

What is the Point?

by: Dr. T. N. Chan

“...the ancient Chinese have surpassed the modern ones in the extreme, not only in piety (which is the basis of the most perfect morality) but in science as well.” – Gottfried Wilhelm Leibniz (Leibniz, 134).

Bagua: Early Heaven and Later Heaven

Acupuncture is a system that came before the Chinese and was based on a logical system of intelligence that governs the universe. There are many different cultures that use acupuncture/energy healing. This is comparable to different languages and dialects in different regions. While many regions and peoples have lost their traditional energy/acupuncture systems over the course of history, the Chinese have preserved and maintained theirs.

So what is this system of intelligence from which came acupuncture?

It all begins with the I Ching and Bagua.

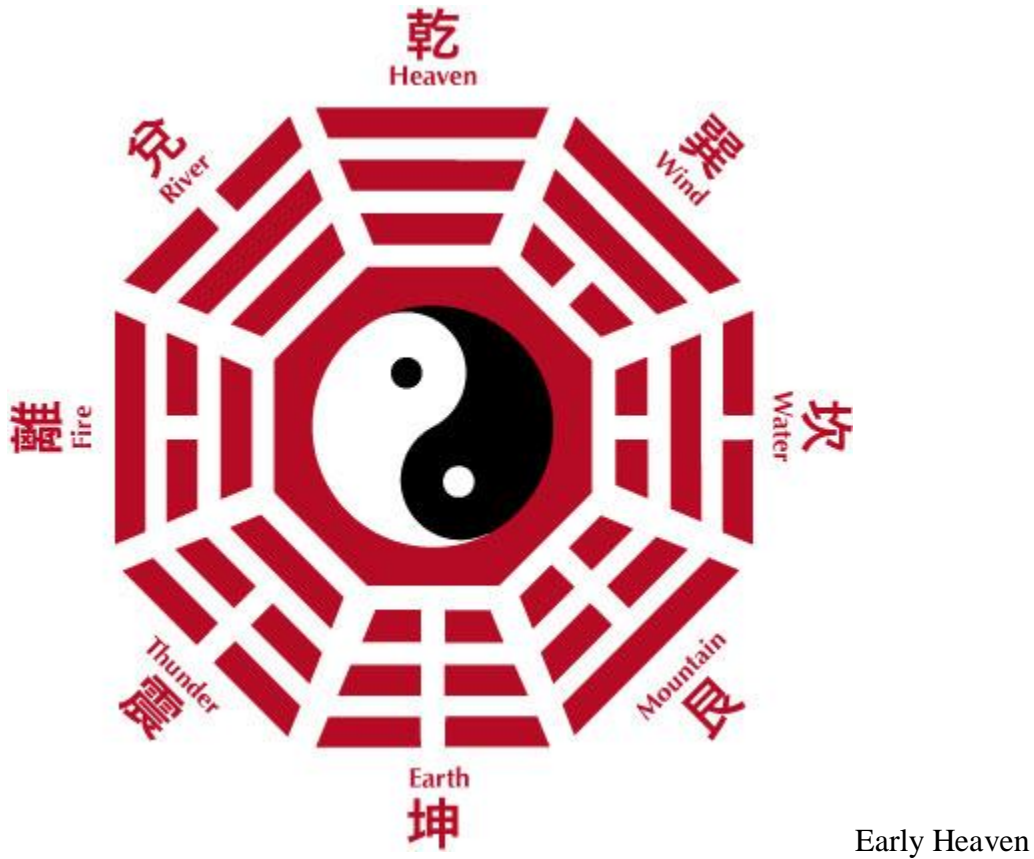
The I Ching is a wordless “bible” that contains everything. It is # 1 book in all Chinese medicine and philosophy. It tells us all the secrets of life, universe, medicine, civilization, strategy in war and business. Amazingly, it is all simply based on eight sets of trigrams of broken and solid lines known as the Bagua.

Bagua summarizes all phenomena into these 8 Gua, or trigrams. It is actually translated as “Eight Hangings.” The term “hanging” seems abstract but conveys the idea of all phenomena in the universe hanging in front of us, as paintings on the wall, to demonstrate the orchestration of all things. For example the sun and moon hang in the sky. These are the fundamental building blocks that form the hexagrams of the I Ching. I Ching comes from nothing. Tao creates Yin and Yang, Yin and Yang form the four directions, which form the Bagua. All phenomena can be explained by this, in terms of color, sound and everything else.

Bagua has two stages – Early Heaven and Later Heaven. It is said that 5,000 years ago a horse appeared in the sky with patterns on its back. These patterns were the markings of Early Heaven. The ancient sages recorded and studied these patterns. They concluded that this represented universal position and order of things before change. The sky, or Heaven, is above, and the Earth is below. The Sun rises from east and moon sets in the west. Other entities and elements such as mountains, wind and rivers were described according to Chinese geography.

For example mountains symbolized in the Northwest represented the Himalayas which were situated northwest of mainland China. The southwest is swampy and marshy, and to the northeast sit Japan and Korea, which often have very stormy and windy conditions. This is a system of opposites.

Heaven and Earth are referred to as the parents who gave birth to the other six Gua, their children.



Two thousand years after the appearance of Early Heaven, a giant turtle-shaped object arose from the Lok River. The *turtle's* shell showed similar patterns that were arranged in a different order. These markings represented Later Heaven. The sages concluded that this Later Heaven was the key to decode the patterns of Early Heaven.

Early heaven basically represents the hard drive of the universe and all phenomena within it. It describes everything based on position and direction. But for two thousand years, the sages, without success, tried to understand how to use this system practically. It was as if they had this

hard drive without the software to manifest the information contained therein. Later Heaven provided the software to open this hard drive in order to bring about understanding. Now, the information of Early Heaven could be put to use. It reflects the reality in health, nature and society. It explains how all phenomena cope within nature.



Later Heaven

Later Heaven is dynamic, depicting movement and change. It is manifestation, change, and brings time into the picture. The seasonal and life cycles, including the flow of the meridian cycles, governed by the movements of all things in the universe, are represented and explained. This is how we predict and deal with weather changes, as well as changes in health. When understood, we can use the Bagua for the diagnosis, treatment, and more importantly prevention of disease.

So what is the point of this? Keep in mind that the purpose of this book is to act as a user manual for how to maintain and keep the body healthy in order to function at its highest capacity. We have natural ability to heal. Living tissue heals. No machine can heal itself, and no machine, technology or chemical/drug can repair human living tissue. We are part of a living universal network. All we have to do is tune in. The point is how we tune in, and how we tune in is the point.

Everything is based on I Ching. The eight trigrams of the Bagua create 64 hexagrams that describe all aspects of way of life, medicine, strategy, Yin-Yang. The master doctor is someone who knows I Ching. He looks takes into account everything – nature, interconnectedness of Yin-Yang, Five Phases. The meaning of Yin-Yang lies within the turning and cycling of the Five Phases. We have communication with universe. We have the program

of the universe to operate the physical body. We are constantly affected by the vibrational frequencies that are emanated from the Sun, Moon, stars and all the galaxies all the time.

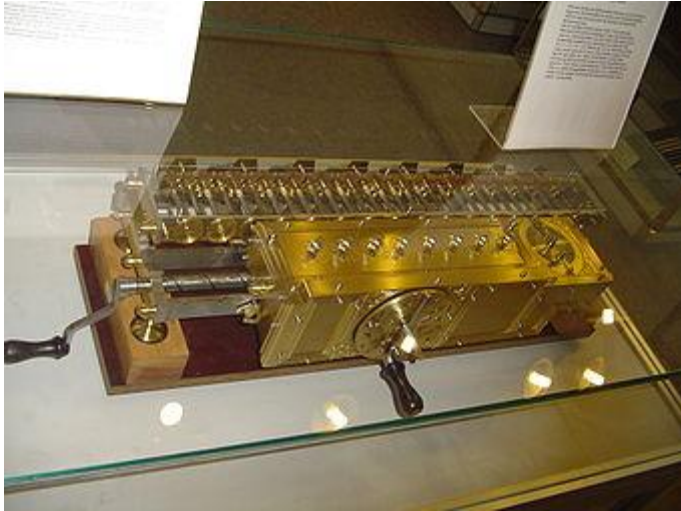
This system of Bagua and I Ching is a binary system of numbers. In fact, Gottfried Wilhelm Leibniz (1646-1716), an influential German scientist, mathematician and philosopher, who was invented the binary arithmetic, pointed out that his system was comparable to the system of I Ching and Bagua of ancient China. He had a keen interest in Chinese history and philosophy and in his studies and correspondence with a missionary friend living in China, he realized many parallels and similarities between his work and that of the Chinese from thousands of years ago. He states:

Fu Xi, the most ancient prince and philosopher of the Chinese, had understood the origin of things from unity and nothing, i.e., his mysterious figures reveal something of an analogy to Creation, containing the binary arithmetic (and yet hinting at greater things) that I rediscovered after so many thousands of years, where all numbers are written by only two notations, 0 and 1 (Leibniz, 17).

Fu Xi is a cultural hero of China from the mid 2800's BC who is credited with revealing the Eight Trigrams.



The binary system is based on the numbers 1 and 0. In the comparison to the Bagua, the number 1 is represented by the solid line, while the number 0 is represented by the broken line. This binary system is still the basis of modern day computers. Leibniz actually invented the Step Reckoner, which was *“the first calculator that could perform all four arithmetic operations: addition, subtraction, multiplication and division”* (Beeson, 82). It, too, was based on the binary system.



Replica of Leibniz's Stepped Reckoner in the Deutsches Museum.

Listening to Nature

Growing up in the Hong Kong countryside, the mountains were my playground. Some of my fondest memories as a child consist of running up and exploring natural caves, rocks, waterfalls and all the beautiful creations of nature. The scent of mountain air was perfumed with spring blossoms. Picking up a flower I would wonder who could create something so incredibly magnificent? I would savor taste of the sweet honeysuckle nectar. I felt like I was in a virtual painting that appealed to all of the senses; a real-life fantasy land. What force or being could orchestrate such a symphony of splendor? I would stare at these amazing structures in awe and wonder: "What do they mean? Why are they there? What are they trying to tell me? What am I doing here?" What I did not realize then was that this fascinating wonderland would be one of the most important schools I would ever attend.

There was always the sound of running water in the brooks. It sounded like a mantra; someone telling me something, but what? The birds would sing and crickets would chirp away. What were they saying? How did the animals and plants know what to do - when to hibernate, what to eat, where to go? How did the birds know in which direction to fly? They seemed to live so effortlessly according to some inherent plan.

Gazing at the mountains, I would ask myself what are we doing here in this life? Why did some things, like the weather and seasons, change, and others, like the mountains, seem to remain the same? Why not every day would there be beautiful clear blue skies with no rain? What was the purpose of terrifying thunderstorms with such violent and destructive capabilities? Are the sun and moon that shine on us today the same as those that shined on all others before us, such as Jesus, Mohammed, Buddha, Confucius, Lao Tze, etc.? Our life span seems as merely less than a blink of an eye compared to that of the sun and moon. Things so majestic as these heavenly bodies have to affect our physical and mental state.

I wondered if other people had these same thoughts and questions. There had to be something to this, some kind of secret code that I felt the need to decipher. It just seemed like everything was telling us something; there was a deeper meaning. Was it possible for us human beings, despite our technological advances, to be able to live effortlessly, according to this natural plan? If we would just take the time to listen and understand, what could we learn about our own lives and our health?

I began to pay close attention to the seasons, realizing that things were changing. The spring would bring new life. Everything would grow as the big red sun would rise over the mountains. The sun is called “ancestral yang” or “great yang.” It is the supplier of life.

Summer would bring the heat and energy would increase. Vegetation was abundant. Animals ran with vigor and birds would gleefully sing. This was the time to exert.

Autumn would be another transitional period when things seemed to wind down. It was a time of gathering and storing away; a time of preparation for the scarcity to come.

And then came winter, the season of hibernation. It seemed that during winter, energy was best conserved. This was the rest and recovery period when everything slowed down.

