

# What is the Point?

by: Dr. Tsoi Nam 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).*

## In The Beginning

For many millions of years, there is a majestic ship floating in a vast ocean of suffering. On this ship people lived happily, safely and in harmony amongst themselves and according to the great *Tao* 道 of nature. These people were always happy and life went on like this generation after generation. Since everyone obeyed the law of the Tao, they lived long, enjoyed a healthy quality of life and kept the ship afloat.

Then, one year someone invented a machine to make life easier and require less man power for work. Things were going well, and more and more machines were invented. The machines needed energy to run and people started to use the fuel of the ship. Since there was a limited supply of this fuel, people began fighting each other for it. More powerful weapons were invented and they started to kill each other in the name of religious belief. In reality, they were actually fighting for more fuel and raw material. They even started cutting up the ship, so the ship started sinking.

The Chinese were much more advanced in the invention before the West. They were not interested in industrial revolution because they believed in the importance of living in harmony with the environment and according to the Tao.

Technological advances do not respect the environment and disrupt every aspect of our planet and all cycles of life. We now have no understanding of harmony and balance. Today, as civilized as we claim to be, we declare wars and fight among our families and society. In modern medicine, the theory is also to declare wars and disrupt the ecological balance of our bodies. In this age when science is so advanced, what do *I Ching* 易經, *Yin* 陰 and *Yang* 陽 and Five Phases 五行 to do with anything? Why do we need to learn about it and what does it have to do with my health? The time has come when modern people have to start learning from the Chinese philosophy about balance and harmony in order to rescue our deteriorating health and civilization. Our beautiful crystal planet is crying out loud for us to stop killing it.

The oldest and most complete classic of this subject is called the "Yellow Emperor's Cannon of Internal medicine." 黃帝內經. It is the first written doctrine of Chinese Medicine. It remains the most important writing of Chinese Medicine and is a user manual for the Taoists. It starts by illustrating a holistic picture of human life. It tells us how external changes such as seasonal, climatic and geographic can affect our health, emotion and our responses to them.

It consists of two texts, the *Su Wen* 素問, or "Plain Questions of Fundamental Nature," and the *Ling Shu* 靈樞, or "Spiritual Pivot." The *Ling Shu* 靈樞 in great detail discusses acupuncture.

The *Ling Shu* 靈樞 is considered the "Needling Cannon" 針經. It is a dialog between the Yellow Emperor and his Minister of Health, *Qi Bo* 岐伯. It is different than ancient belief systems of sickness being caused by demonic influence. This established an objective, logical and scientific system of health, a system that is affected by lifestyle, emotions, morality, aging and environmental influence.

Human beings are microcosms that reflect the macrocosm of the universe. Holographically we contain the whole. The sun and the moon, day and night, *Yin* 陰 and *Yang* 陽, rain and wind, hot and cold are natural phenomena of our environment. But they also affect our bodies directly.

Five Phases 五行, Eight Indicators 八綱, Six Environmental Factors 六淫 are tools that can help us to make precise diagnosis in order to maintain and balance our health.

This concern of the ancient emperor for the healthcare of his people should be the same with modern leaders. After such a long time, these concepts, especially acupuncture are just now being exposed to the western world. The dialogue begins:

【原文】黃帝問於岐伯曰：餘子萬民，養百姓而收其租稅。餘哀其不給，而屬有疾病。餘欲勿使被毒藥，無用砭石，欲以微針通其經脈，調其血氣，營其逆順出入之會。令可傳於後世，必明為之法。令終而不滅，久而不絕，易用難忘，為之經紀。異其章，別其表裡，為之終始。令各有形，先立針經。

*Huang Di* said to *Qi Bo* 岐伯, "I treat my people as if they were my children, feed them and levy taxes. I have pity on their inability to take care of their own health and their vulnerability to diseases. I want to protect them from being treated by drugs or stone implements which may bring about side effects and pain. I prefer to use fine needles that can be inserted into the skin to activate the *Jingmai* 經脉 and regulate and nourish *Qi* 氣 and blood, channeling energy and opening blockages. This must be easy to understand, and to pass this therapy down to later generations, we should set clear principled practices. To maintain a steady passage of knowledge from one generation to another forever and for easier memorization, we should write it in a specific order. I would like to commission the writing of a book called Needle Cannon 針經"

### ***Bagua* 八卦: Early Heaven 先天八卦 and Later Heaven 後天八卦**

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 used different

kinds of needles to do 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* 易經 and *Bagua* 八卦.

The *I Ching* 易經 is a wordless “bible” that contains everything. It is the *number one book* in all Chinese literature, astrology, *Feng Shui* 風水, 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* 八卦.

*Bagua* 八卦 summarizes all phenomena into these 8 *Gua* 卦, or trigrams. It is actually translated as “Eight Hangings” 八掛. 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* 易經. *I Ching* 易經 comes from nothing. Tao 道 creates Yin 陰 and Yang 陽, Yin 陰 and Yang 陽 form the four directions, which form the *Bagua* 八卦. All phenomena can be explained by this, in terms of color, sound and everything else.

*Bagua* 八卦 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* 卦, their children.



