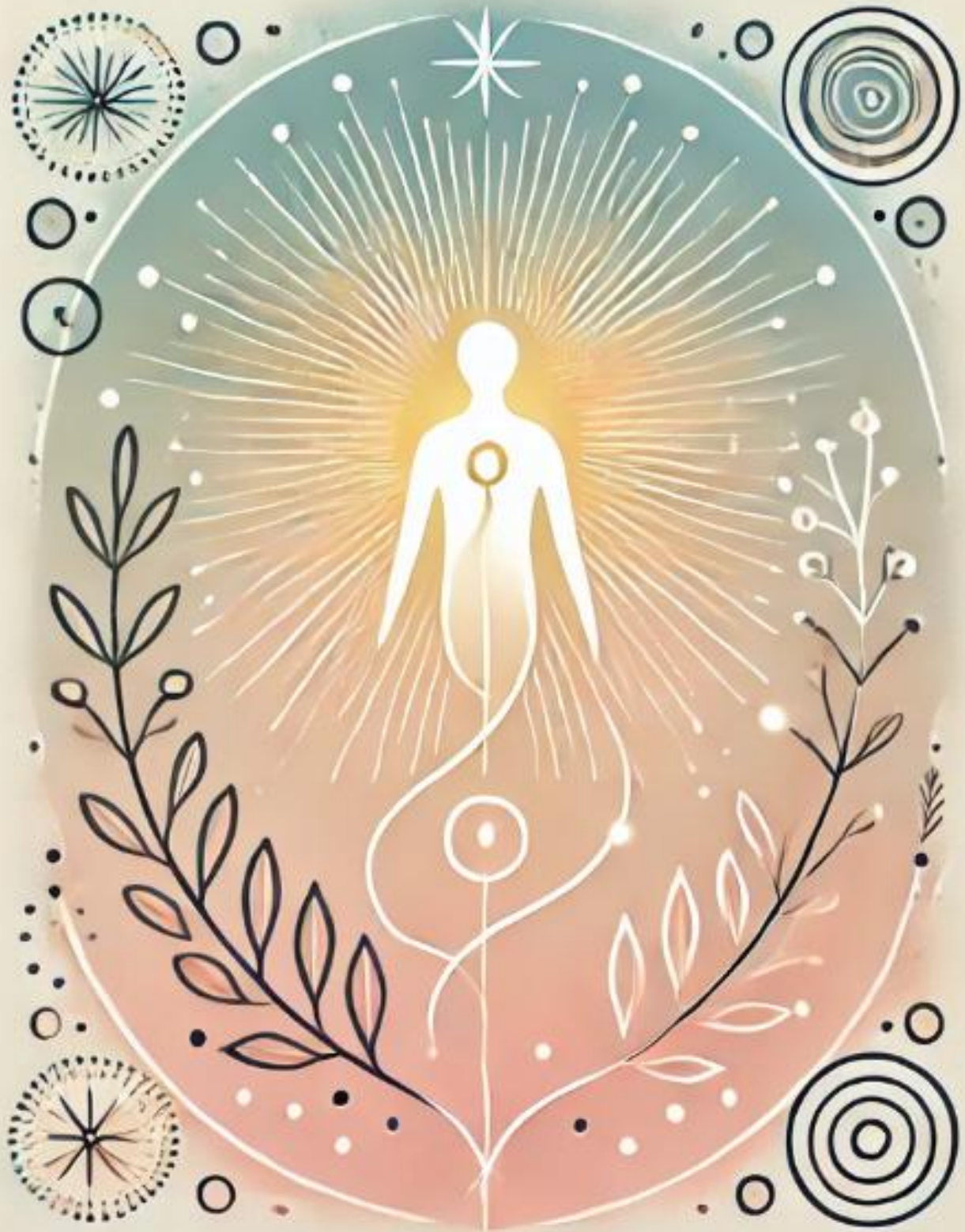


Healing and Self-Discovery: A Beautiful Journey!



Alex da Silva Santos



About the Author:

Alex da Silva Santos has been an acupuncturist for 39 years. As the Director of the Brazilian Center for Acupuncture, he created the techniques Reflex Auriculotherapy and LEP Energy Surgery, for which he has published books.

Currently, he is dedicated to promoting the healing of traumas through Acuspheres, an innovative approach that combines knowledge from Traditional Chinese Medicine, psychology, and neuroscience. This method offers a fast and effective solution for healing traumas and other health issues, bringing hope and happiness back to those suffering from emotional problems worldwide.



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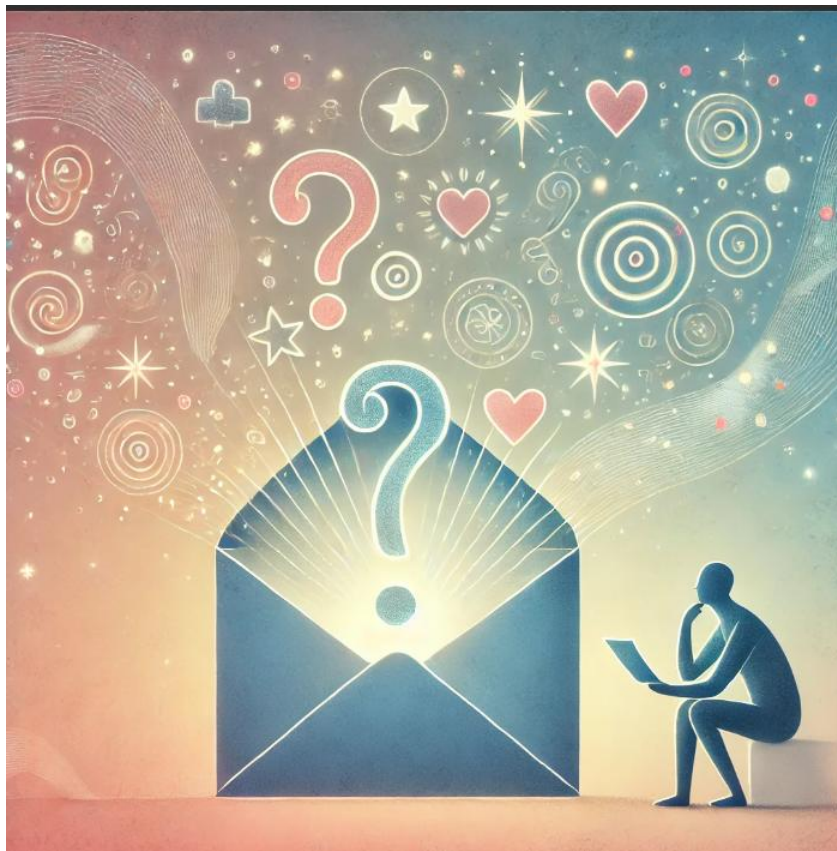


This book is a passport to a lighter and happier life. Here, you will discover that traumas and fears don't have to be your lifelong companions. In a simple and practical way, the author shows how to understand your emotions, free yourself from burdens you didn't even realize you were carrying, and turn challenges into opportunities. He also introduces a powerful tool for the definitive healing of trauma.

Reading this book is like opening a window on a cloudy day: light pours in, air flows freely, and everything becomes clearer. It helps us understand that true healing goes far beyond medications and diagnoses.

