

# ADVANCED CONSTITUTIONAL FACIAL ACUPUNCTURE™

(2 modules; 4-days certification)

This certification series presents the core facial acupuncture treatment protocols of Ms. Wakefield's multi-tiered program, and is the first of the Somatic level certification offerings.

Learn to address the body and its physical manifestations of imbalance; also reflect on the grounding and comfort with our own bodies on the Earth. A grounded presence within the body promotes the capacity for learning, awareness, a sense of being present, and the ability to manifest what is required for survival and prosperity in the physical world. Without this feeling of well-being and groundedness, health, happiness and a balanced nature are difficult to maintain. Addressing the issues of *soma* first facilitates a smoother transition into the other levels.

Module 1:

## Constitutional Facial Acupuncture Renewal™ (2 days) - 23-24 June

Open to: acupuncturists, advanced students and M. D. acupuncturists

- ✚ An overview and introduction to The Wakefield Technique™
- ✚ History of facial acupuncture, benefits and contraindications
- ✚ Chinese physiognomy
- ✚ Facial needling techniques according to acupuncture energetics and muscle function
  - Gold and silver needles for tonification and sedation techniques
- ✚ The Eight Extraordinary meridians; physical, emotional and psychospiritual treatment principles
- ✚ Identification of meridian involvement in the aging process
- ✚ Introduction to the Kidney spirit points
- ✚ Topical Chinese herbal protocols for facial acupuncture treatments
- ✚ Lifestyle recommendations and changes for patients
- ✚ A full Facial Renewal™ protocol, integrating all the techniques

Note: module 1 is a pre-requisite for module 2

Module 2:

You will learn the basics and become grounded in the constitutional aspects of facial acupuncture. Facial acupuncture protocols, targeting acu-muscle points, recommended constitutional treatment approaches, facial syndromes, herbal therapies and lifestyle counseling.

## Advanced Constitutional Facial Acupuncture Renewal™ (2 days) - 30 June - 1 July

Open to: acupuncturists, advanced students and M. D. acupuncturists who have previously completed module 1

- ✚ Energetics of the face
  - The Three Treasures
- ✚ Skin aging; the Chinese and Western medical models
- ✚ The function of facial motor points: an Oriental medical perspective
  - 24 facial motor points and usage
- ✚ Advanced needling techniques; intradermals, scar therapy, “wrapping around the bone”, needle depth and insertion techniques and more
- ✚ Contraindications and benefits
- ✚ Five Element pathology and constitutional points
- ✚ Physiognomy: “Balancing the corpus callosum”

# ALCHEMICAL FACIAL ACUPUNCTURE RENEWAL™

(2 modules; 4-days certification)

Address the mind and psycho-emotional issues to encourage energetic work so that unhealthy belief systems can be transformed. It should be noted that this transformation is not limited to the patient, but in keeping with the Eastern and Western alchemical traditions, the practitioner, as alchemist, likewise partakes of this evolutionary process. Intention and clarity are paramount when you view mind/body issues such as the unnatural replication of cells as in cancer, genetic programming and “old tapes.”

New facial acupuncture protocols are introduced, emphasizing the transformational aspects of Chinese medicine and the ancient roots of Taoist philosophy.

## The Alchemy of Healthy Aging: “Sparking the Shen” (2 days) - 14-15 July

Open to: acupuncturists, advanced students and M. D. acupuncturists; only participants who have previously completed one of the Somatic level certification series offerings, i.e., *Advanced Constitutional Facial Acupuncture™* or *Constitutional Facial Acupuncture Archetypes™*

In “Sparking the Shen”, you focus on the kindling of spirit fire, or Shen, and view the face as being a key part of the alchemical process. Learn to synergize Eastern and Western alchemical traditions, with the introduction of essential oils for the Eight Extraordinary meridians. A new alchemical facial acu-muscle protocol that emphasizes intention and an awareness of cellular memory will be utilized in combination with more advanced Chinese physiognomy, focusing on the 13 Taoist positions of the central corridor of the face. Also learn how to incorporate Qi Gong exercises into your practice.

- ✚ The face as a key to alchemical transformation
- ✚ Western alchemy: “As without, so within”
- ✚ Eastern alchemy: “The body is a vessel”
- ✚ Stages of inner alchemy
- ✚ Chinese physiognomy:
  - Timescapes: Woman and Man
  - Central corridor: the 13 Taoist positions
- ✚ The embryological order of the Eight Extraordinary meridians
- ✚ The alchemical Eight Extraordinary meridians; beyond pathology
  - Reservoir of Qi function
  - The Bagua and its relationship to Qi (Early and Late Heaven Bagua)
  - Essential oil Materia Medica for master and coupling points
- ✚ Benefits and contraindications for Alchemical Facial Acupuncture Renewal™
- ✚ The 3 Treasures: Taoist Path - Treatment Introduction
- ✚ General rules for Alchemical Facial Acupuncture Renewal™:
  - Reflecting the 3 Treasures
  - Cellular memory
- ✚ New!! An alchemical facial acupuncture protocol, needling diagrams and charts
- ✚ Alchemical Facial Renewal™ and constitutional treatment points from the physical and psychospiritual perspective
- ✚ Exercises:
  - Qi Gong: the 6 healing sounds

## The Alchemy of Healthy Aging: “Transforming the Shen” - 21-22 of July

(2 days; previous module is pre-requisite)

In “Transforming the Shen”, you will transform the Shen of both you, the practitioner, and the patient. Learn how to use essential oils on transformational spirit points, such as the 13 Ghost (Gui) points, 12 Spirit points, and the 3 Shens. Be introduced to “rarely used” neck and facial points, an alchemical cultivation protocol, orally transmitted by a Taoist master, Qi Gong exercises, and microcosmic orbit breathing, among other treatments.

- ✚ A definition of transformation
- ✚ Transformational Spirit points
  - Gui; Ghost points
  - An Ode on Needling the Ghost Points - Sun Si Miao
  - The Number 13
- ✚ The 12 Spirit points
  - Introduction: “alchemy in action”
  - Indications and essential oil Materia Medica for the 12 Spirit points
- ✚ The Windows of the Sky points
- ✚ “Mu-Shu” Tango; using Kidney spirit points
- ✚ The Ba liao: the 8 sacred seams
- ✚ “Lacing the 3 Jiaos”; an alchemical cultivation of the 3 elixir fields
- ✚ An Immortality Treatment: “liberating spirit from matter”
- ✚ The 3 Shens: scalp points for transforming the Shen; essential oil usage
- ✚ Additional alchemical treatment points; rarely used face and neck points
- ✚ Alchemical initiation: planetary ladder of ascent
- ✚ Exercises:
  - Microcosmic orbit breathing techniques and meditation