



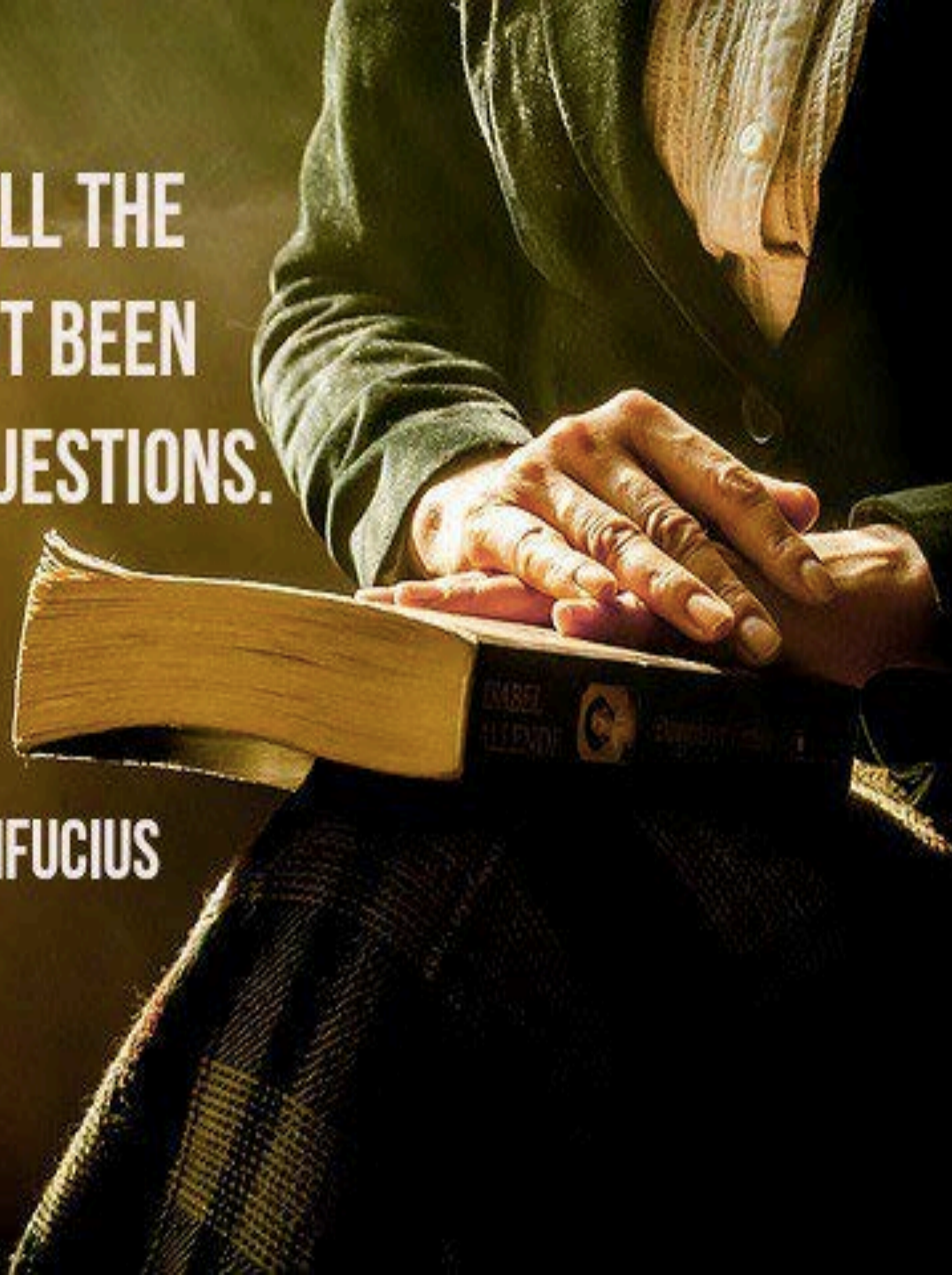
# THE ALCHEMY OF HEALING



**James D Duffy MD FANPA FAAHPM DABMA**  
**Professor of Clinical Psychiatry**  
**UCSF**

**HE WHO KNOWS ALL THE  
ANSWERS HAS NOT BEEN  
ASKED ALL THE QUESTIONS.**

**- CONFUCIUS**



**“TCM” is NOT TCM**



**军民团结如一人 试看天下谁能敌**

# Huang Di- Yellow Emperor (2698-2598 BC)



# The Yellow Emperor's Inner Classic

(200-100 BC)

## Simple Questions (Su Wen)

concerned with medical theory such as Ying Yang principles,  
the 5 phases and the effects of seasons

## Spiritual Axis (Ling Shu)

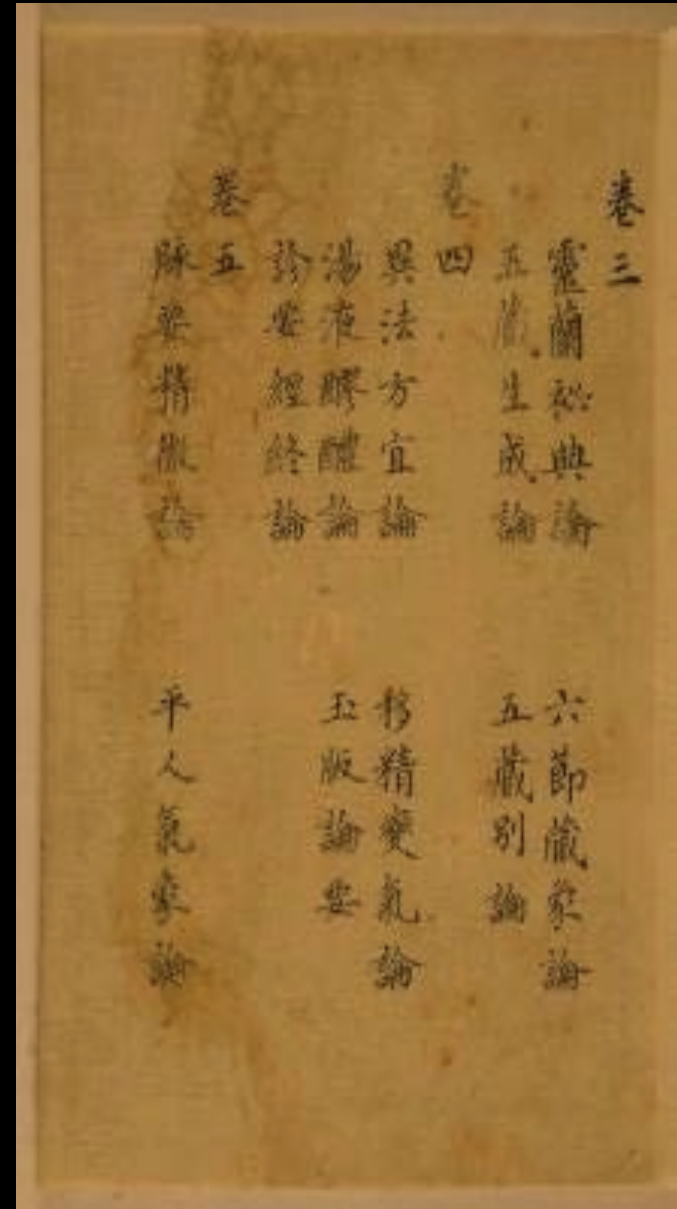
Acupuncture, moxibustion, clinical practice

Texts are mostly dialogue between the emperor and his ministers.