### Early Heaven 先天八卦

Two thousand years after the appearance of Early Heaven, a giant turtle-shaped object arose from the Lok River 洛水. 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 後天八卦

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* 八卦 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* 易經. The eight trigrams of the *Bagua* 八卦 create 64 hexagrams that describe all aspects of way of life, medicine, strategy, *Yin* 陰 - *Yang* 陽. The

master doctor is someone who knows *I Ching* 易經. He looks takes into account everything – nature, interconnectedness of *Yin* 陰-*Yang* 陽, Five Phases. The meaning of *Yin* 陰 - *Yang* 陽 lies within the turning and cycling of the Five Phases 五行. 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.

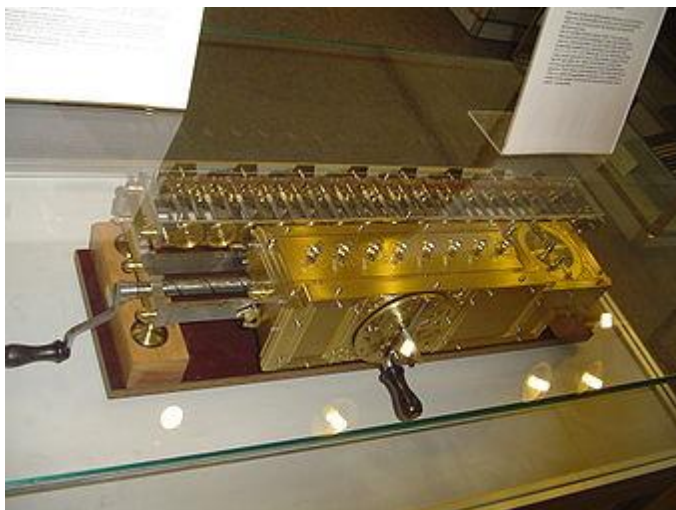
This system of *Bagua* 八卦 and *I Ching* 易經 is a binary system of numbers. In fact, Gottfried Wilhelm Leibniz (1646-1716), an influential German scientist, mathematician and philosopher, who was invented the binary arithmetic, pointed out that his system was comparable to the system of *I Ching* 易經 and *Bagua* 八卦 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* 伏羲, 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* 伏羲 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* 八卦, 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.**



## *Tao* 道

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

道 可 道    *The Tao that can be told*

非 常 道    *is not the eternal Tao.*

名 可 名    *The name that can be named*

非 常 名    *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* 道? We must briefly take a look at the ways of modern society to understand, and we must examine the concept of *Tao Te* 道德. *Tao Te* 道德 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. Interaction, harmony and mutual dependence are basic requirements for existence.

This idea is very familiar to me from personal experience. One Father's Day weekend, a family of four came to visit me. I was so excited about the visit and tried my best to be hospitable. I had prepared food and drinks, and had driven them around to show them my neighborhood. I toured them through the sceneries and interesting spots like an ex-president's estate, and enchanting valleys and waterfalls. I was trying to be patient and be a good host, but I could tell from the corner of my eye that my guests were completely preoccupied with keeping up with their social networks. The same night, I was invited to a family gathering of more than eighteen people. I hoped that I would have a good time to make up for the unpleasant experience earlier in the day. This was not the case, however. After settling down and chatting with the elderly, I had realized that more than half of the family members were not even engaging in socializing directly, but were looking down, more interested with the devices held in their hands.

My experience relates to the way modern societies are. People are getting more and more distracted and isolated because of the modern technology. Examples of common distracters are

computers, mp3 players, tablets, video games, etc. People are spending an average of five to eight hours a day on it, if not more. Social gatherings where people can directly interact with one another are getting rarer. We are so spoiled and addicted by the modern convenience of technology, that there is no way we will consider to give it up. It is simply only going to get worse

Parents also serve as additional proof of this. Parents these days are not like the parents in the past. Now with all the technology available, they are getting more preoccupied, resorting to them placing a television, video game, tablet, or the likes in front of their children. This weakens the relationship that parents have with their children because it takes away from the social interaction parents and children had shared in the past.

The common problem of people's obsession with technology is actually said to be similar to the addictions to alcohol, drugs and gambling. Despite the risks, addicts will continue to engage in the risky behavior. This idea can be understood if you think of devils not as repulsive looking beings that are coming to attack you, but actually having these devils disguised as angels that are there to make you get addicted to the convenience and experience pleasure, while secretly taking your mind away.

The devil likes to break your relationships with friends and families to leave people all alone. The social structures ranging from the family, to the country, to the world gets destroyed. For example, if the grandparent does not care for the children, their children will not care for the grandchildren; then ultimately, the grandchildren will not care for the grandparent. This would become an unavoidable cycle that is similar to chaos that would occur if the Five Phases work independently of each other. When our body organs do not coordinate with one another, this will result with sickness. Fortunately, based on the theory of *Yin* 陰 and *Yang* 陽, when bad things reach the extreme, good things will start to happen. It is like the evening, when it gets very, very dark, the sun will rise again.