If you're seeking more balance, well-being, and a simple way to bring more happiness into your life, this is the moment to turn the page—literally. Get ready to enrich your mind with new ideas, open your heart to new meanings, and perhaps find a new direction for your story.

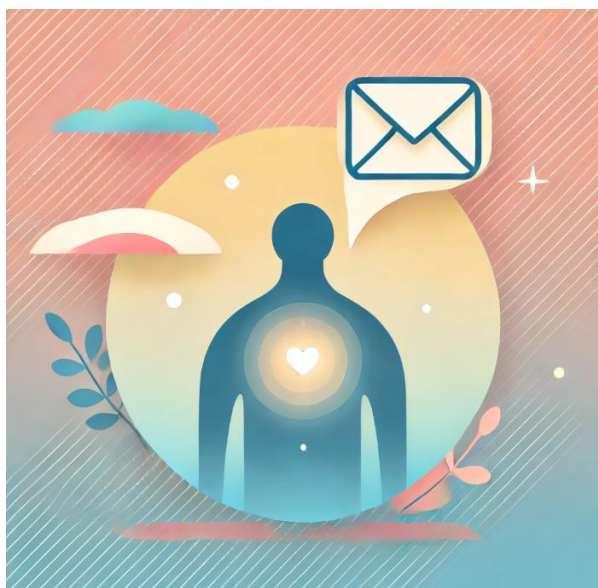
Who has never thought of an illness as "the great villain" of the story? That inconvenient intruder that disrupts our plans and needs to be defeated as quickly as possible. But what if, for a moment, you considered that the illness is not your enemy, but rather a messenger? And that maybe, just maybe, it has something important to say?



In fact, they tell us much more than "something is wrong." They point to what truly needs attention in our lives. And when we shift our focus — addressing the cause instead of the symptoms — something magical happens. We not only find relief but also the transformation that leads us to the balance we so deeply desire.

The Message Behind the Illness

Illnesses often come with a clear message, though not always easy to understand. They might be saying something about:



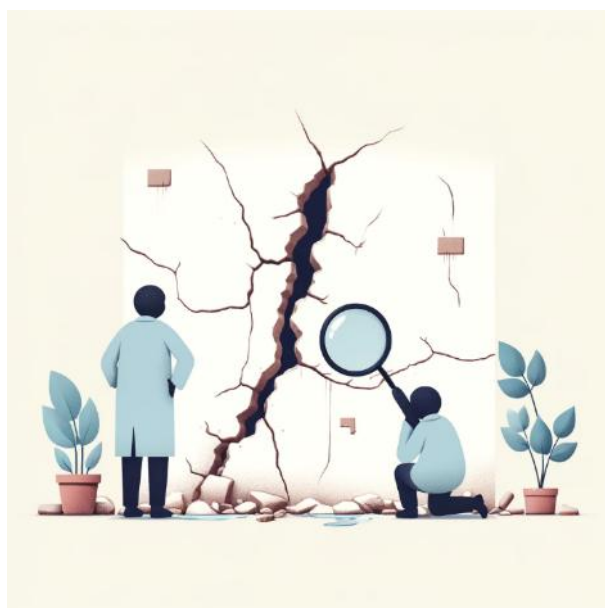
Our habits (how about rethinking that routine filled with fast food and sleepless nights?);

Our emotions (holding onto resentments or worries?);

Or even the way we relate to the world (overworking, lacking time for ourselves?).

Just like an alarm, illness alerts us to something that needs attention before it turns into a bigger problem.

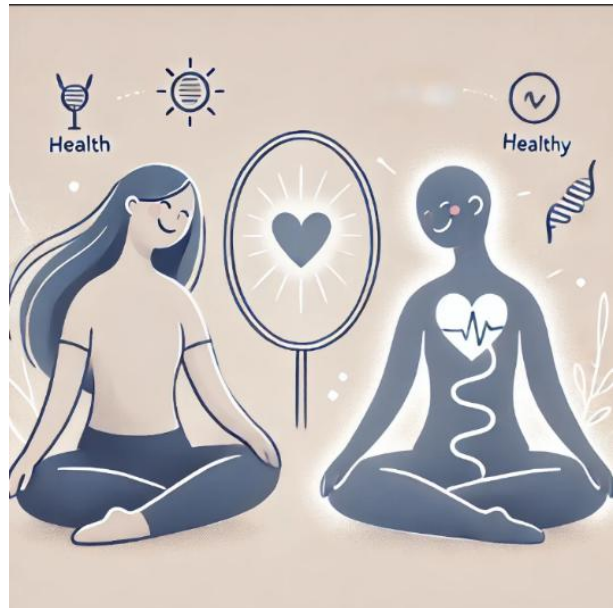
Identifying Deep Causes



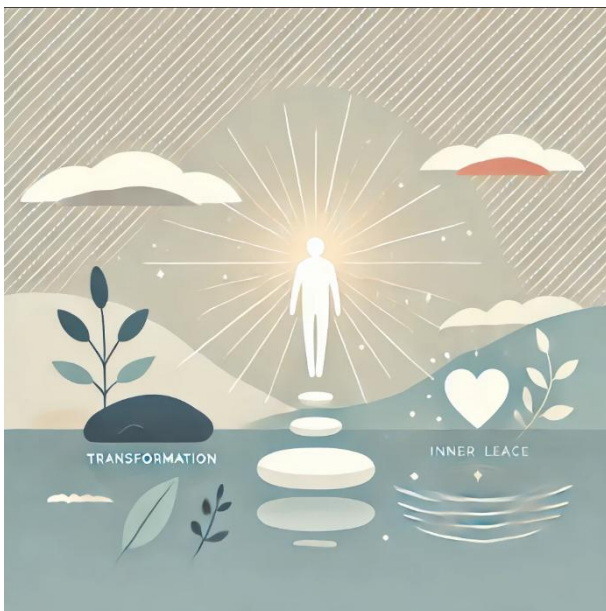
Treating only the symptoms of an illness is like patching a hole in the wall without fixing the water leak. It may work for a while, but the problem remains. When we embrace illness as a message, we can look beyond the obvious and search for the deeper causes. Perhaps it's time to reassess what we've been neglecting, whether in the physical, emotional, or even spiritual realm.

🤝 Transforming the Relationship with the Body

Have you ever thought of your body as a partner, not a battleground? When something isn't right, it sends signals. Pain, fever, fatigue — these are all forms of communication. By listening to these signals, we build a healthier relationship with our body. It's like learning to talk to a friend: trust grows, and everything becomes easier.



🌱 Achieving True Healing



Being healthy is not just "not being sick." It's so much more than that! It's about finding balance, a sense of well-being that goes beyond the physical. It's about being at peace with yourself, your choices, and the world around you. It's about transforming the message of illness into learning and using it as a springboard for a better life.

✦ Illness: Teacher and Transformer

So, the next time something isn't right with your body, stop and ask: "What are you trying to tell me?" Because, in the end, even what seems bad can teach us something valuable. And when we learn to listen, we transform discomfort into growth and pain into a new beginning.