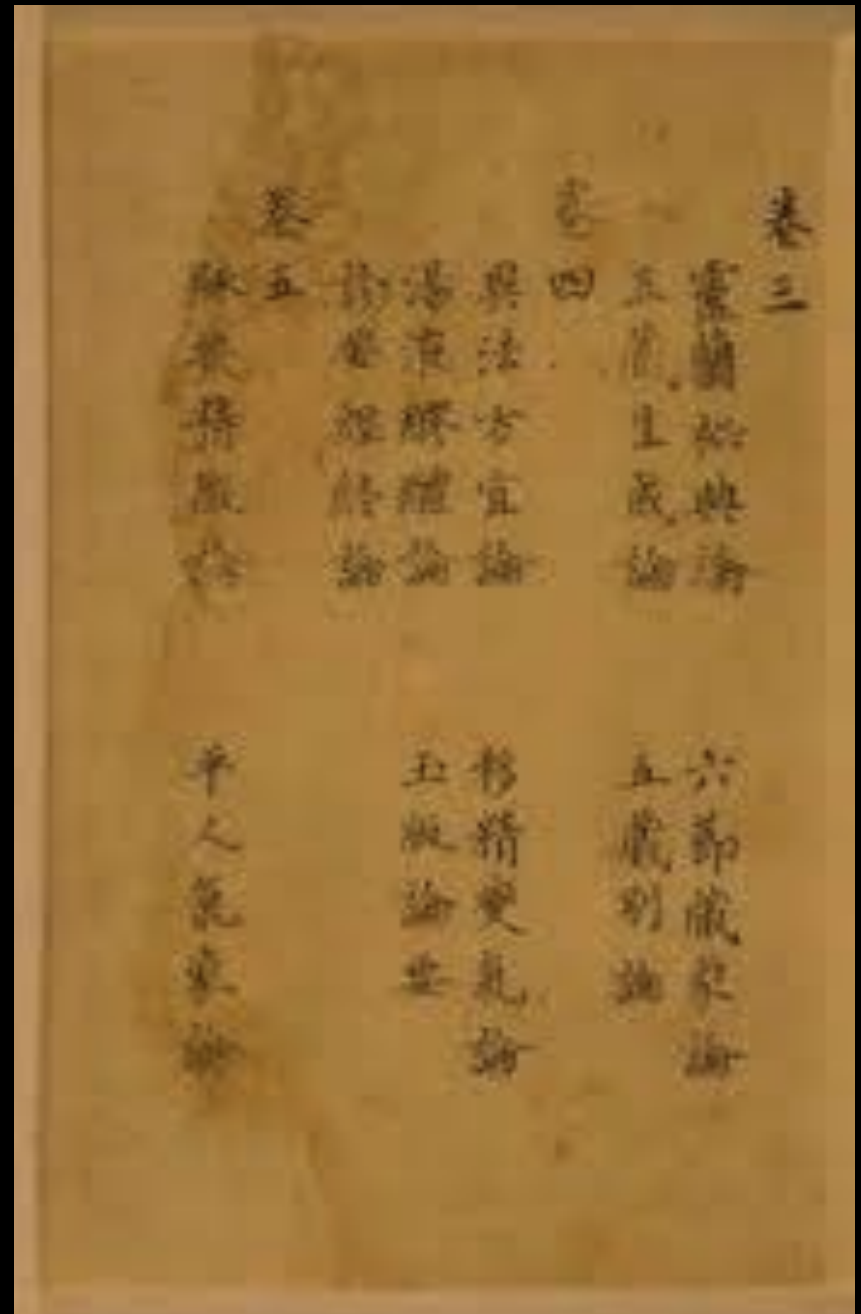
*I have heard that in ancient times the people lived to be over a hundred years, and yet remained active and did not become decrepit in their activities. But nowadays people reach only half that age and yet become decrepit and failing. Is it because the world changes from generation to generation? Or is it that mankind is becoming negligent of the laws of nature?*

*Nei Jing Su Wen*



*"In peaceful calm,  
void and emptiness,  
The authentic qi  
flows easily.  
Essences and spirits  
are kept within.  
How could illness  
arise?"*

- Neijing Suwen 1,  
lines 41-44



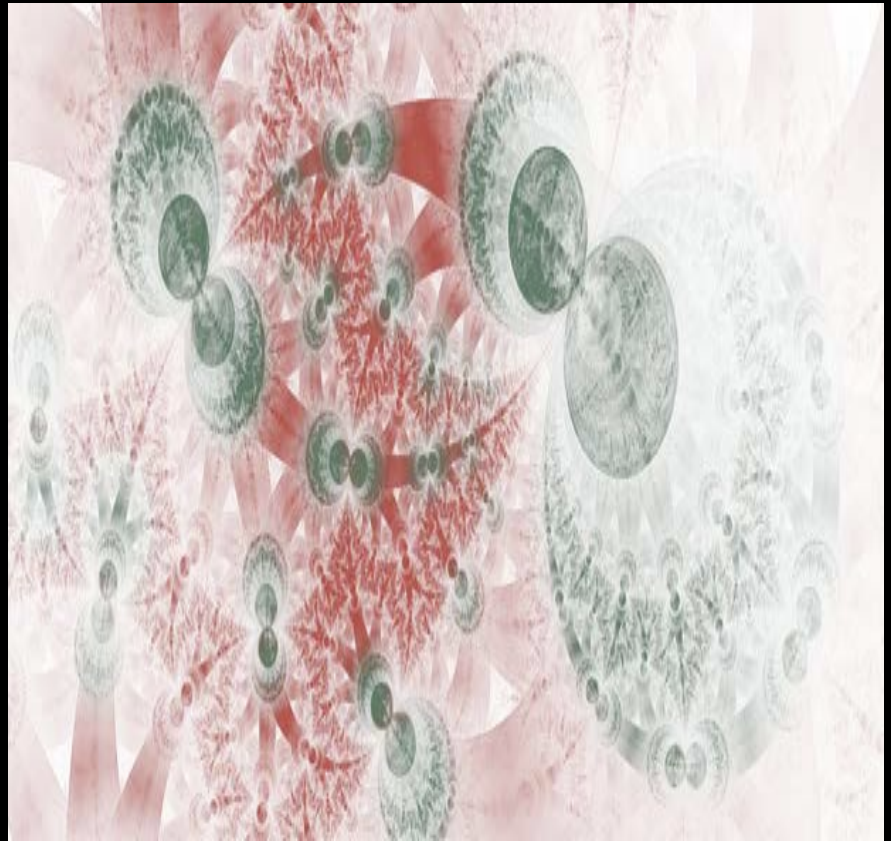
*In ancient times those people who understood Dao patterned themselves upon the yin and the yang and they lived in harmony with the arts of divination.*

Qi Bo



# CHARACTERISTICS OF CHINESE MEDICINE

HOLISM  
ENERGY  
RELATIVITY  
COMPLEXITY



# Allopathy versus Classical Chinese Medicine



ALLOPATHY ("MODERN")	CLASSICAL CHINESE MEDICINE
Materialistic	Energetic
Newtonian	Quantum
Reductionistic	Complex (Ecological)
Scarcity-focused	Abundance-based
Temporal and Local	Non-temporal and Unbound
Objective	Subjective

108 CHAKRAS



108 MOONS



99.99%  
 $108 \times 10 = 360 \times 3 = 1080 \text{ MILES}$

108 SUNS



99.97%  
 $360 \times 11 = 3960 \text{ MILES}$

108 EARTHS

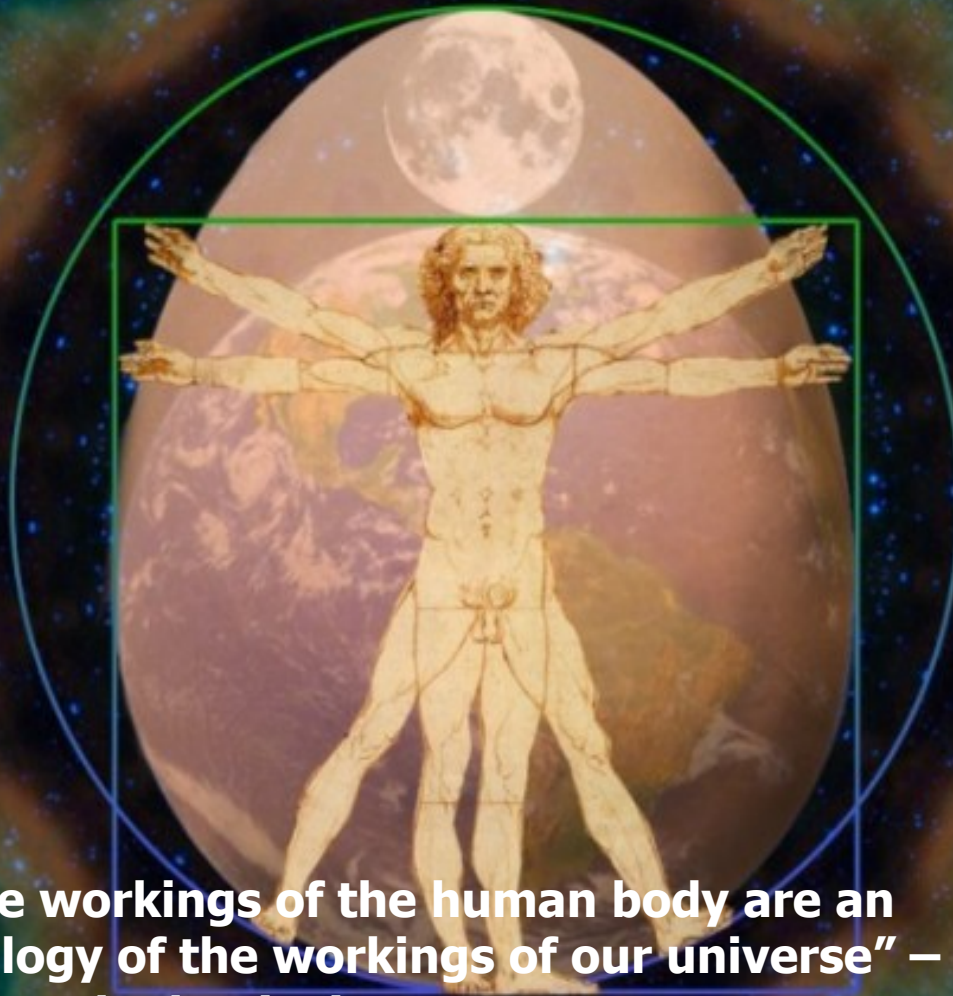


98.8%  
 $108 \times 4000 = 360 \times 1200 = 432,000 \text{ MILES}$

Joedubs.com

$1 \times 2 \times 3 = 108$

JOEDUBS



**“The workings of the human body are an analogy of the workings of our universe” – Leonardo da Vinci**

**Summer**



*Points  
to  
south*



**Spring**

*Points to east*



**Polaris** ★  
NORTH STAR

*Points to west*



**Fall**



*Points  
to  
north*



**Winter**



# Heart Mind



# The Spark of Life



# THE HEART CENTER

"The important thing is not to be prey to one emotion, not to be preoccupied by some kind of desire which is not the realization of your own nature. Because that realization allows you to be able to really see what it is, to see yourself and also what happens at the exterior. There is no difference between the knowledge and the perception. You have to think about what you know and perceive with a pure heart. Therefore you can see without any emotion perturbing your perception or vision. As a result the same inner disposition enables you to understand and achieve the knowledge from the perception and information which you receive from the exterior through your orifices. **The heart is the master of all that. The heart is the mind, the intelligence and the spirit, in general Chinese classical literature.**



