

A photograph of a man from the back, shirtless, wearing olive green shorts, standing on a sandy beach. His right arm is raised in a fist, pointing towards the sky. The background shows a blue ocean with white waves and a clear blue sky with some light clouds.

# ***THE LIFEWAVE EXPERIENCE*** *to a New You*

**The Official LifeWave Handbook**  
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#### Chapter One: Acupuncture Meets Nanotechnology

Like the mist-hidden, fog-shrouded peaks of ancient China, nanotechnology is burning through the grayness and shining light on a new era of human potential. East meets West as the old secrets meet the new science. Together, they open the locked door to a bright new future.

The new science, like a mythical genie in brocaded silk, elusively evading notice and disappearing into a forest glade, has been caught and is at last granting our fondest wishes: a wish to win a greater measure of life; a wish to tap the hidden stores of our own vitality; a wish—oh, a forbidden thought that maybe, just maybe herein might lie the map to the fountain of youth.

I confess, I may be woefully deluded, but if I'm not, you're in for the adventure of a lifetime. Much of this started a long time ago: let me explain.

The wish was a secret and never publicly uttered. The wish was always a silent whisper. But once it was conveyed, gray-haired women in robes and sandals with pink faces smiled. With eyes aglow, they pointed their husbands to the peaks. The secret to the wish was hidden away among the elusive immortals, the

ancient mountain men, who were said to understand the secret acupuncture points of the human body. It was rumored that if only the correct way of stimulating the energy meridians could be found, the wish would be fulfilled, vitality would be restored, and life would be extended.

You're probably wondering, what are meridians, what do they do, and do they have any basis in modern medical science? The idea that there is a network of energy pathways that can be both mapped and identified goes a long way back to traditional Chinese medicine, primarily to the ancient medical classic *The Canon of Medicine (Nei Jing)*, attributed to the Yellow Emperor. It is the oldest scientific medical manual still in use today.

So, what are meridians? They are energy pathways that oscillate with life force. Think of this force as a "life wave" that travels along, say, the string of a violin in response to a light stroke with the bow. Depending on which strings and notes are played, information is conveyed in the form of music to the listener. What actually happens is that the stimulation of the string causes atoms to vibrate and generate a sound wave. Just as music can affect our emotional states, promoting excitement, courage, peacefulness, melancholy, and even sleep, stimulating the "notes" or acupoints along a physical meridian string will send vibrational information to the organs, energy centers, and brain.

The fact that this can be accomplished is borne out by over 2000 years of clinical practice backed up by millions of patients around the globe. If we didn't have vibrating life waves running into our hearts, they would stop cold, just as if you had cut the electric wire to a water pump. If we didn't have vibrating life waves running into our brains, they would go blank just like your TV when you pull the plug during a movie. We are only as alive as the level of energy and information that travels as a life wave along these meridians, allowing our internal machinery to work.

Consider: when a light bulb dims, it's an indication that not enough electricity is flowing along the wires. Once the flow is restored, the light brightens. It's the same way with vibrantly alive and healthy people. There's a glow to their faces, a sparkle to their eyes, and a luster to their hair because the life wave is moving along the meridians, recharging and revitalizing all the glands and organs of their physical bodies. The quantity and quality of your life is in direct proportion to the vibrations of the life wave.

While most modern medicine, especially in the West, focuses on the nervous system, the circulatory system, the immune system, etc., the traditional Chinese medicine approach is much more basic. It deals, not with any particular appliance, but with the basic power generation system that runs them all.

Someone might object and say, "I have a copy of that voluminous text, *Gray's Anatomy*. Why don't I find any meridians identified in it?" Because meridians as such are not nerve or tissue cells, even though nerve tissue is located along meridian pathways. Meridians are more like tiny streams or rivulets of highly polarized water, which are now believed to be long strings of liquid crystals that react to light and transmit bioelectric signals along their pathways.

Consider what an effective conductor of electricity water is. The other day, my hot water tank was acting up, and when I inspected it I noticed the insulation between the walls of the tank appeared to be wet. Well, silly me, I stuck my finger in to feel the insulation. Wow! I jumped back shaking my electrocuted finger. Water, what a great conductor! However, the liquid crystal water of the meridians has special electrical properties that ordinary water does not possess. The pairs of meridians are dipolar: that is, they have a pair of equal and opposite electromagnetic charges.

The meridians are traditionally like a thread in a fabric that links all the organs, glands, and bodily substances. The *Nei Jing* says, "The meridians move the qi and blood, regulate yin and yang, moisten the tendons and bones, benefit the joints." The meridians also link the inside of the body with the outside.

There are 12 regular meridians, which are split into yin and yang, and eight extra meridians. The two of major concern are the conception vessel, which goes

down the front of the torso and is considered yin, and the governing vessel, which comes up the back of the torso and is considered yang.