Learning From Illness

When we stop fighting illness and start learning from it, we open the door to a deeper transformation. Some ways to learn include:



Personal reflection: Asking, "What is this illness trying to teach me?"

Changing perspective: Viewing illness as an opportunity for growth.

Self-care practices: Incorporating healthy habits that promote long-term well-being.

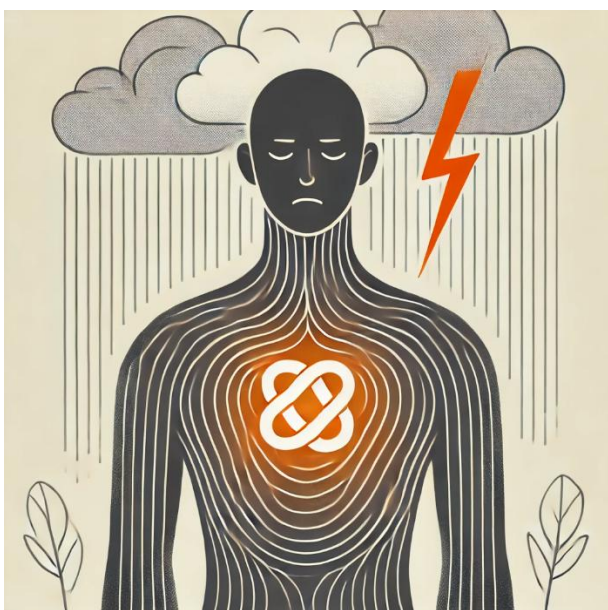
Illnesses and Emotions: What's Behind the Symptoms?

Have you ever heard the saying, "The body expresses what we haven't resolved in the mind"? That's exactly what happens when repressed feelings and unresolved traumas choose to manifest physically. Resentments, fears, and sadness can act like little "cries for help" from the body, saying, "Hey, look at me! There's something here that needs attention."



And the most fascinating (or frightening) thing is that the body has an almost logical method of turning emotions into illnesses. Let's explore this progression in simple yet revealing steps:

1. Stress: The Initial Trigger

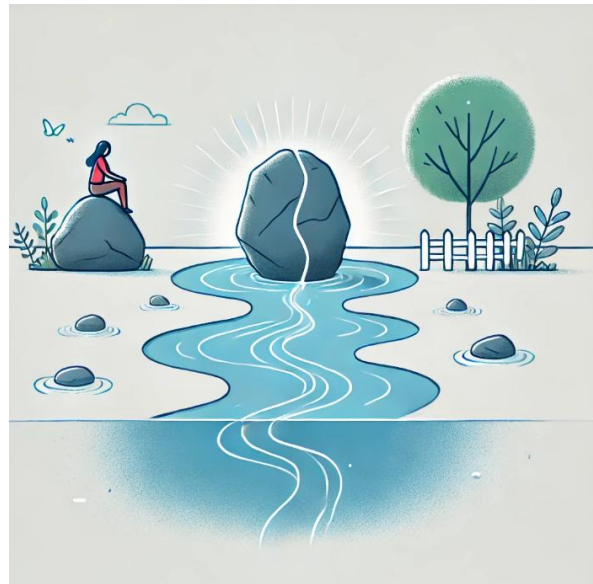


It all starts with an intense emotional experience or an unresolved situation. These moments leave a direct impact on our body, as if tying a knot in our vital energy. And if we don't address it, that knot starts to tighten more and more.

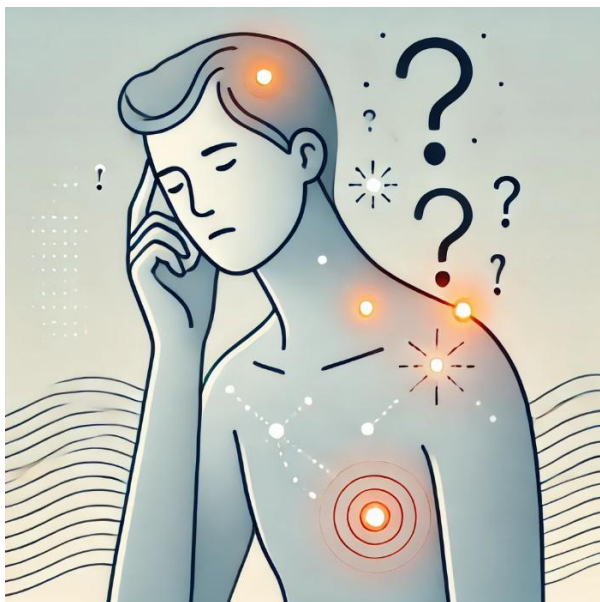
🍷 2. Energy Blockage: The Current That Stops Flowing

Imagine a river encountering a large rock in its path. The water can no longer flow naturally, and stagnation begins to set in.

In the body, it's the same: repressed emotions create blockages that disrupt physical, mental, and even spiritual harmony.



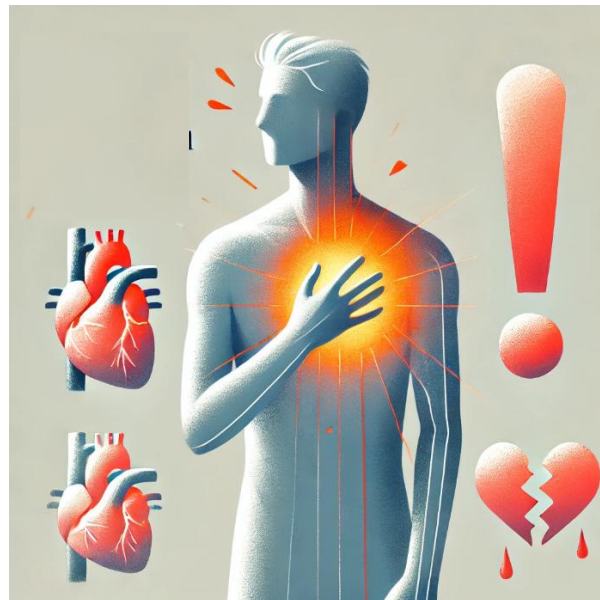
⚠️ 3. Discomfort: The First Warnings



The body, like a concerned friend, starts sending signals: unexplained fatigue, mild pains, sleep disturbances, or a feeling that "something is off." Often, we ignore these warnings, take a pill, and move on. But if we don't listen, the body turns up the volume of the message.

4. Illness: When the Body Screams

If we don't address the emotional root, the discomfort can evolve into a physical illness. It's the body saying, "Now you need to listen to me." At this point, treatment goes beyond merely alleviating symptoms — it requires confronting the hidden emotions.



Why Is It Important to Release Traumas and Negative Feelings?



Carrying unresolved emotions is like walking around with a backpack full of stones: they drain our energy, weigh down our shoulders, and, over time, prevent us from moving forward. These emotions are the main causes of physical discomfort and blockages in organs, often culminating in illness.

By releasing these burdens, we experience a profound and positive impact, bringing more lightness, inner peace, and health, as well as:

A stronger immune system: Accumulated emotions weaken our natural defenses, but when we heal emotionally, our body responds with greater strength and resilience.



More energy and vitality: Negative feelings consume our vital energy, like an app running in the background on a phone. By closing these "emotional windows," we free up energy for what truly matters.