This inherent plan, or way, is known as the Tao. It is impossible to describe the true essence of the Tao in words. It is written in the *Tao Te Ching* that:

*The Tao that can be told
is not the eternal Tao.
The name that can be named
is not the eternal Name.*

Everything works within, and according to the Tao in nature. It is the same with human beings. The way to live an optimally healthy life is to act with the cycles of nature. Unfortunately it seems that we have come far away from this natural blueprint. And now, we must actually relearn, or uncover, our natural instincts in order to live effortlessly. The purpose of this book is to be used as a basic user manual of the human body in order to achieve and maintain optimal health. In the Medical Classic of the Yellow Emperor, the classical text of Chinese medicine, it states that the best doctor is one who cures disease before it happens. Acupuncture allows us to do this by checking points and assuring energetic flow. The most important healer we must discover during our lifetime is ourselves. We cannot just give all the responsibility to doctor alone. For most minor discomfort and to strengthen our own immune system as a preventative measure, we must learn to push buttons as if we are programming our own computers.

Upon my return to Hong Kong, more than 30 years later, I visited the same places I have described earlier. I was saddened to find that these beautiful sanctuaries have been polluted, desecrated and destroyed by modernization. There is no more blue sky; the clear water that once

was abundant and alive with fish, and that we used to play in, was now brown, toxic, foul smelling and lifeless. This sad reality is an example of how we are not only polluting our world, but our own bodies as well. How can we have such disregard for this natural wonderland? It is impossible to live a healthy life in a world so tainted. It is no surprise that chronic disease is rampant, and still on the rise. It seems almost as if modern way of living are like cancer cells growing in this beautiful green planet. In order to correct health, we must correct our environment and heal our planet.

So why is it that we have come to live so far out of touch with the Tao? We must briefly take a look at the ways of modern society to understand, and we must examine the concept of *Tao Te*. *Tao Te* is translated as “Virtue of the Tao.” It is the virtue and respect of relationships and family. It is harmony with not only other people, but with nature, earth and the entire universe. This harmony is required on every level, no matter how big or small – from the physical forces that govern the movement of galaxies, to the bonds that hold a family together, to the instincts that allow a flock of birds to migrate together, to the bonds that allow sub atomic particles to interact. Harmony is a basic requirement for existence.

The body is an extension of the earth, and the mind is an extension of the universe. The universe sends energy to the mind, so if the mind can connect to the body, there will be harmony. The entire universe is a vast interconnected network, or web, in which everything affects everything. If we imagine touching a spider web, the entire web moves or bounces. It is impossible to touch one part of the web without moving, or at a minimum, creating tension throughout the entire structure. Life, health and nature are the same. It is only by harmonious living through having *Tao Te* that we are able to have guilt-free and peaceful minds. A peaceful mind is essential for life. Therefore, *Tao Te* is essential for life.

We have come to think of ourselves as isolated beings whose actions only affect us and the people with whom we interact. This could not be further from the truth. What we do affects everyone and everything. If we hurt someone, we are only hurting ourselves. Only when we develop wholeness of relationship in our family and in our society can we be prosperous in terms of true health, wealth and happiness. Just as if animals do not live harmoniously in their environment, they cannot survive. Family units are no different than herd of animals, larger ecosystems, and smaller sub-atomic electron systems. All depend on the bond of the whole for survival.

We have developed many distractions over the years that have pulled us far off the track. We focus on material possessions. Desires become obsessions and our entire lives revolve around them. Greed poisons our minds distancing us from our universal network. Stress weighs down on us as we worry about how we are going to get what we want, how we will satisfy our desires, how we will feed our ego. We become imbalanced, both internally and externally. Mental stress can affect the physical body. Hormonal changes occur disrupting the normal

physiological functions. We then cannot digest food properly. Our immune systems weaken leaving us vulnerable to sickness and disease.

“Disease is nothing more than the body responding to the wrong we have done to it” -
<http://www.shirleys-wellness-cafe.com/philo1.htm#a>

Now let us consider that we live in an increasingly toxic world. We have polluted the land, air and water with harmful and destructive chemicals and substances. We have developed everyday technologies, such as microwaves, laptops and cellular phones, that expose us to unprecedented levels of radiation. The Earth’s natural electromagnetic field has been altered. Our entire planet has changed as a result of things we have done as a species.

These pollutants are everywhere: food, water, air, clothing, cosmetics and beauty products, cleaning products, toys, shower curtains, bed sheets, furniture, carpets, paint, just to name a few. They are almost impossible to completely avoid one way or another. Many of these substances directly cause certain diseases. Many, although they may not directly cause, will lead to a chain of events that will eventually cause disease. All of them create imbalance in the body by placing physical stress on the cells and tissues. This increases our vulnerability.

Louis Pasteur, one of the main founders of microbiology and one of the main developers of the germ theory stated, *“a particular strain of bacteria has a very specific range of environmental factors and conditions in order for it to survive and multiply. If any of these conditions change, the germs automatically die.”* These factors and conditions that affect life are changes of temperature, ph balance, lighting, moisture and air circulation. Anyone who has a fish tank understands this. If we change the environment, it is much more effective than declaring chemical warfare on the organisms, which in effect, will damage our tissues as well.

We unfortunately tend to live in an artificial, or unnatural, environment created air conditioning, heat, x-ray, artificial light, EMF. This type of environment predisposes the human body to pathogens increasing the capacity for illness. We create an artificial environment inside body to support unfriendly germs. Think of the air-conditioned gyms many people exercise in.– The body sweats, opening pores to cool down, and the artificial cold air enters, leading to more allergies, headaches, joint pain, skin conditions and fungus. The same hold true for sleeping in an air-conditioned room. We create conditions for opportunistic diseases to thrive.

How about diet?

Most diets now consist of unnaturally processed foods that are not only polluted and contain harmful ingredients, but have little or no nutritional value. Again, when we look at nature, everything occurs within the seasons. Animals eat what is provided to them by the earth at that particular time. There are reasons for this. They do not eat food out of boxes or cans. They do not put ice in their drinks or add sweeteners. They do not drink milk after infancy. They do not eat out of comfort or in response to stress. When we examine the obesity issue and

chronic diseases such as diabetes, it is very clear that there is a serious problem with the way we eat.

The Force

What is the force that drives this system? I would wonder what the difference was between something living and dead. What is it that allows a living being to be alive? There must be some kind of force that powers the system.

The answer to this question is Qi (pronounced “chi”). Qi is the vital, life-sustaining force of living beings. It is our energy system that powers us.

Qi is everywhere, constantly flowing and moving, just as AM, FM and microwaves frequencies are everywhere. We cannot perceive these waves with any of our senses. In fact, the only way we can perceive AM or FM waves are through the use of a receiver which can tune in specifically to the correct frequency and then produce audible sound through its speakers. Microwave frequencies carry messages that are received through cellular phones. Two phones can be on opposite ends of the planet and still communicate in real time through the exchange of microwave frequencies.

We, as living beings, are receivers of Qi. Like the Tao, the concept of Qi cannot be fully described in words. We typically think of energy as electromagnetic, but Qi is a little different. It has some electromagnetic components, but it also has much more subtle components as well. This is why it is often referred to as “subtle energy.” It cannot be measured by any man-made instrumentation. This is why it is commonly ignored in our modern society.

Beinfeld and Korngold describe Qi as follows:

Matter is Qi taking shape. Mountains forming, forests growing, rivers streaming, and creatures proliferating are all manifestations of Qi. In the human being, all functions of the body and mind are manifestations of Qi: sensing, cogitating, feeling, digesting, stirring, and propagating. Qi begets movement and heat. It is the fundamental mystery and miracle. (p.30)

Qi is the difference between living tissue and non-living tissue. If we compare a cadaver to a living body, although it is not a nice thought, what is the difference? What is it that makes one alive and one dead? They are both composed of the same materials and have the same structure. They are both a connective tissue bag of meat and bones with some liquid inside. They both look the same under advanced imaging. Upon dying, the decay process sets in. This cannot be stopped by drugs. It may prolonged by the use of chemicals such as formaldehyde. But the lack of Qi assures that this process will continue. Living tissue does not decay because it has life force.

Imagine two computers, exactly the same, only one has a dead battery and no AC adapter and the other has a fully charged battery and a working adapter. The one with the power turns on and functions while the other does not. Why does this happen? Yes, one has power! Electrical power makes all the difference and transforms this pile of parts into a functioning machine. It is as easy as plugging it into the wall.

Human beings are much better created than machines. The human cyber network is way more complex and more highly organized than any computer. Acupuncture is an electromagnetic network that is the interface of physical with etheric.

With the advent of quantum physics, we understand the universe much different than with the traditional Newtonian model. Physical matter is just the vibration of subtle energy fields that create matter. That energy is what we call Qi. $E=MC^2$. If we do not understand that bio-energy, we do not understand life itself. We are not just looking at a pile of meat and bones. Just as with computer we are not looking at simple hardware.

We can only truly understand Qi by cultivating it. The more we cultivate Qi, the more we can perceive its presence. It is the same as tuning into a radio station, by turning the dial to the correct frequency, or these days, pressing the right button. The frequency is present, but if not properly tuned in, the sound is static. Or, if the receiver is off or not working, there is no sound at all. This is despite the fact that the waves are present. As we tune, the sound becomes more clear and eventually the static is gone. This is how our bodies work as we learn to develop Qi.

This user manual is based on maintaining optimal health through the cultivation and balance of Qi. There are many different aspects that effect our Qi, and there are also many different types of Qi. Ultimately, to state it simply, the more we live according to the Tao, the stronger our Qi will be, and in effect the healthier we will be. The more out of touch with the Tao we live, the weaker our Qi will be, and therefore the worse our health will be.

Qi must flow harmoniously through our bodies and through the entire universe. It should not be blocked, and it should not flow in excess. Qi is our major energetic link to the universal network that we are all a part of. This is why living out of touch with nature will weaken our Qi. When we have good relationships with those around us it leads to strong Qi, and conversely, poor relationships will lead to weak Qi. Not only can those with bad Qi not have good health, but they cannot have good luck in other areas of life. When we deal nicely with those around us, we have much more support and love. This solidifies our network, thereby strengthening our Qi.

If we think back to the concept of *Tao Te*, we can now see why it is so important. Virtue is essential because it strengthens our bonds with our universal network, providing us with the support that we need to improve our Qi. We must cultivate good relationships not only with

family, but with all people and living beings around us. We must cultivate a good relationship with the earth.

Mental stimulation from within is more powerful stimulation than physical stimulation. The way to real health is through the mind. We must cut down on desire, greed, bad habits. Many people whom we consider to be rich in terms of money and material possessions are very unhappy. Wealth and fame do not equal happiness. Harmonious Qi within ourselves (throughout our organ systems) and with society develops true health and wealth. Qi is universal; it does not discriminate based on nationality, race, creed, etc. It only flows in accordance to the Tao.

The mind must be grateful for what we have. This will cut down on desire and will help us. The control of emotion is extremely important. Attitude towards our surroundings and ourselves is crucial. We must cultivate the correct attitude toward our environment and ourselves. If we have outbursts of anger or fear, it will actually cause biochemical changes in the blood, the byproducts of which are very toxic.

Success and loss are very important. When we see someone who has something we want, we envy them, and this develops very bad Qi. Mental anger is physically depleting. Feeling sorrow and melancholy is very harmful. Excessive meditation and affection are very harmful. Excessive pleasantries are harmful. Excessive eating and drinking are harmful. Resentment is harmful. Excessive joy is imbalanced. These excessive emotions create imbalance in nature.

To praise others and appreciate, or show gratitude, is very important. By honoring others, we develop very good Qi. And by honoring the Earth, and the entire universe, we develop good Qi. As in nature, without watching weather, we get in trouble. The rest of our lives are the same, as without watching emotions and harmonizing, we get in trouble. Without this understanding, we are completely on our own as human beings.

The Mighty Maple

In my back yard stands a 100 year old maple tree, majestically and calmly overlooking the property. It is part of an ecological community of other trees, bushes, bamboo, and many birds and animals. It lives next to a pond into which runs overflow of water from the hill above the property. This pond is a home to many fish, bullfrogs, snakes and a large snapping turtle. It is a healthy neighborhood that seems to take care of itself. This is nature, an ongoing dynamic cycle where the overall purpose is balance.

