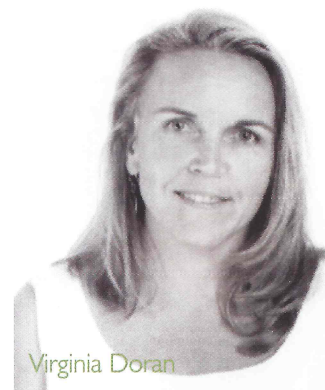




# The Face of Spirit

By Virginia Doran



Some of you may be asking yourselves what is the link between Facial Revitalisation Acupuncture (FRA) and treating the Spirit, or how can I reconcile practicing a form of cosmetic acupuncture with Five Element training. I hope by writing this to address these issues, some of which I had myself before I began to practice FRA.

While I was attending massage school in 1978 and in the following year when I was first studying shiatsu, I had the good fortune to administer weekly foot reflexology treatments to my spiritual teacher at that time. Possessing highly developed psychic and spiritual abilities, she used this time together to assist me on my path. One day she pronounced much to my surprise that I should be doing acupuncture facelifts. I balked at this idea believing that would be worldly and vain. This did not fit into my limited concepts of what was holy or holistic at the time. Sensing my resistance, she proceeded to explain that this could be a way for me to reach a larger "audience" with my ideas on health and Spirit. She continued by predicting that my destiny was to travel the world and teach this, receive much publicity on the subject, and even write on this subject. Although I trusted other advice and teachings she gave me, my uncultivated and opinionated mind could not take this and so I blocked it out of my mind for many years even while I attended acupuncture school. Over fifteen years later, I had a revelation as I recalled her initial prediction. I decided to finally surrender to this "destiny" and then found that publicity and teaching opportunities on this subject came to me without effort.

Providing FRA treatments for patients became a way to attract new patients, many of which who would not otherwise embark upon acupuncture treatment

for health reasons. So many patients seeking this treatment I observed had very deep self esteem issues and an extraordinary fear of aging. Often their confidence and sense of self were based on their body image and appearance. Many were desperate to hang on to their youthful looks and some even obsessed with this fueled by the media and cultural conditioning. I realized that in order for me to feel comfortable and right in myself doing these treatments, I had to not only address the underlying health imbalances that created the signs of aging but also I had to treat these deep rooted psycho-spiritual issues in those that sought this kind of treatment. Indeed I found that if I did not work on this, some subjects could not perceive the change in their

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appearance though it was readily apparent to others around them. This initially led to a few patients dropping out during the treatment series or not being fully satisfied. I saw that it was most beneficial for both the sake of the patient and the practitioner to treat at this Spirit level even for cosmetic acupuncture. Thus developed my philosophy that one should not approach this as a means of capitalizing on someone's vanity

and insecurity but use this treatment as an opportunity to treat it. Various means may be employed for this objective such as Five Element Acupuncture, minute doses of Chinese Herbs, homeopathy or the utilization of vibrational remedies such as flower essences if they are within your professional training and scope of practice.

By addressing the shen or Spirit of the individual, the eyes brighten and the skin develops a glow not possible by allopathic means. Treating at the Spirit level allows the innate beauty and radiance of an individual to be brought forth for all to see. The goal is for inner and outer beauty to be realized. One does not have to be treating a psycho-spiritual



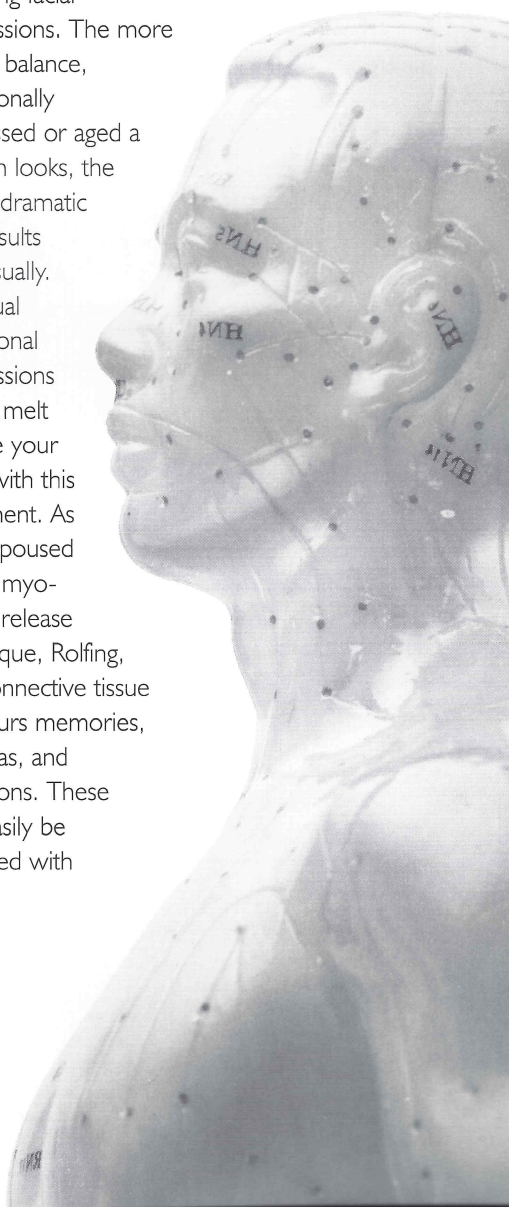
Perhaps you thought that the current enthusiasm for cosmetic acupuncture was a trendy new development in the field. It is common knowledge that the quest for beauty and longevity has prevailed throughout the ages and may even be a universal human instinct. This quest for beauty may indeed be what seduces someone to pursue healthful measures and may even reflect a yearning for Beauty in a greater sense of the word, although not always consciously. The earliest evidence in China of this concern with appearance dates back to the late Paleolithic period (50,000 years ago) from relics and materials believed to be for adornment, makeup, and visual enhancement. Treating cosmetic concerns in Chinese Medicine is by no means a new specialty. There are records to indicate that acupuncture treatment for aesthetic concerns was expressly employed in ancient times for the Empress and the imperial concubines to initiate the healing process for rejuvenation and longevity as well as health. Indeed, theory and treatment for these outward concerns can be even found in the Huangdi Neijing where it describes the effects of age on the skin and appearance and techniques used to treat these including acupuncture, moxibustion, facial massage, and qigong. While laying out the foundation of