Emotional healing is the foundation for physical, mental, and spiritual health. By making peace with our emotions and our past, we take a giant step toward real and sustainable balance.



Transforming Emotions into Freedom



Releasing traumas and unresolved emotions may seem like a daunting task, but it's also incredibly liberating. It's like cleaning a dirty window: suddenly, the light shines through more brightly, and the world around you feels clearer and more welcoming. The body, grateful, rewards you with better health, more energy, and a sense of peace that no medication can provide!

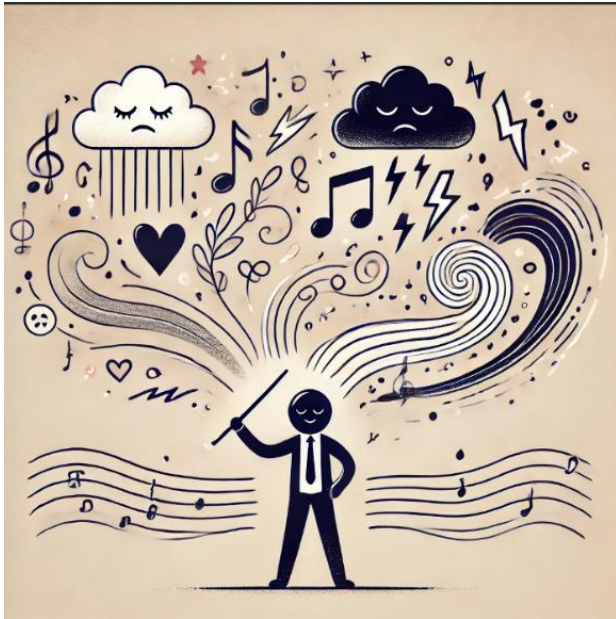
So, the next time a symptom appears, instead of ignoring it or fighting against it, ask yourself: "What is my body trying to tell me?" You might be surprised by the answer.

It All Starts in the Mind

Our body is much more than a collection of organs working in harmony; it is also a faithful mirror of what we feel and think.

When we face intense or unresolved emotions, these experiences leave marks—not only on the mind but also on the physical body. That's when illnesses come into play, as the body's way of saying: "Something needs to be adjusted here!"





Everything is governed by thought. Imagine your mind as the conductor of a grand orchestra. If it is confused or disorganized, the music of life loses its harmony. Negative emotions like anger, sadness, or fear can block the flow of vital energy (the famous Qi in Chinese Medicine), creating space for discomfort and, eventually, illness.

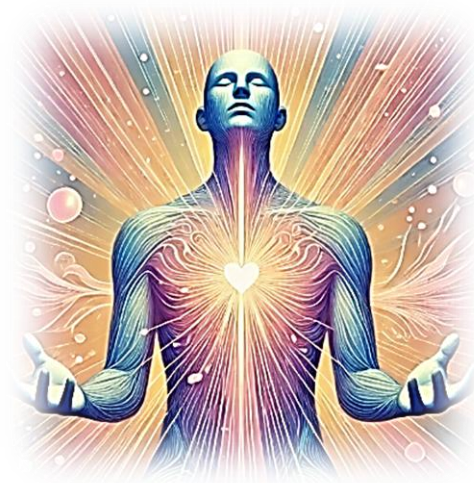


On the other hand, positive feelings like joy, peace, and love allow this energy to flow freely, promoting health and well-being. It's like giving the body the right tools to function at its best. Therefore, taking care of the mind and emotions is not a luxury — it's an essential act of self-care.



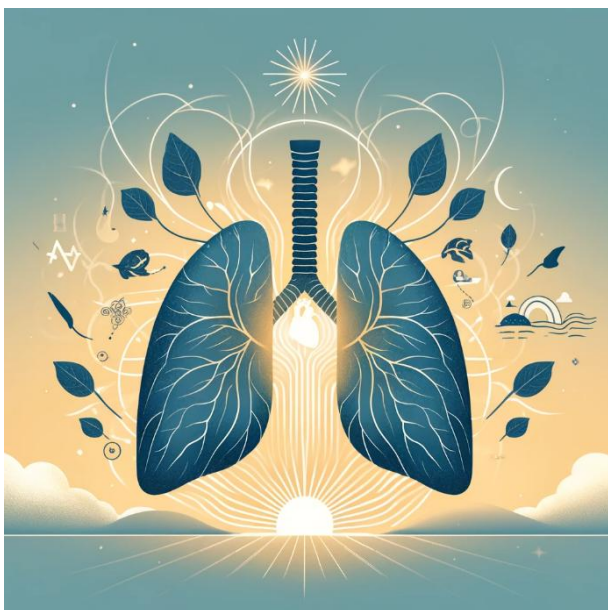
Illness: A Call for Balance

From the perspective of Chinese Medicine, illness is nothing more than the materialization of an emotional imbalance. When we accumulate stress, resentment, or repressed feelings, this can lead to various symptoms, such as tremors or weakness.



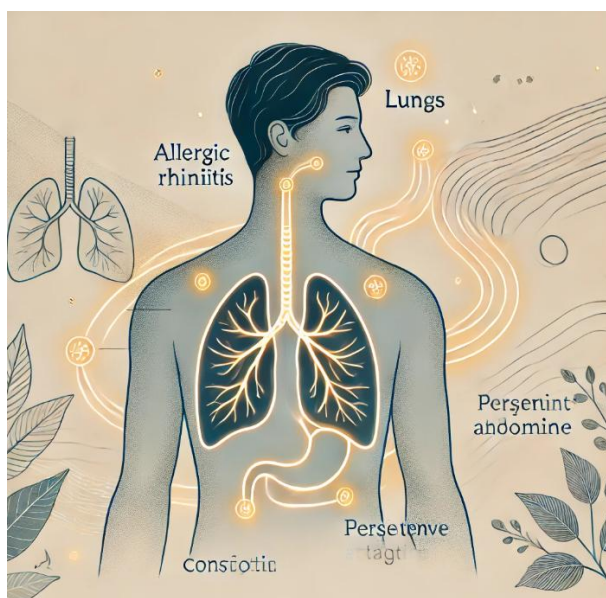
These signals are the body's way of trying to alert us: "Pay attention to me!" True health begins when we listen to these messages and work to restore balance, whether by changing habits, addressing emotions, or seeking help.

The Lung: Where We Breathe Emotions and Connections



Breathing is much more than a bodily function. In Chinese Medicine, the lung is the organ that connects us to the world. It represents our exchanges: of air, ideas, and emotions. When we are in harmony with our environment and the people around us, it functions like a gentle breeze. But when something goes wrong in our relationships, the lung suffers, and we end up closing ourselves off from the world.

Sadness, for example, is an emotion that weighs on the chest. When we hold onto melancholy or isolate ourselves, it's as if the lung shrinks, losing its strength. On the other hand, when we are balanced, it gives us courage and confidence, as if filling us with air and vitality to face life.

