



# FIBROMYALGIA-LYME HEALING

## Overview – What is Fibromyalgia?

*“You hurt all over, and you frequently feel exhausted. Even after numerous tests, your doctor can’t find anything specifically wrong with you. If this sounds familiar, you may have fibromyalgia.*

*Fibromyalgia is a chronic condition characterized by widespread pain in your muscles, ligaments and tendons, as well as fatigue and multiple tender points - places on your body where slight pressure causes pain. Fibromyalgia is more common in women than in men. Previously, fibromyalgia was known by other names such as fibrositis, chronic muscle pain syndrome, psychogenic rheumatism and tension myalgias. Although the intensity of your symptoms may vary, they’ll probably never disappear completely. It may be reassuring to know, however, that fibromyalgia isn’t progressive or life-threatening. Treatments and self-care steps can improve fibromyalgia symptoms and your general health.”*  
~ Mayo Clinic

In the healing world we know that someone who rejects their feelings will over time develop pain, longing, or illness in the area the feeling has been cut off from. Very sensitive people like the EIS and the CL who reject their sensitivity become prone to illnesses like Fibromyalgia and invasion illnesses like Lyme disease.

## Causes of Fibromyalgia

Doctors don't know what causes fibromyalgia. Current thinking centers on a theory called "central sensitization." This theory states that people with fibromyalgia have a lower threshold for pain because of increased sensitivity in the brain to pain signals. It's basically a neurological hypersensitivity to pain.

*“Researchers believe repeated nerve stimulation causes the brains of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemicals in the brain that signal pain (neurotransmitters). In addition, the brain’s pain receptors (neurons) - which receive signals from the neurotransmitters - seem to develop a sort of memory of the pain and become more sensitive, meaning they can overreact to pain signals. In this way, pressure on a spot on the body that wouldn’t hurt someone without fibromyalgia can be very painful to someone who has the condition. But what initiates this process of central sensitization isn’t known.”*  
~ Mayo Clinic

We know that these people have a strong emotional intelligence (both EIS and CL) and need to be encouraged to let that hypersensitive quality be a power, not a curse.

## Fibromyalgia and Trauma

People who exhibit fibromyalgia often have trauma in their past. It can be emotional, sexual or physical trauma and this unresolved trauma lingers in the nervous system, making the entire nervous system hypersensitive to pain. Most fibromyalgia sufferers report that stress and emotions make the pain worse and create a flare up of their fibromyalgia. It's almost always connected to their stress and emotions.

## **Lyme Disease**

This healing is also very effective on Lyme disease, which in our part of the world is almost a pandemic. Lyme disease is a bacterial infection carried by deer ticks. The symptoms are very similar to that of fibromyalgia. Fatigue, foggy thinking, joint and muscle pain, arthritis, heart problems and nervous system issues are all common post infection. Lyme is notoriously difficult to test for and many people who have it are given false negatives in the blood tests for Lyme. Lyme is treated with a strong course of antibiotics to kill the infection. Fortunately, people with Lyme disease respond well to energy work and alternative treatments, since Western medicine treatments of Lyme are not 100% effective in all cases, especially with people who have been living with the infection for a long time. (And many people do!)

From an energetic standpoint, Lyme disease is common in people who have the EIS profile (EIS and CL's with a strong EIS in them) and it seems to correspond to a weak boundary layer to the energy field, plus an excessive 2<sup>nd</sup> chakra. Lyme is an "invasion" disease, where both the tick and the bacteria "invade" the system and take over. People with weak energy fields who have experienced invasion traumas seem to be the most susceptible to Lyme.

## **Bladder Meridian**

The bladder is called the "Minister of the Reservoir" and is responsible for storing and excreting the urinary waste fluids passed down from the kidneys. As an organ the bladder has only this function but as an energy system, the bladder is intimately related to the functions and balance of the autonomous nervous system. And also to our emotions. According to Chinese medicine, the bladder is the holding place for all of our unprocessed emotions. It's the "water" of the body. Therefore, releasing energy along the bladder meridian releases excess emotions.

The bladder energy meridian runs along the back of the body from head to heel, with two parallel branches flowing along each side of the spinal column. These four branches of the bladder meridian exert a direct influence on the sympathetic and parasympathetic trunks of the autonomous nervous system, whose condition in modern life often over activates the sympathetic system, causing tension and pain along the spine and its periphery. This tension and pain may be relieved by stimulating the flow of energy along the spinal branches of the bladder meridian. Such stimulation induces total relaxation by switching the autonomous nervous system over to the restful, restorative parasympathetic mode. Chinese massage therapy focuses primarily on these four spinal branches of the bladder meridian because of their direct influence over the autonomous nervous system, which regulates all the body's basic vital functions.