The body is an extension of the earth, and the mind is connected to the universe. The universe is able to send energy to the mind, so that when the mind can connect to the body, there will be harmony. The entire universe is a vast interconnected network, a web, or Divine Matrix, 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 道德* that we are able to have guilt-free and peaceful minds. A peaceful mind is essential for life. Therefore, *Tao Te 道德* 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/philol1.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* 氣 (pronounced “chi”). *Qi* 氣 is the vital, life-sustaining force of living beings. It is our energy system that powers us.

*Qi* 氣 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* 氣. Like the *Tao* 道, the concept of *Qi* 氣 cannot be fully described in words. We typically think of energy as electromagnetic, but *Qi* 氣 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* 氣 as follows:

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

Qi 氣 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 Yin 陰, 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 氣 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. Machine is manmade and human beings are Divine made. The human cyber network is a billion times 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 氣.  $E=mc^2$ . 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 computers, we are not looking at simple hardware.

We can only truly understand *Qi 氣* by cultivating it. The more we cultivate *Qi 氣*, 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 clearer and eventually the static is gone. This is how our bodies work as we learn to develop *Qi 氣*.

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

*Qi 氣* must flow harmoniously through our bodies and through the entire universe. It should not be blocked, and it should not flow in excess. *Qi 氣* 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 氣*. When we have good relationships with those around us it leads to strong *Qi 氣*, and conversely, poor relationships will lead to weak *Qi 氣*. Not only can those with bad *Qi 氣* 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 氣*.



If we think back to the concept of *Tao Te 道德*, 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 氣*. 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 氣* within ourselves (throughout our organ systems) and with society develops true health and wealth. *Qi 氣* is universal; it does not discriminate based on nationality, race, creed, etc. It only flows in accordance to the *Tao 道*.

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 us 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 氣*. 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 氣*. And by honoring the Earth, and the entire universe, we develop good *Qi 氣*. 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.

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* 風水. This is a system of assessing the flow of *Qi* 氣 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**

We are composed of all the materials of the earth. We are connected to the earth through gravitational force.. We are just star dust. 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.

Our earth is connected to the moon, the sun and all the stars in the galaxy by a magnetic force. We are within this giant matrix of energy force and constantly exchanging energy and information with them 24/7, 365 days a year. The Earth came from the Sun, the Sun came from the Universe. 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." That is why we are constantly influenced by the heavenly bodies – sun, moon, planets, and galaxies.

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* 氣. 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* 氣 (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, abundance *Qi* 氣 in the *Jingmai* 經脉 brings us good health and life.

*Jingmai* 經脉 are the complete conduit system through which *Qi* 氣 runs and flows. It has been shown to have fiber-optic properties. *Qi* 氣 consists partly of electromagnetic energy,

but *Qi* 氣 is beyond just electromagnetic energy. There are much more subtle components involved.

小針之要，易陳而難入。粗守形，上守神。神乎神，客在門

*Plain interpretation: It is easy to explain how to use fine needles to cure, but it is difficult if you want to be skilled at it. A poor doctor knows only to puncture the physical location acupoints, while a superior doctor keeps the Shen 神, "spirit" of the point in his mind. Like a distinguished guest residing in the points, spirit is always mysterious and profound. The spirit described here refers in particular to the somatic nerves located at the sites of the acupoints.*

粗守關，上守機，機之動，不離其空，空中之機，清靜而微，其  
來不可逢，其往不可追。知機之道者，不可掛以發，不知機道，  
叩之不發，知其往來，要與之期，粗之暗乎

*Plain interpretation: A poor doctor knows only to needle the acupoints, while a superior doctor understands the *Qi* 氣 dynamic of the points. The activity of *Qi* 氣 in the acupoints never exceeds its space. According to anatomical and physiological research, *Qi* 氣 activity appears outwardly tranquil with only slight movement, but real information is being rapidly conveyed, which might not be recognized through commonly used methods. It is only at certain moments that *Qi* 氣 activity can be captured. Needling into it should not be done carelessly. A poor doctor knows nothing about those principles, while only superior ones realize what is really going on.*

Dr Stuart Hameroff and British physicist Sir Roger Penrose developed a quantum theory of consciousness asserting that our souls are contained inside structures called microtubules which live within our brain cells.

Their idea stems from the notion of the brain as a biological computer, "with 100 billion neurons and their axonal firings and synaptic connections acting as information networks"... They argue that our experience of consciousness is the

result of quantum gravity effects inside these microtubules - a process they call orchestrated objective reduction (Orch-OR).

In a near-death experience the microtubules lose their quantum state, but the information within them is not destroyed. Or in layman's terms, the soul does not die but returns to the universe.

<http://www.news.com.au/lifestyle/quantum-scientists-offer-proof-soul-exists/story-fneszs56-1226507452687#ixzz2ZsV2GuPf>

My interpretation : in computer language, the *Shen* 神 is like WIFI. When we are out in a new or different place, we search for the WiFi connection or signal with our computers so that we can access the internet. Once the *Shen* 神 meets the *Shen* 神, the computer is then online and the guest is at the door. The windows are open, so we can sign on to the internet. In human spirit terms, this would mean connecting to the Divine Matrix. Our brain is like a biocomputer and the body is connected with the earth magnetically, through gravity. The earth is connected to all the other planets and the sun magnetically. So we are actually directly energetically connected to the entire universe, or matrix. Once we are able to do this we can surf the web, download applications, upgrade our software and recharge our batteries.