This constant movement toward balance is the natural police force of this community. It is a system of checks and balances. Water cycles down from the hill and into the pond before

overflowing into a channel that feeds the nearby reservoir. Some evaporates, and then it rains. Fish grow and then are eaten by birds, such as the beautiful blue heron and the statuesque white crane. Bullfrogs, while sitting and meditating for hours, eat insects and then are eaten by the old black snake that lives under the overflow channel. Sometimes a family of deer will wander through and join the party for a little while, snacking on leaves.

Now back to our tree. It is an entire universe unto itself; an ecosystem within the surrounding ecosystem. It is a home for sparrows and other birds, squirrels and countless insects. These tenants sing songs and call out to each other. When the wind blows its branches and leaves rustle and sway. When it rains, it drinks and eats, mining precious and healthy minerals and nutrients from the soil in which it lives. In the sun it basks, and converts electromagnetic energy into chlorophyll, which acts as its life-blood.

I often take walks around this wonderful habitat and enjoy the calming energy that drives this effective system. I enjoy listening to the birds' songs and the croaking of the bullfrogs all to the constant backdrop of the refreshing sound of running water.

While all these incredible events are happening, it seems as if there is no effort involved. It just simply exists. Nature easily takes care of things. The tree in return, following the directions of the subtle whispers of nature, changes and thrives. It does not seem to need my attention.

During the Spring, its leaves begin to bud. During Summer, there is an abundance of healthy green leaves, yet still, I do nothing, leaving its care up to nature. It is still simply existing and "doing what trees do."

With the coming of Autumn, the lush green begins to change. Different shades of red, orange and yellow paint the canopy to signal yet another change. Winter appears to be a time of rest and hibernation. The leaves have been shed, the branches barren, and it appears almost lifeless. However, the return of spring will faithfully bring a new green awakening, and the cycle of life will continue.

I noticed one day that the mighty maple was beginning to lose branches and leaves outside of the normal seasonal changes. It looked more barren and lifeless even during the lush spring and summer months. Some branches fell, others looked like they would fall. Worms and moss started to appear and the bark seemed weak. Clearly, something was wrong. Our tree appeared to be sick.

I began to pay more attention to these symptoms and try to figure out what was happening. If I called a specialist, a "tree doctor," to examine these symptoms and cure the illness, they may take samples of the soil, bark, leaves and the worms and run diagnostic tests. They may recommend cutting branches and/or applying chemicals to remove the worms. This would help to clear the symptoms for a little while, but the problem would probably return.

I decided to inspect the tree from a *feng shui* perspective, examining the environment. I already knew what the symptoms were, but what was the cause? How was the balance of this ecosystem that lives and thrives on its own, taking care of itself, disrupted? There must be a reason.

I noticed when walking around the area that the surrounding soil was very wet and muddy. It had not rained in days, so I knew that something was wrong. I checked the channel where the water flowed down from the hill into the pond and realized that there was a blockage in the path. Although some water made it to the pond, much of it was pooling in the surrounding soil, creating an excess and saturating the roots of the maple. So the problem was not the tree, itself, after all.

To correct this problem the blockage had to be removed and the water redirected into the pond. After removing the blockage, I dug a better ditch to create a better flow and to make sure that this would not happen again. Soon after, little buds began to form from some of the branches indicating the return to health. The answer to this problem was restoring balance to the environment, not suppressing symptoms.

In Chinese medicine, we always say that something must turn bad in order for worms to appear. In this case, the roots went bad due to excessive moisture. Another interesting point to note is that the symptoms were high up in the branches and leaves, and the problem was way down below in the roots. This is why focusing on symptoms can be misleading and will not fix the problem.

Many acupuncture points in the human body are the farthest away from the area of symptoms. This is referred to as the “roots and fruits” approach. As in our maple tree, we address the roots in order to bring forth fruits. For example, when dealing with poor circulation in the legs, an acupuncturist will usually work on the head. Conversely, for headaches, the acupuncturist will usually work on feet. The human body works exactly like nature. Any excess, as well as deficiency, will be detrimental to our health.

Another example of the “roots and fruits” approach would be an air conditioner not working in a penthouse. Do we immediately go out and buy a new one to replace it? Or take it apart and analyze its internal components? Or does it make more sense to check the circuit breaker in basement first and make sure there is power?

When we show symptoms, we must determine and correct the underlying problem. We exist on this planet no different from a tree. The tree is trying to balance itself with its external environment. Humans are the same. We strive for balance as well. The body is heavenly truth. We have inherent wisdom about how to live in our environment without much effort. The body will balance itself by living in harmony with nature.

Many people in modern society are focused on quantity rather than quality. They are focused on money, sex, food alcohol, drugs which can ruin health and cause disease. They then lose focus and spend less time with family. There is a saying that “doctors cannot put a scrambled egg back into the shell.” When a condition has caused too much damage to a body, it can reach the point of being irreversible. This is why it is better to prevent than to react. The human body has all the medicine it needs. There is no man made machine that can do this. When we are sick, we must pay attention to the message. The discomfort is only a symptom, not the cause of the problem. Our goal is to get the cause. We must let the body express itself. If for example, there is a fever, we should cool and drink water. We should have full confidence in our body’s ability to heal. Sickness is our own doing from the beginning, so we must look at ourselves to understand how to heal. It is not as easy as taking a pill

“When the mountain rain wants to come, strong wind blows through the house” - old saying.

There is a law and order of the universe, whether we know it or not. There is a daily, monthly and yearly cycle. If we know and understand it, life is much easier. We can ride this like the weather. Nature has its own order. If we understand this, we have little resistance. If not, we will struggle more and quality of life will suffer. Yin and Yang is constantly going. This is like a train engine – valves are opening and closing like breathing. We must know how to take advantage of this so that we can move forward through the journey of life with least resistance as a train moves forward on its tracks.

From the very beginning, we start from the lung network. In astrology, metal element and lung is where we store energy of external world. We breath in air, and that starts it all. Breathing is the first way we connect Yin and Yang. Heaven Jing Qi is the air. Second is kidney energy. The third is the afterbirth Qi and stomach. All 3 manufacture the blood that runs through the body to every cell.

Smoke Detector

We must think of symptoms as an alarm system, alerting us to the fact that something is wrong. They are actually our very good friend. We have smoke detectors installed in our homes for protection against fire. We feel a little safer knowing that they are there. If a fire starts, it may take some time for smoke to develop. When it does, and the detector senses it, the alarm sounds, producing a very loud, piercing ring. What comes next? Action! If the fire is still small enough to extinguish, we do so accordingly. If it is large and raging, we escape to safety and call 911 for professional help. Lives are saved because of this incredible invention called the smoke detector. In fact, the amount of deaths caused by home fires has been cut in half since the invention of smoke detectors in the 1970’s!

Now let's imagine something that sounds crazy. We are sleeping, but are awakened by the blaring smoke alarm sounding. But instead of acting to either put out the fire or escape, we pull the smoke detector off the wall and take out the battery just to stop that loud, irritating noise. Now we can again relax in peace and quiet and go back to sleep. Then what? Well, you can use your imagination to finish the story.

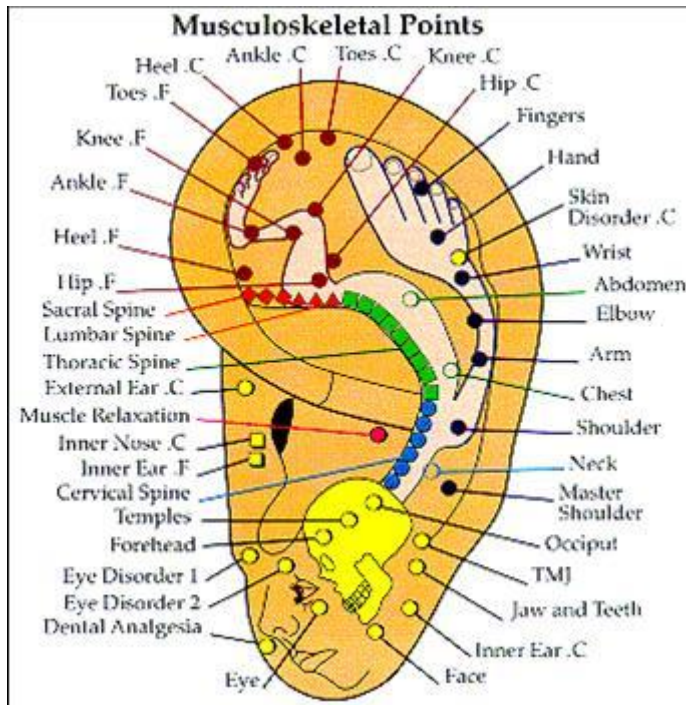
The point is that as crazy as this story sounds, it is what happens every day when people simply try to shut off their body's natural alarm system by suppressing symptoms. Our bodies are hard-wired and designed with incredible defense mechanisms, or alarm systems, to let us know when something is wrong. If we listen, respond and take appropriate action, we can live long, healthy and happy lives. Sometimes we will be able to extinguish our fires ourselves. Sometimes, we may need professional help. But we should think of symptoms not as the problem, but as a call for a solution.

The Artist's Wife

30 years ago when I first came to New York City I visited a very famous artist, Phil, whom I greatly admired, and his wife Nancy. We were enjoying ourselves, discussing art and what were at the time current events. As I looked around the room, I noticed that Nancy looked very pale. I asked her what was wrong and she told me that every month she suffered from terrible menstrual pain. I asked her if she would like me to help her and she accepted the offer. I took a toothpick and applied pressure to a point on her ear. When I asked if she felt any different, she politely said there was not much change.

After I asked her to describe the pain more specifically, she indicated that it was mostly around her lower back. Based on this information, I stimulated a different point on her ear and her pain was gone immediately! She and her husband were both amazed. It was simply a matter of finding the right point.

The reason this ear point worked is because the ear is a micro-system that represents the entire body. It is like a fuse box of a building that has circuit breakers that are responsible for different outlets throughout the building. Nancy had an energetic blockage that was causing her severe menstrual pains. It was only a matter of activating the right switch in her natural circuit breaker to restore the normal flow. This system will be explained in more detail a little later in the book.



["auriculo somatotopic mapping" – Helms]

Tree Stump Fungus

In my woodshop I had three tree stumps that I had cut from fallen trees on the property. I planned on sanding and finishing them to use as little tea tables in my back yard for when I entertain guests. I had not yet had a chance to work on these stumps, but one day I noticed that the one in the center had a dark brownish-black hairy fungus growing up from the top, almost covering the entire surface. It looked very unhealthy and ugly, and actually reminded me of a cancer growing. It was like nothing I had ever seen.

I quickly cleaned the surface, removing all of the fungus, and then proceeded to sand the stump. A few days later, I noticed the same thing had happened. The fungus was back! I then realized that I was missing the point and not seeing the big picture. This situation was like any other, in which what I was seeing, the fungus, was a result of a condition of the environment. What would cause something like this to happen? Why was it only this stump and not the two others.

The answer was in the environment in which the tree had originally been obtained. This particular stump contained excessive dampness internally because the tree that it had been cut from sat in a wet area for a long time before being cut, causing it to soak. This level of dampness in this type of wood was exactly the right condition and environment needed for this particular type of fungus to grow. It was the perfect host. Think of our planet and how the

conditions such as our distance from the sun, rotational patterns in relation to the moon and other planets, elemental makeup and constitution, etc. account for just the right combination to sustain life. This tree stump growing fungus is just a much smaller version. We will later see how most things are different versions of this very phenomena.

The stump had not dried out in the sun long enough before being brought in to work on. The solution to this problem was to put it back out in the sun and allow it to dry. This would rid the wood of dampness, altering the condition and environment, and would no longer allow fungus to grow. I would then not have to worry about constantly removing and cleaning.

Again, we can compare this to the human body system. Simply removing the effect, in this case the fungus, is not enough to create optimal health or to bring about healing. It only offers temporary relief. In order to truly heal the body we must create the right conditions, internally and also externally, in which the body operate in balance and harmony.

This state of balance and harmony is known as *homeostasis* and is defined by Merriam-Webster's Dictionary as such:

"A relatively stable state of equilibrium or a tendency toward such a state between the different but interdependent elements or groups of elements of an organism, population or group."