Traditional Chinese Medicine, the Huangdi Neijing also began the formation of TCM cosmetology though no one section of this Chinese medicine classic is specifically devoted to it. Also discussed in the Neijing is the relationship between diet, health, and appearance. Recognized as a legitimate branch of TCM, you will now find a Mei Rong department in most hospitals and universities in China.

In FRA the whole person is treated and evaluated on the body-mind-spirit continuum - the foundation of Chinese Medicine. Like regular acupuncture, points are chosen according to the constitution of the individual and specific needs at the time of treatment. The established parameters of diagnosis and treatment strategy will generally

apply when practicing FRA. The essential difference being the addition of various local points on the face and head to obtain the extra cosmetic effects.

FRA helps in letting go of the past and chronic emotional states with their lingering facial expressions. The more out of balance, emotionally distressed or aged a person looks, the more dramatic the results are visually. Habitual emotional expressions visibly melt before your eyes with this treatment. As it is espoused in the myofascial release technique, Rolfing, the connective tissue harbours memories, traumas, and emotions. These can easily be released with





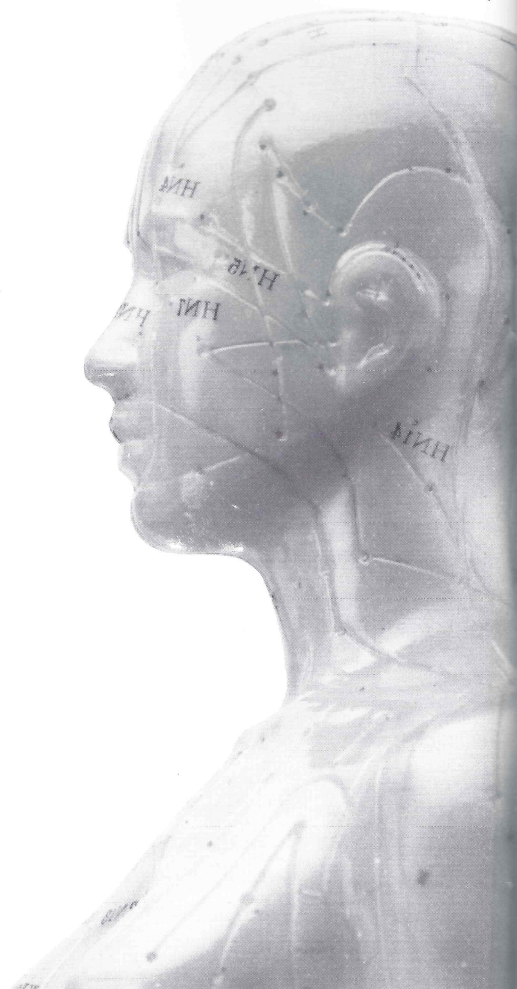
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acupuncture. The face is a repository of our emotional history and few people have had extensive body work or acupuncture on the face to rid themselves of these residual emotional expressions. For some people, needling the face may bring up emotions unexpectedly. Ultimately being a good thing, it is part of the process of the body relinquishing the old emotions. For most, a deep sense of peace and well being is experienced from the treatment. By treating both the external and internal causes of poor self-esteem, FRA treatment fosters great improvements which can initiate positive transformation in multiple domains of physical, emotional, and spiritual health and balance.

In the United States and other western nations the terms rejuvenation and revitalisation are used interchangeably in common use without distinction as they are in the United Kingdom. The British Acupuncture Council has specified the use of Facial Revitalisation Acupuncture to be utilized to describe this practice in accordance with the guidelines of the Advertising Standards Agency.

For more information and a schedule of workshops on FRA in the UK please see

[www.facialrejuvenationacupuncture.com](http://www.facialrejuvenationacupuncture.com)



## About the author:

Virginia Doran, M.Ac., L.Ac., LMT developed her method of Facial Rejuvenation Acupuncture in the mid 1990s and has instructed and certified practitioners in her protocols since 1998. As a recognized expert and practitioner of FRA, she is sought out internationally to share her knowledge on this and other subjects and has recently been honored to have been the first Westerner to teach acupuncture in Japan. Ms. Doran has been a teacher and lecturer in the field of holistic health since 1980 on the subjects of massage therapy, acupuncture, aromatherapy, nutrition, flower essences, Chinese and Western herbs, and supplements. She holds a Master of Science degree in acupuncture graduating in 1995 from the Tri-State College of Acupuncture as well as having completed

their postgraduate course in Chinese herbology which led to her becoming an NCCAOM (US) Diplomate in both Acupuncture and Chinese herbology. She has been a licensed massage therapist since 1979. Ms. Doran is currently writing two books on Facial Rejuvenation: one for acupuncture practitioners and another for the public about her full facial rejuvenation program that she also teaches workshops on. Ms. Doran has received extensive publicity on FRA through television, radio, newspapers, and magazines.

To share with others the benefits of the publicity, Ms. Doran created a referral service for her students who choose to subscribe on her website:

[www.facialrejuvenation.com](http://www.facialrejuvenation.com)