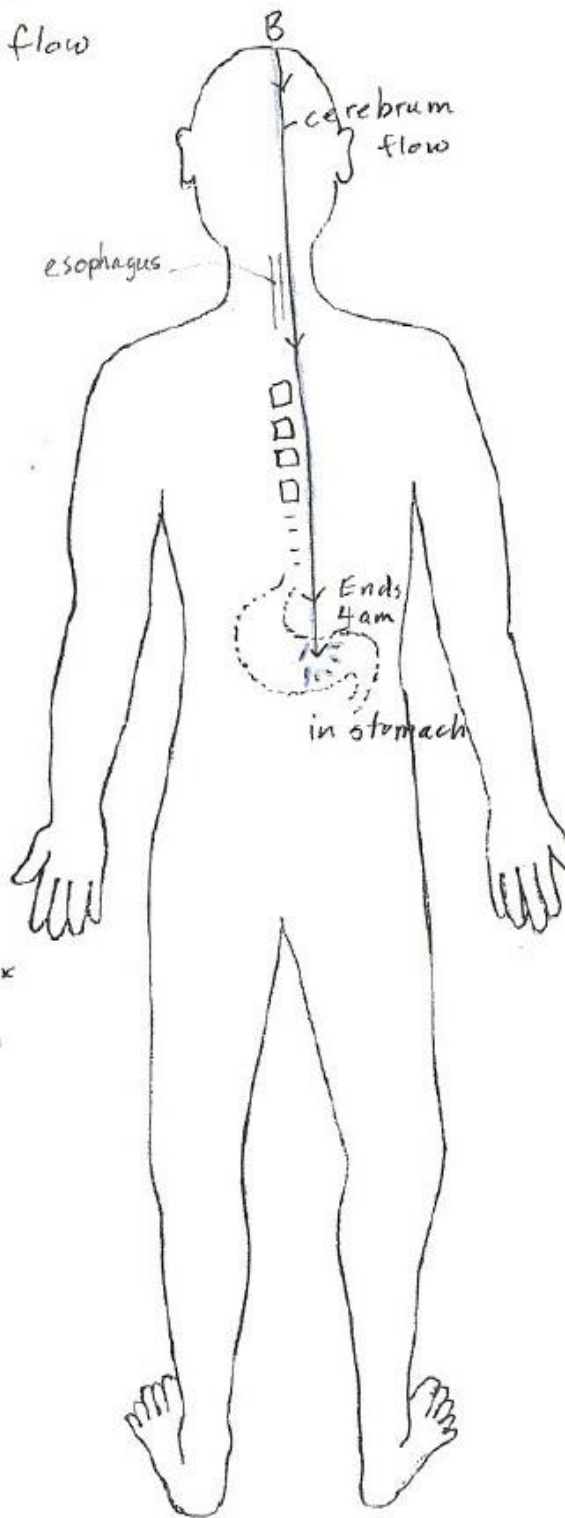
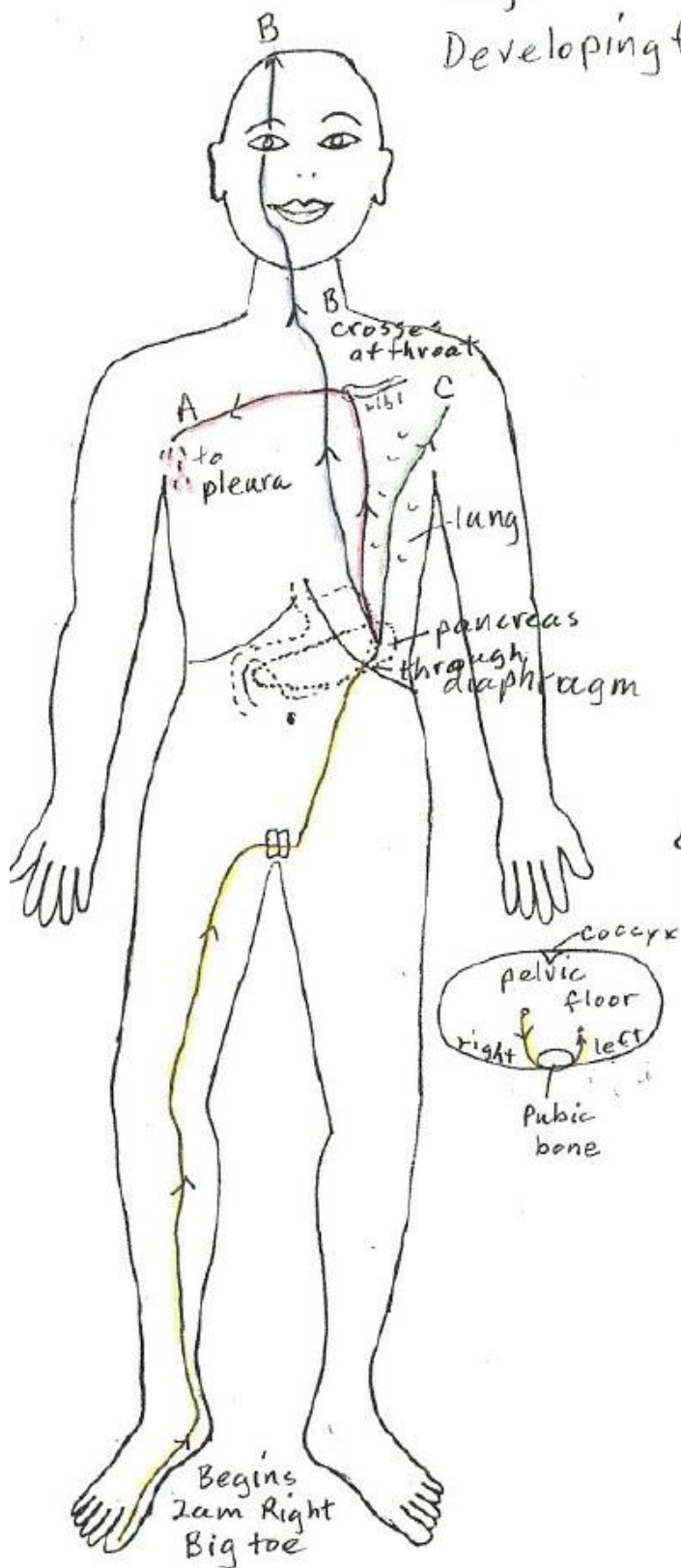
Right hand: left knee medial surface (SEL 1)