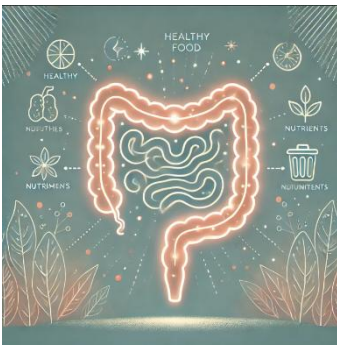


From a physical perspective, the lung can manifest imbalances in curious ways. Issues like allergic rhinitis, persistent fatigue, or even constipation (yes, it partners with the large intestine!) can be signs that something isn't flowing well. Even that pain between the shoulder blades, in the back, can be a reminder that we are carrying sadness and need to let go.

So, the next time you feel heaviness in your chest, ask yourself: "What do I need to let go of?" Sometimes, taking a deep breath is the first step toward transforming emotions into relief.

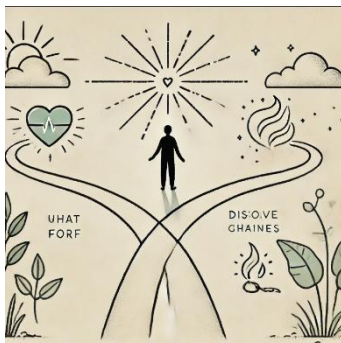
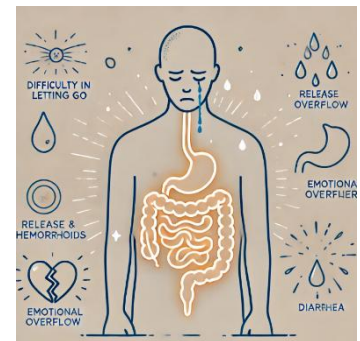


The Intestines: Masters of Letting Go



The intestines are incredible. They not only take care of our body but also teach us powerful lessons about life. Day by day, they process everything we consume, separating what nourishes us from what needs to be eliminated. But, symbolically, they do something even greater: they show us the importance of letting go of what no longer serves us.

When we hold onto resentments or difficulties, the intestines reflect that. Hemorrhoids, for instance, can arise when we struggle to "let go." On the other hand, episodes of diarrhea may occur when we can no longer contain an overflow of emotions and simply "dump" everything. The body speaks — sometimes in a very direct way.

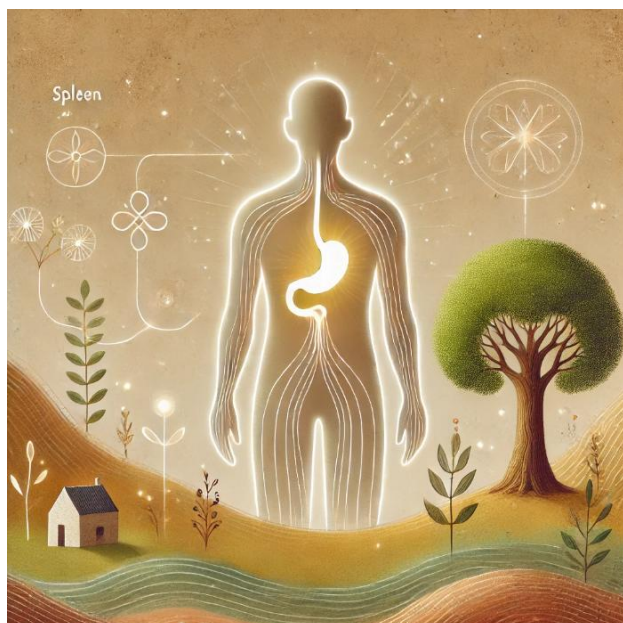


The intestines also remind us that important decisions are like this process of separation. We need to understand what is good for us and what we need to let go of. When we manage to do this, we create space for new experiences, new energies, and new beginnings.

Learning from the intestines means realizing that letting go is a form of healing. After all, releasing what no longer makes sense is essential to moving forward lighter and healthier.



The Spleen: The Guardian of Balance and Care



Imagine a silent command center in your body, always attentive to your needs. That's the spleen in Chinese Medicine: the organ responsible for nourishing us and helping to build our physical and emotional strength. It is connected to the energy of "earth," representing stability, nurturing, and care. The spleen is like a protective mother, who nourishes her child with unconditional love.

But sometimes, this love can become possessive or obsessive, like when we worry too much about something or someone. Excessive worry is the great "villain" of this organ. When we are worried, our thoughts get stuck, repeating the same patterns, like a song we can't get out of our head. This can lead to fatigue, anxiety, and poor digestion.



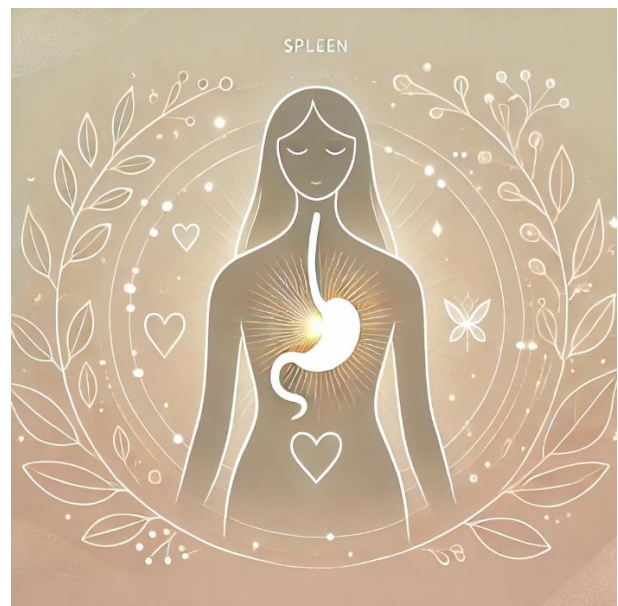


On the other hand, the spleen is a master of logical reasoning and organization. It helps us connect ideas and maintain a positive self-image. However, when it's overwhelmed, we may seek compensations, such as overeating to fill that internal void, accumulating fat as if it were a "security blanket" to shield us from the world.

The lesson from the spleen is clear: balance.

It teaches us to take care of ourselves without getting lost in unnecessary worries.

When we allow room for lightness and healthy care, it responds by strengthening and nourishing us — both physically and emotionally.