"*Shen* 神 holds with *Shen* 神 (Divine Matrix), then the honored guest is at the door. This *Shen* 神 is very magical. Like an honored guest, it stays inside the acupuncture point with the needle (antenna ) welcoming it into the door.

*Shen* 神, later on in Chinese medicine, is called *Jingmai* 經脉. Modern medicine called the *Jingmai* 經脉 system the somatic nervous system (neurons that carry signals throughout the body).

The poor doctor maintains the physical body, the superior doctor maintains the *Shen* 神. The superior doctor maintaining the *Shen* 神 actually means maintaining the nervous system."

That is to maintain the bio computer programming.

Dr. Jiao Shunfa, 焦顺發醫生, founder of Scalp Acupuncture 頭針 and a neurosurgeon, he explained that people in ancient times performing autopsies discovered the *Ji* 機 mechanism internally. He talks about his own experience witnessing these phenomena, saying:

"After cutting open the nerve, it is very quiet on the surface. Only slight pulsations. Those small blood vessels supplying the nerves are pulsating. They might have slight movement. That is the meaning. You cannot see any movement on the surface. We found out inside the tissue there are special functions. It has something coming and going. There are special conducting information functions. It says its coming cannot be hurried; its going cannot be chased, conducting information back and forth. It voluntarily cannot be controlled by itself."

This system of *Jingmai* 經脉 is based on the nervous system, according to Dr. Jiao. Furthermore, it is the link between the physical body and the Divine Matrix. The transfer of information along the *Jingmai* 經脉 is not only internal but external as well. *Shen* 神 is the divine. It flows in us, around us and out of us. It is in constant connection with the universe because it is the universe. We are all made up of the same stardust materials that originated in a space the size of an atom before the Big Bang.

As we can now connect to the Internet through WiFi just about anywhere in the world, we can connect to this divine matrix. Where is the Internet? Where is this digital information that we can access at any time with a simple username and password? It is nowhere, yet it is all around us at all times. We can store huge amounts of info on a "cloud" through computer connection. Now we can access this divine matrix through our mind/bodies.

"The neural synergies that produce our oscillating consciousness go far beyond our own neurons. We are equally the result of cerebral hemispheres interacting electrochemically, as we are of the senses connecting our neurons to other neurons in our environment.

Nothing is external. This is not a hypothetical philosophy, it is the basic property of mirror neurons, which allow us to understand ourselves through others. Seeing

this neural activity as your own, while excluding the environment, would be a misconception.

Our super organism features are also reflected in evolution, where our survival as primates relied on our collective abilities." -Athene

This has always been the case. It is not new. But we have come so far from our bodies' natural abilities and capacities due to the evolution of civilizations and technology. Never before in the history of mankind has the flickering light of the TV and computer entered almost every human household, programming and controlling minds. People are programmed to follow a ball being passed back and forth, to fear and hate, to desire and spend money on meaningless material items. People are programmed to want to kill by playing violent video games and watching violent movies and TV.

We must figure out, through this user manual, how to use our minds to tap into this universal connection. Acupuncture is a traditional healing system of the Taoist masters. It was held in high or sacred regard, much more than just needling points. In the modern world, we have lost the sacred aspect and just focus on the meat and bone body. Understanding these concepts will help us to access the true power of acupuncture, using it as a system to tap into this universal network. It is a user manual that provides the username and password to access this universal network.

The Yellow Emperor's Inner Cannon tells us that if we want to live a long life, we must live according to nature and activate *Jingmai* 經脉 in order to download *Qi* 氣, nourish the body and recharge our life forces. *Jingmai* 經脉 can also be used to predict illness and for diagnosis. For example a pimple in a certain area on a *Jingmai* 經脉 point will indicate a problem with that particular system. This all stems from *I Ching* 易經, described earlier. The Chinese do not usually differentiate between astrology, *Feng Shui* 風水, medicine or philosophy. They are all one and the same.

The nature of *Jingmai* 經脉 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. *Jingmai* 經脉 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 *Jingmai* 經脉 system is an electrical network that is balancing and coordinating itself constantly. Tissues are simply meat and bones. *Jingmai* 經脉 power the system. The way *Jingmai* 經脉 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 *Jingmai* 經脉 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 *Jingmai* 經脉 system in acupuncture consists of about 400 acupuncture points and 20 *Jingmai* 經脉 connecting most of the points. Since the 1950s, it has been discovered and confirmed by researchers in several countries with refined techniques 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 *Jingmai* 經脉 pathways. He also discovered a direct link between the *Jingmai* 經脉 and the central nervous system. He states in his book, “The Body Electric”:

*Our readings also indicated that the Jingmai 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 M.D. discovered the presence of neurotransmitters and specific hormones along *Jingmai* 經脉 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 *Jingmai* 經脉 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 *Jingmai* 經脉. (<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.

