

3D, 4D and 5D Acupuncture

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What has attracted you to the field of acupuncture? I have asked that question to many of my colleagues, and while the replies have been quite varied, there has been one common underlying theme. That theme has been something like this: "I have always been interested in expanded, holistic forms of healing, as well as a more metaphysical view of life, and acupuncture is one of the few licensed professions that allows me to operate in that realm."

Of course, not all acupuncturists would resonate with that statement – I know quite a few who prefer to practice from a more logical, medically-based paradigm and shun the metaphysical aspects of the art. What will be shared in this article will be relevant to all acupuncturists, regardless of where they are on this spectrum.

We all know, or have heard about, master acupuncturists who have a reputation for producing consistently effective results by treating with one or two needles. I have seen demonstrations at conferences where a panel of expert acupuncturists all diagnosed the same patient and explained their treatment plans. Most of them came up with different diagnoses and treatments! Yet, it is likely that each of their therapies would benefit the patients.

How do we explain this? Most of us will acknowledge that acupuncture is an art as well as a science. Acupuncturists who practice with a good degree of competency are likely to help most of their patients. Yet some clearly demonstrate superior results. What is the source of the extraordinary results these practitioners demonstrate?

It is logical that after decades of experience professionals will have a higher level of mastery in diagnosis and treatment selection. But I have witnessed that there is another, less tangible factor in producing extraordinary results. Discovering what this is has been a burning question for me, and it has driven me to keep studying diverse forms of healing systems and technologies since the 1980's.

I would now explain this intangible factor as an ability and willingness on the part of practitioners to be a vehicle, or channel for higher healing energies and frequencies. Each acupuncture point is a bio-electric gateway into the body, mind and spirit. Needles, magnets, microcurrent, lasers, acupressure and other treatment methods create input into the inner terrain of the body.

Along with the more tangible effects of these treatment modalities, there is another form of input. We can call this intent. In this context, intent is a doorway to universal healing frequencies that are not measurable by currently available scientific test equipment. Powerful intent comes from a deep understanding on the part of a practitioner that they are a conduit for these higher healing energies. These energies do not come from the practitioner, yet he or she can summon them. So we can envision the most gross input of needle, electricity, pressure or laser as a carrier wave upon which the most subtle energy of intent rides.

I want to present a useful way to understand the three major levels of energy and consciousness

from which the results of our healing arts spring. These can be explained as third dimensional, fourth dimensional and fifth dimensional levels. I will refer to these as 3D, 4D and 5D in the rest of this article.

On the level of simple physics, the first dimension is a point or line in space. The first and second dimensions creates a flat plane. Adding the third dimension offers length, width and height, and so can encompass all of physical reality. Time is often referred to as the fourth dimension. The fifth dimension creates unlimited vectors from the other dimensions, and so is often referred to as the "realm of unlimited possibilities."

I propose that acupuncture and other healing arts can be practiced from a 3D, 4D or 5D level, or some combination of them. Master practitioners are already doing this to some extent, even if they use different ways to refer to it. Let's now move from the abstract and examine the differences between these levels of healing arts.

Third dimensional (3D) therapies are physical and bio-chemical treatments like drugs, surgery and physical therapy. Western medicine is almost purely 3D. 3D therapies focus on changing or repairing a part of the body or aspect of the mind. Because it is rarely taking the whole person into account it is common for there to be negative side effects. 3D medicine is also very expensive. 3D offers amazing life-saving interventions, but is weak for preventing suffering or improving quality of life.

When needles are inserted into appropriate acu-points a cascade of neurological and bio-chemical reactions are triggered. These would be the 3D effects of acupuncture. In terms of human experience, 3D is characterized by the experiences of:

- Focus on solving problems and "putting out fires."
- Polarization with others - personally, politically, economically and globally.
- Fatigue, adrenal stress or exhaustion from focusing on solving problems and overcoming resistance.
- "Weapons of mass distraction" leading to many disappointments and lost opportunities.

Fourth dimensional (4D) therapies are more holistic and integrative than 3D. They usually look at the mind and body together. 4D therapies include acupuncture, homeopathy, energy healing and some aspects of integrative medicine. Treatments that focus on root emotional healing and balancing combine both 3D and 4D aspects. Which is more accentuated depends on the intent of the practitioner and client.

