



# Acupressure in the Heavens

By Mandy Pullen



Mandy lives and works on the edge of a village, hill, forest, county and country, just in England. She is an edge-dweller - her place of existence reflects her means of expression and vice versa.

She has been practising and teaching Shamanism, specifically Eco Shamanism, since the mid 2000s. More recently her interests have included mysticism, esotericism and astrology. Underneath all this is the desire to help others see wholistic patterns within everything ... from the cosmos to us and back again.

Mandy writes a monthly newsletter and is author to three books - which can be found on her website [www.ecoshamanism.org.uk](http://www.ecoshamanism.org.uk).

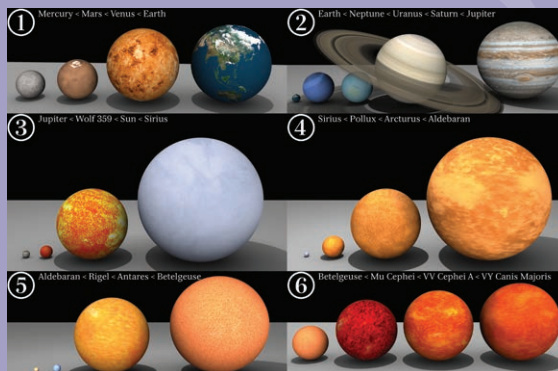
## Cosmological Acupressure and Meridians

Let me begin by saying that, although I have received several treatments, I am not a Shiatsu practitioner myself, so my understanding of Shiatsu may be a little 'primitive'. However, my work is focused on spirit or divinity, so I tend to take an overview of other practices rather than focusing on their specific details.

As a Shamanic practitioner and Astrologer, for many years I have been interested in the appearance of the stars, and other astronomical bodies, in the night skies. My approach is called Eco-shamanism and relies on using perception, perspective and paradigms to 'see through' the messages we receive during shamanic practice. When I combine this with astrology, I see each cosmological presence and/or alignment as a reflection within our bodies, and by bodies I include our emotional, intellectual and spiritual bodies alongside the physical.

## Immensity

These days Astrology is often called a pseudo-science but certainly a few hundred years ago it was considered part of a scientific paradigm. However, when studying astrology there certainly is an encouragement to engage with and interpret astrological charts using one's intuition, feeling or sense. To me, astrological interpretation feels somewhat akin to practices like Homeopathy and Acupuncture, in that the effects upon us of stars and planets is based on far more than simply their proximity and size. We can all agree that the Moon influences our bodies in terms of menstruation and our ability to sleep during specific lunar phases, and that it pulls water back and forth around our globe. The Sun itself is a star which has a vast array of influences on us, and we don't question those influences, so why not the planets within our solar system? After all, when we consider the size of the gas giant Jupiter how could it not influence us? Take a look at the photo of planet and star sizes.



Jupiter is really big when compared to Earth in section 2 and is then tiny in section 3. Now move out into the more distant star fields - Sirius, one of our closest stars, is enormous compared to Jupiter, but keep going - it is tiny

compared to Aldebaran, which is tiny compared to Betelgeuse, which is tiny compared to Canis Majoris. How could stars that size *not* have any effect on us?

### Fixed and Wandering Stars

Some stars (other than our Sun) are known as 'fixed stars'. Their meanings are not often used in modern astrology but have a history dating back to the Egyptians and Sumerians. It is thought that fixed stars were so named because they were attached to the firmament of the heavens, or perhaps were like perforations in the heavens through which the light of God shone. They didn't move - although we now know they do move.

The planets in our solar system are named 'wandering stars' - we can visibly see them wander across the sky, mostly at night. Both the wandering and fixed stars have inspired many of my deepest thinkings and experiences. The most recent was at Imbolc in early February 2024. For those not familiar with it, Imbolc is the traditional Gaelic festival celebrating the first signs of spring appearing - snowdrops and the like. I was awake in the small hours of the night, unable to sleep. My bedroom curtains were open because I like the night to come into my sleep and dreams. After tossing and turning a while, I turned on my phone and was almost immediately presented with an image of the Andromeda galaxy. It is estimated that this galaxy contains 1 trillion stars (stars not planets) therefore the number of planetary bodies within that galaxy could well be far, far greater.



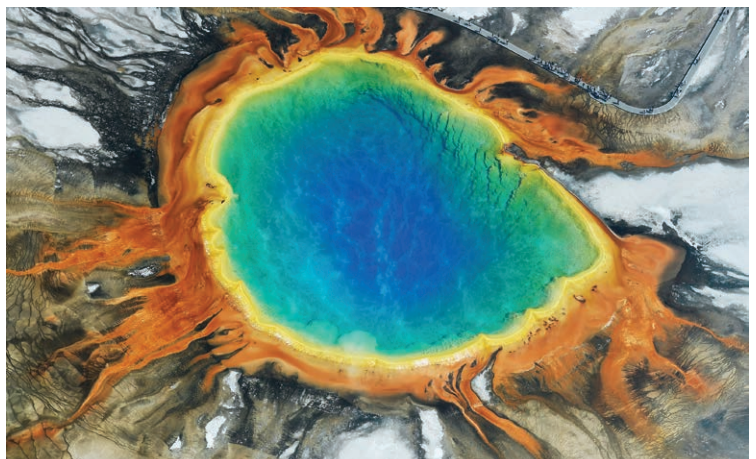
*Star Density*

The image above is so densely packed with stars that I begin to see them as tiny, minuscule and abundant.