TRADITIONAL



SIMPLIFIED



Music

—



Medicine

# Tao Cosmology 道

無極  
*Wu Ji*  
Unknowable

太一  
*Tai Yi*  
Great Oneness

皇極  
*Huang Ji*  
Supreme Tipping Point

太陽  
*Tai Yang*  
Great Yang  
Expands  
Creates

太極  
*Tai Ji*  
Great Pole  
Stability  
Neutral Axis

太陰  
*Tai Yin*  
Great Yin  
Nurturing  
Embracing

Supreme Mystery

Central Sun, Pure Love, Unity,  
Cosmic Egg - Primordial Torus.  
Original Essence, Breath, Spirit  
(*Yuan Jing/Qi/Shen*) in quiet state.

First Awareness of Polarity  
Pressure builds within Cosmic Egg.

Egg cracks open,  
Creation begins.  
3 Pure Ones regulate,  
*Yuan Jing/Qi/Shen* separate.  
8 Trigram forces express.

*Yin-Yang* flows in 5 phase  
Creation Cycle (*wu xing*).

10 Celestial Stems  
regulate the 5 seasons,  
shape the worldly destiny  
of each human soul (*ling*).  
Prenatal human *Jing/Qi/Shen*  
balanced within single  
androgenous (male-female) soul.

12 Earthly Branches/Animals  
regulate 10,000 things (*wan wu*).

12 Human vital organ spirits  
regulate heart-mind (*xin*).

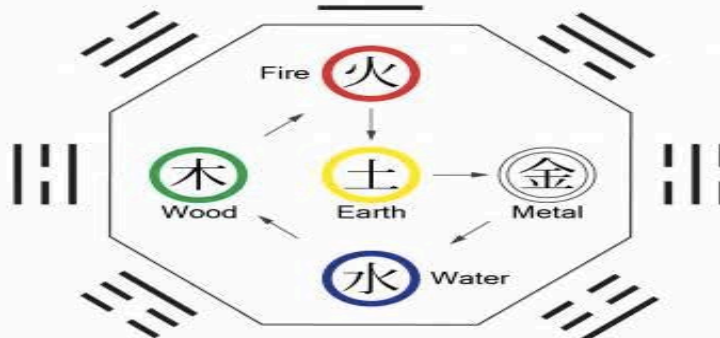
*Jing/Qi/Shen* polarize into Male &  
Female body. This inspires greater  
creativity to complete our worldly destiny  
(*ming*) and spiritual self-realization (*xing*).