Right hand: medial side of left ankle (SEL 5)

Right hand: base of left thumb (SEL 18)

Left hand: right side base of head (SEL 4)

Right Liver Developing flow



Betty J. Wall
8/26/00

RIGHT LIVER DEVELOPING FLOW

At 2 AM the **right** Gall Bladder Developing Energy Flow arrived at the inside of the big toe changes into the **right** Liver Developing Energy Flow at the medial tip (inside) of the big toenail. Goes up the inside of the foot, by the inner ankle, through the inside of the back of the knee (between the bones and ligament), comes out to the inner thigh, goes underneath the groin (perineum), comes out to the front of the pubic bone where the left and right flows cross.

[Web That Has No Weaver: Beginning at top of big toe, traverses top/inner side of foot, ascending in front of the inner ankle & along medial aspect of leg. From the pubis symphysis it circulates the genitalia, crosses to opposite side and enters lower abdomen.]

The right flow ascends into left side of abdomen, by left inside of stomach and pancreas, passes through the diaphragm, and immediately separates into "A", "B" and "C", creating the energy that circulates in the lungs

“A” ascends and turns at first front rib, crossing the sternum to the right underarm area and scatters and flows into the pleura. (Pleura – the serous membrane investing lungs and lining the thorax. Thorax - the chest; the part of the body between neck and abdomen. The liver energy is nurturing the fluid surrounding the lungs.)

“B” goes up the left chest, crosses at the manubrium to the right side of the throat and ascends throat, through the bottom of the eye, up to the head, deep into the brain. [The right heart flow enters the Cerebrum, merges with the liver flow to create the Cerebrum Flow (5th depth aiding 3rd depth). The Cerebrum Flow goes to the back top of the head, descends in front of the cervicals, into the neck, to the right side of the esophagus. The Cerebrum flow descending to stomach, and liver flow ascending to the head, sandwich the esophagus. The Cerebrum flow disperses outside the right stomach. (Cerebrum Flow is also providing energy for developing lung function.) The liver flow changes into the Cerebrum Flow and the Lung Flow. The Cerebrum flow is illustrated and discussed as part of the liver flow.

"C" flows immediately into the left lung, energizing the inner lung. At the apex of the left lung (subclavian area), it becomes the **left** lung flow at 4 AM. ...

[Web/No Weaver: lung meridian originates in the middle portion of the body cavity & runs downward, internally, to connect with the large intestine, then turns and passes upward through the diaphragm, etc.]

(Note: see discussion at bottom of page in text of Left Liver flow.)

Liver flow self help

Right flow

Right hand: right base of head (SEL 4)

Left hand: left under collar bone (SEL 22)

Left hand: bottom of left rib cage (SEL 14)

Left hand: right knee medial side (SEL 1)

Left hand: inner right ankle (SEL 5)

Left hand: base of right thumb (SEL 18)

Right hand: left base of head (SEL 4)