Or

"The maintenance of relatively stable internal physiological conditions (as body temperature or the pH of blood) in higher animals under fluctuating environmental conditions; also : the process of maintaining a stable psychological state in the individual under varying psychological pressures or stable social conditions in a group under varying social, environmental, or political factors."

Homeostasis in the surrounding environment is comparable to what the Chinese refer to as *Feng Shui*. This is a system of assessing the flow of Qi in the environment and is essential to our health. We will describe this in more detail later on.

The Universe Within the Body and an Action Sci-Fi Movie that Explains It

Human beings are earth beings. What does that mean?

We are composed of all the materials of the earth. All of the elements on the Periodic Table make up the material substance of everything, including our bodies. Of course, there are many different combinations and ratios found in different structures. But the iron, magnesium, phosphorus, calcium and other metals found in the crust and core of the earth are the same as the iron, magnesium, phosphorus, calcium and other metals found in our bodies. The same molecules made of two hydrogen atoms and one oxygen atom form the water in our oceans, rivers, lakes and streams that cover 70% of the earth's surface, as well as the water that comprises roughly 65% of our bodies.

The sun is a huge fireball that nourishes the earth. It causes plants to grow by providing the radiation required for the leaves to produce chlorophyll. Roots pull up minerals from the soil. We then eat these plants and vegetables. We drink water. We react to the heavenly bodies – sun, moon, planets, galaxies. We are affected by their gravitational pull and by the electromagnetic radiation they emit. We transform the earth's energy and raw materials into our own human bodies, thereby forming “mini-earths.”

This is a concept similar to the movie Transformers, in which alien robots are able to, through a special energetic software program, transform into any electronic structure by reading the energetic pattern of that structure. Interestingly, this science fiction action movie's concept is very much in line with how our bodies are designed.

We can think of our bodies in terms of a cybernetic system. We have briefly alluded to this earlier when explaining the concept of Qi. This analogy is very accurate. Computers consist of hardware and software. Each relies on the other in order for the unit to function. Hardware without software is a pile of metal and plastic. It can do nothing. On the other hand, software without hardware is also useless, as it cannot manifest – there is no system to operate.

The human body is the same. Our physical meat and bone body (hardware) requires the flow of Qi (software) in order to function. It is the basic operating system of life. We are biological computers. If we examine the body with the most advanced microscope, we cannot see the software, just as we cannot see the software of a computer by examining its internal components.

But there is a difference. No man made machine is more incredible than the human body. Human beings are millions of times more complex than the most advanced computer. This is because we are composed of earth elements.

We traditionally view the body as a machine. As we age, it breaks down. We rely on chemicals to repair it. We wait for damage to occur and then surgically repair it. Like an old car, it rusts, falls apart and parts must be replaced. Or like an old computer that slows down, we need to replace parts, or these days, we simply just get a whole new machine.

Acupuncture is of a different mindset, viewing the body as an organic net, constantly fixing and replacing itself. Like a computer, if the battery is low, we do not have to replace parts. Simply recharge the battery. If there is a software problem, we can usually correct it by pressing the right combination of keys. In fact, these software programs are written by pressing intricate combinations of keys on the keyboard. Acupuncture points are very economical. They can be activated by us, anytime, anywhere.

An acupuncture point can wake up a system right away, just like hitting a switch. It keeps everything flowing, like the plumbing of a building. If a toilet backs up, then there will be a problem in the building. Furthermore, if there is no water, that is also a problem.

To be able to prevent is best. This is the best way to prevent from getting sick. When we are thirsty, it is too late to build a well. If someone declares war on us, it is too late to make weapons. If we have an alarm, we should listen and act accordingly. When we have a problem with a tire, we must repair and balance it before it causes an accident and it is too late.

If we turn on the switch, the light comes on. If the light goes out, we live in darkness. The wire itself is important, but the current is more important. In a house electricity brings us convenience, but in the body, Qi in the meridians bring us good health and life.

Meridians are the complete conduit system through which Qi runs and flows. It has been shown to have fiber-optic properties. Qi consists partly of electromagnetic energy, but Qi is beyond just electromagnetic energy. There are much more subtle components involved.

The Chinese think that if you want to live a long life, we must nourish and activate Jing Luo. The meridian is thought of on surface (map), but Jing Luo is the whole network. It can be used to predict illness and for diagnosis. For example a pimple in a certain area on a Jing Luo point will indicate a problem with that particular system. This all stems from I Ching, described earlier. The Chinese do not usually differentiate between astrology, feng shui, medicine or philosophy. They are all one and the same.

The nature of Jing Luo is bio-electromagnetic. When we are very tired, it is like our electrical power supply is low. We need a battery to run throughout the day. Like the popular Duracell commercial, some toys move faster due to a better battery supply. Jing Luo is the best medicine in our pocket – we have 24/7 access and it does not cost money.

This body environment is an organic network – it contains all organ systems, tissues and cells. The meridian system is an electrical network that is balancing and coordinating itself constantly. Tissues are simply meat and bones. Meridians power the system. The way meridians run and circulate coordinates with the heavens, sun, moon and their natural cycles. When we live according to the seasonal changes, we take the ultimate path of least resistance and will live much longer.

There has been a great amount of western scientific research to support the anatomical and physiological presence of the acupuncture meridian system. Dr. Shang, in a lecture at the Annual Symposium of the American Academy of Medical Acupuncture, stated:

According to the Standard Acupuncture Nomenclature proposed by the World Health Organization (WHO), the meridian system in acupuncture consists of about 400 acupuncture points and 20 meridians connecting most of the points. Since the 1950s, it has been discovered and confirmed by researchers in several countries with refined techniques² that most acupuncture points correspond to the high electrical conductance points on the body surface and vice versa. (<http://med-vetacupuncture.org/english/articles/mechan.html>)

Robert Becker, MD, a pioneer in the field of electromagnetism and human physiology, has demonstrated in his work that skin resistance was less and conductance was greater at meridian points. He concluded that as booster amplifiers were to maintain the current strength along a power line, acupuncture points did the same thing along the meridians pathways. He also discovered a direct link between the meridians and the central nervous system. He states in his book, “The Body Electric”:

Our readings also indicated that the meridians were conducting current, and its polarity, matching the input side of the two-way system we’d charted in amphibians, showed a flow into the central nervous system. Each point was positive compared to its environs, and each one had a field surrounding it, with its own characteristic shape. (Becker, p235-236).

Omura discovered the presence of neurotransmitters and specific hormones along meridians and in meridian points in relation to the organ systems they represented. A connection was also demonstrated between the meridian and the organ in the organs area or representation in the cerebral cortex.

The meridian of specific internal organs was found to be connected to the organ representation area in the cerebral cortex of specific internal organs. The acupuncture point has an area and occupies 3-dimensional space. The author also found that within the boundary of most acupuncture points and meridian lines (including Heart, Stomach, and Triple Burner) were high concentrations of neurotransmitters and hormones, including Acetylcholine, Methionine-Enkephalin, Beta-Endorphin, ACTH, Secretin, Cholecystokinin, Norepinephrine, Serotonin, and GABA. On all these meridian lines, in addition to the above neurotransmitters and hormones, Dopamine, Dynorphin 1-13, Prostaglandin E1 (PGE1) and VIP were found, but the latter do not usually exist within the boundary of the acupuncture point with the exception of the center midline of the

acupuncture point where the meridian line is situated. Serotonin, Norepinephrine, and Cholecystokinin appeared in either one of the above 2 patterns, depending on the individual. In addition to the above common neurotransmitters and hormones, the Heart meridian had additional Atrial Natriuretic Peptide in both the meridian and its acupuncture points. Similarly, the Stomach meridian had additional Gastrin in both the meridian and its acupuncture points. Likewise, the Triple Burner meridian had additional Testosterone (in the male) and Estrogen (especially Estriol and Estradiol in the female). (Omura, Acupunct Electrother Res. 1989;14(2):155-86).

This demonstrates not only the electromagnetic component, but also the biochemical component of the meridians and how they are physiologically related to their corresponding organs.

In 1978 Luciani produced Kirlean photographs of the LED (light emission diode) effect of acupoints along the small intestine meridian and the large intestine meridians. (<http://www.emofree.com/Research/Research-other/meridianexistence.htm>). This type of photography produces images caused by a high voltage corona effect, showing the electrical field of the subject.

Jay Alfred, in “Our Invisible Bodies”, describes how meridian pathways are part of a network of filaments present throughout the universe creating an interdependent network. He also mentions another experiment by Pierre de Vernejoul which demonstrated the anatomical presence of the meridians.

The meridian system, chartered by Chinese acupuncture, can be considered the arterial system of (what metaphysicists would term) the (lower energy) 'physical-etheric' body. These meridian pathways are ordinarily invisible to the biological eyes - just like the invisible cosmic filaments. And just like cosmic filaments, these invisible meridians can be detected when they generate radiation. French researcher Pierre de Vernejoul injected a radioactive substance into the acupoints of patients and measured the radiation using a special camera. He found that the substance migrated along classical Chinese acupuncture meridian pathways. Other injections made by Vernejoul into random points of the body and into veins and lymphatic channels were unable to demonstrate similar results, suggesting that the meridian system is a unique and separate network of pathways in the body. Further experiments showed that terminating a meridian that related to the liver resulted in a rapid degeneration of liver tissue. Without energy supply from the physical-etheric body via the meridians; tissues, organs and cells of the physical-biomolecular body do not appear to function properly. (Alfred, p 81).

Dr. Shang of Harvard Medical School, states:

The following predictions of the growth control model have been independently confirmed by research results in both acupuncture and conventional biomedical sciences: (i) Acupuncture has extensive growth control effects. (ii) Singular point and separatrix exist in morphogenesis. (iii) Organizers have high electric conductance, high current density and high density of gap junctions. (iv) A high density of gap junctions is distributed as separatrices or boundaries at body surface after early embryogenesis. (v) Many acupuncture points are located at transition points or boundaries between different body domains or muscles, coinciding with the connective tissue planes. (vi) Some morphogens and organizers continue to function after embryogenesis. Current acupuncture research suggests a convergence of the neurophysiology model, the connective tissue model and the growth control model. (Shang, [Evid Based Complement Alternat Med](#). 2009 Mar;6(1):31-9. Epub 2007 Nov 21).

The Theory of Chinese Medicine: The Ecosystem as a Whole

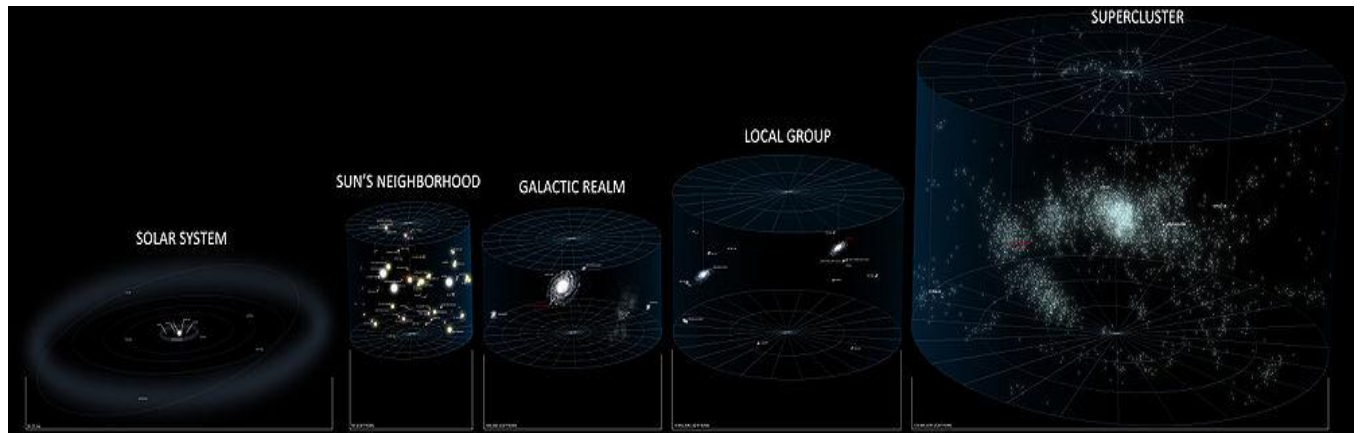


This famous "Blue Marble" shot represents the first photograph in which Earth is in full view. The picture was taken on December 7, 1972, as the Apollo 17 crew left Earth's orbit for the moon.