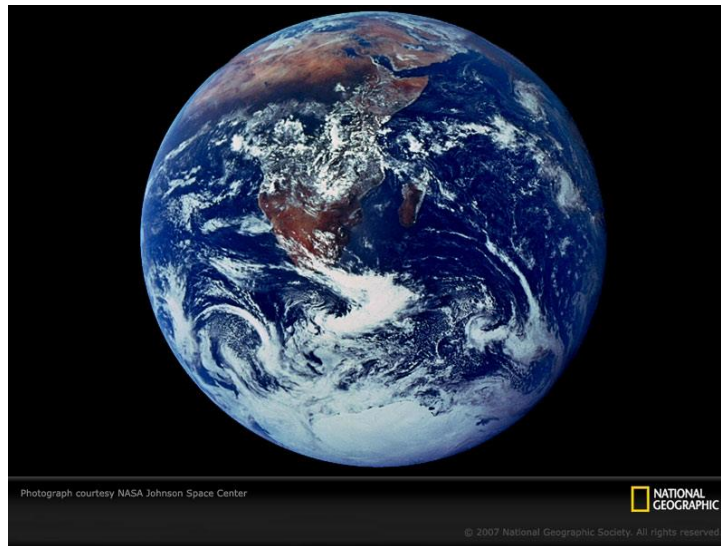
Jay Alfred, in “Our Invisible Bodies”, describes how meridian pathways are part of a network of filaments present throughout the universe creating an interdependent network. He also mentions another experiment by Pierre de Vernejoul which demonstrated the anatomical presence of the *Jingmai* 經脉.

*The Jingmai 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 Jingmai 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 Jingmai 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 Jingmai; 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).*

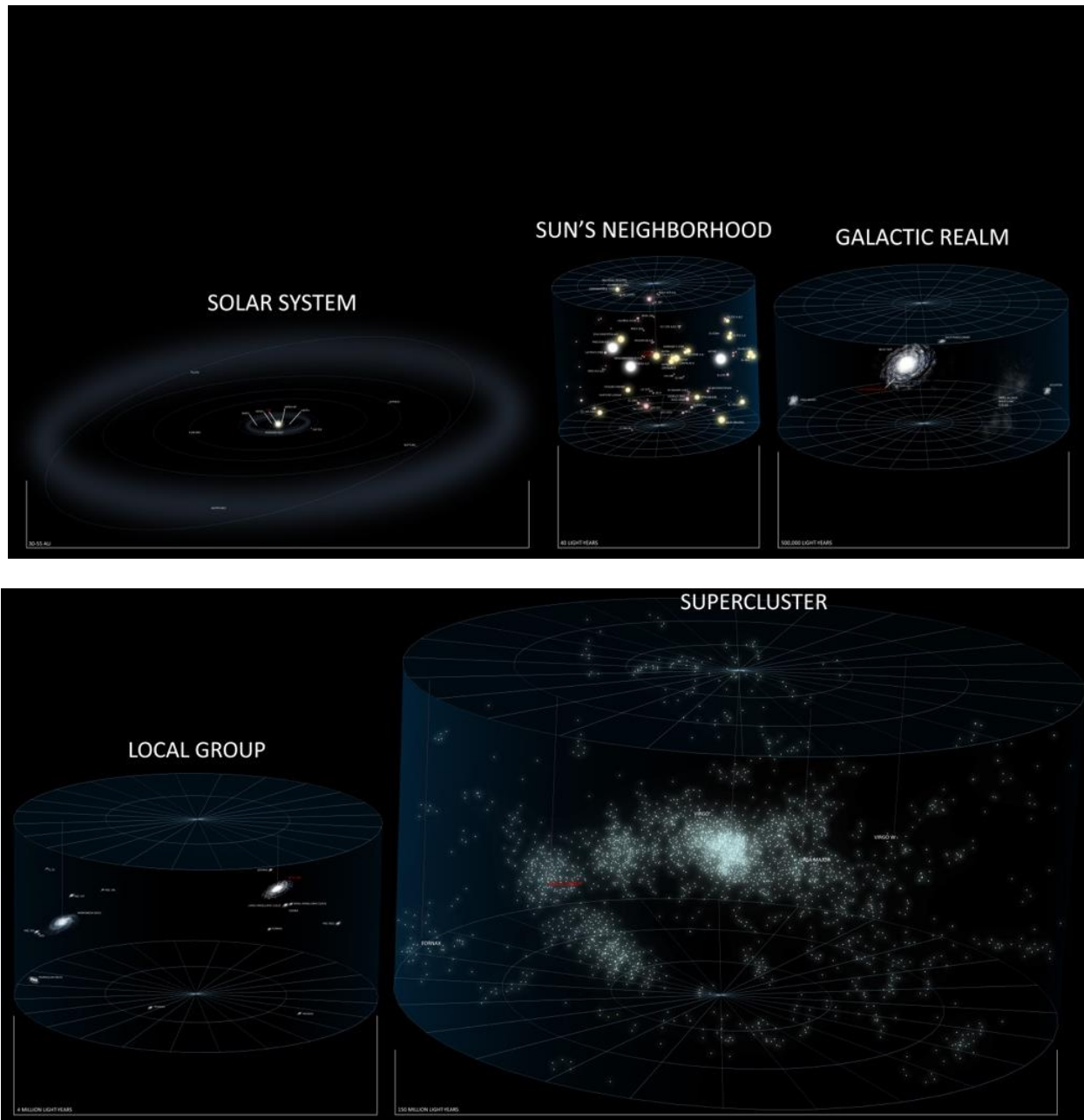
## **The Theory of Chinese Medicine: The Ecosystem as a Whole**



