

## Sacred Bliss Oils

**C. Norman Shealy, M.D., Ph.D.**

**Over the past 18 years, I have evaluated Five Sacred Rings, and during the past 18 months demonstrated that specific essential oil blends work effectively. I consider this discovery the most important advance in acupuncture in 4,000 years, as it allows individuals to activate the various Rings themselves. In general, at least 80% of individuals can activate the appropriate Ring at home. Since these were given to me by a Guide, I have taken the blessing of the oils a step forward, as a Native American Healer, and they have been consecrated as sacraments of the Native American Church of Nemenhah. Each production is blessed by me in a Ceremony. As most know, I have explored the benefits of Sacred Healing for almost 40 years. Obviously individuals who are highly sensitive to odors should first smell each bottle and start by applying only to one point to be certain they are not sensitive; a good practice for everyone!**

## Possible Benefits of the Bliss Oils

### FIRE

**Assists in restoring DHEA, dehydroepiandrosterone, the most important stress reserve! This hormone is excellent to help minimize Inflammation, rheumatoid arthritis, migraine, depression, neuropathy and pain.**

**Americans in need of this oil-----80% of adults**

### AIR

**Assists in restoring Oxytocin, the bonding, nurturing, anxiety reducing hormone which may help overcome major stress and depression, as well as reduce muscle tension which can help reduce pain as well as abort migraine.**

**Americans in need of this oil---80%, including children!**

### **WATER**

**Assists in balancing aldosterone, which may help swelling or edema, blood pressure, congestive heart failure.**

**Americans in need of this oil----67% of adults**

### **EARTH**

**Assists in restoring calcitonin, the hormone essential for preventing and overcoming osteoporosis. Calcitonin is also the strongest pain relieving hormone the body produces, 40 to 60 times as strong as morphine. Individuals with low thyroid function may need to stimulate Fire energy as well as take iodine to restore thyroid function.**

**Americans in need of this oil----75% or more of adults**

### **CRYSTAL**

**Assists in reducing free radical molecules up to 80% or more. Free radicals damage cells and lead to inflammation, aging, and over 200 major diseases!**

**Americans in need of this oil---90% of adults**

## **Aroma Acu-Therapy for the Five Sacred Rings**

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The 5 Rings may support individuals in overcoming the major elemental diseases:

### **Fire diseases**

Adrenal burn-out/low DHEA  
Endocrine imbalances  
Hypertension  
Inflammation  
Depression  
Migraine  
Neuropathy  
Diabetes  
Pain

### **Air diseases**

Low neurotensin and oxytocin  
Intuition  
Tinnitus  
Hearing loss  
Depression  
Anxiety  
Low energy  
ADHD  
Autism

### **Water diseases**

Aldosterone imbalances  
Emotional excesses  
Obesity  
Swelling/edema/congestion

### **Earth diseases**

Calcitonin deficiency  
Osteoporosis  
Pain  
Degenerative neurological diseases

### **Crystal diseases**

Excess free radicals  
General degenerative disorders

# THE RING OF FIRE

**K3 (Kidney)** Midway between the tip of the medial malleolus and the tendo calcaneus

**CV2 (Conception Vessel)** in the superior border of the pubic symphysis, in the middle of the abdomen

**CV6 (Conception Vessel)** 1.5 cun below the umbilicus in the middle of the abdomen

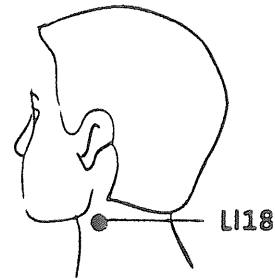
**B22 (Bladder)** 1.5 cun lateral to the lower border of the spinous process of the first lumbar vertebra

**MH6 (Master of the Heart)** On the ulnar side of the wrist, on the radial side of the tendon M. flexor carpi ulnaris, below the pisiform bone