## **Fibromyalgia-Lyme Healing**

The Fibromyalgia/Lyme Healing is used with clients to relieve chronic pain associated with the seemingly random nerve pain they encounter. Releasing the fear of pain in the mind, opening and clearing the second chakra to its deepest ability to feel and set boundaries and using the bladder meridian to create a homeostasis and resiliency in the system is a powerful healing.

This healing releases the blocked emotional energy of the bladder meridian and the 2<sup>nd</sup> chakra, calms the nervous system and restores the boundary layer of the energy field. This allows the client to stop resisting their feelings, work through the vows they have taken against their sensitive nature, and calms their fear of invasion.



## The Fibromyalgia-Lyme Healing Combines 3 Separate Healings Done Together

1. **Mind Clearing Technique:** This relaxes the client's active mind, and frees the emotions from any mental patterns and associated charge that is stimulating emotional responses that are not based in present moment reality
2. **Emotional Balancing Healing:** This opens the 2<sup>nd</sup> chakra, connecting it to all the levels of the field and brings the entire emotional system into balance and harmony. (See the 2<sup>nd</sup> healing from your LMT1 year.)
3. **Fibromyalgia-Lyme Healing:** balances the Bladder Meridian and the water elements/emotional energy throughout the body. (This healing is done face down so install the face cradle before the Bladder Meridian part of the healing)

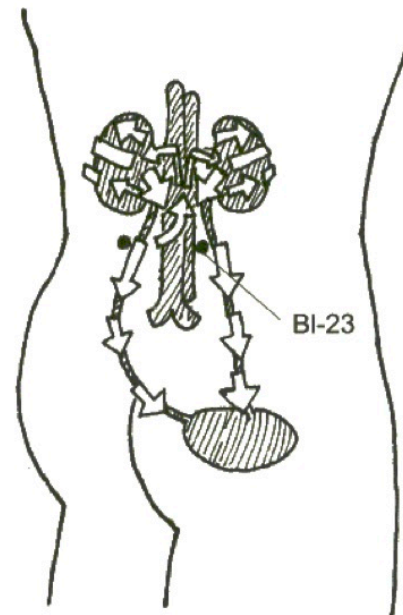
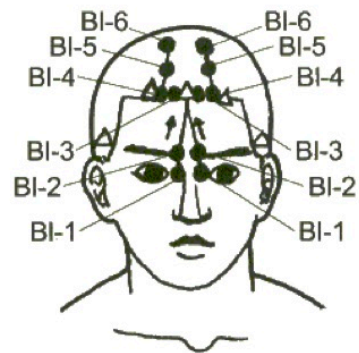
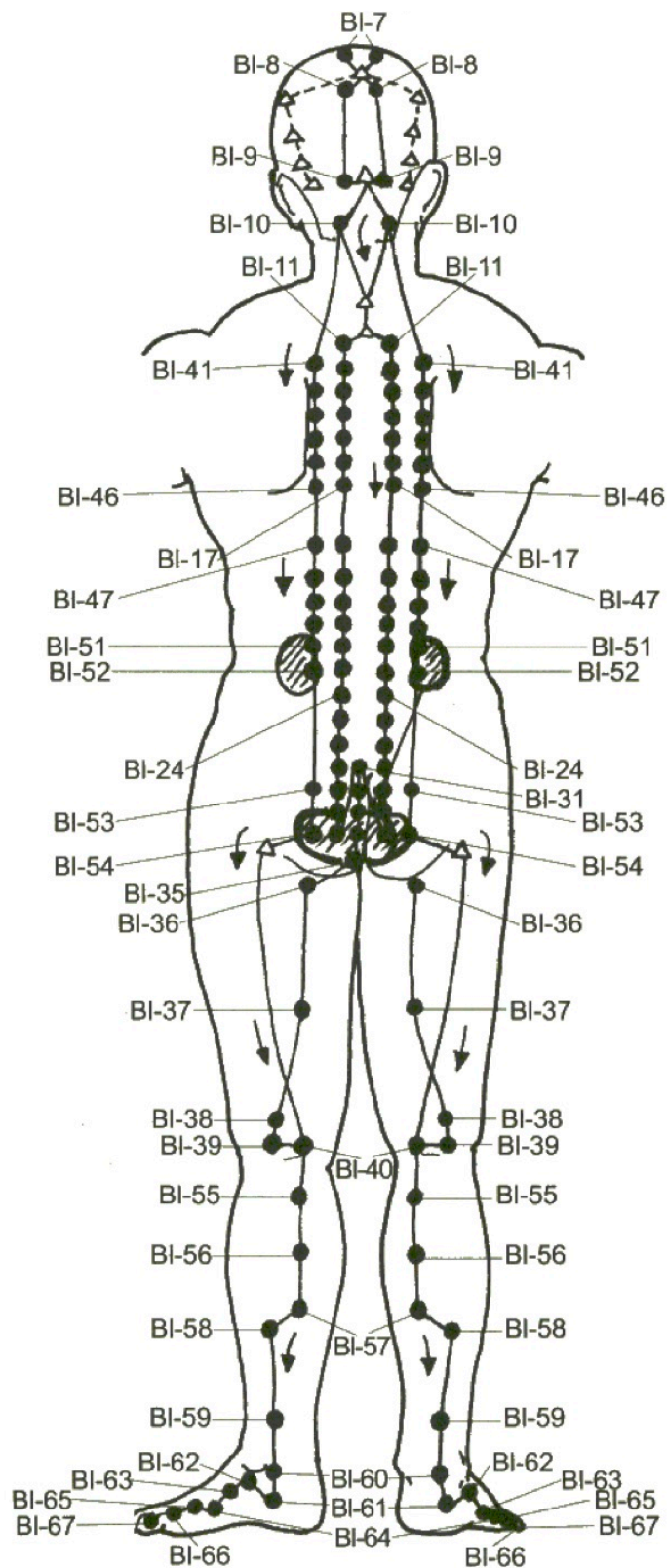
## Bladder Meridian Technique for Fibromyalgia-Lyme Healing