Yin and yang are electrically polarized, with a negative charge for yin and a positive charge for yang—just like in electrical wiring, where you have a black wire that is positive and a white wire that is negative. White wires connect to white wires and black wires connect to black wires. Pretty simple, isn't it? It's the same way with the organs. The white wire organs are the lung, heart, kidney, spleen, liver, and pericardium. (Please note: some acupuncturists consider the pericardium an independent organ.) The black wire organs are the large intestine, small intestine, stomach, urinary bladder, gallbladder, and what is called the triple-burner. While the triple-burner is not an organ as such, it represents the control of bodily fluids. For example, we know that the bladder is responsible for the voiding of water, yet it is the triple-burner that regulates the life wave responsible for that action. For this reason, it is located at three locations on the torso (diagram).

Yin Organ

Yang Organ

heart	paired with	small intestine
lungs	“	large intestine
spleen	“	stomach
liver	“	gallbladder
kidneys	“	bladder

pericardium “

triple-burner

I hope you've been able to follow along, because here's where it gets really interesting. The yin organs and the corresponding yang organs are put together in pairs, as the chart shows. Think of each pair of yin/yang organs as a single unit. It's as if each paired organ system were an electrical appliance, with the hot, positive black or yang wire connected to one pole and the neutral white or yin wire connected to the other pole. Both organs have to work to balance each other, each being supplied with an equal amount of current or life wave.

I can recall years ago sitting under the hood of my '49 Chevy adjusting the carburetor. To keep my Chevy from having a nervous breakdown and shaking so hard that it seemed like all the nuts and bolts that held it together would fly apart, I did some adjusting on a periodic basis. This meant that the carburetor had to have a balance of yin and yang. By that, I mean just the right amount of air to just the right amount of fuel.

Going back to our pairs of organs for a moment, let's take a look at the liver and gallbladder unit. The liver creates bile, and the gallbladder secretes it. Naturally, if there is any disturbance with the liver, the gallbladder will be affected. The yin liver and the yang gallbladder work as a team, much like the air intake and fuel mixture in the Chevy's carburetor. If the gallbladder doesn't have enough life wave vibration of a yang or positive nature, the liver will begin to generate excess

heat or fire. In acupuncture, this is known as a "dry" liver and is said to get "jumpy." Yep, just like my old '49 Chevy. See the point?

Again, if the fuel that flows through the fuel line meets resistance in a clogged fuel filter, the engine won't run, or at best will shake like a vibrator. The fuel line in this illustration is the meridian. I can hear someone say, "Yes, but you can physically see the fuel line." The best way to think about this is as if the meridian were not the tubing, but the fuel—as if it were like a subterranean stream of water mapping its own way from point to point. Now, visualize a continuous series of waves traveling along the stream.

In the human body, we know that water conducts electricity more effectively than tissues, and we also know how effectively crystals conduct a current. In fact, if you think about it, it's just amazing that you could take a crystal, a few wires, and an earpiece and construct a crude radio in high school science class. Today, very few people think about the silicon chips in their computers; we take the fact that a tiny crystal chip can bring us a world of information for granted.

When we look at polarized water, we see a connected string of stable clusters, or simply put, a liquid crystal made up of tetrahedral molecules. Just think of a pyramid shape with four faces. Now envision eight of them put together. You may not be able to see that in your mind's eye, but you will be struck with the amount of surface area a crystal like this will have.



Now, why is this important? This quote from *Reader's Digest* will explain:

"Suppose we have a cube of iron measuring an inch on each edge. The total surface would be six square inches. The electrical charge is on the surface; therefore, the greater the surface the greater the charge; and if we divide the cube of iron into smaller pieces we increase the surface areas. By colloidal chemistry, that iron cube can be divided into particles so minute that they are invisible, hence instead of six square inches of surface emanating electric energy, we have something like 127 acres." That was written in March 1936. In 1936, you couldn't make an unassisted long-distance phone call from coast to coast. Today, scientists are manipulating nano-size objects. How small is that? A human hair is 75,000 nanometers across. A nanometer is one billionth of a meter. Nanotechnology works in the range below 100 nanometers. Just as it's hard to imagine taking a one-inch-square iron cube and increasing its electrical charge to the size of 127 acres, it's hard to imagine the energy potential contained in something 74,999 times smaller than a human hair!

Now, imagine a glasslike thread made of microscopic stable water crystals that runs like a map through the fabric of your physical body. These threads are more transparent to light than other tissues around them. Since these water crystals are electrically charged already by nature of their design and structure, like the crystal radio set, they can convey signals at frequencies as low as a single hertz. Change the frequency modulation (FM), and you'll get another station.

It is quite interesting how the stable water crystals of the meridians respond to light or photonic action. It has been discovered that meridians behave like optical fibers and can be made visible by the use of infrared imaging equipment.

In 1998, researchers at Fudan University in Shanghai discovered a luminescent quality to both the gallbladder and stomach meridians, using an infrared spectrophotometer from American Bio-Red Company and American Nicolet Company. When viewed from one angle, the meridians appeared opaque, and from another angle, transparent (Fei et al., Shanghai, 1998). What this does is give startling new evidence for what the ancients have known and mapped thousands of years ago—that meridians are part of human anatomy.

