

神氣精 ACADEMY OF CHINESE HEALING ARTS

Health

- > Physiological health depends on the free flow of Qi & Blood
- > The free flow of Qi & Blood depend on the freedom of the "Mind"
- > The free flow of the "Mind" depends on the free circulation of Qi & Blood

= Physical & Psychological Health are inter-dependant

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The 5 "Zhi" / Wills

Each Zang/Fu transforms and manifests part of it's Qi as a specific emotional, mental and spiritual activity, all are subject to the Emperor, the Fire spirit: Shen

"5" refers to the organization of life

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The Will to live

The orientation of all our forces is the "will to live" and to fulfil our destiny

The specific movement of Qi in each Zang is the expression of the it's "Will", when this strength is used to satisfy the desires (passions) then it becomes an emotion

Example: The ability to move forward is the modality of Liver-Qi

- . When it is balanced = there is no emotion
- . When excessive = there is "Anger"

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Rhythmicity: The Four Phases

Exteriorization
Outgoing

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Symbolically

- = Mobility, flexibility → Adaptability
- = Expression
- = Metamorphosis

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The Mu Points

GB 23/24: Mu of GB

Exteriorization of Yang

Exteriorization of Yin

Liv 14: Mu of Liver

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Liver / Gan

肝

- = General of the army
- Responsible for adaptability
- In charge of planning and strategies
 - => Material = Stores Blood, detoxifies
 - => Energetic = Moves Qi (Wei Qi)
 - => Mind/emotion = Relating, responsibility, imagination
 - => Spiritual = Rebirth

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Liver & Qi Flow

- Free Flow of Qi = Smooth, free, relaxed Qi flow
- => Descent of St-Qi }
 - => Ascent of Sp Qi } Digestive functions
 - => Secretion of Bile (GB) }
- => Mobilizes the Wei Qi
- => Rhythms and mobilizes the menstrual flow
- => Expression & management of the emotions

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Liver & Blood

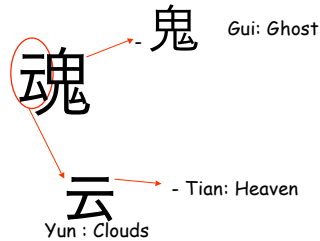
- Liver Stores Blood = Blood distribution, detoxification
- => Liver is the residence of Hun/ Ethereal Soul
- => Hun needs Blood to be rooted

Hun (Yang) ↑ = Hun escapes (wanders) when Blood is deficient

Blood (Yin) ↓ = Blood sinks or stagnates when Qi is deficient

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Hun



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Significance & Functions of Hun

- Ethereal Soul, extremely volatile (needs rooting => Blood & Yin)
- Responsible for imagination, intuition, creativity = (perceptions)
- Planning, organization, strategy (sense of limits)
- Enthusiasm, decisiveness (sense of direction)
- Initiation of the new (spiritual growth)
- Regulating and adapting
- Dreaming
- Anger

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Disturbances of Hun

=> "Liver as the general of the armies"

- = When un-rooted: forgetfulness, feeling spaced out; jealousy (angry general)
- = When blocked: anger/ rage; mental agitation, paranoia
- = When deficient: lack of direction, of limits, lack of enthusiasm, indecision; depression

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Treatment of Hun

- Hun Men/ BI 47: Strengthens Hun
Treats shyness, indecisiveness
Lack of self confidence
Lack of boundaries
Lack of direction in life
+ With BI 18 / GB 40-13: Ren 4-14, Sp 6, St 36
- Overactive Hun: Restlessness; stress
Impatience
Easy to anger
Difficulty changing
Driven by new plans and decisions
+ Liv 2-8; DU 20, Yin Tang, Pe 8, Ki 1 or 6

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Anger / Nu

- Liver produces anger => reactivity, defense, but also the mobile force behind enthusiasm, passion, competition and decisiveness

- Pathologically anger includes: rage, irritability, frustration, repressed anger, hate, bitterness ...

- Liver disharmonies produce anger:
-> Liver-Qi-stasis or Yang/ Fire => explosive anger
-> Liver-blood or Yin deficiency => irritability, frustration
-> Liv-Qi-stasis => repressed anger

- Excessive anger harms the Liver => Liv-Qi or Blood stasis
=> Liv-Yang rising or Fire

怒

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Effects of Anger

- Anger is extremely Yang in nature
- Anger causes Qi to rise to the head:
-> dizziness, vertigo, tinnitus (= Wind)
-> red face, bitter taste, headache, red tongue (= Heat)
-> nose bleeds, agitated Shen (= Fire)
- Anger injures Liver-Blood
- Liver-Qi stagnation -> over controls the Earth (Ke cycle)
-> gastritis / diarrhea / fatigue
- Or insults the Metal (Wu cycle) -> counterflow Lu-Qi
- Repressed anger may manifest as depression (= false depression)
- Gives a greenish facial colour, Wiry pulse & red tongue sides

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Zang/Fu disharmonies & Anger

- LR-Qi stasis: Anger, nervousness, oppression, depression, burping, sighing; Wiry pulse
He-7, LR-3, PC-6, DU-24, Ren-17
- LR-GB-Fire: Anger, agitation, irritability, dysphoria, nightmares, oppression, red eyes, bitter & dry mouth; Wiry-fast pulse, red tongue
PC-5, ST-44, LR-2, GB-41
- LR/SP disharmony: Anger, agitation, dysphoria, lassitude
SP-4-6, PC-6, LR-3-2-13
- LR & KI-Yin-Xu: Anger, light headed, dry throat at night, dry eyes
LR-3; KI-1-3-7; SP-6