The above picture was the first time humans saw an actual full view photograph of the Earth from outer space. Imagine what it was like to finally see our planet as a whole, without people or man-made structures, without religious, political, racial or other man-made boundaries. The planet appeared to have a life of its own. But as grand and magnificent as it stood, it was a mere microcosm within the larger macrocosm of the solar system. The solar system is then a microcosm of the macrocosm of the Milky Way galaxy, which is then part of the larger Local Group of galaxies, which is then part of the Supercluster of galaxy groups. This continues throughout the entire space of the universe.

Human beings are included in this continuum of entities within a microcosm/macrocosm system. As we can follow the system as size increases, we can also follow in the other direction, decreasing in size. We see humans on the earth, composed of the elements of the universe. Our bodies contain organ systems, composed of individual organs, which are composed of tissues

working together, and are all held together in place by connective tissues. The tissues are composed of cells, which are considered the building blocks of life. These cells contain organelles, or cell organs, including the cell membrane, mitochondria, vacuole, ribosome and nucleus. These are composed of combinations of proteins, fats and sugars which are then broken down into chains of amino acids and fatty acids respectively. Of course these structures are also made up of water and fluids containing minerals, enzymes and co-enzymes. These chains are further broken down into molecules consisting of atoms, protons, neutrons and electrons and other sub atomic particles. Each of these structures is its own macrocosm containing a microcosm and vice versa.



The point is that the entire universe is a system whose parts are in a state of coexistence and reliance on each other. Eugene Odum, known as the "Father of Modern Ecology" and author of "Fundamentals of Ecology" wrote, "*The ecosystem is greater than the sum of its parts.*" His approach was to look at systems from the top down, starting with the whole, as opposed to from the bottom up. It seems that with problems, though, we have come to focus on very specific parts almost with tunnel vision. We do not take into account the function and balance of the whole structure or system. We do not give credit to the vital life forces and energy that powers the system. Each individual part or component is useless without the whole.

So without the system, there is nothing but inanimate objects. This is the same as dead body part that has been dissected. Let's use an arm as an example. It may be fully intact, but in the absence of the whole body and without the vital Qi to power it, it is a pile of meat and bone that will simply decay. But on the contrary, the body can survive without the arm and will adapt, as long as its systems are still working and Qi is flowing.

As miraculous as the Earth is, without the sun at a very specific distance, it could not sustain life. And on the other hand, if that distance were just slightly off and the sun was too close, we would also not be able to live from heat excess. This crucial distance is maintained by a combination of physical and energetic forces, such as inertia and gravity that these two bodies

exert on each other governing rotation and orbital revolution rates. This, as we know, is the foundation of our system of time; the basis of our calendar and the originator of the seasons.

The moon's orbit around the Earth, caused by the same set of physical laws and forces, is the cause of the movement of the tides of our great oceans. The female menstrual cycle is known as the "Moon Cycle" in Chinese Medicine. If a woman is healthy, her menstrual period should occur at the same time as the full moon. Every natural event or phenomena has a reason founded in the relationships between objects within the system. The concept of interpenetration and correspondence of human beings with natural world has been used in Chinese Medicine as a healing system, which includes acupuncture, Qi Gong practice, herbal medicine in diagnosis, healing and prevention. Because the external environment affects the internal organs to throw off balance, we must study the ecosystem of the human body and its relation to the ecosystem of the earth and universe. Humans, as well as all living beings, weave the web of the organic network of the universe.

Chinese Medicine is treating the patient and not just simply the disease. It deals with time, space and human beings in their environment. It is a complete approach to diagnosis and prevention. The core of Chinese Medicine is that the cosmos, Earth and human are all in one. The idea is to maintain balance between the polar opposites.

The Chinese believe that humans are born from heaven and earth and the pattern of life is shaped by the law of Four Seasons. Heaven feeds humans with WuQi, or the Five Qi types, and Earth provides humans with Five Zang Organs, Six Fu Orbs, Five senses, etc. Humans are born when the Yang energetic Qi impregnates the Yin material form, and life springs forth spontaneously. Life essence and body fluid embrace each other to procreate. Then the dance of life begins.

According to the Yellow Emperor's Classic of Internal Medicine, the relationship between human beings and the natural environment is the universal law. All the stars in the galaxies affect each other, and also affect human physiology and psychology. These changes in all things in nature are based on Yin and Yang, night and day, cold and heat, and all things in nature. Humans have nine openings by which they connect to the outside world: two eyes, two ears, two nostrils, mouth, genital opening and anus. These are portals of entry and exit for physical and energetic interaction and communication.

Original Qi

So where does it all come from? The answer is Yuan Qi, which means "Original Qi". Yuan Qi is the mutual substance that forms the whole universe, and all beings and matter within it. Everything comes into being from Yuan Qi. Qi is never created or destroyed. It does not disappear; it just changes its state of appearance, or phase. It is everywhere, all the time, the

same way AM and FM radio waves are. But we are not aware of its presence unless we are able to "tune in".

We cannot see Qi, but form we can. Qi is what brings the form together. Form and Qi met each other and created all living things. It explains changes on the outside world affecting the inside of the body. We can see this in chemical reactions.

The vast space of the universe is where all physical matter comes from. It decides on all matter being manifested. That is how life forces started with the Five Phases of cyclic changes according to the Heavenly Way. The cyclic movement of Yuan Qi governs and directs all living matter on the planet as it grows and changes into different states. The relationships between all living beings, including the tiniest microbes, are based on Yuan Qi.

Six Pathogens

There are six pathogenic factors that can cause illness. These are sometimes referred to by the Chinese as the Six Evils. These usually have to do with weather changes, and are wind, cold, dampness, heat, dryness, fire. Also, Yin and Yang, darkness and brightness are distributed throughout 4 seasons and arranged in 5 stages. The change in weather and seasons affects the balance of Yin and Yang in the body. When these conditions are excessive, they will cause disease in the body.

Excessive environmental energies and energies out of season will cause imbalance leading to disease and sickness in different organs. Most people think of disease as being due to bacterial/germ invasion or attack. We then treat the body like a war zone, using drugs to kill these "evil" organisms in our body, instead of trying to alter the unhealthy conditions that attract, manifest and support them in the first place.

It is like a river. When the water flow is constant and fresh, the environment is healthy. If there is a blockage and water then becomes stagnant for a period of time, the area will flood causing the roots of plants to rot. Many mosquitoes and other insects will gather as this new condition, that we would consider dirty, is more supportive to their physical needs. They will reproduce and become embedded in the system.

Only certain conditions will allow certain bacteria to gather. Our DNA has programming for all viruses, infections and illness – how to manifest them, and how to protect ourselves from them. Louis Pasteur, considered one of the Fathers of microbiology, stated that a particular strain of bacteria has a very specific range of environmental factors and conditions that would allow its survival survive and allow it to multiply. If any of these conditions change, the germs

automatically die. If we change environment, it is much more effective than declaring chemical warfare on the organisms.

The more we attack the microbes and insects without cleaning the environment, they will evolve and reproduce in more resistant forms. And they reproduce at incredibly rapid rates. These more resistant strains are much more difficult to kill, and the battle goes on, devastating the surrounding environment, as well, and weakening the entire system.

The artificial environment we have created with air conditioning, heat, x-rays, artificial light, electromagnetic pollution, etc. predisposes the human body to pathogens. These external conditions create the internal environment in the body for germs to grow. For example, exercise in an air conditioned gym or sleep in air conditioned room causes us to sweat. This allows cold to enter the open pores leading to allergies, headaches, joint pain, skin conditions and fungus. We created conditions for opportunistic diseases to thrive.

We must avoid the following Six Pathogenic Factors.

1. Wind

The Wind pathogen is an invasion of the excess Qi in the air, and specifically affects the liver. Spring is a season for wind. Although there's wind at all times of the year, spring is generally recognized as the season when it can be particularly excessive and harmful. Wind is the most problematic among the six pathogens, and therefore requires the most discussion.

Wind is a Yang pathogen. As an external pathogen, Wind enters the body easily, moves around a lot, and often results in cold and sinus problems. Unlike Dampness, which sinks, Wind rises and floats. It forces open meridian channels causing Qi to leak from the body. Because it is a rising pathogen, most Wind related illnesses are in the face and head, or near the surface of the body. Wind attacks are quick and acute, irregular and unpredictable. It comes quickly and powerfully, and leaves just as quickly. Unlike Damp problems, pain associated with the Wind pathogen would always move from place to place, or change from one type of pain to another.

Symptoms include fever, headaches, pain at the base of the skull, or irritation to the skin. Hives, for example, are understood as Wind irritations in traditional Chinese medicine. People attacked by Wind have floating pulses.

Internal Wind is a result of imbalances in the heart, liver, or kidneys. It occurs when there is too much energy in an organ. When too much excessive energy accumulated in an organ, internal wind will travel according to the Five Phases and will become a disruptive influence to other organs. It can be caused by sudden changes in temperature and seasons.

Its primary characteristic is sudden illness, including dizziness, cough, excessive sweating, fever, flu symptoms, sinus conditions, headache and blurry eyes in its milder form. There would be emotional swings, trembling and numbness in the hands and feet. There could be sudden

constriction of facial muscles, causing the face to twist and become rigid. If severe, one could lose consciousness, experience convulsions or cramping, become rigid or temporarily paralyzed. These are symptoms of minor strokes. The term stroke, incidentally, when translated literally from Chinese, means “struck by wind”.

Internal Wind is primarily caused by three types of imbalances.

The first is extreme heat. Extreme heat in the body turns into Wind. Extreme heat often affects children, and can be dangerous. It would result in loss of consciousness, cramps, flu and convulsions.

The second is Yin deficiency in the liver or kidneys, and is commonly known as liver Wind. In mild instances, liver Wind leads to dizziness or brief moments of unconsciousness. Serious cases result in stroke or cerebral hemorrhaging, often caused by high blood pressure and/or alcohol abuse.

The third cause of internal wind would be blood deficiency. There would be dizziness, blurry eyes, trembling and numbness in the four limbs. The deficiency in blood, generally caused by an imbalanced liver, would lead to malnourished tendons, weakness and low blood sugar.

When **External Wind** invades, it first affects the lungs. In Chinese, the term for the common cold is “harmful wind”. Symptoms include coughing, itchy throat, fear of cold and wind, with some sweating and heat. The pulse would be floating.

Wind is often combined with other pathogens. **Damp Wind** is the common term for arthritis in Chinese medicine. There are various types of Damp Wind, some of which move from one place to another. A damp wind invasion would mean severe headaches or joint pain.

Cold Wind, a combination of cold and wind, attacks the body in a middle area between superficial and deep. It does generate some heat. Cold Wind results in light sweat on the forehead, accompanied by sore throat and clear urine. Those attacked by Cold Wind are not as thirsty, would barely show signs of fever and would find their bones and joints in pain.

External Cold Wind attacks the stomach, intestines, and uterus. There would be signs of nausea, vomiting and gas pains. The tongue would display a thin white coating. The phlegm would also be white, and the pulse would be tight and floating. If the intestines are attacked by external cold wind, there would be diarrhea and lower abdominal pains. Sometimes, when wind invades the muscles and tendons, and the wind happens to be cold wind, the muscles would react by constricting and becoming tense. Shoulders, joints and the back of the neck could all

experience tightness. In cases of mucous discharge, whether from nasal passages or as a vaginal discharge, cold wind would normally be suspected as a cause.

Hot Wind is like a furnace to the body. Hot wind is so hot that the fluids in the body are exhausted, and there is no sweat. Throat inflammation is severe, and the urine is yellow and saturated. Those attacked by Hot Wind are constantly thirsty with high fever, despite little pain in the bones and joints.

In modern society, the artificial environment – microwaves, heating, air conditioning, artificial light, TV, computers, transformers- are considered types of wind. These cause more damage and are more disruptive than external winds. This is because they are closer and we are exposed constantly.

2. Cold

Most of this pathogen has been described above, as it is usually accompanied with Wind. Symptoms of internal Cold include slowness, chills, gastrointestinal cramps, gas, diarrhea, irritable bowel syndrome, headache, migraine, body aches and sweating. Because of the Yin nature of the pathogen and the accompanying Yang deficiency, it usually affects the kidneys.