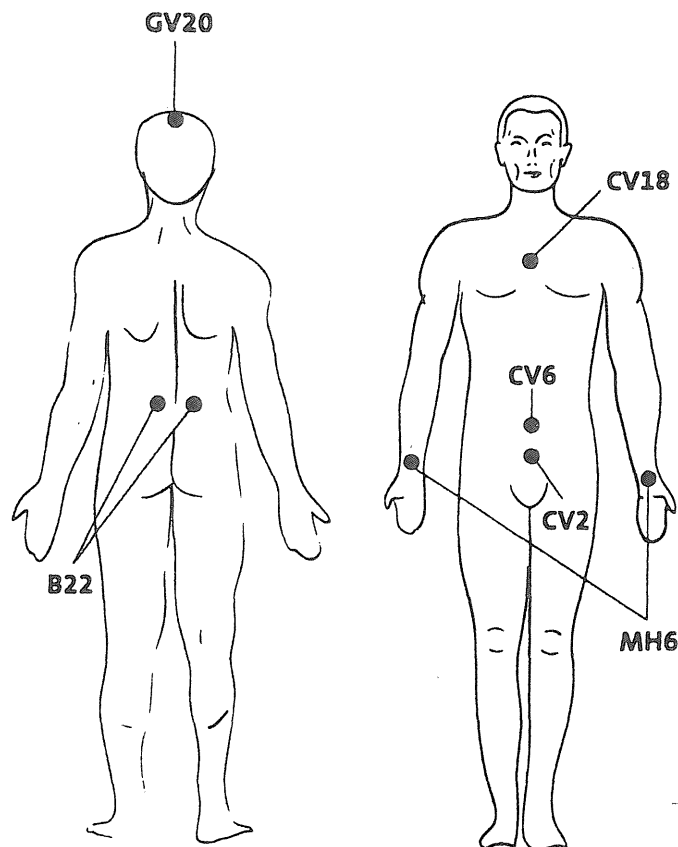
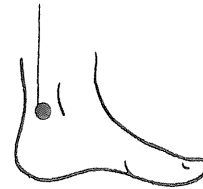
**LI18 (Large Intestine)** 3 cun lateral to the thyroid cartilage, between the sternal, head, and the clavicular head of the sternocleidomastoid muscle

**CV18 (Conception Vessel)** on the midline of the abdomen 1.6 cun above the line of the two nipples, at the level of the third intercostal rib

**GV20 (Governing Vessel)** 7 cun above the posterior hairline, midway on a line connecting the apex of both ears



**K3 (BILATERAL)**



# THE RING OF AIR

SP1A (*Spleen*) on the medial side of the big toe, 0.1 cun posterior to the corner of the nail

LIV3 (*Liver*) between the first and second toe, 2 cun proximal to the margin of the web

S36 (*Stomach*) 3 cun below the lateral side of the patella, one finger breadth from the anterior crest of the tibia

LI (*Lung*) on the lateral aspect of the chest, in the interspace of the first and second ribs, 6 cun lateral to the midline of the chest

G20 (*Gall Bladder*) in the depression between the M. sternocleidomastoid and the upper portion of the M. trapezius; specifically, between the depression directly inferior to the occipital protuberance and the mastoid

GV1 (*Governing Vessel*) tip of the coccyx

GV16 (*Governing Vessel*) directly below the occipital protuberance, in the midline, in a depression 1 cun above the hairline

GV20 (*Governing Vessel*) 7 cun above the posterior hairline, midway on a line connecting the apex of both ears

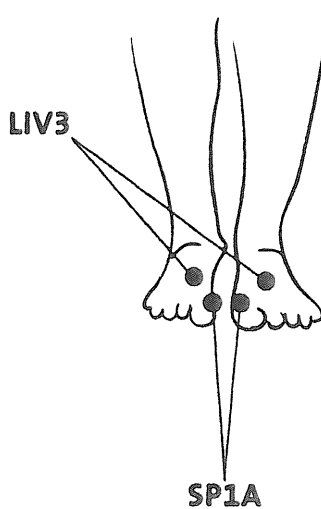
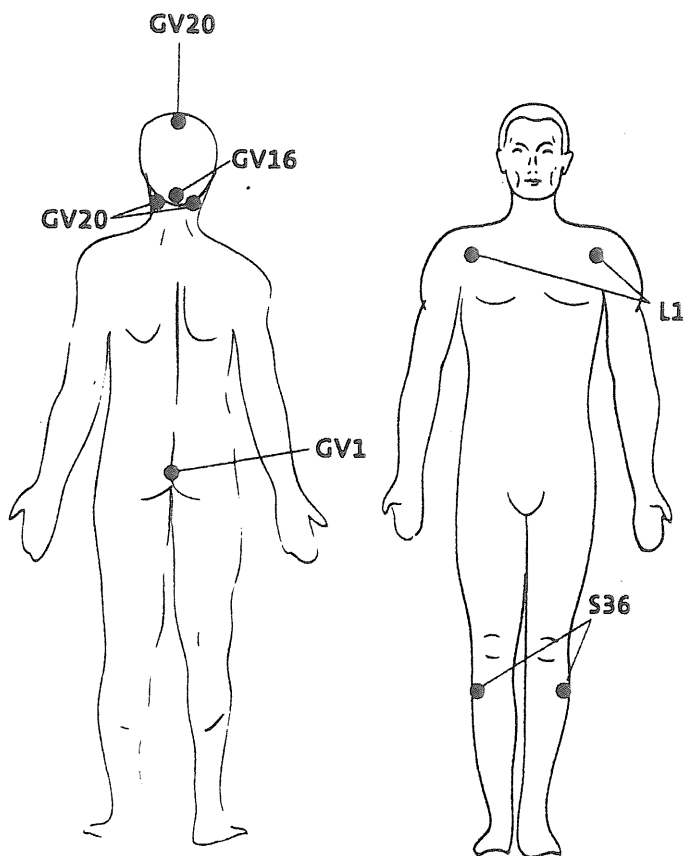