人類  
*Ren Lei*  
Humanity

混沌  
*Hun Dun*  
Chaos-Unity  
Primordial Heaven

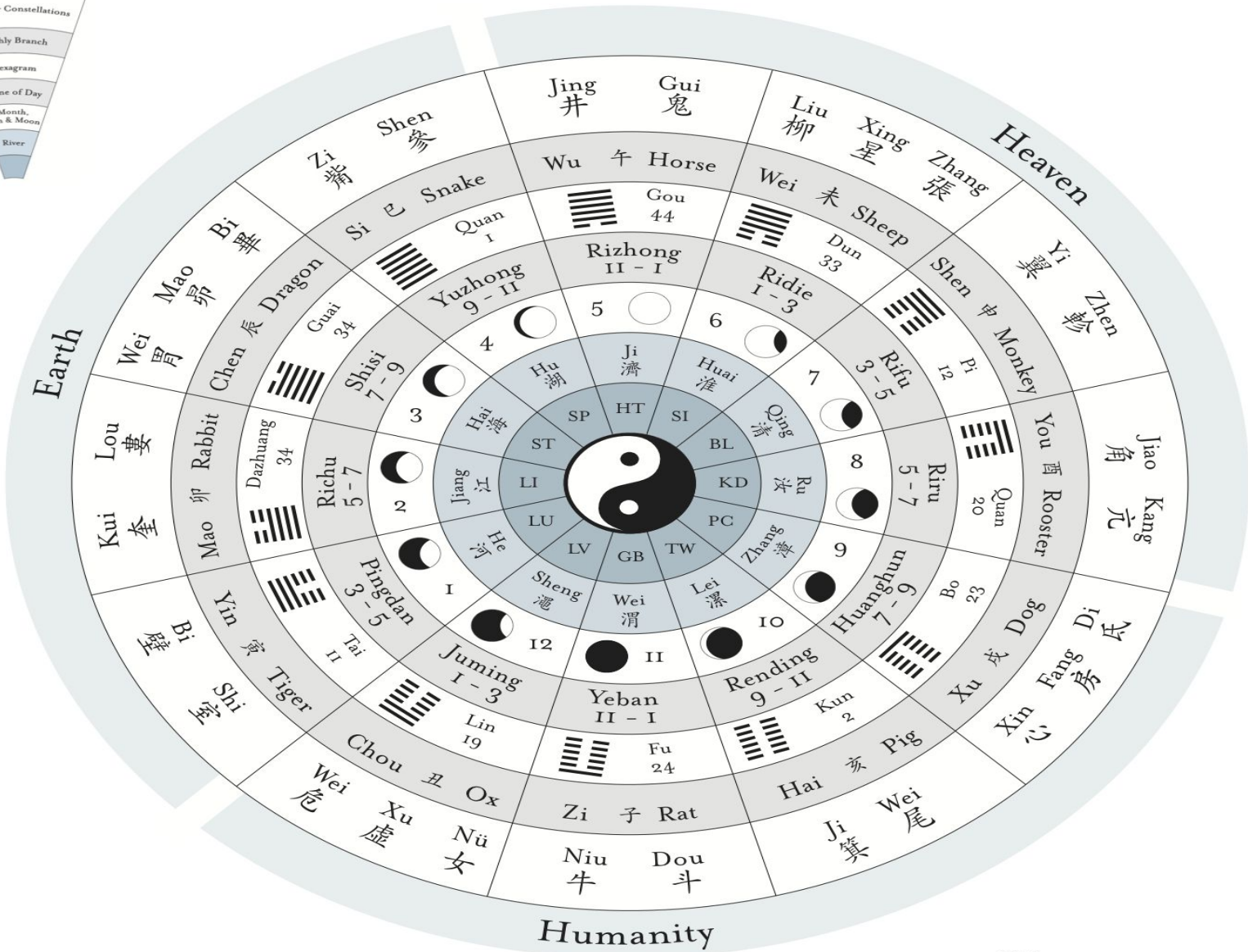
天  
*Tian*  
Early Heaven

地  
*Di*  
Earth  
Later Heaven



# Chinese Medicine Holomap

## MAP DESCRIBING THE RESONANCE OF MACROCOSM AND MICROCOSM



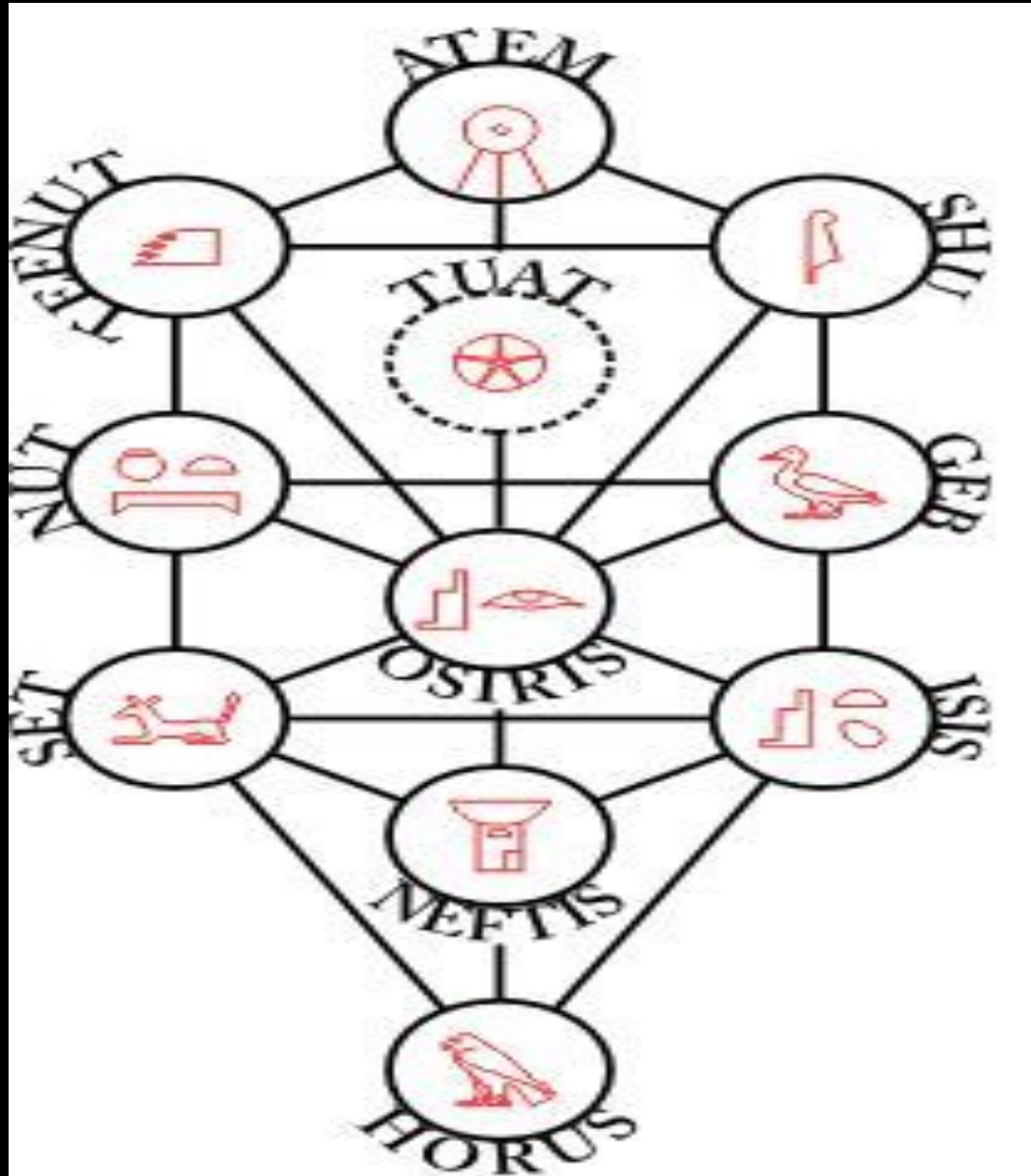
*“The cosmos lies in your hands, the ten thousand transformations are born from yourself”*

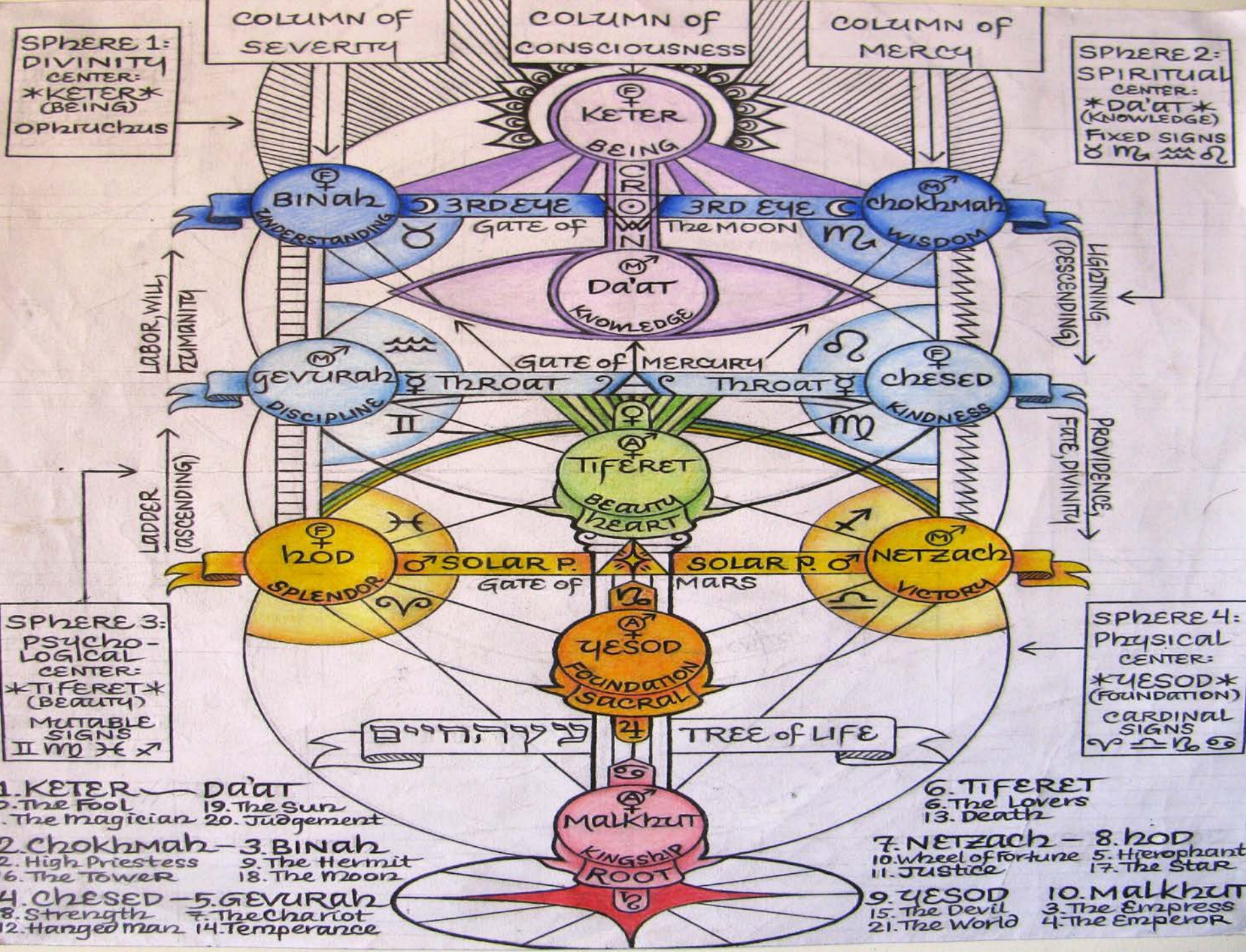
Yinfu Jing

A conceptual image showing a human hand cupped together, holding a miniature, glowing universe. The universe contains a large, bright orange-yellow star with a purple core, surrounded by several smaller planets in various colors (blue, green, brown, and grey) and numerous small white stars. The background is a dark, deep blue space with a subtle nebula-like glow.

*“We are stardust”*

# EGYPTIAN TREE OF LIFE







SHEN

QI

JING

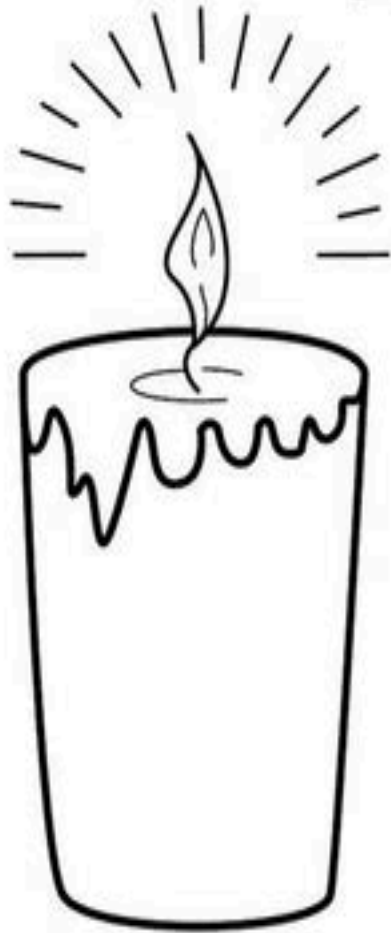




Golden Elixir



# The Candle Analogy



## Shen

Shen is represented by the light that radiates from the burning candle. The purpose of the candle is to light the darkness. Your Shen is the radiance of your spirit. When Jing and Chi are in abundance, Shen is released.

## Chi

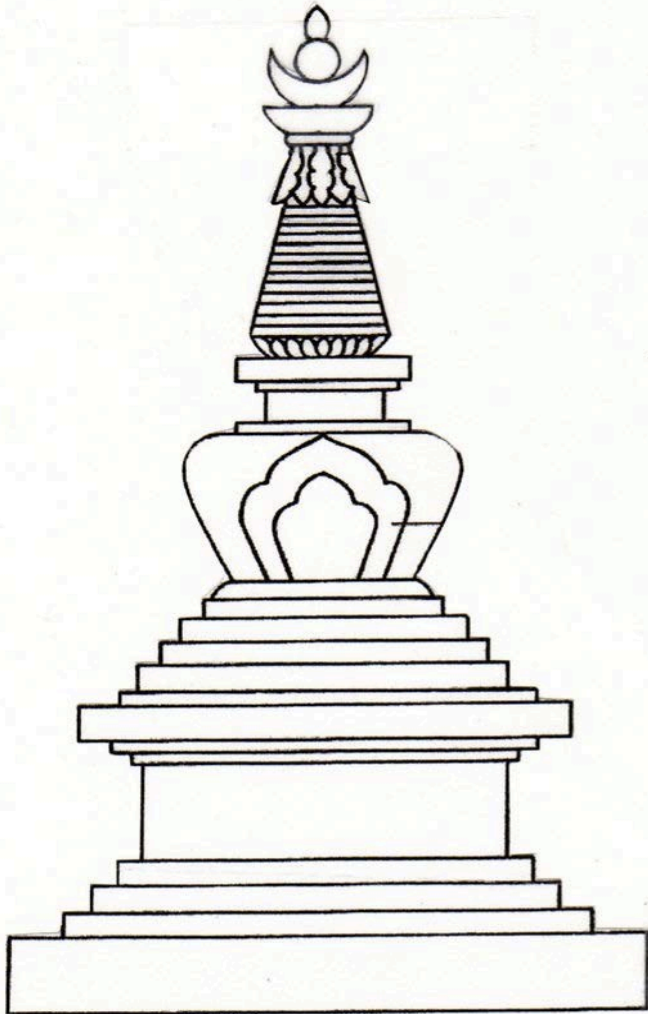
Chi is represented by the flame of the candle. It can sputter and smoke or it can burn brightly and evenly. Your Chi is your vitality or daily energy. It provides the source of light; however, it eventually consumes the candle. When your Chi is used efficiently, your Jing lasts longer! Chi is easily depleted through daily activity and when a person is healthy it is easily replenished with sleep, nourishment, and breathing.