Excessive intake of Yin foods causes cold internal wind. Cold drinks, which are excessively Yin in nature, suppress digestion and vital organs. This is very logical if one imagines the heat generated by the stomach and small intestine in order to digest food. A cold drink will simply put out that fire, making it harder to carry out the process.

3. Dampness

As when water becomes stagnant and floods, preventing consistent flow and transition and causing heavy dampness to weigh down, stick, linger and rot, so it is in the human body. It is associated with late summer and high barometric pressure, tropical environments with high humidity. Prolonged summer rain, morning mists, mold, dampness in basement environments are all factors that cause this pathogen.

Characteristic symptoms include bloating, sluggishness, fatigue, night sweats, cold sweats, Rheumatoid Arthritis (wind dampness), headache. Damp pathogens will invade body quietly when we are not paying attention and protecting ourselves, often during sleep. When we do not protect ourselves from the weather by not wearing enough clothing, we are susceptible. Different types of dampness will manifest in different types of bodies.

Internal dampness is very common with the Standard American diet – sugar, soft drinks, refined white sugar, iced cream, dairy, cold drinks. This causes harm to the pancreas, spleen and adrenal glands. This lifestyle creates diabetics, lowers the immune system and leads to degenerative conditions, heart disease and cancer. A diagnostic sign of dampness is a lot of moist white fur on tongue with scalloped edges.

4. **Heat**

Heat is more of an external pathogen that is associated with excess of movement. It is Yang in nature. It is consistent with the summer as far as its time scale goes.

Symptoms of heat include hot flashes, fever, thirst, sore throat, headache, skin problems and heat intolerance. Again, the artificial environment from microwaves, hot plates, gas fire cooking and heaters all cause internal fire in the body.

5. **Dryness**

Dryness is Yang in nature and is associated with dehydration. Its season is autumn. Its main targets are the mucous membranes, which must remain moist in order to function properly. When dried out, not only will they not be able to perform their jobs, but they will become damaged.

Internally, it affects the lung causing cold dryness. This leads to coughing, stuffy nose and sinus conditions, cold intolerance, headache, thirst, nausea and lack of sweating. Hot dryness will cause excessive sweating, thirst, sore throat, heat spells and dry nose and throat. Internal dryness is caused by drinking alcohol, smoking cigarettes, eating hot and spicy food.

Both types of dryness cause chapped lips and skin, constipation and hard stool due to the pulling out of moisture, and lung damage.

6. **Fire**

Fire can be associated with all seasons. It is Yang in nature, but usually refers to the internal, as opposed to heat, which is usually external. All organs can also generate fire, and it can spread. The pathogen Fire is not to be confused with the Fire of the Five Phases/Elements, which is required for healthy, balanced function.

Liver fire is caused by consumption of alcohol and anger.

Lung fire is caused by smoking.

Kidney fire is caused by excessive sex.

Stomach fire is caused by excessive consumption rich foods and alcohol.

Lack of sleep or over indulgence are common generators of the Fire pathogen. It leads to chronic degenerative disease. Cold sores indicate an excess of internal fire. The tongue is usually thick and yellow-coated. Emotions can be involved, as in anger causing liver Fire.

According to Yellow Emperor, *“When there is strong internal vital energy, no pathogen can invade the human body.”* When there is evil energy, we must use pure energy to balance it. We have positive Qi to balance pathogens, or evils. By avoiding the causes of the evils, then cultivating Qi with Taiji and Qi Gong, maintaining meridian balance with acupuncture, and living with Tao Te, the body will remain healthy and thrive. Good Qi is more powerful than any medicine.

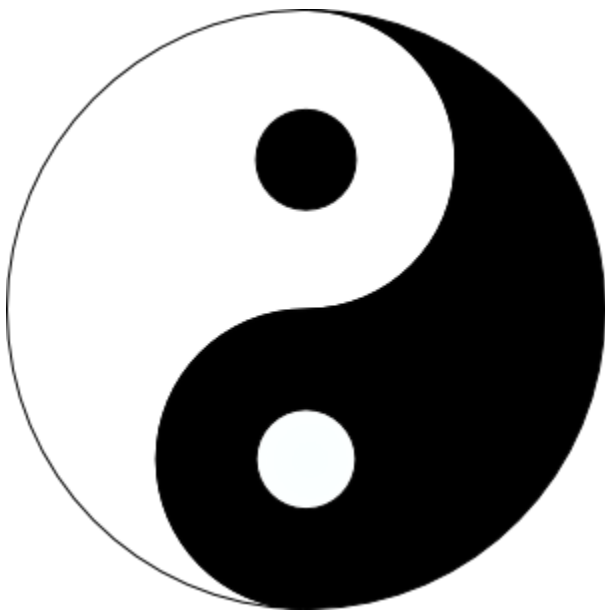
The Seven Emotions

As our mind, body and spirit are all one, disruptions in any of these aspects can directly affect our health. In Chinese Medicine, there are Seven Emotions which can cause imbalance and lead to disease. These diseases are not limited to mental/psychological disorders, but directly affect certain organs and systems. They manifest as physical problems. We have all experienced changes in our physical body caused by what we feel at the moment. Who is not familiar with the sensation of a “knot” in the stomach, and/or digestive problems when heavily contemplating, stressed and worrying about a tough decision? Or a migraine headache triggered after a period of intense anger? Or trouble taking a breath during an anxiety attack?

The Seven Emotions each affects the specific organs in the following way:

1. **Joy:** affects heart-small intestine network– we can actually die laughing
2. **Anger:** affects the liver-gallbladder network
3. **Anxiety:** affects the lung-large intestine network
4. **Excessive contemplation:** affects the stomach-spleen network (this is often due to worrying about making money and business)
5. **Grief:** affects the heart-pericardium-triple warmer networks (this can cause cancer, much pessimism)
6. **Fear** (long term, chronic): affects kidney/bladder network
7. **Fright:** affects kidney/bladder network

Yin Yang, I Ching and The Five Phases



Yin/Yang

The I Ching states:

“The ceaseless interplay of heaven and earth gives form to all things. The sexual union of male and female gives life to all. This interaction of Yin and Yang is called the Tao. The resulting creating process is called change.”

We transform, change, from earth to a baby to teen to adult to senior. Then, we disintegrate, or transform back to earth. We were born from a program from the heavens, stars, etc.

According to the Yellow Emperor, the principle of Yin-Yang is the foundation of the universe and the basis of all creation. Heaven is created by the accumulation of Yang, while Earth is formed by the accumulation of Yin. It is the primal source of all power and the well spring of all creation.

Yin-Yang is the ever-flowing, dynamic system of polar opposites that shapes and moves the universe. It is constantly moving, and with every movement, maintains balance. It represents every aspect of life, and its basic polarity is recognized and experienced by a child before it can even walk or talk. We notice the change from day to night, dark to light.

Nothing is absolutely Yin or absolutely Yang. It is always stabilizing itself by having some of its opposite. Each pole is defined by its opposite – up/down, light/dark, left/right. The black portion of the Yin-Yang symbol represents Yin, while the white represents Yang. We notice that there is a small black, or Yin circle in the larger white Yang, and vice versa. This is to demonstrate that there is always a component of one in the other.

This symbol is not two dimensional, but three dimensional. It should be seen as a fluid crystal ball with both sides continuously flowing in and out of each other. The smaller Yin-in-Yang and Yang-in-Yin spheres are not constant size, either. Sometimes they may be larger or smaller depending on the flow at that particular time.

All processes consist of Yin and Yang phases, and every aspect of our reality can be classified as either one or the other. Cold is Yin, hot is Yang. Winter is Yin, Summer is Yang. Soft is Yin, hard is Yang. Stillness is Yin, movement is Yang.

Running water is material Yin, but when it evaporates and changes phase to gas it becomes energetic Yang. Then it rains and becomes Yin once again. We eat food made of physical Yin matter and then through digestive processes, convert it into useful Yang energy. This exchange is never-ending, and is occurring throughout the entire universe.

We are a product of Yin and Yang, therefore we are composed of Yin and Yang. Our parents come together to conceive us. The mother represents the female Yin, while the father represents the male Yang. Without the union of both, we cannot exist. This is not only the case in child birth, but throughout our entire lives, and throughout the entire universe.

Yin-Yang is used to describe the relationship between Heaven and Earth. By Heaven, we mean the cosmos, all of the heavenly bodies – stars, planets, galaxies or space. From Heaven comes cosmic energy. This can descend to us in different forms such as the weather. This heavenly energy is Yang. The Earth, composed of physical material, or matter, is considered Yin.

So if physical matter is Yin and energy is Yang, human beings are just the same. The human being is a marriage between cosmic energy and earth material; a vessel of the manifestation of marriage or union of Heaven and Earth. We use material to create the physical structure of the body, but we must have life energy, or Qi, to power it.

Our organ systems are classified according to Yin-Yang as well. Both have different functions yet rely on each other for existence. Yin organs are known as orbs, or storage organs. They are the lung, liver, heart, spleen and kidney. These organs are what are typically known as the vital organs.

Yang organs are known as the viscera. They are the colon, gall bladder, small intestine, stomach and urinary bladder. They represent movement, or energy expenditure.

Another interesting point is that the outside of the body is Yang, while the inside is Yin. The posterior, or back, aspect of the body is Yang, while the anterior, or front, is Yin. If we think of how we are born, the fetal position, we are protecting the Yin. In fact our flexor muscles are hard-wired to activate and curl us forward. This is even the case after suffering neurological deficit resulting in spastic paralysis. Animals, when frightened, curl up in a flexed position. This is all to protect the Yin aspect, or vital organs.

When we are very sick, it is known as ultimate Yin. On the other hand, a stroke, heart attack or high blood pressure is very Yang in nature. This will then bring us back to Yin because of the lack of movement resulting from these conditions.

One thing we usually do not consider is cultivation of Qi, based on individual constitution. Everyone is different and has different needs, and we must be nourished according to these individual needs. We all have inherent weaknesses that must be addressed for preventative measures. This is TRUE prevention. Anatomy, physiology and psychology are always different for everyone. Pre and post natal factors affect our health and constitution, as well as our genetic blueprints. We are exposed to toxins in the womb and after birth. Some people are more Yang, some are more Yin in nature; some are strong, some are weak. Appearances and appetites are different. Deficiencies in Yin or Yang can lead to blood deficiencies.

Eight Constitutional Types are classified to describe imbalances in Yin and Yang. They are as follows:

1. **Constitutional Yin deficiency:** usually have dry mouth, red face; flushed; heat in palms of hands and soles of feet; constipation; insomnia; yellow urine, prefer cold drinks, irritable, worried, cold sweats at night, thin and dried up looking, red tongue, pulse is usually fast and small.
2. **Constitutional Yang deficiency:** usually heavy, overweight, flabby; pale complexion, cold intolerant, cold hands and feet, urine is clear and long, sweat easily, prefer warmth, loose stool, tongue is pale color and fat, pulse is deep and weak.
3. **Constitutional Qi deficiency:** thin but can sometimes be slightly overweight, pale complexion, timid voice, spontaneous sweating, when move, it's worse, fatigued, absent minded, tongue has white fur, weak pulse. (Deficiency not as bad as depression. Depression is worse)
4. **Constitutional Blood deficiency:** pale face and lips, cannot work, insomnia, sallow complexion, low spirit, poor concentration, no interest in things, apathy; tongue pale, pulse is weak and thready.
5. **Constitutional Excessive yang:** well built, very stiff, loud voice, heavy breathing, likes cold weather and drinks, heat intolerant, reddish/yellowish and heated urine, stool smelly. Too much heat, so moisture is deficiency. Constipation, dry mouth. Irritable and angry. Red tongue and dry, pulse is pounding on surface
6. **Constitutional Blood stagnation/stasis:** dry skin, colorless face – grey looking- no shine, tongue purplish with dark spots on edge, choppy, pale/ grey complexion, depressed/melancholy, dark lids, deep eye sockets – sunken in, tongue purple with dark spots, pulse choppy, dry skin
Stagnation = sluggishness. Stasis = non-moving
7. **Constitutional Phlegm/dampness deficiency:** overweight/fat, loose muscle, flabby, lazy, like to eat sweets and fast food, body always feels tired and heavy, sluggish, procrastinating, tongue sticky and heavy coated with greasy fur and swollen, bad breath, pulse slippery (pregnant pulse is also slippery).
8. **Constitutional Qi depression:** thin, skinny, or a little overweight, yellowish complexion, impatience, suddenly happy, suddenly sad, tightness of breath, sighing, tongue reddish and fur whitish, pulse is wiry.