We can now look at the meridians as if they were liquid fiber-optic threads woven in identical patterns on both sides of the body and up and down the center of the torso. In fact, the meridians that run up the back and down the front of the body, called the governing vessel and the conception vessel, were visible in an infrared thermogram study done with volunteers at the Institute of Acupuncture and Moxibustion in Beijing. If you've ever applied heat to the base of a mercury thermometer and watched it rise in the transparent glass tube, that's like what these researchers saw in their experiment. They applied moxibustion to a point on the du mai or governing vessel meridian of the back called Du 4, and

immediately the temperature of the meridian and associated skin went up (Zhang et al., Beijing, 1996).

There are many methods of stimulating the meridians. Moxibustion goes back centuries: the practitioner burns mugwort cones stuck on an adhesive medium over an acupoint located along a particular meridian. Heat is a form of electromagnetic radiation, which is constructed of photons. As the particles of light get excited, they cause a wave to develop, or you can say, an oscillation of the meridian. Needles are used most commonly instead of moxibustion—thus the name acupuncture. Earlier methods simply used finger pressure on the designated points along the meridians. With science rapidly advancing, electric stimulation and laser light are replacing the ancient methods. In the newest and most exciting emerging science, the field of nanotechnology, researchers have developed specifically designed informational molecular antennas that can be placed like small Band-Aids on the acupoints of the meridians.

Sound has also been used to stimulate a life wave along the meridians. You can strike a tuning fork designed for the note middle C and it will oscillate in the air at 254 times per second; other middle C tuning forks in the room will also vibrate, as will the listener's eardrum. What happens in this situation is that your ears are hit with a series of sound waves.

In my living room, I have a gong—a large, specially crafted bowl for use in a Zen monastery. When the gong is struck, the series of waves are palpable, almost like you're standing on a beach and being struck by one invisible wave after another. Sound, like light, is made up of clumps of particles. The smallest particle of a sound wave is called a phonon by quantum physics, while the smallest particle of light is called a photon.

I hope you stay with me as I present this next concept. We have been taught in basic science class that sound cannot exist in a vacuum, because if the air molecules are absent, there's nothing to vibrate—right? Well, that's not quite right. These smallest units of sound exist independent from air molecules, just as the smallest units of light exist independent from air molecules. These photons and phonons are the smallest units of energy, so small that they have their existence on an atomic level. And just like the electron can be viewed as either a particle or a wave, the photon and phonon now have a mathematical signature on the quantum level.

This photon-phonon change is called a quantum leap—a term used in the field of study known as quantum mechanics. In layman's terms, this means that matter is composed of wavelike properties triggered by elemental particles and its mathematical interpretation becomes identified as wave mechanics. Our bodies are light and sound machines, even though we are unable to hear or see it internally.

These hairlike fiber-optic tubes of liquid crystal vibrate on a quantum level. Whenever there is a misalignment of these strings of vibration, the meridians, and the life wave or qi (pronounced “chi”) stops flowing, these incredibly tiny energy units become stagnant. This is when you feel pain and get sick. This is when disease gets a foothold in your body.

If the meridians become fractured, like breaking a glass rod, it means the destruction of the associated organ system. According to medical consensus, when the brain no longer is able to register electrical impulses known as brain waves, it is considered dead. It is the vibration or life wave that determines life. The stronger and more harmoniously balanced it is, the more vitality a person possesses.

So, how does acupuncture assure the health of one's meridians? It does so by readjusting the flow of energy until it is balanced. This fine-tuning is done through energy holes or low electrical resistance points on the skin's surface. We refer to these holes as acupoints. When there is any type of stimulation on the specific spots, a vibration or wave is induced and travels along the meridian pathway to the organ system it is associated with.

There is an interesting reference to how tapping on an acupoint affects the entire meridian in Dr. Shui Yin Lo's *The Biophysics Basis for Acupuncture and Health*.

He writes, "Prof. Zhu Zong-Xiang of the Chinese Academy of Science and Prof. Hao Jin-Kali of the Yanan Institute of Acupuncture have demonstrated that sound propagates differently along meridians. They tap one point of the meridian and hear sound with a microphone at another point of the same meridian. The sound is different if one taps points on the meridian versus points not on the meridian. They actually use this difference to determine the positions of meridians, and they find they are the same as those described in ancient classic literature and found by low-impedance methods. (See *Acupuncture Meridian Biophysics: Scientific Verification of the First Great Invention of China*, Beijing Press, 1989.)

There are a number of point locators available on the market. They pinpoint the acupoint location by detecting spots on the surface of the skin where there is a lowering of electrical resistance. The point location is indicated by a sound and a pilot light on the top of the unit. After detection, you can simply push a button for electrical stimulation of the point. One day, an acupuncturist friend was showing me his new unit and we performed an interesting experiment. He stimulated a point on my hand while at the same time touching his index finger to the third-eye point between my eyebrows. I jumped as an electrical spark connected between his finger and my forehead. This easily demonstrates how the acupoints and meridians are associated, even if someone believes they don't exist. Of course, the studies presented in this chapter provide scientific evidence, not mere anecdotal experiences.