My mind leaps to micro-organisms and I know that our human bodies are filled with them - viruses, bacteria, eukaryotes, archaea etc.

According to some estimates, our bodies are host to 39 trillion microbial cells. With some very rough maths, each one of us is made up of the equivalent star matter of 39 galaxies. Multiply

that by 9 billion (the number of humans) and you get  $3.51e+23$  micro-organisms in humans alone, not that I have an inkling as to why that is the answer to the maths... These numbers go beyond our comprehension, or ability to visualise. Our minds are 'blown' with the sheer immensity of it all. Though others may of course disagree, myself I see a correlation - that the stars and the micro-organisms in our bodies are connected in some way.



*Archaea*

### Fixed Stars in Astrology

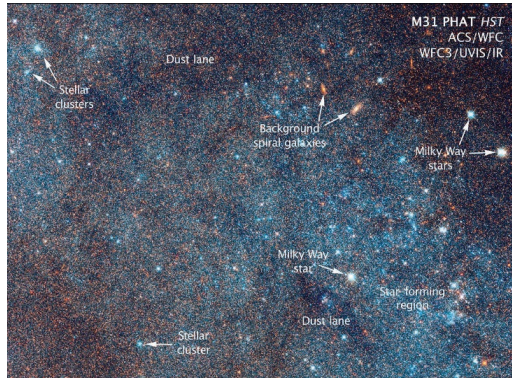
So, let's look at fixed stars as applied to an astrological birth chart - one that I like to call our birth print. Generally, an astrologer will use a birth chart which shows us where each of the solar system planets were when we were born - a singular place on a singular planet at a singular time in the cosmos. It contains the Zodiac signs (how things happen), House placements - which area of life it corresponds to (where things happen) and Planets - the flavour it imparts (what is happening).

The chart is unique, like our fingerprints and the iris of our eye. Less common is an interpretation of a birth chart which includes fixed stars beyond our solar system. When I look up the placements in relation to the fixed stars in my own birth chart, I find an extraordinary amount of coincidence, or rather synchronicity. Subjects that seem to appear dominant are astrology, mysticism, writing, sacrifice, spirituality, prophetic ability, wisdom, metaphysics, astronomy, philosophy, divination, religion, spiritual urges, crisis of faith, dog bites, psychic and occult interests. All these describe my general areas of interest - and yes, I have suffered from dog bites and several crises of faith!

It seems astrology and writing occur with several of the fixed stars, and here I am writing about astrology. This awareness has occurred at a time in my life when I can understand, or see, its relevance. As if those distant (yet massive) fixed stars had applied their 'acupressure' at the most pertinent time in my life. What is most surprising is that I began to

investigate fixed stars around the time of Imbolc, the same time that I had that sleepless night.

Concurrently I became very interested in religion and Christianity, so much so that I started going to Church shortly afterwards. The fixed star that really spoke in that context was Acrux, part of the Southern Cross constellation and looking like the cross of crucifixion. The letter 'A' in Acrux means alpha and 'crux', cross, although I saw it as 'a cross'.



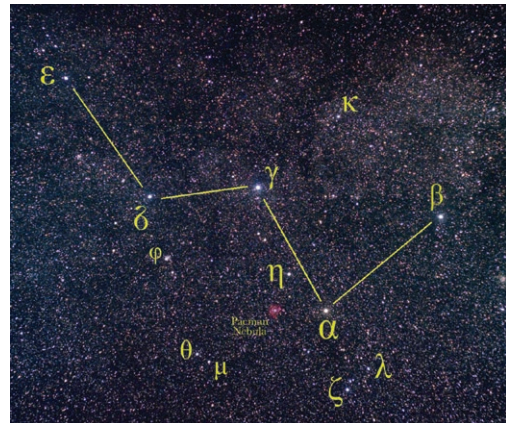
### Acrux

As a fixed star, it is associated with an interest in astrology and spirituality, metaphysics and sacrifice. Even more synchronous was that I began to see crosses everywhere. I wondered if I might be a born-again Christian. I had decided to perform an Ash Wednesday ritual at a local spring and realised that Ash Wednesday is the beginning of Lent - a time to start the act of sacrifice, that being one of the attributes of Acrux. Happily, I've moved on from that. I personally struggle with Church and my attendance is poor, going on 'about to give up' -

another sacrifice. By the time you read this I will probably no longer be attending...

