

## Internal & External Dragons Treatments

### Rationale

Although the Five Element Dragons Treatment is often referred to as a kind of depossession or exorcism, it is not an occult mysterious practice but rather a powerful treatment that follows the same basic principle as all Chinese medicine – clear obstruction so that the life force can flow unimpeded. What distinguishes this treatment from others is its depth. The treatment focuses on clearing away pathogenic factors that have penetrated to the deepest level of a person's being - the heart. Once a pathogen has invaded to this level, to the very core of the self, it has "taken possession" of the kingdom of the body/mind/spirit and replaced the shen as the organizing principal of the personality. Until the pathogen is cleared, there is no possibility of the Heart functioning as a healthy monarch or a person creating a vital and authentic life.

### Etiology

The state of possession arises when an internal or external pathogen has penetrated beyond the protective level (*Wei ch'i*) and organ level to invade the heart space. Vulnerability to this profoundly serious kind of invasion may occur due to a variety of factors, including:

- Underlying poor physical or psychological health
- Shock, trauma, or accidents which are either extreme or repeated over long periods of time
- Addiction to drugs, alcohol, sex, romance, money or power
- Porous personal boundaries due to early abuse or incest or extreme deficiency of prenatal essences
- Work with spiritual and occult practices without adequate training
- Exposure to extreme climactic factors or exposure to external pathogens over an extended period
- Extreme overwork, lack of sleep and poor nutrition combined
- Prolonged and extreme exposure to other people's negative emotions

### Symptoms

Symptoms range from mild to severe and may include:

- Acute pain arising without obvious precipitating cause
- Anxiety, panic, depression
- Toxic attitudes that do not shift
- Obsession with a traumatic event or loss
- Abnormal speech or behavior patterns
- Post-traumatic stress disorder
- Nightmares and recurrent terrifying fantasies

## Diagnosis

Key signs that are hallmarks of this imbalance include:

- Eyes that are veiled and an inability to make contact
- Treatment does not progress or repeated relapse
- Patient states that they feel odd, unlike their usual self or out of control
- Unusual pulses or pulses with extreme lack of harmony
- A sense that the person is “beside himself” – a bizarre or particularly odd affect

Diagnosis of internal or external cause is deduced through the history. If the possession comes from an internal cause such as emotional shock, severe loss, emotional instability, romance or relationship addiction, then Internal Dragons is the treatment of choice. If the cause is external such as addiction to chemical substances, prolonged or severe exposure to elements or external pathogenic factor, then External Dragons should be used. If the cause is unclear, then it is best to treat with Internal Dragons first and then follow with External Dragons if first treatment does not bring the desired change. Once these treatments are successfully completed, they should be followed by Aggressive Energy Treatment (even if it has already been done at another time).

## Treatment

The treatments use a set protocol of seven points. Each point is said to call up one of the beneficent heavenly Dragons. Once all seven Dragons have been summoned, or once all the needles are in place, the Dragons chase the demon out of the Heart space and the monarch or shen spirit returns.

Internal Dragons Protocol:

- Extra point .25 below Ren 15
- St 25 bilateral
- St 32 bilateral
- St 41 bilateral

If the patient is also depressed, Dr. Worsley offered an alternative treatment that replaces St 25 with a master point mid-way between St 36 and St 37.

External Dragons Protocol:

- Du 20
- BI 11 bilateral
- BI 23 bilateral
- BI 61 bilateral

## **Needle Technique**

The points are inserted using the Five Element dispersion technique since our goal is to clear out the pathogen. The needles are inserted right to left, top to bottom with a 360 degree counter-clockwise turn. Leave the needles in place for 20 – 30 minutes or until the pulses have harmonized. (For more on FE needle technique, please refer to Chapter 34, pp. 255 – 263, of the Hicks book.)

Pay attention to the patient's eyes and affect. When the patient appears calmer and eyes are clearer and less veiled, remove the needles from top to bottom.

## **Treatment Response**

The immediate response to this treatment may be subtle, nothing more obvious than a change in presence, a calmer, clearer expression in the eyes, a sense of relief and relaxation. On the other hand, there may be more extreme responses such as shaking, trembling, laughter, tears or even nausea and chills. However, whether the immediate response is radical or barely discernable, once the pathogenic factor has been cleared from the heart, the patient can begin to heal at the very deepest level of being.

It is important to pay attention to the more long-term shifts and support the patient in recognizing the small but crucial changes that mark a return to wholeness and authenticity.

## **Caveat**

The practitioner's presence and respectful attitude are crucial to the efficacy of this treatment. We are calling on forces much greater than those of the individual self and it is important to recognize that these primal energies have their own will and wisdom. Don't be discouraged if it takes you some time to really feel that you have mastered the art of the Dragons Treatment. Stay humble and stay with it and trust that the Dragons will come when you truly need them.