## Jing

Jing is represented by the wax and the wick of the candle. The quality of the wax and the reserve of wax available for burning determines the life of the candle. Your Jing, which is determined by your genetic inheritance and your deep energy reserves, determines your longevity. It takes a long time to deplete Jing and it is extremely hard to replenish.

# The Foundation – The Path – The Result

## Body – Speech-Mind



Character: Chinese Simplified  
Pronunciation: Hanyu Pinyin  
(Mandarin = Standard Chinese)



精  
jīng

© HanTrainerPro.com

Rice growing in the alchemist's pot with cinnabar added

Qi

氣



Rice (Yin) cooking to become steam (Yang)

**SHEN**

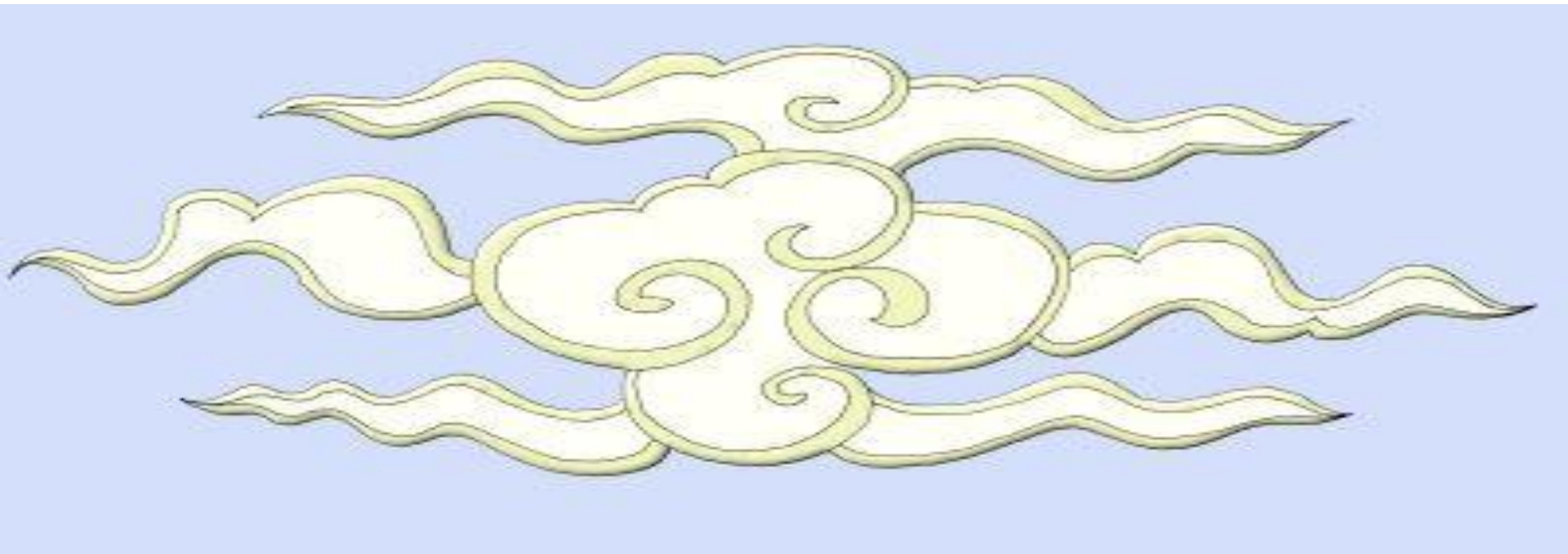


PERSON AT AN ALTAR WITH  
TWO HANDS HOLDING ON TO  
A ROPE LEADING TO HEAVEN



# ALCHEMY

The managed transformation of  
jing (material matter) into Shen  
(spirit)





**ALCHEMY**

## **WEIDAN (EXTERNAL)**

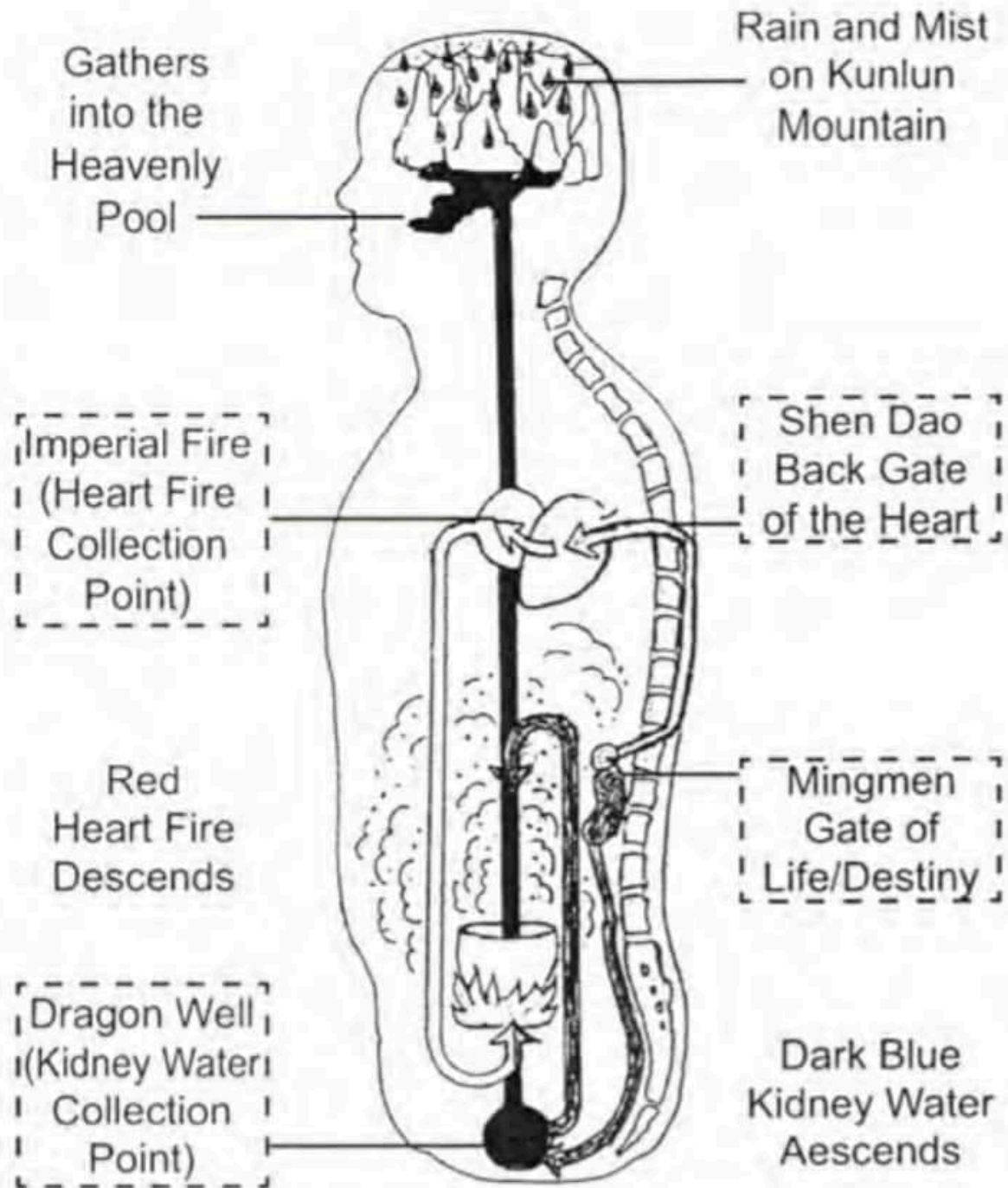
When he ingests the Medicines, let him fly as an immortal, have audience at the Purple Palace, live an unending life, and become an accomplished man!

**Jiudan Jing**

## **NEIDAN (INTERNAL)**

There is no other Golden Elixir outside one's fundamental nature. All human beings have this Golden Elixir complete in themselves: it is entirely realized in everybody.

**Liu Ming (1734-1821)**



“I am the alpha and the omega”

1



2



3



4



5



6



7



8



Medicine is not only a science; it is also an art. It does not consist of compounding pills and plasters; it deals with the very processes of life, which must be understood before they may be guided.