These are all due to one's inherent weakness. Determining this is the most important aspect of diagnosis. They are congenital, but we can affect them. There are different ways to regulate these deficiencies, which we will describe later. Each type is susceptible to certain physical, psychological and morphological factors. Different lifestyles and habits will affect and change one's constitution.

8 Indicators

Chinese diagnosis and therapy are based on the functional interrelationship between all the organs as a whole system, in which diseases are often traced to root causes far removed from where the obvious symptoms appear. Focusing on function rather than form requires a thorough understanding of how the human energy system operates. This in turn enables the physician to track down root causes of disease and affect lasting cures other than simply providing symptomatic relief. (Ried, Daniel – Complete Book of Chinese Health and Healing, p.62)

The Chinese diagnosis is based on the Eight Indicators. It is dynamic, alive and ever-changing. We must determine the right tool for the job. The concept is very simple and logical. Remember our tree. If the leaves are turning yellow, we must find out why instead of just cutting off leaves.

Yin and Yang is physically manifest in the body through the Eight Indicators. These depict the relationship and balance of Yin and Yang in the body through different categorized signs and symptoms. The Eight Indicators are broken down into four pairs of polar opposites including:

1. Yin/Yang
2. Internal /External
3. Cold/Heat
4. Deficiency/Excess

These indicators allow us to examine the condition of the terrain. Terrain is a very important concept in Chinese medicine. It is defined as state of an organism or tissue, organs, regarding resistance to pathogenic agents. It is genetic in nature, but can be changed throughout life in a positive or negative way due to drug intake, geographic influence, climatic changes, physical trauma, vaccinations, diet, excessive sex, surgery, psychological shock, etc. Terrain medicine consists of checking the environment (ecology, psychology, electromagnetic, climatic, astronomical, etc.) to understand condition with help of 8 indicators. We must consider all these factors in order to properly diagnose and determine the root cause of the problem of the imbalance.

The Internal/External indicators are Yin/Yang manifestations, respectively, in terms of location and space. These indicators always occur with the other indicators, as everything must have a location. The internal, which affects the inner organs and tissues of the body, will cause symptoms such as nausea, loose bowel, constipation, dizziness, heart palpitations, cold sweats, fatigue.

External conditions are typically not as serious as internal ones. But they usually indicate that something is going on inside. Often, external conditions are a result of illness/symptoms coming to surface and exit. This is good, but we must be aware that this is not always the case with the External. Pathogens may also be entering the body, causing these symptoms. This is

why proper diagnosis is essential. Some symptoms of the External are musculoskeletal pain, headaches and acne.

The Cold/Heat indicators are energetic manifestations of Yin and Yang respectively. Cold indicates a slowing of energy movement and production. Symptoms are pale complexion, low body temperature, soft stool and dark urine. Heat indicates a higher rate of energy production. Examples of heat symptoms are sore throat, flushed face, pounding headaches.

The Deficiency/Excess indicators manifest Yin and Yang in terms of flow and accumulation of Qi, blood and all the fluids of the body. They also refer to external factors, such as toxic exposures, that can attack the body. The integrity of the immune system and of the tissues of the body are affected by these indicators. Symptoms of deficiency are weakness, chronic fatigue, cold intolerance and shallow breathing. Excess symptoms include high blood pressure, nervousness, insomnia, diarrhea, cold feet and abdominal bloating.

When there is excess, energy overflows and will cause organ networks to affect the whole body. This leads to inflammation and disease. In this case we must release excess energy from the child of the phase organ in order to put it back into balance. This is a combination of Internal/External. In cases of deficiency, we must nourish the parent phase organ. This will be explained in more detail in the next section of Five Phases. The nature and characteristics of these organs are always changing. This concept is important to understand in order to properly treat the root cause of the imbalance.

Yin and Yang are the most important of the indicators because they encompass all of them. The other six, which are simply manifestations of them, are present for the purpose of specificity in diagnosis. They allow us to be more precise.

Disease is just a reaction of what we have done wrong to the body. It is our body trying to communicate with us, expressing itself in order to achieve balance. We should not be trying to suppress this with drugs. Again, many people think of the immune system as an army fighting a war against an enemy with the help of extremely destructive weapons that do not discriminate between what they destroy.

Our body works for us constantly, every moment of our life, yet we do not support it. It works without pay 24 hours a day, and seven days a week. When it tries to talk to us, we try to quiet it. In our typical way of thinking, if we have fever, we want to suppress it; when pain, we want to numb it; when we have hypertension, we want to see the number drop; when we sweat, we want anti-perspirant; when we have microbes, we want antibiotics to kill them; when something grows, we want to cut it off. None of these desired methods take care of root cause, or address why there is a problem in the first place. They simply pull the batteries out of the alarm. When a baby cries there is a reason. If we simply give them a pacifier to stop the noise without addressing the cause, they will continue to cry, or will just start again very soon. Do we view this as a war with the crying baby, in which we need destructive methods to stop the crying?

Of course not. The baby is communicating with us. As absurd as this sounds, it is exactly what we do with our bodies.

The Chinese see the immune system as an overall protective, energetic system called Wei Qi. This system, originating from the lung and the metal element, forms a holographic shield outside the physical body offering energetic protection. If the Wei Qi is in balance and strong, we have a good preventative safety mechanism. This will be discussed in more detail later.

Five Phases of the Five Elements

We are beings born of the Five Elements. Although we each possess all five, who we are is determined by the different ratios and combinations of these elements within us. This is the foundation of our genetic code, of the inherent traits and characteristics that shape our lives. Every element or phase is affecting our physical, emotional and spiritual self. Our individuality and uniqueness as human beings, an incredible miracle of life, is based on this concept. We have different constitutions, genetic make-ups, strengths, weaknesses, etc. This allows us to experience a world that no one else experiences. Unfortunately, we are often ignorant of these concepts and do not understand how to use them correctly, to our advantage.

Someone who is seven feet tall, agile and fast will naturally be better suited to play basketball than someone is 5'2 and uncoordinated. If someone is very outgoing and social, we could not expect them to stay home and meditate for long periods of time as a lifestyle. One who is more timid and shy type would probably not be the best fit in a courtroom as a trial attorney. Of course these are generalizations, and there are always exceptions. But the point is that we are blessed and also limited by certain skills, qualities, and characteristics that can be advantages or disadvantages based on the paths we choose in life. It seems only logical to base our choices on our inherent design.

As we strive for harmony with the cyclic change of the external world, we must understand that we are reflections of that world, and of each other, and in turn that world is a reflection of us and the relationships that we keep. We must try to understand the constitution and inherent characteristics and qualities of ourselves, loved ones and everyone around us based on the elements. How much better and easier would things be? How much better for our relationships if we could understand why people act the way they do, think the way they do, feel the way they do, all based on their basic Five Element composition?

Spiritually, physically and emotionally, if we try to be what we are not born to be, we will create more stress in our lives, weakening our immune system and leaving us vulnerable to

illness. This is not to say that we have predetermined destinies, or that we are bread for a particular task. But would it not make sense to do things that will emphasize and utilize our strengths, and avoid things that will allow our weaknesses to leave us vulnerable? Do we see lions trying to fly to hunt birds? Or do we see birds swimming south across the great oceans for the winter instead of flying, to escape the cold? Would a shark try to somehow come up onto dry land for a different meal? To understand the Five Phases will make life easier for us. It will let us understand the forces and patterns that govern and shape individuals and their loved ones. This will permit us to fulfill our goals much easier and enjoy a much more effortless journey.

When sailing a boat across the ocean, it helps to fully understand how the boat, or vessel, operates, as well as sailing techniques, currents, weather patterns, maritime laws, etc. This seems pretty obvious and almost silly, but when we think of our own journey through life, how many of us fully understand our bodies, our basic vessels that carry us? It seems that we simply want to rely blindly on the reactive advice of a professional in a white coat when it comes to our bodies. We do not want to take the time to learn and understand. Of course, there are times when do need the advice and help of professionals.

While we have a body, we contain the Elements. But we will see that these Elements are really Phases, as they are ever in a state of flux. We must focus on programming our minds, as the mind is constant. We must release our attachments to, and our desires pertaining to, the Elements, as they are physical and therefore impermanent. As we attach to these elements, we have a basis for suffering, because it is only a matter of time before they shift.

So What Are These Phases?

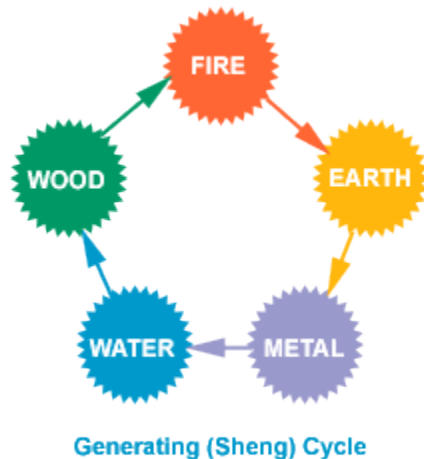
The Five Elements, or Phases, as stated earlier, are the basis of our composition. The elements are more appropriately called phases because of their dynamic and ever changing nature. Nothing in the universe is completely static. The physical phases, or elements are:

1. Fire
2. Earth
3. Metal
4. Water
5. Wood

These phases are constantly transforming from one state to another in order to maintain balance and harmony throughout the entire system. They give rise to each other, and they check and control each other. They stem from the Five Elements of the universe. Here is the physical and practical, modern, explanation.

The Sun represents fire, which lighted and warmed the Earth. Also as fire burns, it produces ashes that become Earth. The Earth then contains metals or minerals in its core, which then melt down and liquefy. It also sweats, causing condensation. Water brings forth wood by

hydrating soil and feeding the plants and trees. Wood then provides fuel for the fire to burn. This ash then becomes the soil of the Earth. This is known as the generating cycle, how each element gives rise to the next. So in essence, each element is really a phase of the cycle, as it is never ending. Matter and energy can neither be created nor destroyed. The system is alive.



Beinfeld and Korngold write:

The underlying assumption of Chinese philosophy is that the forces that govern the cycles of change occurring in the external world are duplicated within our human bodies and minds. Patterns in nature are recapitulated at every level of organization – from the rotation of the planets to the behavior of our internal organs. These ancient Oriental ideas conform to what some modern thinkers call the “holographic paradigm”: the organization of the whole (nature) is reflected by each and every part (plants, animals, human beings). (Beinfeld and Korngold, p.87)

In the body, each phase represents an organ system. In Chinese medicine, organs are not viewed individually, but as part of a network, each in relation to each other. It is the relationships within and between the systems that is significant. When there is an imbalance, it will eventually affect the entire system, causing disease. The organ systems in relation to Five Phases are as follows:

1. Fire is represented by the Heart - Small Intestine system
2. Earth is represented by the Spleen-Pancreas-Stomach system
3. Metal is represented by the Lung-Large Intestine system
4. Water is represented by the Kidney - Urinary Bladder system
5. Wood is represented by the Liver - Gall Bladder system

None of these systems is more dominating than any other. They are all equally important and are crucial to the health and balance of the individual. We can see that each phase contains an orb and visceral organ, representing a Yin and Yang aspect of the phase, respectively. When