Figure 2.3



# THE RING OF WATER

SP4 (*Spleen*) on the medial aspect of the foot, in a depression at the anterior and inferior border of the first metatarsal bone, at the junction of the "red and white" skin

H7 (*Heart*) on the ulnar side of the wrist, on the posterior border of the pisiform bone, in the depression at the radial side of the tendon M. flexor carpi ulnaris

B10 (*Bladder*) 1.3 cun lateral to midline of 1st and 2nd cervical vertebrae, on the lateral side of M. trapezius

B13 (*Bladder*) 1.5 cun lateral to the lower border of the spinos process of the third thoracic vertebra

CV14 (*Conception Vessel*) 6 cun above the umbilicus, on the midline of the abdomen

TH16 (*Triple Healer*) posterior and inferior to the mastoid process, in the posterior border at M. sternocleidomastoid, at the level of the angle of the mandible

GV8 (*Governing Vessel*) below the spinous process of the ninth thoracic vertebra

GV20 (*Governing Vessel*) 7 cun above the posterior hairline, midway on a line connecting the apex of both ears

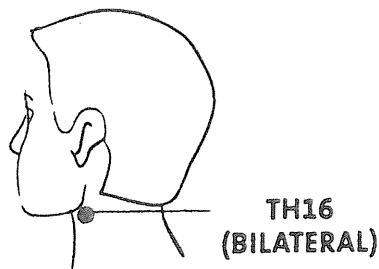
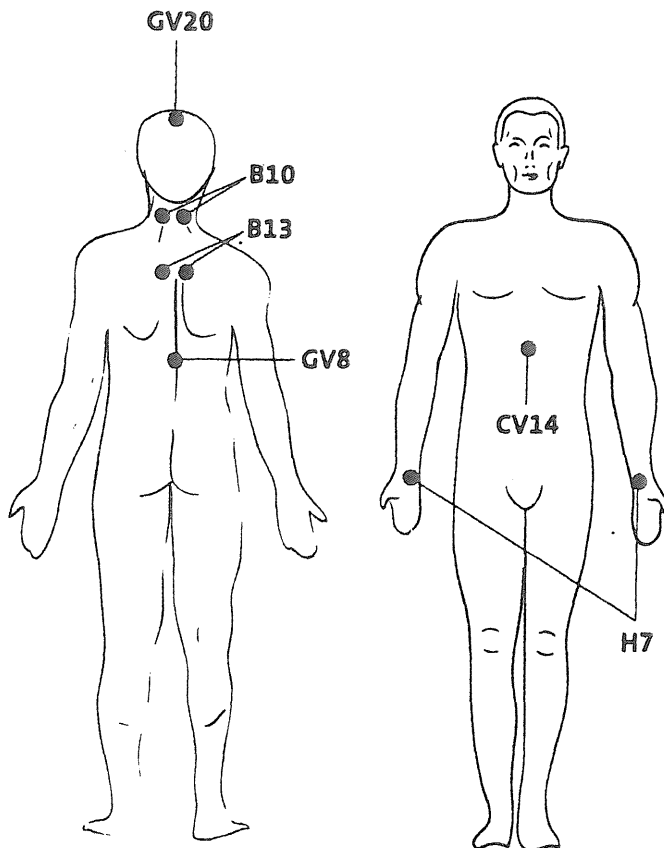


Figure 2.4



# THE RING OF EARTH

**K1 (Kidney)** In the depression at the junction of anterior and middle third of the sole in a depression between the 2nd and 3rd metatarso-phalangeal joint when the toes are plantar flexed