- Paracelsus



# MING

## Destiny



**“He who comprehends  
the greater destiny  
becomes  
himself part of it.  
He who comprehends the  
lesser destiny resigns  
himself to the inevitable”.  
Zhunagzi**

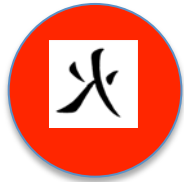
Ordinary people go through 4 stages of life: birth, growth, aging and death. Immortals are born and grow – growing to heaven, not going to heaven!

Wu Dan Chen



WU - SHAMAN

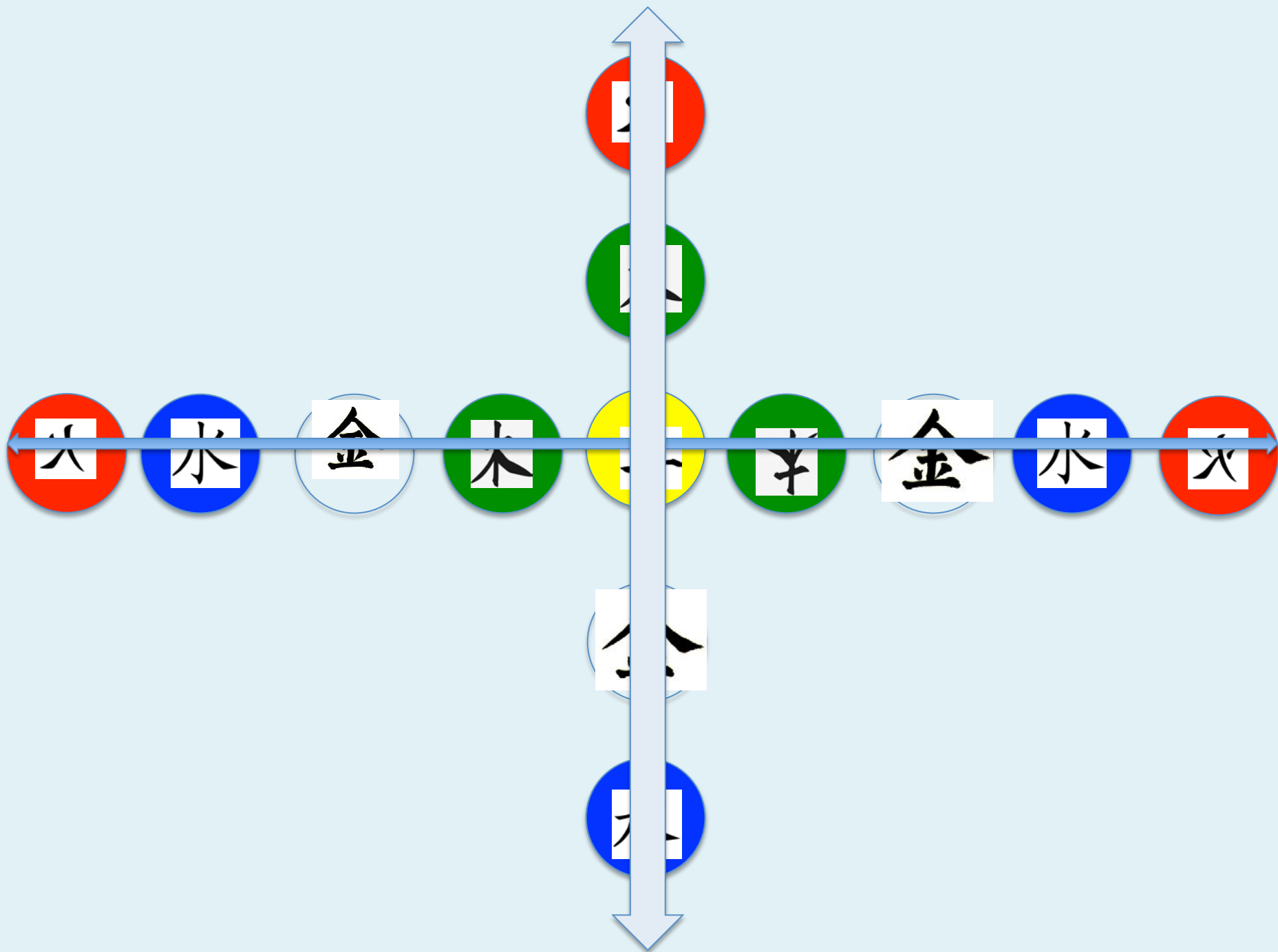
巫

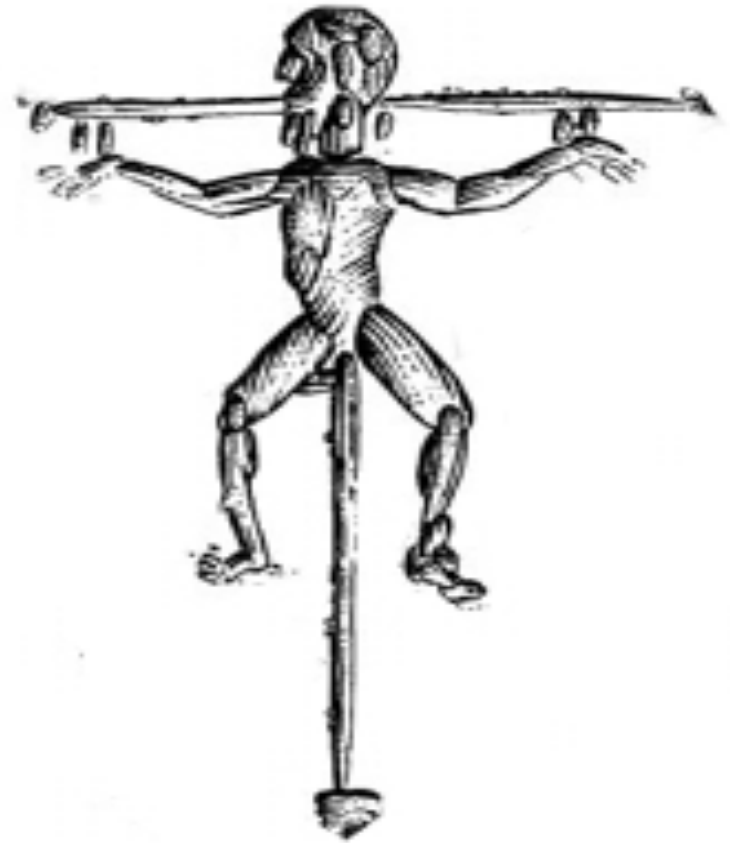


金



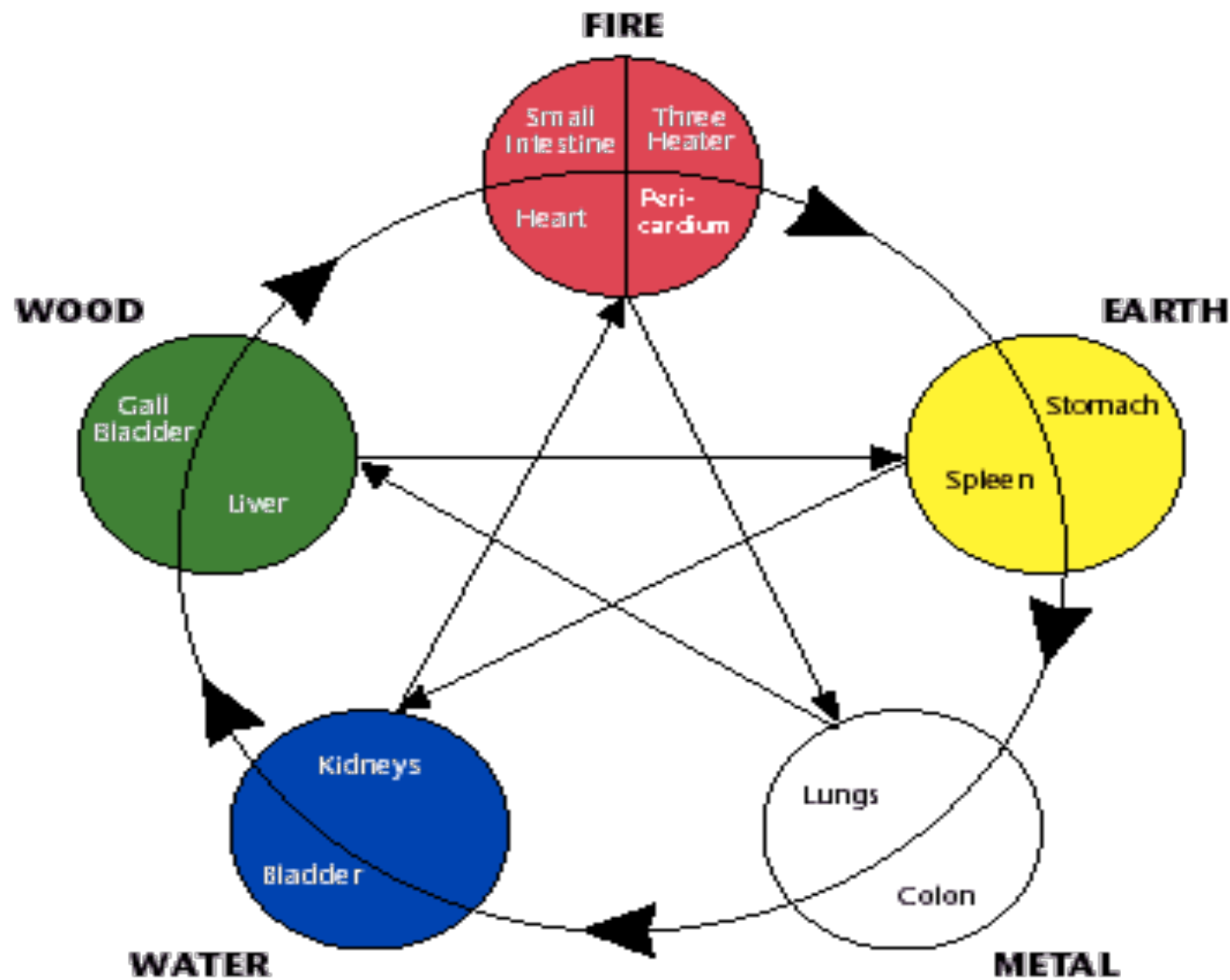
# FIVE ELEMENTS

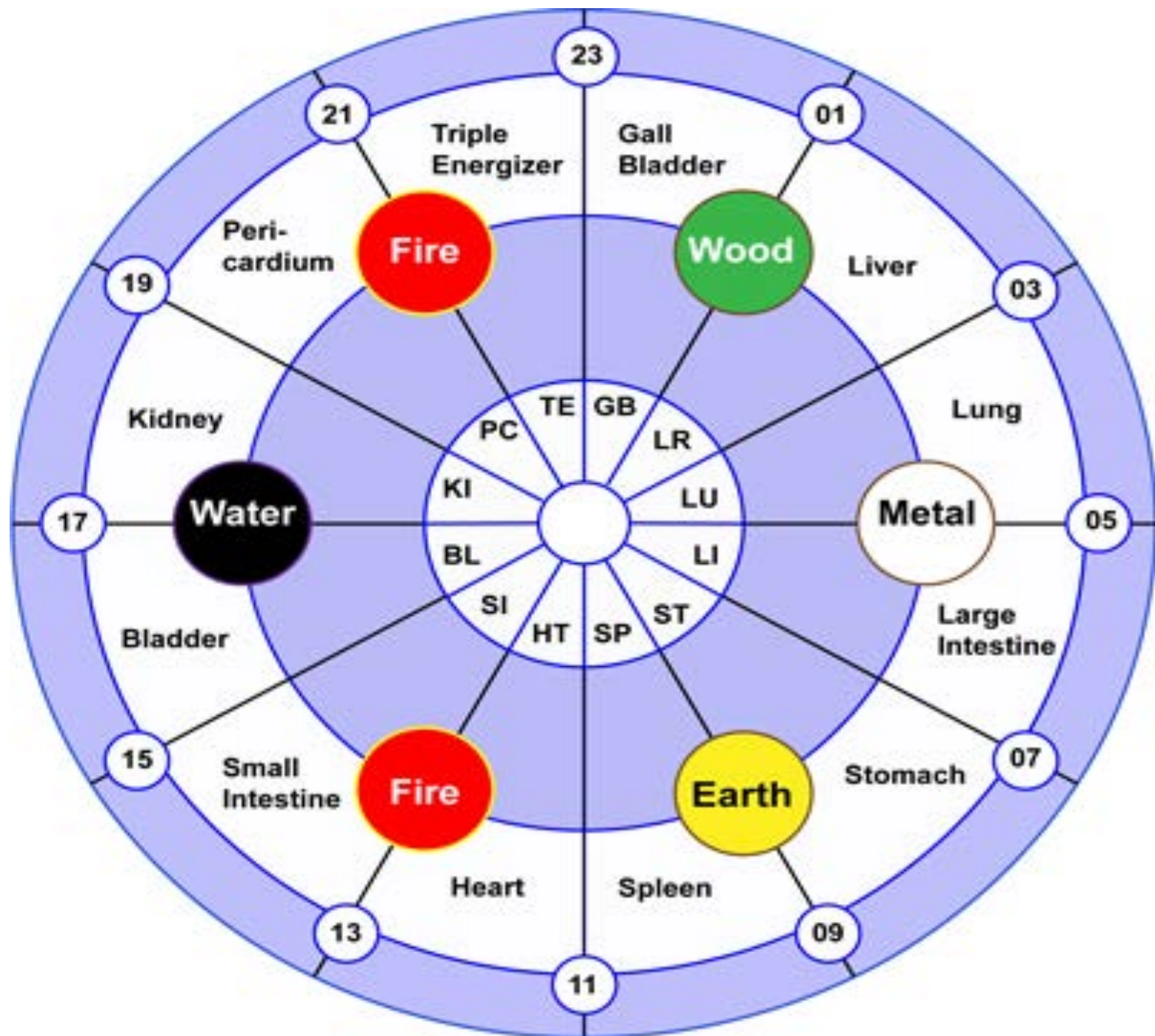




2<sup>nd</sup> century CE talisman of the cross







Five Elements	Wood	Fire	Earth	Metal	Water
