

The Black Pearl Sanctuary

Neurovascular Reflex Points in Action

A wonderful use of selected Neurovascular reflex points is called The Black Pearl Sanctuary. It includes a series of NV holds that can help to deeply relax your client and invoke natural healing processes.

In ancient times, the hypothalamus, which was thought of as the "brain's brain," was called the "Black Pearl." When confronted with continual stress, the hypothalamus literally shrinks. The Black Pearl Sanctuary helps "plump up" and restore the hypothalamus, moving negative, fearful thinking toward trust, joy, and inner peace. Holding the points used in the Black Pearl Sanctuary deeply calms the hypothalamus and its servant, Triple Warmer. The hypothalamus comes into a state of grace. This profound relaxation can be thought of as the Black Pearl being returned to a place of peace, safety, and comfort. Bringing the body into a profoundly relaxed state in this manner both opens the way for the body's organic self-healing abilities and also awakens the person to non-ordinary dimensions of experience. It puts the person into a state of Sanctuary.

The technique also has a strong influence on Triple Warmer. Triple Warmer plays a key role in all diseases in the body. But when TW calms and is no longer using up resources from other energy systems, an inner quiet pervades and a deep sense of safety also brings you into a peaceful sanctuary, often opening deep reservoirs of psychic knowing. In addition, because of its use of the NV points, The Black Pearl Sanctuary enhances the health of the blood flow and helps expand and weave the auric field.

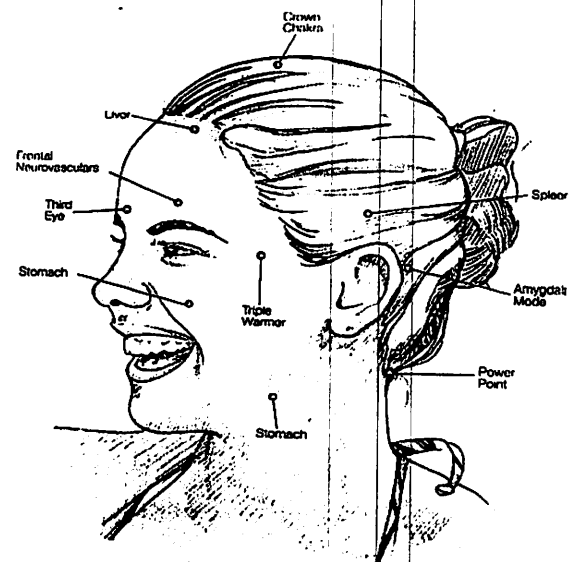
Preliminaries

(Time, 15 - 20 minutes)

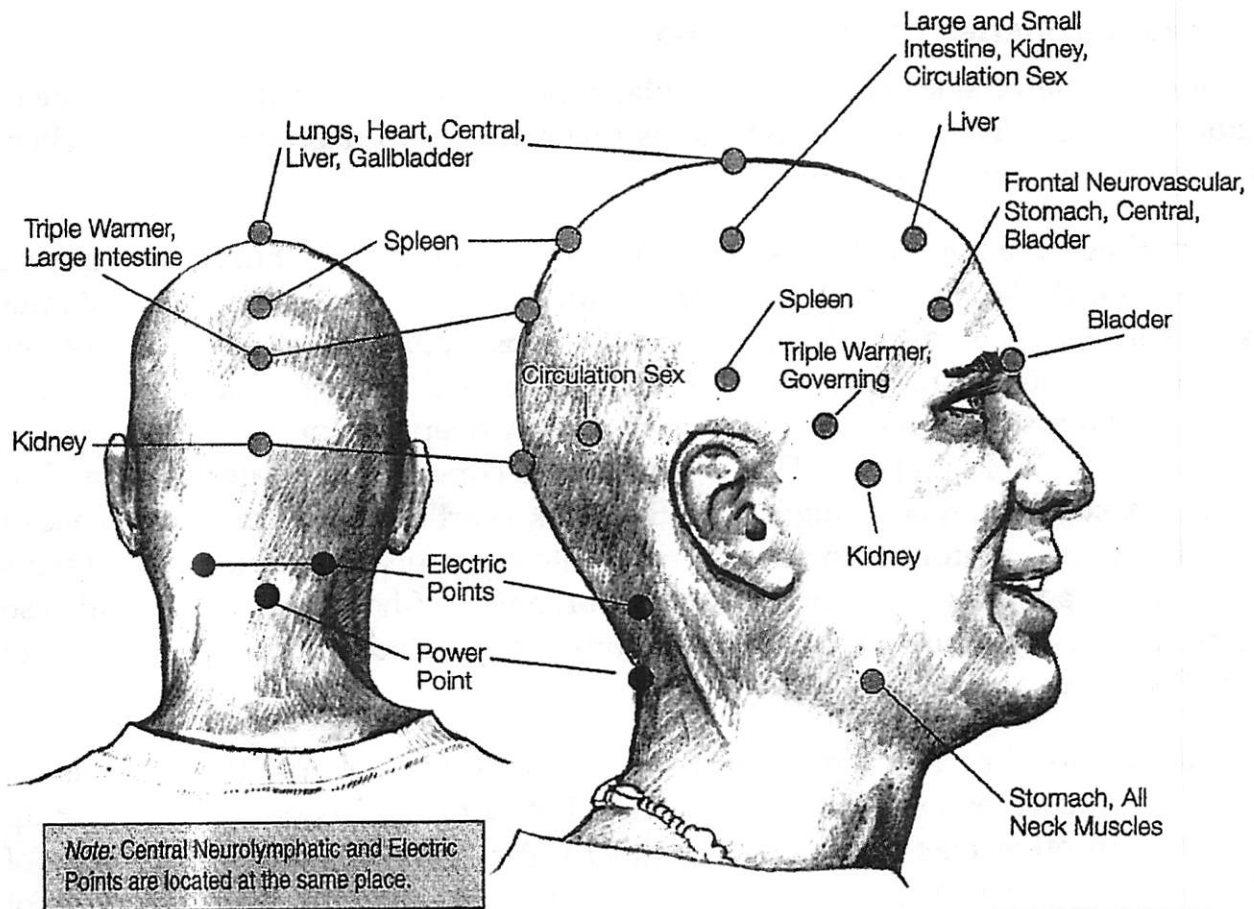
First: Client Lying Face Down:

1. Place the palm of one hand on the upper back or neck and the other palm on the sacrum and stretch them apart.
2. Do the Spinal Flush.
3. Rock the sacrum.
4. Pull energy down body and off feet.
5. Figure 8 the back area.

The Black Pearl



The Neurovascular Reflex Points



○ = Light pressure
● = Firm pressure



Note: The lighter dots signify a gentle pressure, while the darker dots indicate the use of firm pressure.

Second: Client Lying Face Up:

1. Do the Third Eye/Navel Hook-up (push in, pull up).
2. Do the Belt Flow.
3. Sit at the client's head; lay the sides of your thumbs on the client's forehead and stretch them apart toward the temples with firm pressure. This stimulates the Third Eye and supports its opening.
4. Gently scratch the scalp. Rub on the base of the skull at the occipital ridge from the center to the side and back again, lingering a bit longer on the Electric points (see page 34).

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(Time, approximately 30 minutes)

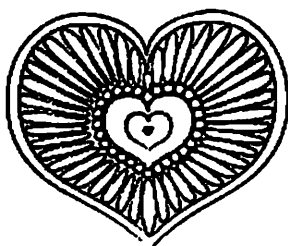
While holding the following Neurovascular reflex points for at least two minutes each, stay in contact with the head as you move your fingers into positions A-G, below. (See diagram on page 34 as reference.)

- A. Power Point Pull: middle finger at center notch at base of skull, connect with Third Eye using middle finger of other hand. Hold both simultaneously.
- B. Place "three finger notches" on Spleen points (above ears).
- C. Place palms and fingers on sides of head – palms flat, 2nd and 3rd fingers in front of ears, 4th and 5th in back of ears on TW meridian (Vulcan sign).
- D. 2nd and 3rd fingers on Stomach (under cheekbones, below eyes) and thumbs on frontal Neurovasculars (above eye brows).
- E. 2nd and 3rd fingers on Stomach (jawbone points) and thumbs on TW (temple NV points).
- F. 2nd and 3rd fingers on TW (temple points) and thumbs on Liver Neurovasculars (hairline).
- G. Place a three-finger notch on the Crown chakra (baby soft spot) and a three-finger notch on the Heart chakra.

Closing Sequence:

- A. Pull energy down the body and off the feet (squeezing the sides of the feet).
- B. Do Figure 8s on both feet.
- C. Hold the Kidney 1 point or do the "wave" (pushing your thumbs into K1, leaning your body into the points, leaning away as you decrease the pressure, back in, back out, etc.).

NOTE: If the person's energies were in a state of extreme imbalance, or they were sick, and you sensed a strong transformation occurring during the Black Pearl, instead of doing the "K1 Wave," end by holding the Kidney meridian sedating points (see p. 70). The K1 Wave resets the body's entire energy system (K1 is the Wellspring of Life point), while the Kidney meridian sedating points help to process and eliminate the toxins that are inevitably released during a major transformation.



This technique was formulated and taught by Donna Eden in the 1980s. Donna stopped teaching it after going on the road in 1999. It was then *independently* formulated by Sara Allen based on her studies with Donna and with Master Steven Co. Sara named it the Black Pearl and introduced it to the wider EEM community. We are grateful to her for this.