1. Begin with the client face up, but also have the face cradle installed.
2. Do the Mind Clearing and the Emotional Balancing.
3. Using the bladder meridian diagram on page 5, begin with the bladder points at inside of the eyes. Do not touch the eyeballs. The bladder meridian has a point on each side of the vertical central line of the body running from the inner eye points over the top of the head and down to spine and legs ending at the little toes. Begin by holding each pair of meridians with one hand (thumb and forefinger) and connecting them to the next pair in on the bladder meridian points running over the head.
4. When you get to the back of the crown of the head, have the client turn over to lay face down using the face cradle.
5. Follow the bladder meridian down the back of the head. Use the thumbs and forefingers to gently stimulate and release energy down the bladder meridian.
6. Move to the points along the spine, following the chart.
7. Continue the thumb/forefinger technique to the base of the spine. Once you move to the side of the buttocks and down the legs, use your thumbs only to hold the matched pairs, one on each leg all the way to the small toes where you will lightly pinch and hold.
8. Do a **Seven Level Sweep** of the field to integrate the healing into all levels of their energy field:
  - Starting at the foot of the table, hold and imagine the color red (1<sup>st</sup> chakra) and sweep up the field in a gentle but firm movement. Think about icing a cake. Use fluid movements. Don't "dump" energy over the top of the head.
  - Move your hands up a little bit to the next energetic layer and repeat the process, switching to the orange 2<sup>nd</sup> chakra.
  - Repeat with all the chakra colors, moving your hands up a little bit through the layers of the energy field each time.

## **Standard Closing:**

**\*For this healing, don't turn the client over. Just send through the back of the 6th chakra.**

- Hold both hands in palms down position, sending hand on bottom, receiving hand on the top. Hover over the back of 6th chakra without touching the client's head.
- Send indigo energy going down through the body on the exhale breath. This allows them to see themselves in a different way.
- Bring up orange energy on the inhale breath to help them feel themselves in a new way. Do this for a few breaths. It will help them hold and integrate the changes to their energy field.
- Close the field. Lift your hands over your head and sweep them down in a circle to help seal up their energy field after the work they received. Use gold color for this.
- Close the front and back of your 2nd chakra to complete the healing for you.



The internal flow of the Bladder Channels rushes into the lower back and lumbar area, passing through the renal arteries, to spiral wrap the Kidneys. From the Kidneys, the energy flows downward, following into the ureter, to permeate the Bladder.

Figure 6.15. The Internal and External Qi Flow of the Bladder (BI) Channels