*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 Super cluster 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* 氣 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* 氣 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 was 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 ovulation 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* 氣功 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 Wu *Qi* 五氣, or the Five *Qi* 五氣 types, and Earth provides humans with Five *Zang* Organs 五臟, Six *Fu* Orbs 六腑, Five senses 五感, etc. Humans are born when the *Yang* 陽 energetic *Qi* 氣 impregnates the *Yin* 陰 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* 陰 and *Yang* 陽, 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* 元氣

So where does it all come from? The answer is *Yuan Qi* 元氣, which means "Original *Qi*." *Yuan Qi* 元氣 is the mutual substance that forms the whole universe, and all beings and matter within it. Everything comes into being from *Yuan Qi* 元氣. *Qi* 氣 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* 氣, but form we can. *Qi* 氣 is what brings the form together. Form and *Qi* 氣 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* 元氣 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* 元氣.

## **Six Evils ( Six Environmental Factors ) 六淫**

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* 陰 and *Yang* 陽, darkness and brightness are distributed throughout 4 seasons and arranged in 5 stages. The change in weather and seasons affects the balance of *Yin* 陰 and *Yang* 陽 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 風

The Wind pathogen is an invasion of the excess *Qi* 氣 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* 陽 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* 氣 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* 陰 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 寒

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* 陰 nature of the pathogen and the accompanying *Yang* 陽 deficiency, it usually affects the kidneys.

Excessive intake of *Yin* 陰 foods causes cold internal wind. Cold drinks, which are excessively *Yin* 陰 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 濕**

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 暑

Heat is more of an external pathogen that is associated with excess of movement. It is *Yang* 陽 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 燥

Dryness is *Yang* 陽 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 火

Fire can be associated with all seasons. It is *Yang* 陽 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* 氣 to balance pathogens, or evils. By avoiding the causes of the evils, then cultivating *Qi* 氣 with *Taiji* 太極 and *Qi Gong* 氣功, maintaining meridian balance with acupuncture, and living with *Tao Te* 道德, the body will remain healthy and thrive. Good *Qi* 氣 is more powerful than any medicine.

## The Seven Emotions

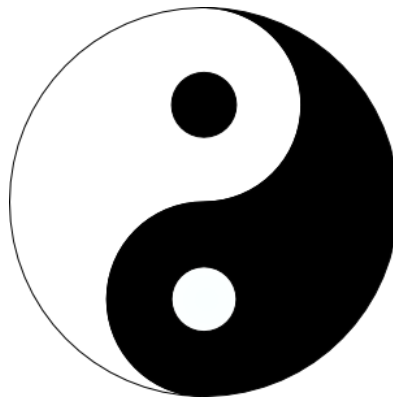
As our mind, body and spirit are all one, disruptions in any of these aspects can directly affect our health. In Chinese Medicine, there are Seven Emotions which can cause imbalance and lead to disease. These diseases are not limited to mental/psychological disorders, but directly affect certain organs 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. **喜 Joy**: affects heart-small intestine network– we can actually die laughing
2. **怒 Anger**: affects the liver-gallbladder network
3. **憂 Anxiety**: affects the lung-large intestine network
4. **思 Excessive contemplation**: affects the stomach-spleen network (this is often due to worrying about making money and business)
5. **悲 Grief**: affects the heart-pericardium-triple warmer networks (this can cause cancer, much pessimism)
6. **恐 Fear** (long term, chronic): affects kidney/bladder network
7. **驚 Fright**: affects kidney/bladder network

## ***Yin* 陰 *Yang* 陽, *I Ching* 易經 and The Five Phases**



***Yin* 陰 / *Yang* 陽**

The *I Ching* 易經 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 陰 and Yang 陽 is called the Tao 道. 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 陰-Yang 陽* is the foundation of the universe and the basis of all creation. Heaven is created by the accumulation of *Yang 陽*, while Earth is formed by the accumulation of *Yin 陰*. It is the primal source of all power and the well spring of all creation.

*Yin 陰-Yang 陽* 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 陰* or absolutely *Yang 陽*. 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 陰-Yang 陽* symbol represents *Yin 陰*, while the white represents *Yang 陽*. We notice that there is a small black, or *Yin 陰* circle in the larger white *Yang 陽*, 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 陰*-in-

*Yang* 陽 and *Yang* 陽 - in - *Yin* 陰 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* 陰 and *Yang* 陽 phases, and every aspect of our reality can be classified as either one or the other. Cold is *Yin* 陰, hot is *Yang* 陽. Winter is *Yin* 陰, Summer is *Yang* 陽. Soft is *Yin* 陰, hard is *Yang* 陽. Stillness is *Yin* 陰, movement is *Yang* 陽.

