

## Discovery of the Healing Highway

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WHEN WE ARE YOUNG, we learn from our parents; when we are older we learn from our teachers; and when we practice medicine we learn from our colleagues and patients. In my career, I have learned much from my many patients. Respecting their opinions and suggestions has helped me immensely; in fact, the most difficult patients are the supreme teachers. Of the many things I have learned from my dear patients, the lesson that struck me the most is that we as humans are beyond just the physical body; we are also mentally and spiritually charged beings. In this discovery of body, mind, and spirit, I found that the treatment known as Vital Energetic Alignment could be the most useful lesson.

There are three reasons why I liked to write this article. First, is that the human body has energetic systems that clearly affect our physical, mental, and spiritual bodies, and the healthiest person has these energetic systems in alignment. Second, there is a way to treat the patient back to health by realigning these physical, mental, and spiritual energies. Third, I would like people to know that Vital Energetic Alignment Chinese medical acupuncture, with its philosophy of balancing and harmonizing, is capable of healing people who have become misaligned. Just as trees must grow in a specific way so as to not topple over, humans must keep these energies aligned so as to stay healthy.

In my career, I found myself practicing in many fields, one of which was being a sports physician; because of this I treated many professional athletes. They would come to me for acupuncture to help with concentration, sprains, injuries, and general well-being. This led to a professional football player coming in to see me in the year of 1988. His main issue was that his movements had become uncoordinated after sustaining an injury in a collision with another player. After the player's injury, he was unable to throw the ball to its intended target. The player's coach recommended that he come see me for treatment. On examination, I noted that this player was alert and well-orientated, although he had bruises on his face. Mentally, he was quite stable, with the exception that he did not feel grounded. His vision was almost normal, except for slightly blurry vision, and his eyes

would dart erratically. After the examination, I found him to be healthy.

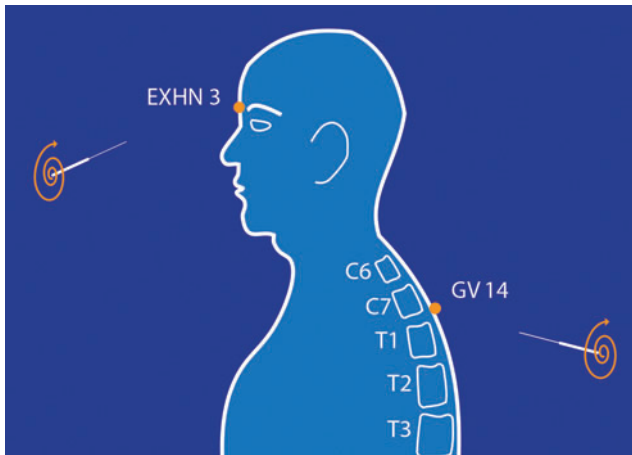
However, due to his eye movements, I checked his vision, and started needling *Yin Tang*, or in acupuncture terms EXHN 3 (formerly known as Gv.24.5), which is located directly between the eyebrows, this is also known as the "third eye *chakra*" in Qigong, yoga, and meditation. His response was almost immediate; his eyesight began to become clearer. When I began to turn the needle back and forth counterclockwise and clockwise, he indicated that when I turned to the right his vision became clearer and he could then see the color blue very clearly. When I turned the needle to the opposite direction, his vision began to blur. Needless to say, I was very shocked by this accidental new discovery. I then decided to try turning the needles with precise movements by  $\sim 20^\circ$  each time in the same direction. When I turned the needle precisely clockwise, he told me it was the clearest his vision had ever had. When I turned the needle precisely counterclockwise, he immediately told me his vision was blurred.

Right away, I thought of a camera focusing. I realized that *Yin Tang* was like using the focus ring on a camera lens. I came to the conclusion that his focus had been out of alignment. Later on, I had more confirmation when other professional athletes came with the same signs and symptoms. Some of them were figure skaters, hockey players, boxers, etc. I realized that all of them were dealing with physical impact injuries, and that, because of these injuries, they were all out of alignment. *Yin Tang* proved to be very useful for treating them.