Gall Bladder / Dan

胆

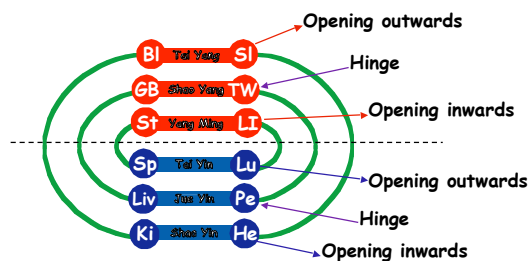
- Official in charge of "Central Rectitude", decisions & judgments
- Extraordinary Fu: Stores Bile; Regulatory function
- = Stores Bile => biliary function
- = Decision & Judgment => also drive & courage

Gall Bladder Functions

- The Gall Bladder was historically associated with fear, fright or lack of courage, and later associated with shyness. (As seen in the formula Wen Dai Tang: warming the GB-decoction indicated for cold in the marrow (Yang-Xu), with vulnerability to the outside, having cold feet, and fear of change).
- The GB-offers choices toward self-survival, serving as a curious Fu-bowel, linking with the Zang Fu-organs: influencing the Bao-uterus, Jia-spine and Nao-brain.
- In its functions, GB:
 - . Shu-courses Wind : lack of direction, indecision, half in and half out (Shao Yang), tightness, nausea, dizziness, abdominal distention
 - . Opens the brain: Phlegm misting the mind, clouded mind, reduced memory, Alzheimer, dementia.



Shao Yang & Jue Yin Channels



Liver Points Benefiting the Shen/ Spirit

- LR-1: melancholia, sighing, likes to lie down
- LR-2: depression, sighing, desire to die, easy to tears; seeing ghosts, fear (supplement); nervous palpitations, anger (drain)
- LR-3: repressed emotions, insomnia, nervousness, irritability; fright-Wind in children
- LR-5: lack of joy, fear, sighing, plum pit when speaking, incoherent speech; excessive worry, panic attacks, hysteria; treats 3 types of "worms" or "ghosts": hungry ghost (food and material desires and obsessions), lusty ghost (sexual desires) and wandering ghost (emotional desires)
- LR-9: forgiveness, letting go off, holding on to what we have invested in, but which actually taxes us
- LR-10: insomnia
- LR-13: fear, depression, lack of energy; inability to assimilate; panic attacks (with LR-5, SP-6), needs to curse people
- LR-14: depression with coldness; fever with madness (+ RM-6, LI-11)

GB Points Benefiting the Shen/ Spirit

- **GB-2**: insomnia after 3 am.; eating fast; lack of joy; false ideas; fugues
- **GB-4**: calms fear and pain; infantile fears
- **GB-6**: speech problems, lack of will power, madness (with BL-65); Sunsi Miao combines GB-6 with Ren 15 for difficulty making decisions
- **GB-7**: shock, depression
- **GB-8**: calms fear: freezing from indecision; using alcohol to get numb, all dependencies: drugs, alcohol, tobacco etc. (with GB-9), withdrawal syndrome, alcohol detox; lack of will power; oral complex
- **GB-9**: all dependencies (with GB-8); lack of will power; great grief and tears (with SP-15); fear and vulnerability in how one is seen, poor self image; madness
- **GB-10**: confusion
- **GB-12**: Calms and clears the mind; insomnia, aphasia, mania (+ GB-20)
- **GB-13**: strengthens will power; insomnia, nightmares, anxiety, fixed ideas, paranoia, jealousy; schizophrenia; fever from emotions, depression (with DM-12); amnesia; recollections déjà vu

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GB Points Benefiting the Shen - cont.

- **GB-15**: insomnia, excess dreams, unstable emotions, easily frightened, trembling or stiffness from shock; depression
- **GB-17**: insomnia, agitation
- **GB-18**: worry, obsessions; madness
- **GB-20**: irritability, insomnia, neurasthenia, mania
- **GB-21**: neurasthenia, hysteria
- **GB-23**: overwork; insomnia; sadness, sighing; infantile night fright; amnesia; indecision
- **GB-24**: alternating joy and sadness; sighing; hysteria with excessive talking; indecision; somnolence
- **GB-25**: depression and coldness
- **GB-28**: easily discouraged, weakness of character, clumsiness
- **GB-34**: anxiety: fear of being seized, tightness in the chest and throat: sighing and noises in the throat (with PC-1, RM-17), improves coordination

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GB Points Benefiting the Shen - cont.

- **GB-35**: anxiety, regrets; over excitement, hysteria, fear with palpitation (with ST-4)
- **GB-36**: depression, panic attacks, mania
- **GB-38**: irritable, discontent, stubborn, passionate, audacious, easily hurt, obsessed with cleanliness; sighing
- **GB-39**: indignation, anger, anxiety
- **GB-40**: difficulty in making decisions, sighing, lassitude
- **GB-41**: laziness, slowness
- **GB-43**: insomnia from fear, worry, insecurity, everything seems too much, putting things off for later, no courage; dreams of discomfort or of humiliation
- **GB-44**: agitation, insomnia with excess dreaming (with BL-15, PC-6, HE-7, ST-36), nightmares

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