

# be the best you can be...

Free yourself from blocks, to realise your optimal state of being!  
The Barefoot Doctor lightens the path, leads the way and shows us how simple it can be...

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you have to stimulate your kidney energy.  
Your kidneys weaken when you stress,  
worry or give way to anxiety.



**U**nblock yourself so you can be the best you can be.

To unleash your full potential this lifetime you have to be willing to take risks – you have to be willing to risk looking like a fool when you try something new and inevitably mess things up a bit at first. You have to be willing to sacrifice your comfort in the familiar when you step into new uncharted territory. You have to be willing to think originally and creatively and to access and trust your intuition. You have to allow yourself to be motivated by an intention to ‘chip in’ rather than ‘fit in’, to contribute something great to the general mix rather than conform.

### true courage

This willingness requires courage – not the false bravery that doesn’t permit you to acknowledge the fear you’re feeling – but true courage that enables you to keep moving towards your desired goals despite quaking in your boots.

Which all sounds lofty and inspiring, hopefully enough to actually inspire you to the lofty heights you were born to achieve. But how do you go about such an apparently

daunting enterprise? The method is in fact amazingly simple and effortless and probably quite different to what you may have imagined.

According to this ancient Taoist system, which I practice in my own life and have been teaching to millions for over 30 years, you can increase your levels of courage, decrease your levels of fearfulness and solidify your intention, whence springs the power to manifest whatever you want, simply by adjusting the energy of your vital organs and doing a spot of visualization.

To increase your courage you have to stimulate your heart energy. The word courage derives from the Latin word for heart, so this

notion of linking the quality with the organ is common to our cultural roots too. Acupressure is perhaps the most effective way to do this. Examine your right palm. Trace an imaginary line along the length of the midline of the little finger from tip to base, then extend that line along that side of the palm until it intersects your wrist bracelet. Just beyond that there’s a tendon running into the base of the palm. Press it firmly with the opposite thumb to produce a strong yet pleasant ache that’ll cause your hand to feel a bit paralyzed. Hold for 20 seconds then repeat on the other hand. This is your spirit door, which sends hugely calming energy to the heart, similar to taking 2.5 mg of Valium... except it’s good for you. This elicits a spontaneous up-rush of natural courage within 24 hours.

### reduce fear

To decrease your levels of fearfulness you have to stimulate your kidney energy. Your kidneys weaken when you stress, worry or give way to anxiety. Conversely, strengthening the kidney energy lowers your anxiety levels. Effect this by bending forwards in a chair and pressing into the dead centre of the triangle of thin flesh directly behind the inner ankle and directly in front of the Achilles tendon on both feet. With firm pressure, enough to elicit a poignant ache, hold for 20 seconds and release. This sends warming energy to the kidneys, which relaxes the kidney region, automatically lowering your fear to manageable levels.

During both operations and all the time anyway, be sure not to hold your breath and instead allow the breath to flow freely and deeply at all times, as this helps circulate your vitality more efficiently and helps dissipate stress.

### clear visions

What comes next however is the really exciting bit: spend a few moments picturing yourself looking supremely healthy, wealthy, successful, fulfilled, joyful, filled with self-respect and self-esteem, looking loved

and loving, cared for and caring and altogether delighted about every single aspect of your life – as if you’ve just managed to somehow (without even trying to guess how) jumped over all existing hurdles and have now landed safely and satisfyingly in pastures new. Remind yourself to catch a glimpse of this new version of you frequently throughout the day (and night). You’ll be effectively signaling your subconscious, which in turn will produce the desired result. All external factors and conditions will fall into place spontaneously to facilitate it all in real time, without you even having to guess how.

The Barefoot Doctor is a doctor of Taoist energy medicine with 43 years of experience. For further information, visit websites: [barefootdoctorworld.com](http://barefootdoctorworld.com) and [superchargedtaoist.com](http://superchargedtaoist.com)

Traditionally, barefoot doctors (a metaphor for humble healer/ life-skills teacher) wandered around the rural areas of ancient China, dispensing healing and spiritual succor in various forms wherever she or he went. Most of them were women in fact, steeped in the ancient traditions of acupuncture, massage, herbs, chi gung, psychic skills, storytelling, shamanistic magic (equivalent to modern day hypnotherapy), music and song. They were cherished by the people and looked after well wherever they went.