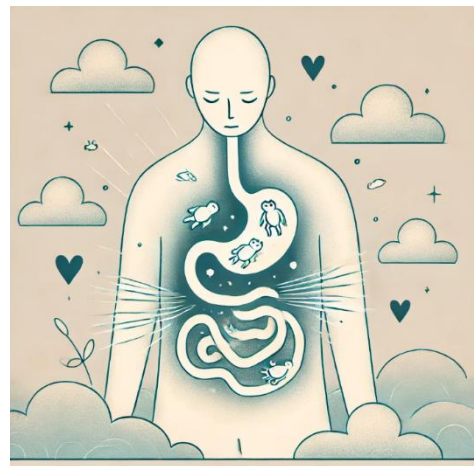


The Stomach: Digesting Life

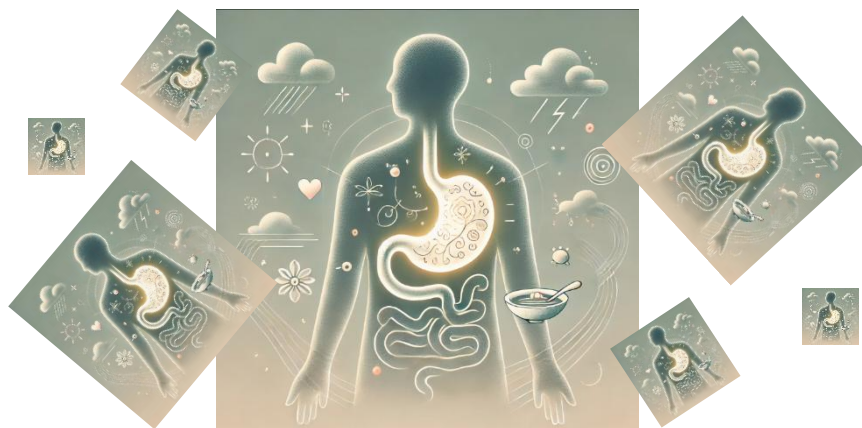


If the spleen is the master of care, the stomach is the great processor of experiences. Everything we go through — from a meal to daily situations — passes through it. But the stomach is not just physical. It also digests emotions, challenges, and even the "bitter pills" we swallow when we accept things that bother us.

When we face difficult problems or repressed emotions, the stomach may react, signaling that something isn't being well-processed. Gastritis, ulcers, or changes in appetite are signs that we're choking on something that needs to be resolved.



The stomach's wisdom lies in teaching us to give time its due, processing experiences in a healthy and balanced way. It reminds us that we don't have to swallow everything at once — we can chew, understand, and decide what to do with each piece of life

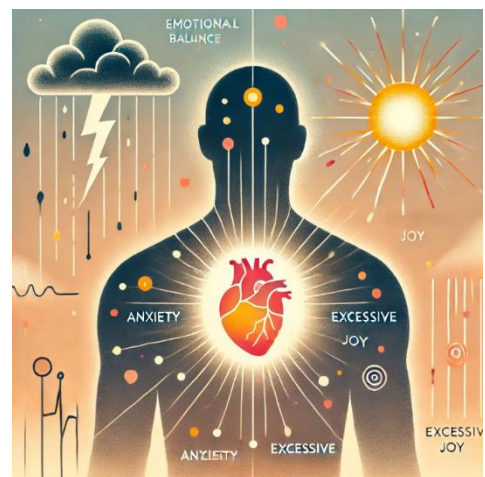


The Heart: The Center of Emotions



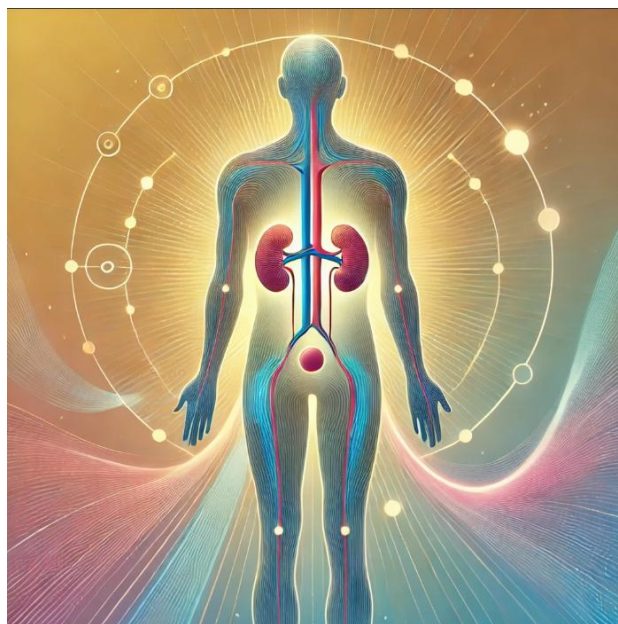
The heart is more than the organ that keeps blood circulating; it is the true conductor of our emotions. In Chinese Medicine, it is seen as the "emperor" of the body, governing not only the mind but also our emotional state. When the heart is in balance, we experience genuine joy and serenity. But when something is off, it can swing between euphoria and apathy, like a boat adrift.

Imagine moments when you feel your heart race, not just from physical exertion but from anxiety or excessive joy. This happens because the heart governs how we process our most intense emotions. When out of balance, it can leave us restless or, on the opposite extreme, without the energy to react.



The message from the heart is clear: maintain your emotional harmony. This doesn't mean avoiding emotions but learning to navigate them, like a sailor who knows when to adjust the sails. When we take good care of our heart, both physically and emotionally, it guides us toward a fuller and more connected life.

The Kidney: Guardian of Fear and Willpower

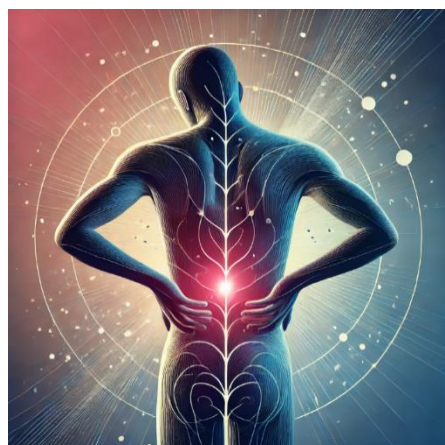


The kidney, in Chinese medicine, is like a reservoir of vital energy. It stores our essence, the strength that sustains us throughout life. But it is also deeply influenced by our emotions, especially fear. When we are overwhelmed by fear – whether conscious or unconscious – the kidneys can suffer. It's as if this emotion crystallizes our energy, making it difficult to move forward.

The fear of death, losing something or someone, or even failure can manifest physically in the kidneys and the lower back, causing pain or discomfort.

Additionally, the kidneys are responsible for the foundation of physical strength, including the bones.

When weakened, they can lead to issues like osteoporosis, symbolizing a loss of firmness and structure.

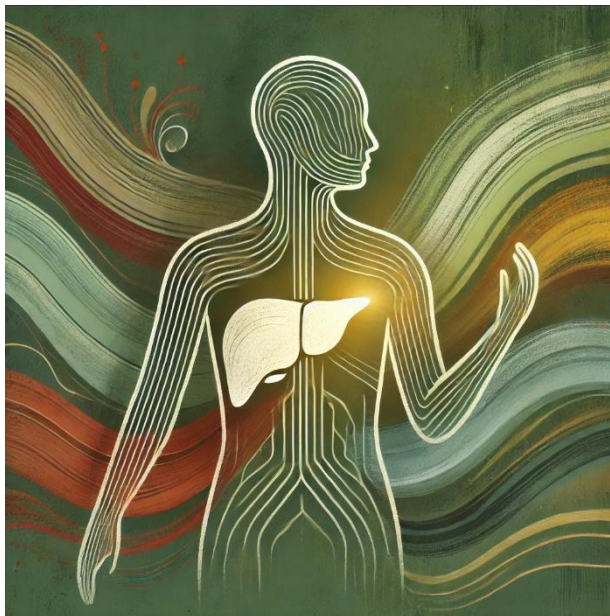


But there's a positive side: the kidneys teach us that even in the face of fear, we can find the strength to move forward. Thus, taking care of the



kidneys is about nurturing our foundation, our essence, and our ability to face life's challenges with resilience.