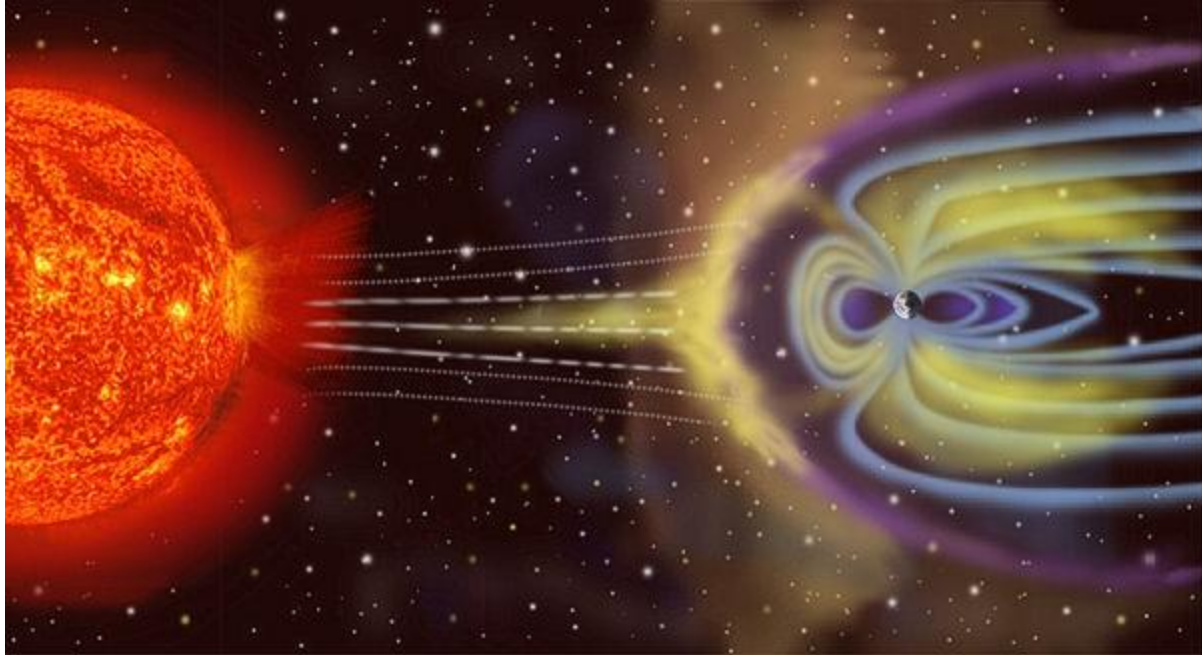
Yin and Yang of the Five Phases are synchronized and balanced, they will run smoothly like the engine of a car whose cylinders are balanced, allowing a healthy flow of Qi.

To better understand the Five Phases, it helps to understand how the formation of the solar system and earth occurred. The solar system was a huge rotating cloud of dust and gas called a nebula, produced at the Big Bang. Something, possibly the energy of a nearby supernova, caused it to contract and to accelerate in speed. This accelerated rotation eventually flattened the material into a disc, called a protoplanetary disc. The forces of inertia and gravity were at play, and combined with acceleration, pulled most of the material into the center of the disc, which eventually heated up and ignited as a star. This was the birth of our sun.

The remaining material that was not pulled into this fiery core was still controlled by gravity and acceleration as it orbited the young star. Violent collisions and momentum caused these particles to form into protoplanets, and eventually, through more collisions and accumulation, into full planets. The Earth was formed about 4.54 billion years ago in this very way. Much of the remaining loose material and debris was burned up by solar winds consisting of highly charged particles (mainly protons and electrons) that shoot out of the sun's outer layer.

After the planet was formed, accretion and rotation eventually heated the inner core, melting the metals which gathered in the center. This separated the mantle, or outer layer, from the inner metallic, and now liquid, core. As a result of this development the Earth's Magnetosphere was born. Becker describes this magnetosphere as such:

The spinning core of molten iron miles beneath the surface of the earth creates a dipole magnetic field, much like a bar magnet. However, the energy of the sun distorts and perturbs this simple field into a unique structure, the magnetosphere. (Becker, Cross Currents 173).



This magnetosphere is an intrinsic magnetic field that surrounds the earth, protecting it from the devastating solar winds. In addition to the solar winds, it protects us from huge amounts of dangerous radiation also given off by the sun. Without the magnetosphere, life could not exist.

The magnetosphere contains the Van Allen radiation belts, two areas within the sphere where charged particles are trapped. These particles bounce back and forth, spiraling and dancing between the North and South Poles. This phenomenon is what creates the mystical and beautiful Aurora Borealis, or Northern Lights, which illuminate the polar sky.



The Earth's surface is 70% covered by water. There are different theories about how water began on our planet, but it seems that a combination of events were responsible. Steam and gas would escape from the Earth's crust and also through volcanic eruptions. This contributed to the formation of the atmosphere. It is also thought that comets that contained ice crashed into the Earth, also bringing water. This early Earth was a very hostile environment, but nonetheless, these events that in the modern day would be considered catastrophic, were necessary to create the conditions that would spring forth life.

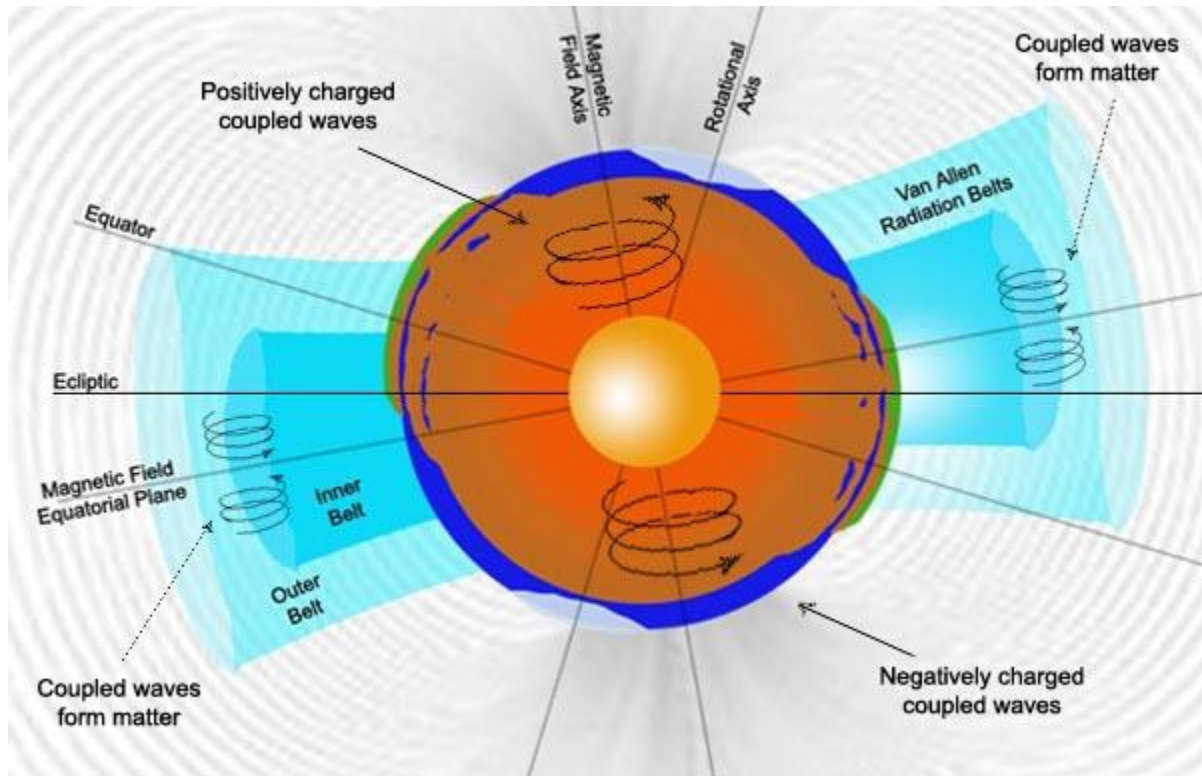
The above magnetosphere, along with the forces that governed the development of the solar system such as gravity, inertia and the acceleration of particles, are considered "wind" by the ancient Chinese. "Wind," or "magnetic force," is actually the original translation of the wood element, "Xun," from the I Ching, and refers to these cosmic and geomagnetic forces instead of the wind as we typically think of it. This is a very different translation from the current mainstream thought, but is what the ancients used. This is the energetic explanation of the Five Phases.

When we look at the Five Phases in terms of the origin of the Earth, we can better understand the generating cycle. When describing the Phases, we always begin with the wood element, which as we know now, is "wind". This wind brought about the sun, the fire element, from the accelerated rotation of the nebula material. Wind moves the heavens. Earth element then developed as a result of the gravitational force of the newly formed sun, causing the mass of material to develop into a planet. Metal comprised most of the Earth's crust and the entire core, which eventually heated and melted. The metallic core spit out water to the Earth's surface in the form of vapor. This eventually brought forth life, and more of the wood element, now represented by trees, extending their reach up into the heavens, and rooting down deep into the earth.

The outer wind, or magnetosphere is the Earth's first line of defense against in space. This is similar to the Wei Qi, or defensive Qi, associated with the lung meridian, that creates a protective field outside the body. The lung is the organ associated with metal, governing air flowing in and out of the body. The core of the Earth is metal and attracts electricity to move the wind outside the atmosphere. This then influences weather patterns and ocean water. Water moves the Earth's crust. The crust creates volcanoes and ash, further influencing the Earth and its magnetic field.

We work in cyclic motion. Each organ network connects to the meridian system that is already built in. This is like when a new computer comes preprogrammed, with the software already installed. Five Phases and Yin Yang regulate how the six pairs of meridian systems help to regulate the organs to deal with the environmental changes that affect internal conditions. This system is to further differentiate the forces, or stages, of the human body, as well as the

whole universe. This allows us to break it down in terms of composition, after understanding the Yin-Yang bi-polar nature of everything.



The above picture demonstrates the Five Energetic Phases as five rings of Earth. Starting with the rings and working from outside in, we can see the Water ring, then the Earth ring in the mantle, and then the Fire ring in the liquid outer core. Metal is seen in the inner core, while Wood/Wind is seen outside the Earth in the form of the magnetic field.

The five rings move at different speeds. Communication between all planets and heavenly bodies is governed by the five rings at different levels. If the system is broken down and viewed on a smaller scale, the system would look the same only smaller. Again, here is the microcosm within the macrocosm approach. If you break a piece magnet off a larger magnet, the magnetic field is the same, only the particle is smaller.

The human system is another example of the same pattern. The heart and small intestine is the Fire on the inside. The spleen, pancreas and stomach represent the Earth element. The Metal elements are the lung and large intestine. The lungs breathe air in and out, and serve as a connection between the physical body to the outside world. The kidneys and bladder govern water and bone. The liver and gall bladder govern the wood element which sways by the blowing of the wind.

All of the above accounts for how the universe changes, sun and moon cycles, the Earth's weather patterns and our health. Again, it is based on flow and change, therefore we refer to

these elements as phases. Form is no different from energy. It's just different vibration frequency. This system is alive. It regulates and controls itself. It balances. By understanding the nature of cyclic changes, we can predict resulting imbalances like forecasting the weather. In this way we can take proper action to maintain balance and enjoy good health.

The Controlling Cycle

As we have a generating cycle which describes how the phases arise, there is a controlling cycle to assure that the system remains in balance. It is a system of restraint to keep each phase within its boundaries. An excess of one particular phase can be just as problematic as a deficiency. This relationship of interdependence and accountability is the genius of the Five Phases.



As the generating cycle is one of a parent-child relationship, the controlling cycle is a grandparent-grandchild relationship. These grandparent phases keep the grandchild in check by suppressing them if need be.

Wood controls Earth by absorbing its nutrients from its soil, and by containing it within its cosmic wind. Earth controls Water by blocking and damming it, preventing its flow. Water controls Fire by cooling it and putting it out. Fire controls Metal by heating and melting it. Metal controls Wood by cutting it down.

This can be very draining, though, for the controller if the source problem is not corrected and the pattern continues. Think of a grandparent spoiling the grandchild who is acting out, in need of attention. The grandparent will spend much money and energy on it, while the child just continues to take and want more. The grandparent will eventually weaken due to its over expenditure, causing its own parent phase to work harder to nourish it. Ironically, the one who is in the controlling position is being controlled as well, by the situation. Now there is imbalance in the entire system. By examining this cycle, we can see how a problem with one Phase can eventually affect all the rest.

This is why in the Chinese system, nothing can be separated from the whole. It is like a judicial system in a community. The court, police department, correctional facilities, politicians, legislators, schools, community organizations, etc. all play crucial roles in keeping the peace of a community. If any one of these bodies is dysfunctional, corrupt or in possession of too much power, the whole suffers. Crime rate and fear eventually rises, and the overall well-being plummets.