<b>Zang (脏)</b>	Liver	Heart	Spleen	Lung	Kidney
<b>Fu (腑)</b>	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
<b>Tastes</b>	Sour	Bitter	Sweet	Pungent	Salty
<b>Sense Organs</b>	Eye	Tongue	Mouth	Nose	Ear
<b>Tissues</b>	Tendon	Vessel	Muscle	Skin and Hair	Bone
<b>Emotions</b>	Anger	Joy	Worry *	Grief	Fear
<b>Seasons</b>	Spring	Summer	Late Summer	Autumn	Winter
<b>Environment</b>	Wind	Heat	Damp	Dry	Cold
<b>Directions</b>	East	South	Middle	West	North

# 9 HEART PAINS

(Curriculums – Essence of our Life)

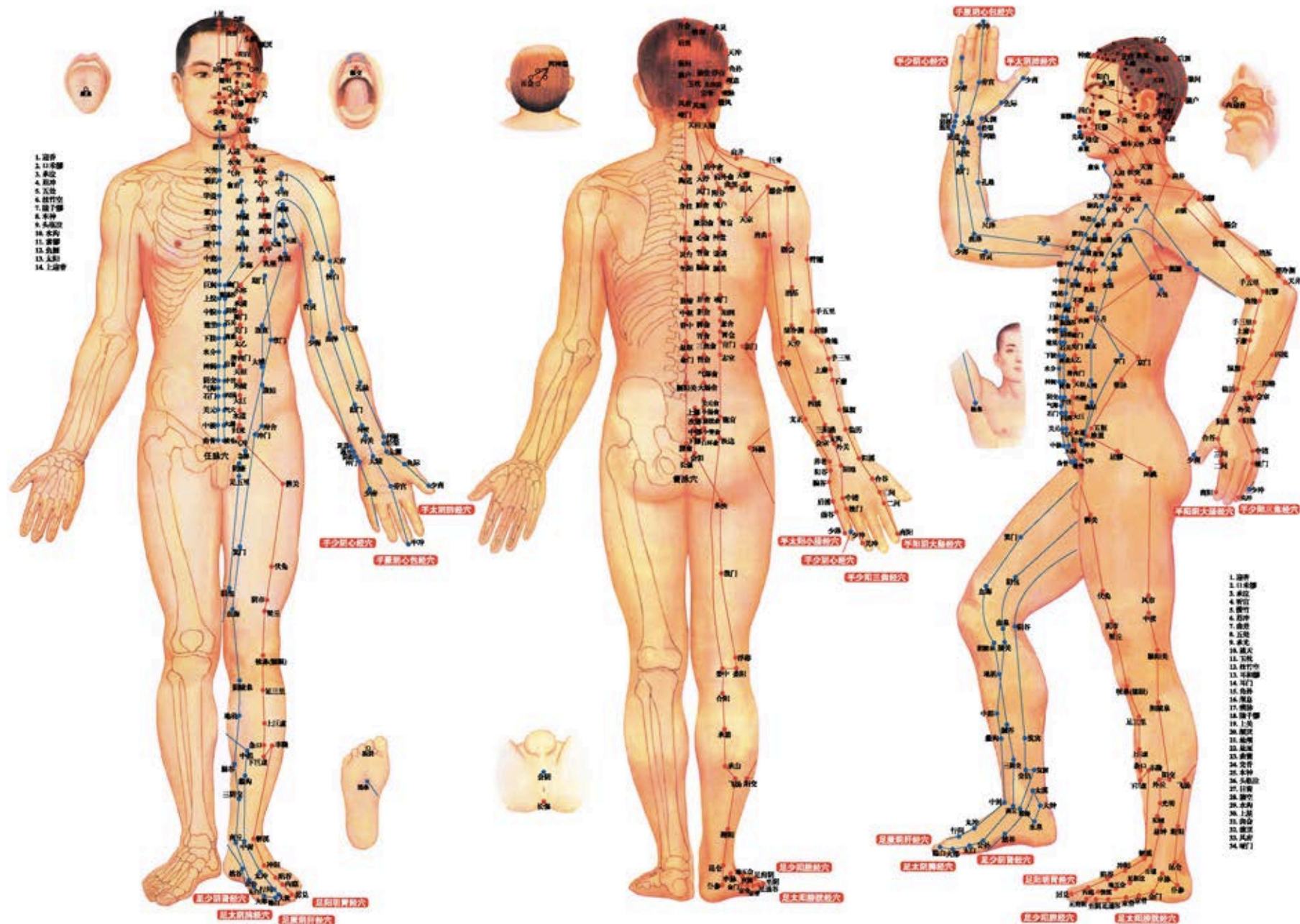
- Health
- Adequate wealth
- Prosperity (abundance/sharing)
- Intimate Relationships
- Global Relationships
- Career
- Creativity
- Wisdom
- Home ( a sense of peace – contentment)