**B54 (Bladder)** Exact midpoint of the popliteal transverse crease

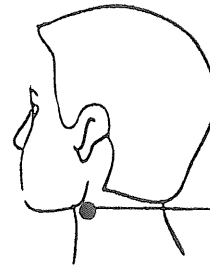
**B60 (Bladder)** Between the posterior border of the external malleolus and the medial aspect of tendo calcaneus at the same level as the tip of the malleolus

**LI16 (Large intestine)** In the depression between the clavico-acromial extremity and the spine of the scapulae

**ST9 (Stomach)** Posterior to the common carotid artery on the anterior border of the M. Sternocleidomastoid, lateral to the thyroid cartilage

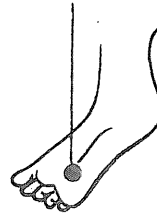
**SI17 (Small intestine)** Posterior to the angle of the jaw on the anterior border of M. sternocleidomastoid

**GV20 (Governing vessel)** 7 cun above the posterior hairline, midway on a line connecting apex of both ears

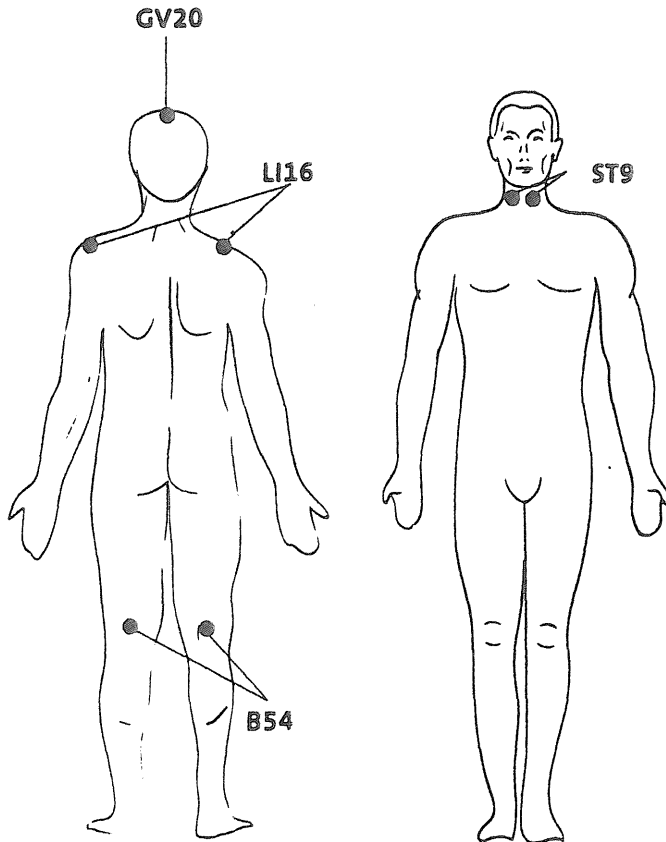
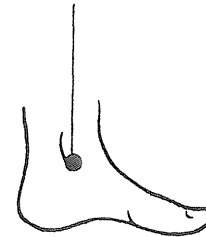


**SI17 (BILATERAL)**

**K1 (BILATERAL)**



**B60 (BILATERAL)**



*Figure 2.5*

# THE RING OF CRYSTAL

SP4 (*Spleen*) on the medial aspect of the foot, in a depression at the anterior and inferior borders of first metatarsal bone, at the juncture of the "red and white" skin

GB30.5 (*Gall Bladder*) 2 cun lateral of the greater trochanter to the major trochanter, lateral side of the upper leg

CV8.5 (*Conception Vessel*) .5 cun above the umbilicus

GV4.5 (*Governing Vessel*) on the spinous process of the 2nd lumbar vertebra

CV14.5 (*Conception Vessel*) 6.5 cun above the umbilicus on the midline of the abdomen

GV7.5 (*Governing Vessel*) on the spinous process of the ninth thoracic vertebra

GV14.5 (*Governing Vessel*) on the spinous process of the third cervical vertebra

CV23 (*Conception Vessel*) midline of the neck, midway between the tip of the cricoid cartilage and the border of the mandible

GB11 (*Gall Bladder*) in the depression 1 cun posterior of the horizontal line of the auricle

GV20 (*Governing Vessel*) 7 cun above the posterior hairline, midway on a line connecting the apex of both ears