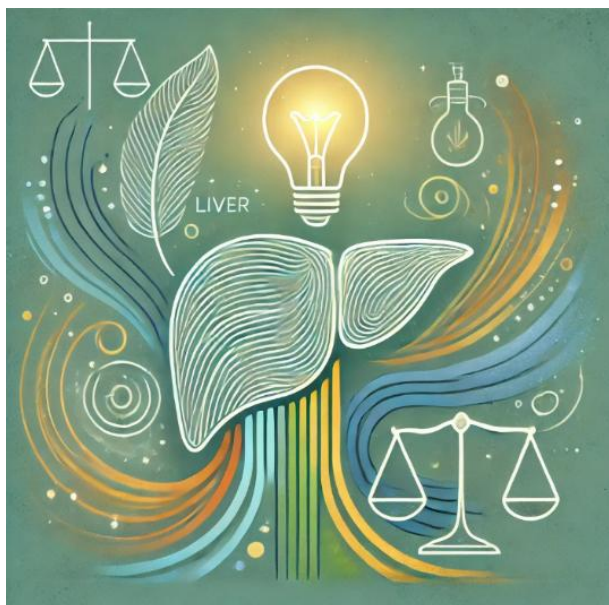
The Liver: The Source of Anger and Creativity



The liver, in Chinese Medicine, is like a strategist. It plans, organizes, and ensures that everything flows smoothly, both in the body and in life. But when something blocks this flow — whether it's an external challenge or an intense emotion like anger — the liver reacts. It is the organ most sensitive to repressed emotions, especially those that simmer, such as resentment and frustration.

When we hold onto anger, it's as if the liver becomes a pressure cooker about to explode. This can manifest physically as muscle tension, high blood pressure, or even loss of mobility. Have you ever felt that knot in your shoulders or back after a stressful day? It might be your liver asking you to release what you're holding onto.





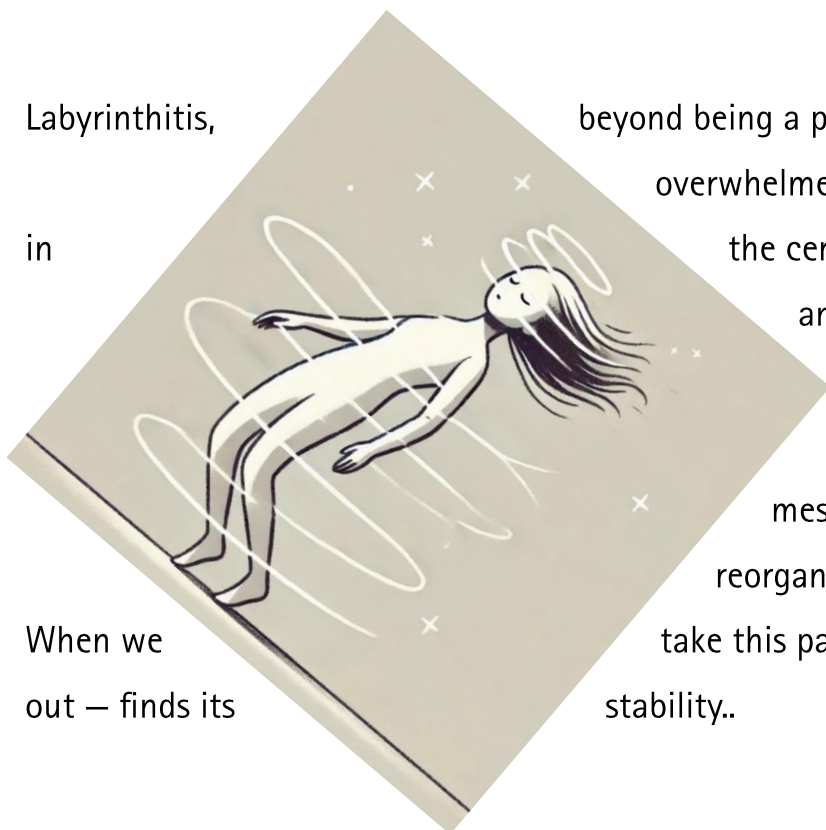
On the other hand, a balanced liver is the source of creativity and resilience. It drives us to make quick yet wise decisions. It's like the Hulk: when controlled, it's powerful and productive; but when out of balance, it can cause significant damage.

The liver's message is clear: don't hold on. Find ways to express your emotions, whether they're anger or creativity, and let life's flow continue.

Labyrinthitis: Lost in Your Own Maze

Labyrinthitis,

in



When we
out — finds its

beyond being a physical balance issue, reflects an overwhelmed mind. It's often linked to tension the cervical spine, resulting from stress and accumulated emotions, as if the body is showing that we can't "let go" of certain burdens. The message is clear: slow down, reorganize your thoughts and feelings. take this pause, the world — both inside and stability..

Fear and Trauma

Ghosts We Can Chase Away

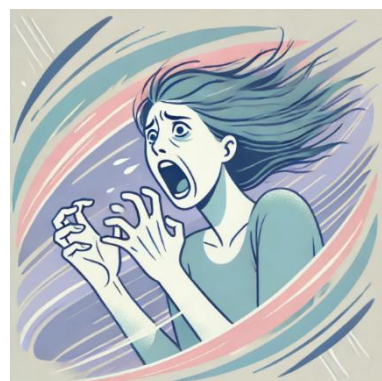


Everyone has felt fear at some point in life. It's that sensation that makes us jump out of our chair at an unexpected noise or freeze in front of an important decision. Fear is natural, even necessary, but when it settles in uninvited, it can become a ghost that haunts our health and well-being.

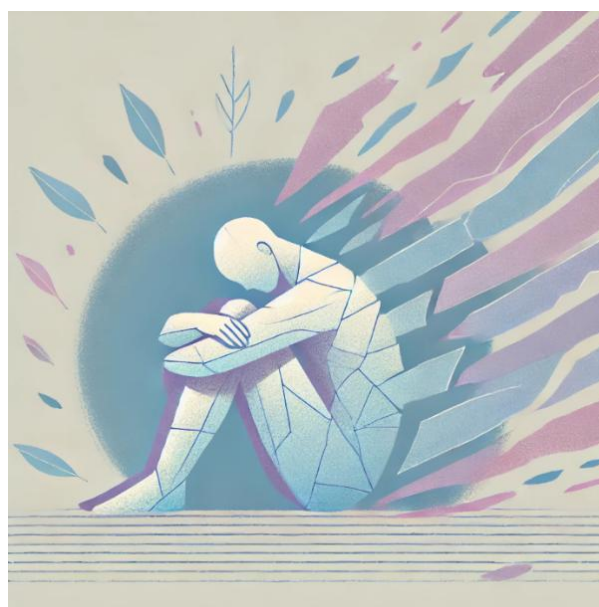


Imagine fear as an internal security guard. It's there to protect us, signaling danger and helping us avoid problems. You don't cross the street without looking because fear wisely says, "Hey, watch out for the cars!" It keeps us alert and alive.

But sometimes, this guard overreacts. It starts sounding the alarm for small things, like a work meeting or a tough conversation. When that happens, fear stops being our ally and becomes a dictator, controlling our actions and even our decisions.