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

We are a product of *Yin* 陰 and *Yang* 陽, therefore we are composed of *Yin* 陰 and *Yang* 陽. Our parents come together to conceive us. The mother represents the female *Yin* 陰, while the father represents the male *Yang* 陽. 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* 陰-*Yang* 陽 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* 陽. The Earth, composed of physical material, or matter, is considered *Yin* 陰.

So if physical matter is *Yin* 陰 and energy is *Yang* 陽, 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* 氣, to power it.

Our organ systems are classified according to *Yin* 陰-*Yang* 陽 as well. Both have different functions yet rely on each other for existence. *Yin* 陰 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* 陽 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* 陽, while the inside is *Yin* 陰. The posterior, or back, aspect of the body is *Yang* 陽, while the anterior, or front, is *Yin* 陰. If we think of how we are born, the fetal position, we are protecting the *Yin* 陰. 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* 陰 aspect, or vital organs.

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

One thing we usually do not consider is cultivation of *Qi* 氣, 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* 陽, some are more *Yin* 陰 in nature; some are strong, some are weak. Appearances and appetites are different. Deficiencies in *Yin* 陰 or *Yang* 陽 can lead to blood deficiencies.

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

1. **Constitutional *Yin* 陰 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* 陽 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* 氣 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* 陽:** 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 氣 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.

## **Eight Indicators Diagnosis 八綱辨證**

*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 八綱. 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* 陰 and *Yang* 陽 is physically manifest in the body through the Eight Indicators 八綱.

These depict the relationship and balance of *Yin* 陰 and *Yang* 陽 in the body through different categorized signs and symptoms. The Eight Indicators 八綱 are broken down into four pairs of polar opposites including:

1. *Yin* 陰/*Yang* 陽
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* 陰 / *Yang* 陽 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* 陰 and *Yang* 陽 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* 陰 and *Yang* 陽 in terms of flow and accumulation of *Qi* 氣, 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* 陰 and *Yang* 陽 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 antiperspirant; 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 衛氣. 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 衛氣 is in balance and strong, we have a good preventative safety mechanism. This will be discussed in more detail later.

## Five Evolutive Phases 五行

We are beings born of the Five Phases 五行. 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 Phase* 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?**

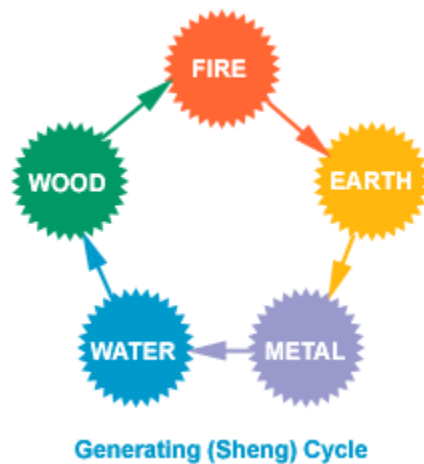
The Five Phases 五行, or Phases, as stated earlier, are the basis of our composition. The elements are more appropriately called phases because of their dynamic and ever changing nature. Nothing in the universe is completely static. The physical phases, or elements are:

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 Phases 五行 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* 陰 and *Yang* 陽 aspect of the phase, respectively.

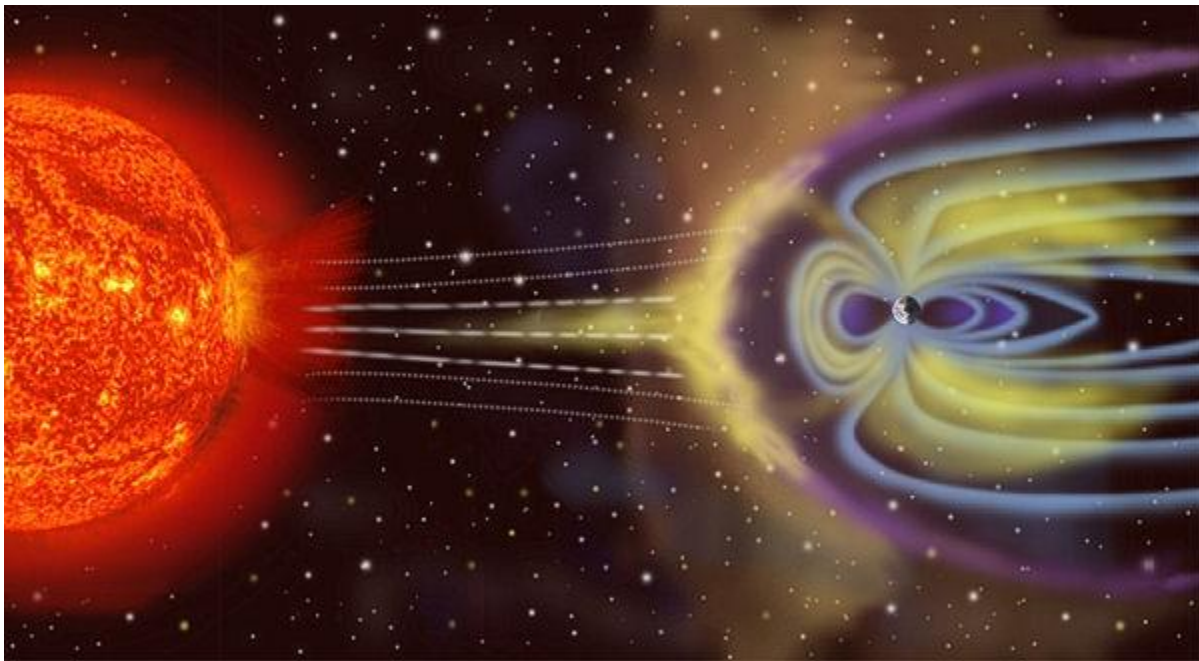
When *Yin* 陰 and *Yang* 陽 of the Five Phases are synchronized and balanced, they will run smoothly like the engine of a car whose cylinders are balanced, allowing a healthy flow of *Qi* 氣.

