



AcuEnergetics® Reverse Sacral/Conception Vessel Balance

What are some of the complaints this is used for?

Just as it sounds, this balance opens up the conception vessel and reproductive system to allow the body to function optimally. This helps women to clear any menstrual disorders and is highly recommended as a treatment for infertility or pre-pregnancy clearing. It also assists with opening blockages in the sexual organs, as well as healing bladder problems and other complaints in the sacral area. The Reverse Sacral Balance is specifically used to treat women for sexual problems such as infertility, inability to orgasm, pain in the sexual organs and menstrual problems like amenorrhoea, and to treat men for tension/pain in the testes, infertility, low sperm count, erection issues and performance issues.

Prior to the balance

You must wear pants for this balance. It's best to wear soft pants like leggings. The practitioner will use colored sticky dots to mark out the key points to use in this balance. They will ask you to point out your perineum (located between your sex and anus), your vagina, clitoris and other points like your nipples and ovaries if you can feel them.

What happens during this balance?

You will remain fully clothed at all time throughout this balance. The practitioner will be doing an energetic technique called resonance to open the energy flowing in each point. They will be doing this with their hands held still on the body. The practitioner will open each point and balance it to another point. Most of the time the perineum is used, but sometimes it changes. The practitioner has two fingers balancing the perineum and two fingers (of the other hand) are on balancing the following points (for women).

- Perineum to on the vagina opening (on the body)
- Perineum to on and off the clitoris
- Perineum to on Ren 2 (this is on top of the pubic bone, and is important for inability to orgasm)
- Perineum to on Ren3 (1 cun above pubic bone/4 cun below navel, meeting of CV with Spleen, Liver and Kidney channels)
- Perineum to on Ren 4 (2 cun above pubic bone/3 cun below navel, meeting of CV with Spleen, Liver and Kidney channels)
- Perineum to on Ren 5 (3 cun above pubic bone/2 cun below navel)
- Perineum to on Ren 6 (Lower tan Tien - 3.5 cun above pubic bone/1.5 cun below navel)
- Perineum to on Ren 7 (4 cun above pubic bone/1 cun below navel, the meeting of CV, Thrusting & Kidney channels)
- Perineum to on Navel (Ren 8)
- Perineum to on Ren17 (between the nipples, Mu pt of Pericardium, meeting of CV with Spleen, Kidney, Small Intestine and Triple Heater channels)
- Perineum to on Ren 21 (jade Pivot, on sternum)
- Perineum to on Ren 24 (top of the Conception vessel, in depression above chin and below bottom lip)
- Follow this by resonance from perineum to ovaries, clitoris to ovaries, navel to ovaries, nipples to ovaries and clear St28, St29, St30.

What will I feel?

There are a wide variety of sensations that can be felt during this balance. Sometimes as congested energy releases, you sometimes feel some aches or pains, tingling and movement either localised at the point being used or deeper inside in your uterus or ovaries. Most people feel some of the energy moving or pulsing, while some feel nothing at all. In general, it is just relaxing.

Please remember

At any stage, for any reason, if you would like to stop, please tell your practitioner to do so.

Thank you.



Reverse Sacral Balance showing some of the points, which will be marked out using sticky dots.



Reverse Sacral Balance showing the AcuEnergetics® practitioner commencing the balance.



Reverse Sacral Balance showing a close up of the AcuEnergetics® practitioner doing the balance. Please note the hands are on the body. This position shows the Perineum to the clitoris being balanced.