Time, or duration, is often considered to be a 4th dimension. Therefore, 4D therapies take the circadian cycles of the days, months and seasons into account in diagnosis and treatment. Choosing open points according to astrological calendars is a 4D acupuncture approach. The elaborate system of correspondances acknowledged in 5 Element acupuncture is also largely 4D. I also consider applying color light therapy to acu-points a 4D treatment because colors have such a powerful resonance with the emotional body and sub-conscious mind. Color therapy can greatly enhance the mind-body connection.

The 4th dimension is often referred to as the astral plane. 4D experiences include:

- Mind over matter.
- Metaphysics and magic.
- New possibilities and opportunities.
- The struggle between light and dark energies, on both an internal psychological level and on a cosmic level.

A key understanding: While 4D therapies are more holistic and integrative than 3D they are still mainly focused on solving problems, and is therefore dualistic in nature.

The fifth dimensional (5D) level is not truly about "healing" in the literal sense of the word, although I will use that term here for lack of a better one. The 5D aspect of people holds the template of their whole, healthy and complete self - even while they are going through sickness and suffering. Our 5D aspect exists in a timeless space prior to all the trauma, wounding and imbalances. Therefore, 5D healing is not about fixing or clearing anything. It is a process for physically reconnecting you or your client's body and mind to higher frequency light from their spiritual source.

The 5th dimension is the realm of unity, oneness and inter-connectedness. The 5D aspect of ourselves:

- Is whole and complete.
- Is in direct flow and connection with our source of all good and supply.
- Experiences and radiates unconditional love and service.
- Is unlimited and can create awesome outcomes in our physical, everyday life.

A great way to understand the process of 5D healing is to compare it to computers and software. If one of your software programs, such as your email program, starts getting buggy and "corrupted," and you are getting frustrated by it not performing properly, you may consult a service tech. He is not going to tell you to try to go through the software code and repair it line by line. Once he confirms that your problems are not due to user error, he will probably tell you to download the latest, bug-free version of the software from a central server. Once you do this, your problems will be instantly solved and you can enjoy using your computer again.

3D and 4D therapies focus on diagnosing and then correcting "bugs and corruption" in the operating systems of our bodies and minds. Chinese Medicine is largely heteropathic - that means that whatever the imbalance is you apply the opposite to help balance *Yin* and *Yang*. If a client is too cold, you prescribe warming herbs or apply moxibustion, and so on. Unlike this approach, 5D healing does not work by focusing on correcting known imbalances. It is much more about supporting the client in "rebooting" the diseased aspect of their body or mind from their source (central server).

I ascribe the seemingly miraculous results my patients have sometimes experienced to this form of 5D reboot. In those cases, I managed to get my ego mind out of the way enough so I could act as a conduit for higher light. In my practice, I aim to offer well-chosen acupuncture, microcurrent, light, herbal and other therapies to my clients - and also open the space for the unlimited possibilities of 5D. This represents my integration of 3D, 4D and 5D.

How does 5D healing work?

Acupuncturists describe energy pathways in the body called meridians. Meridians contain acupuncture points which can be stimulated with needles, heat or microcurrent for pain relief, healing or rejuvenation. In 5D work, these meridians are referred to as axial lines and certain acupuncture points are referred to as spin points.

The Earth also has its own axial lines, as does the solar system, galaxies and the Universe. At one time the axial lines of human beings were in direct connection and flow with the Universal lines of force, and life was very different. Through what has often been called the "fall from grace" our race largely disconnected our body's energy pathways from those of the universe. This led to all manner of pain, disease, conflict, scarcity and spiritual dis-connection. We might say that 5D

reconnection helps reverse that fall from grace, putting your personal meridians back into direct connection with the universal grid.

In my 5D sessions, the client usually lies face up on a treatment table in a meditative space. I seek to facilitate reconnection by directing 5D light through my hands and fingers into axialtonal lines and spin points on the client's body. This is sometimes done in conjunction with 3D and 4D interventions such as needles and microcurrent. Almost everyone who receives these sessions experiences a deep sense of relaxation and well-being. Those that are more sensitive to energy, usually also report blissful feelings of energy and light moving through their bodies.

The root of most, if not all, pain, depression, fatigue and disease is a deep sense of disconnection from our loving, abundant source. As clients get physically re-wired to these source energies, they can move out of separation consciousness and into the joy of living fully. As they experience reconnection the innate wisdom of their body can much more readily restore and rejuvenate itself. Therefore significant, long-term improvements in health and well-being are likely.

No claims or promises of specific healing results can be made for 5D work, yet positive changes are common. These changes may be noticed right away or several days later. They could be in the areas of improved health, relationships, finances or spiritual awareness. I welcome your comments and experiences about how your clinical experiences reflect the ideas expressed in this article.

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