What has all this to do with Shiatsu? I see the fixed stars as akin to the acupressure points of our body, remembering that our body is made up of physical, emotional, intellectual and spiritual attributes. As someone who is interested in the more ethereal matters of spirit, I see the alignments of the placement of fixed stars within the birth chart as reflecting those interests.

If you wanted an example of a physical alignment with a fixed star then I can give you one - the fixed star Schedir which is associated with astrology, mysticism and writing is part of the constellation of Cassiopeia. To find it in the night sky, look towards the celestial north pole and you will find an unmistakable W - that is Cassiopeia.



### Cassiopeia starfield

It sits in a prominent part of my birth chart and is known as 'The Seated Queen'. Schedir is the star on her left breast - the constellation is on its side in the photo so the left breast is the Alpha star - α. Now, the next bit of

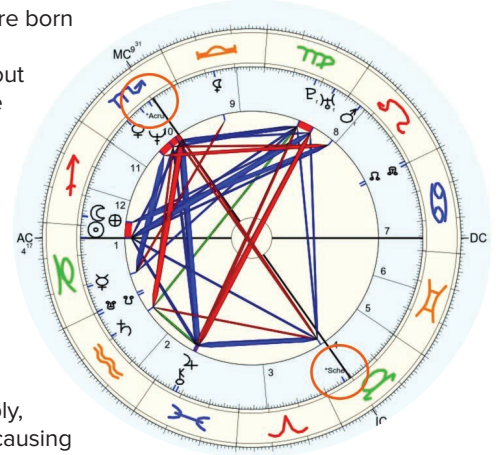
information really does link our bodies with the stars. I happen to have the constellation of Cassiopeia as a series of moles on my stomach below my left breast - a heavenly tattoo. What does that mean though? Schedir sits at the bottom of my birth chart, specifically on the Imum Coeli which is the start of the fourth house of parents, and in traditional astrology, the place of breasts or lungs. It is as if my skin responds to my parentage through that Cassiopeian signature.

### Meridians

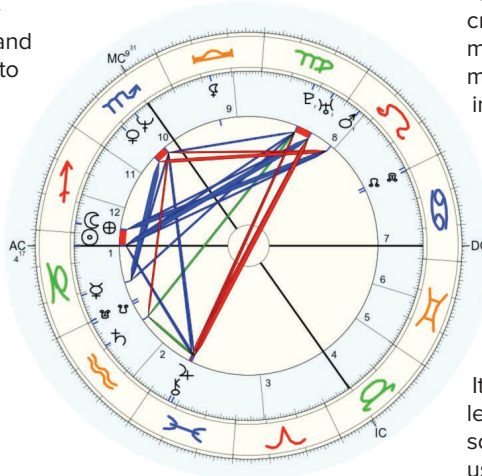
In Shiatsu, as I understand it, meridians are the lines of energy that flow through the body. By extension, and again as I understand it, we can see the meridians of our Earth as flows of energy between the poles. Also known as longitude, they divide our Earth into the east and west hemispheres. In relation to degrees, they occur every 15° giving us 24 hours (15 x 24 = 360°).

When I think of longitude lines, they are, of course, of human construction and completely imaginary. They cross further lines called latitudes (these are the horizontal lines on a globe/atlas) which vary from 0° at the equator to 90° at the poles. When the meridians and latitudes cross, we get a geographic coordinate system (GCS), and they can occur anywhere on our Earth. When we were born, we arrived out of our mother's womb at a particular place, which coincides with the point at where these lines cross. In astrology these coordinates create our birth chart. Already we can feel connected to that acupuncture point on our earthly body by

'knowing' where we were born on a very physical level. Extend our awareness out into the cosmos and the energy line will map onto our cosmos, and we can place planets and stars in relation to these coordinates. We can then draw further lines of 'energy' between these planets and stars, commonly referred to as 'aspects'. In a birth chart, put simply, we read these lines as causing ease or tension. Usually, they are looked at only on a planetary scale, to include various moon calculations. However, when they are considered using fixed stars they can highlight a deeper understanding of our birth acupuncture point.



The next chart (above) is the same with the addition of the fixed stars mentioned above - circled in orange. They add in a shape that is referred to as a mystic rectangle (blue rectangles with internal red crosses) which very basically means that the energies of the mystic need to be expressed in practice. As a shamanic practitioner and astrologer my work within the realms of spirit must be expressed practically. I do this by means of teaching, writing, healing and consultations. Those fixed stars and their meridians seem to reflect who I am on a cosmic level. It is a little like finding that the less visible or more dilute light sources in our cosmos, show us more depth by being more dilute, like homeopathy.



In my birth chart (*above*) the blue and red lines in the middle, form triangle shapes that give various astrological meanings such as tensions, learnings, ease, ambivalence etc. These lines give a general overview indicating where I find things easier and more difficult.

When we add in the fixed stars we get a deeper understanding.

I find the idea of acupuncture points and meridians correlating between us and the cosmos as simple an idea as anyone could imagine. Currently my interests lean towards mysticism and esoterica. The more I look at the stars the more I see that I am following a spiritual meridian that is reflected therein.