I began to realize that their Vital Energetic Alignment was distorted due to unexpected physical traumas and that, depending on which side the injury occurred, the turning of the needles needed to be changed, if a player were injured from the right side, the needle must be turned clockwise and vice versa if the player were injured from the left side (Fig. 1). Soon afterward, I looked into many incidents in which the patients were involved in motor vehicle and industrial accidents. I started to realize that all of these

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**FIG. 1.** Vital Energetic Alignment by turning the needle clockwise and counterclockwise.

accidents were associated with the GV and CV *chakra* energy centers and the meridians. Their energy alignments were misaligned and could be realigned with *Yin Tang*. The more I performed this treatment, the more precise the rotating of the needle became, thus, increasing their quality of alignment.

My next step was to begin examining GV and CV with acupuncture points. They are all located in the center of the human body, directly on the midline, and are connected to each other, front and back, and up and down. In order to strengthen the CV and GV, one must understand that all the points are at the midpoint of the body, are deeply seated, and have energy centers located in seven specific *chakra* centers. *Chakra* centers are deeply seated and shaped like funnels; all the vital energy drains into the vital organs and energy points. *Chakras'* energy centers are broad and large, and lead directly into the human body; one can think of them as energy nails that prevent unexpected shifts of body, mind, and spirit energy. Acupuncture points are just points that are only seen inside the body. Heavy physical impact can cause *chakras* to be shifted from proper alignment.

When I began to look into more cases of physical impact and emotional stress, I noticed common symptoms such as a patient feeling "out of body"; fatiguing easily; experiencing loss of memory, and decreases in efficiency and mental capacity; and being not grounded and not well generally. I also discovered that occasionally, patients' pupils were unequal, patients were tired all the time, and they had difficulty with decision-making and became irritated easily.

In 1982, I started to read about body, mind, and spirit, as well as other *chakra* systems in ancient Chinese medical literature. I found that there should be a systematic procedure that focused on body, mind, and spirit. I compiled my findings and experience on Vital Energetic Alignment and published these findings in a French medical journal. After, I continued to study post-concussion syndrome (PCS) and post-traumatic stress disorder (PTSD). I found that these

two conditions were affected severely by problems in patients' Vital Energetic Alignment. The treatment procedure involves using three needles in the front and three needles in the back. The front is associated with CV 6, 17, and 22, and the back is associated with GV 4, 14, and 20. This is a wonderful procedure for addressing PCS, post-traumatic anxiety stress syndrome, and PTSD. I have revisited and modified this procedure many times since that initial publication.

I have also discovered that BL 65 on both feet corresponds with human alignment and the two Emotional Gates PC 6 (inner) and TE 5 (outer). PC 6 is the Inner Gate and, in a healthy patient, will be open; however, if a patient has a history of unconsciousness, PTSD, or any surgical anesthesia, it is likely that the PC 6 Gate will have closed and must be reopened. TE 5 is the Outer Gate and is associated with emotional pollution and usually needs to be opened if there is any emotional trauma, which is very likely in cases of PTSD.

In addition, CV 5 is another very useful point; it is the Subconscious Gate, which is known as the "black box of the human being." Like a black box in an airplane after a crash, CV 5 can be used to review what the initial source of trauma was in a patient's past experience. This is very useful in cases of PTSD in which patients are unable to recall what caused their ailments.

About 25 years ago, I began to propose my treatment at many conferences, universities, institutions, and societies. So far, it has garnered a very positive response. My hope and dream for the future of Vital Energetic Alignment treatment is that it eventually becomes a standardized procedure for addressing PTSD. I am glad to be able to share my findings with all of you. I hope that it will help our patients who suffer from PCS, PTSD, post-stress syndrome, and all the other negative effects of traumas. I also hope that I can improve the technical aspects of the procedure, as well as improving the training, so that more doctors can heal their patients better. My last wish is that the treatment of PTSD is successful with the use of Vital Energetic Alignment. I have confidence that Vital Energetic Alignment will be a great help in acupuncture, and I am so glad to have this "healing highway" open, so that we will have a way to heal Vital Energetic Alignment problems such as PTSD and Vital Energetic Alignment disorder.

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