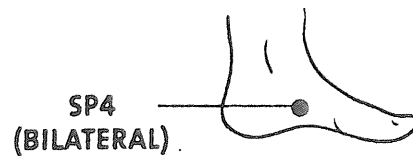
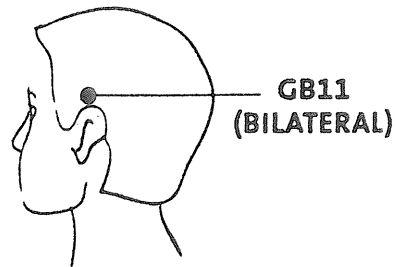
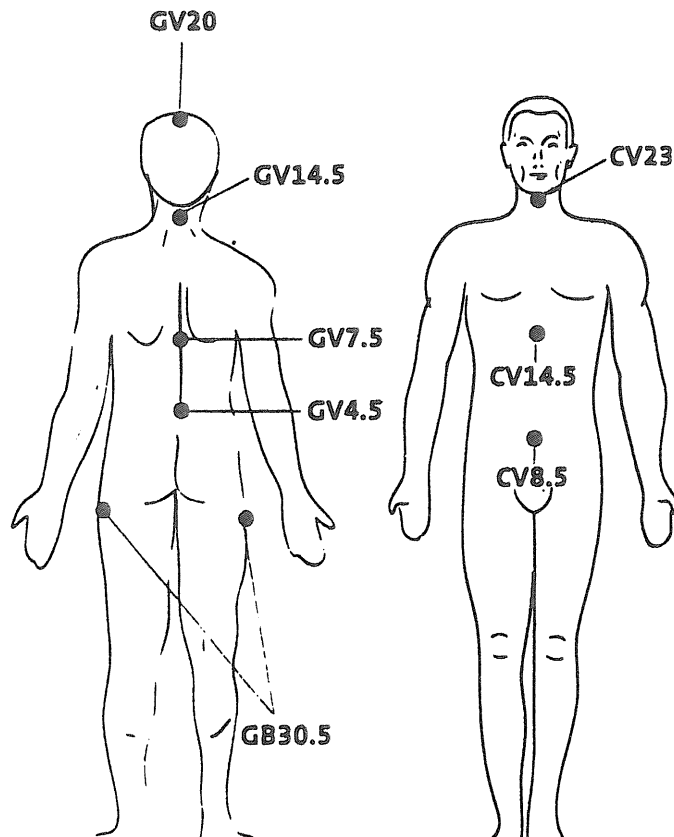
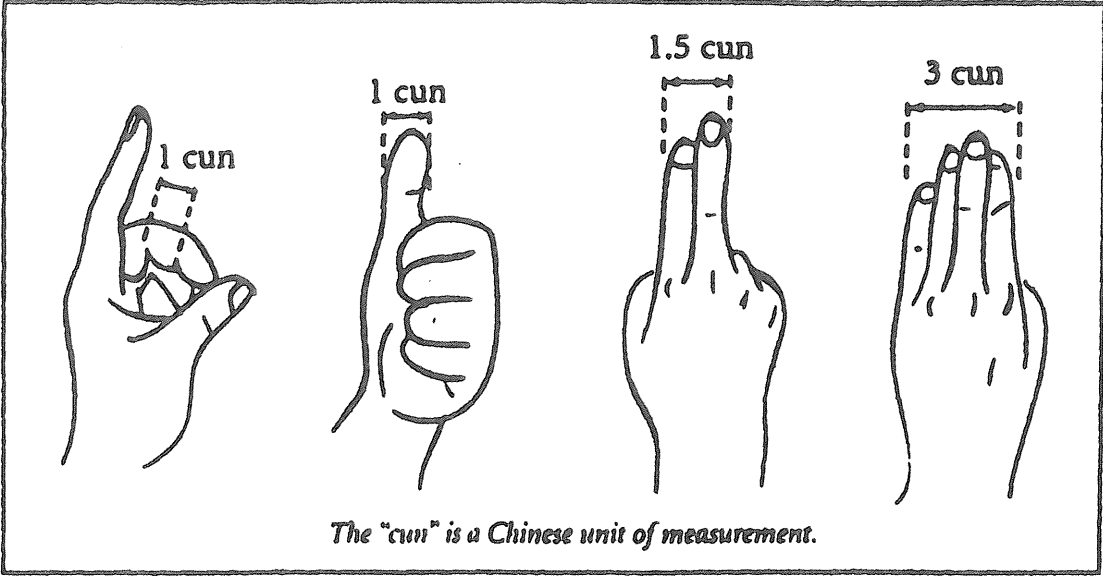


Figure 2.6







*The "cun" is a Chinese unit of measurement.*