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.

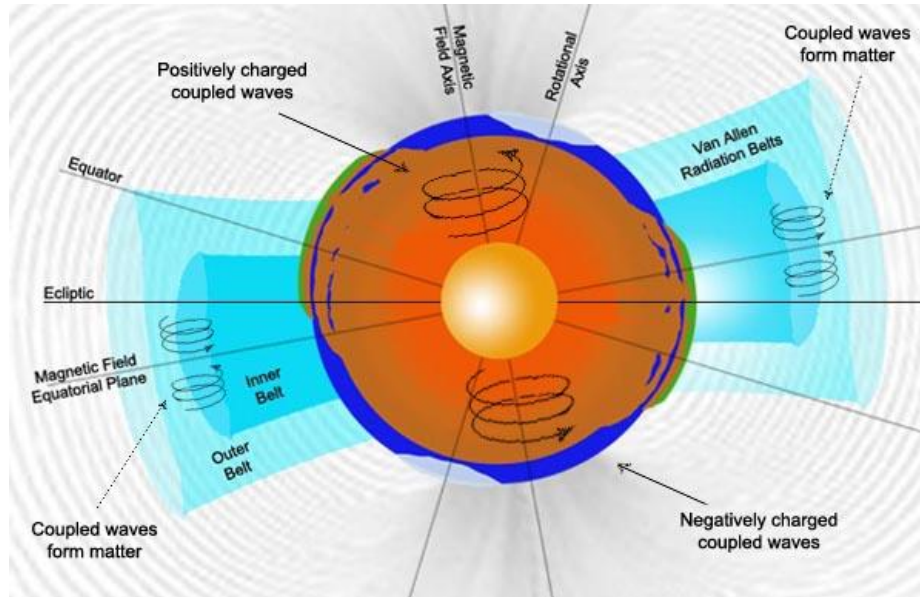
The above magnetosphere, along with the forces that governed the development of the solar system such as gravity, inertia and the acceleration of particles, are considered "wind" by the ancient Chinese. "Wind," or "magnetic force," is actually the original translation of the wood element, "Xun" 巽, from the *I Ching* 易經, 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* 衛氣, or defensive *Qi* 氣, 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 *Jingmai* 經脉 system that is already built in. This is like when a new computer comes preprogrammed, with the software already installed. Five Phases and *Yin* 陰 - *Yang* 陽 regulate how the six pairs of *Jingmai* 經脉 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* 陰-*Yang* 陽 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.



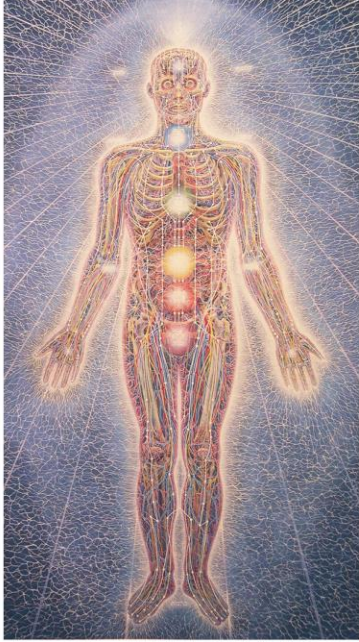
As the generating cycle is one of a parent-child relationship, the controlling cycle is a grandparent-grandchild relationship. These grandparent phases keep the grandchild in check by suppressing them if need be.

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.

Knowing all these theories, I will discuss different methods of healing techniques. Since we know that the *Jingmai* is the only body network that interfaces the physical with the etheric field, we know our body can be connected to the "internet of the universe." Below are three diagrams of subtle energy anatomic systems. When these energy systems become imbalanced, there may be resulting pathological symptoms that manifest on the physical, emotional and mental aspects of the individual. Only acupuncture *Jingmai* systems that interface between the physical body and the etheric field can assist with these symptoms. The needles of the acupuncture treatment work like antennas, helping to connect with this etheric field to get online, download, and upgrade our bio-computer, recharging our cellular batteries. Practically speaking, we will learn how to balance our bodies, maintain good health, and achieve a superior life.



**Acupuncture System  
(Bio-electric Energy)**



**Spiritual Energy System**



**Universal Mind Lattice  
Etheric System**