Traumas, on the other hand, are like chapters of our lives written in heavy letters. They can stem from major experiences, like a loss or an accident, or from smaller situations that left an unexpected mark on us. No matter the size, they leave a deep impression on both the body and the mind.



Fear and trauma are often connected. A past trauma can fuel present fears, while constant fear can make it harder to heal old traumas. It's a delicate dance, but we can change the music.

The Revolution in Healing Trauma and Negative Emotions: Discover the Acusphas



Imagine if it were possible to lift the weight of a trauma or eliminate that paralyzing fear in just a few minutes. It sounds extraordinary, almost magical, doesn't it? This possibility is now a reality, thanks to Acusphas, a revolutionary innovation in the field of Chinese Medicine developed by the renowned Brazilian professor and researcher Raul Breves after more than 20 years of dedication, studies, and experiments..

Acusphas are small spheres specially designed to work with the body's energy, quickly and effectively regulating physical and emotional imbalances. More than just a therapeutic tool, they serve as a bridge between the science of energy and the profound and definitive healing of trauma and negative emotions.



Traumas and fears, which so often imprison the mind and body, can be eliminated in a surprisingly simple way. With Acusphas, the person doesn't need to talk about what's troubling them. They only need to bring to mind the feeling of fear or the traumatic memory while the spheres are positioned on specific points on the ears, and the negative emotions vanish instantly.

And the most impressive part? They don't come back! The healing is definitive, providing an indescribable feeling of liberation and lightness.



In addition, we have developed a unique method for applying these treatments remotely, achieving even deeper and more remarkable results. This innovation makes emotional healing accessible to an increasing number of people worldwide.

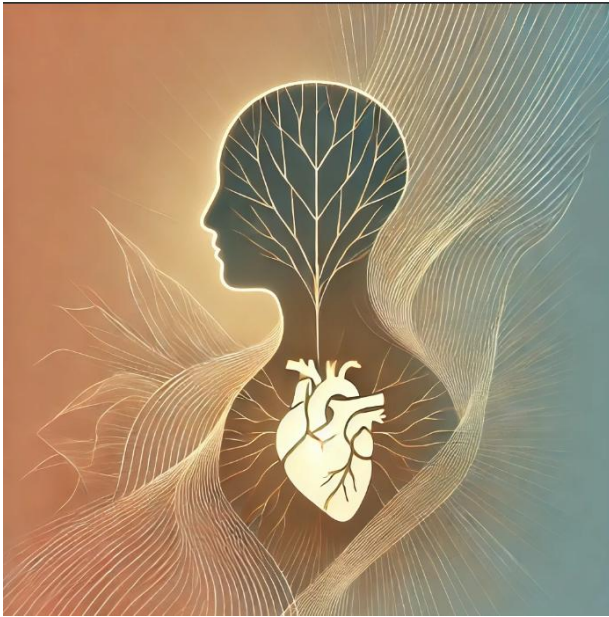


Through our online training courses, we empower professionals in different countries, expanding the reach of this

transformative technique. This way, more people, wherever they are, can free themselves from their traumas quickly, safely, and without the need for travel, transforming their lives and finding the path to true happiness!

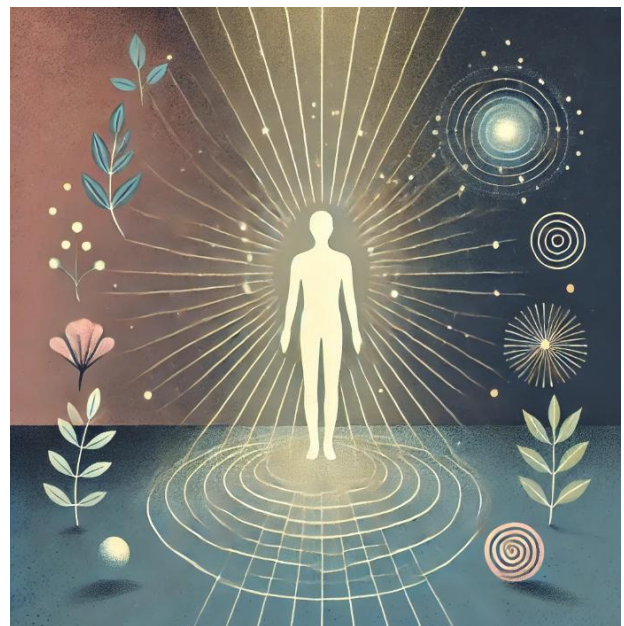


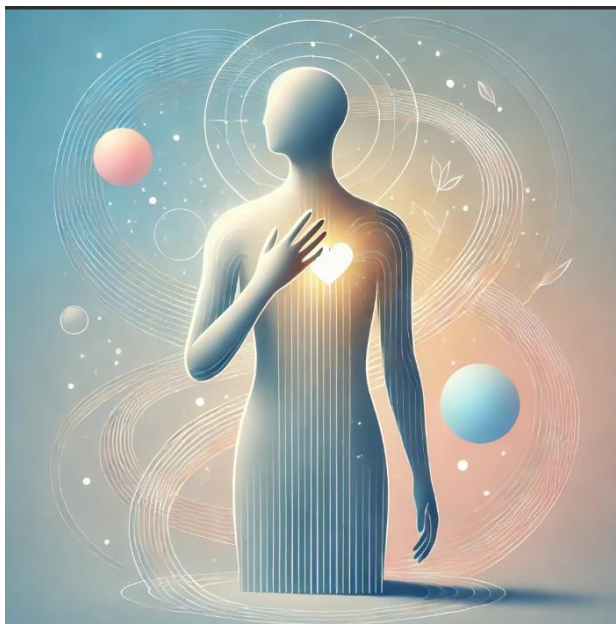
Wrapping up...



Throughout this book, we have explored the profound relationship between emotions, traumas, and their impact on our health and well-being. We have also been introduced to a revolutionary tool: the Acuspheres. More than just a technique, they represent a new way of perceiving healing – a simple, fast, and definitive way to transform suffering into relief and, most importantly, into learning.

Traumas don't have to be sentences of eternal suffering. They are, in fact, invitations to look within and understand more about ourselves. Acuspheres help us not only eliminate the emotional and physical weight of these experiences but also rediscover who we are when freed from these bonds.





And what happens when we free ourselves from fear, pain, and emotional limitations? We create space for self-discovery. We begin to understand ourselves better, make choices more aligned with our values, and experience life with lightness and fulfillment. This is true healing: not just the absence of pain, but a reunion with our most genuine essence.

May this little book inspire you to believe in healing, transformation, and the immense potential for happiness that exists within each of us. After all, health is not just a goal; it's a path of self-discovery. With Acusphas, the impossible becomes possible, and definitive healing becomes a reality within everyone's reach.

Now, the journey is in your hands. Use this knowledge to transform your life and, if possible, the lives of those around you. Because, in the end, healing yourself is also a way to bring light to the world.



Count on us for this journey! Together, we can turn this moment into the beginning of an incredible chapter in your story!

Acusphera Healing - I-MRT (Instant Mental Reset Therapy)

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(online and in-person):**

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