# Full Catastrophe Alchemy

- “When we move from fixity to flow, then we can pursue our destiny, and not our fate” (paraphrasing PL)
- Trauma is about disconnection at the level of spirit, self, and other.
- Trauma is what divides us, and connects us (with our shadow).
- When we release the blockage then we become truly alive and flow along the vertical axis that animates spirit and illuminates the world with the light of shen. We become both enlivened (vertical) and more embodied (horizontal)



# 国家标准经穴部位挂图



# Unconscious energy is destiny

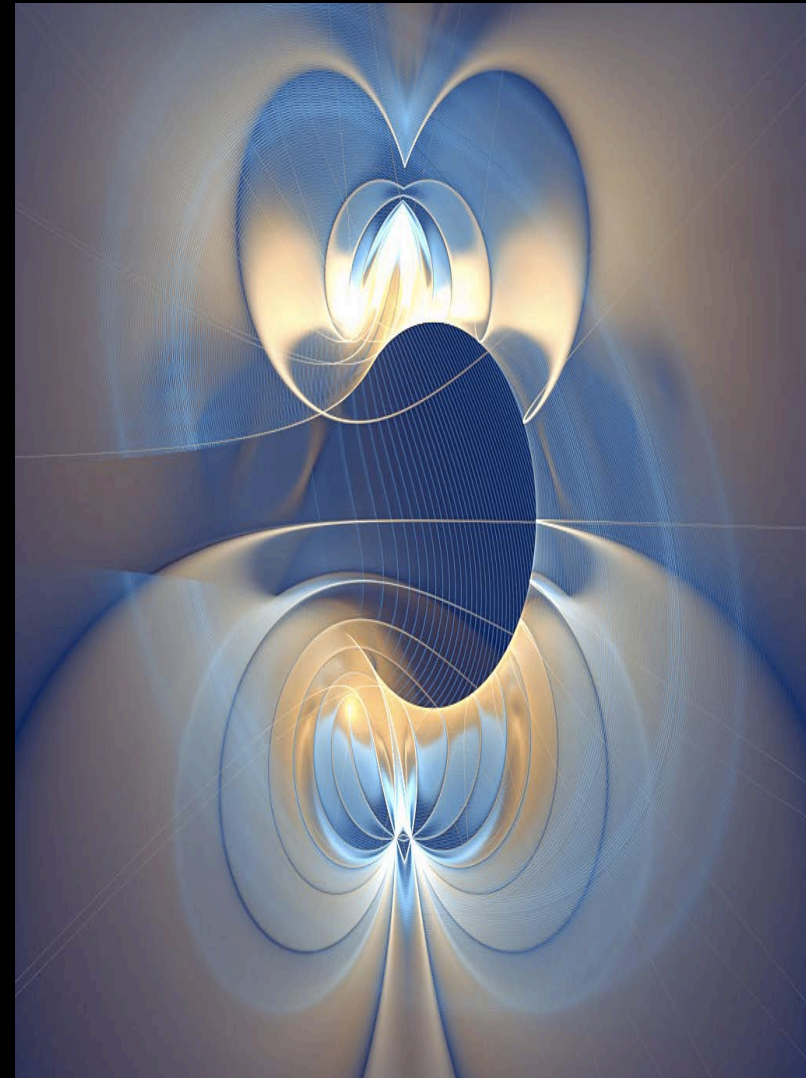
Thomas Hubl

Trauma distorts coherence

*"In peaceful calm, void and emptiness,  
The authentic qi flows easily.  
Essences and spirits are kept  
within."*

*"How could illness arise?"*

Neijing Suwen 1, lines 41-44



Traumatic symptoms are not caused by the “triggering” event itself. They stem from the frozen residue of energy that had not been resolved or discharged; This residue remains trapped in the nervous system where it can wreck havoc on our bodies and spirits”

Peter Levine – Waking the Tiger

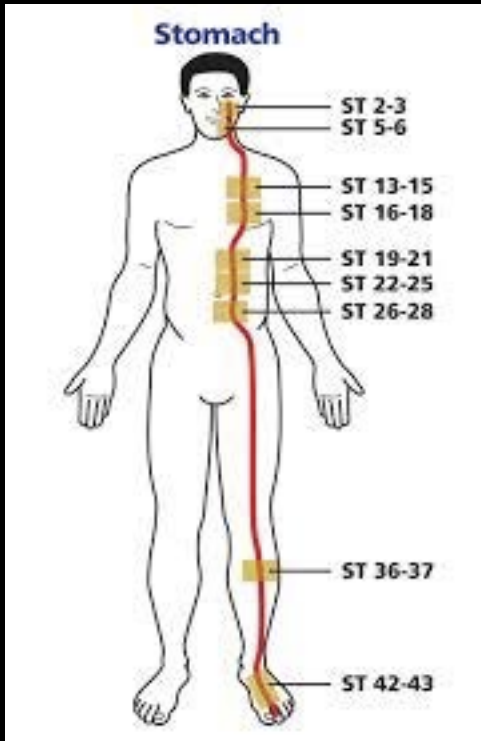


# Survival Circuitry

Lungs/Large Intestine (Skin)

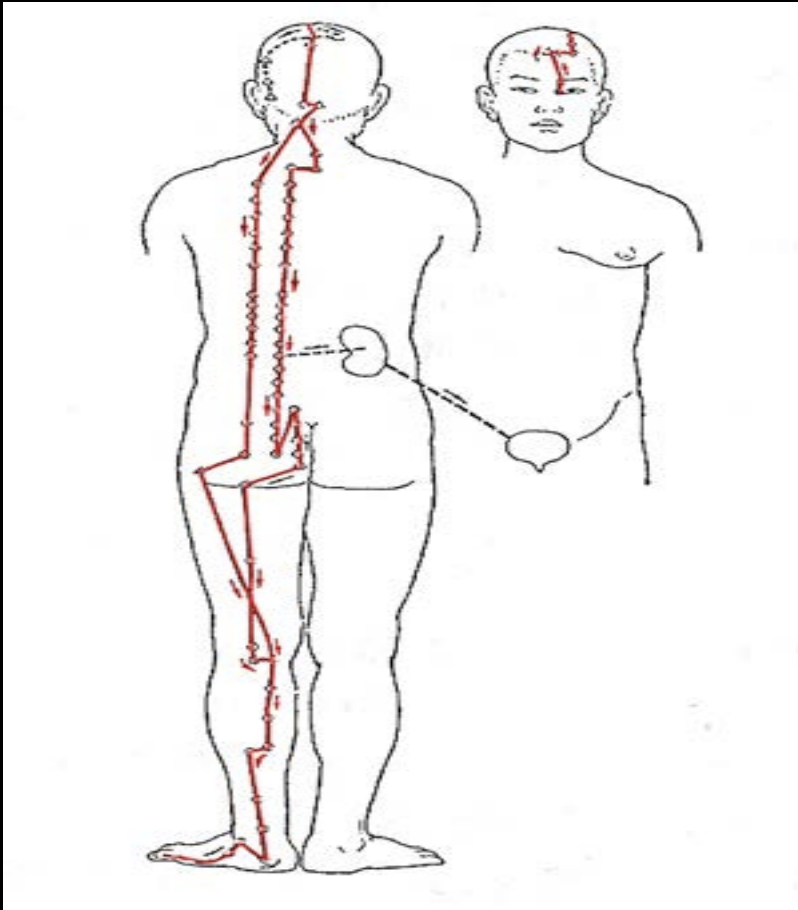
Stomach/Spleen

Heart - Kidney



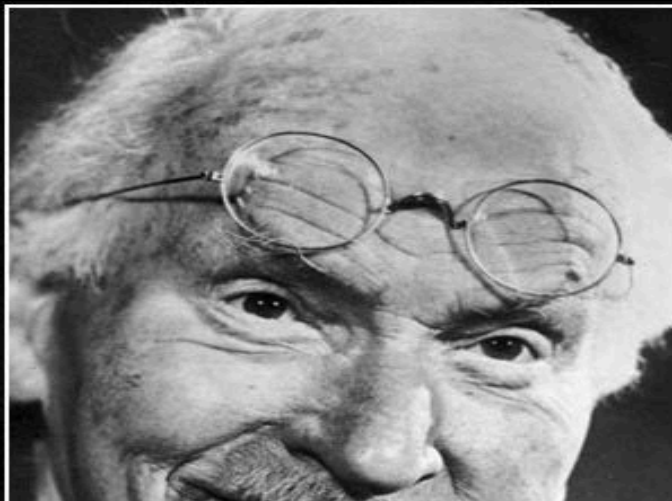
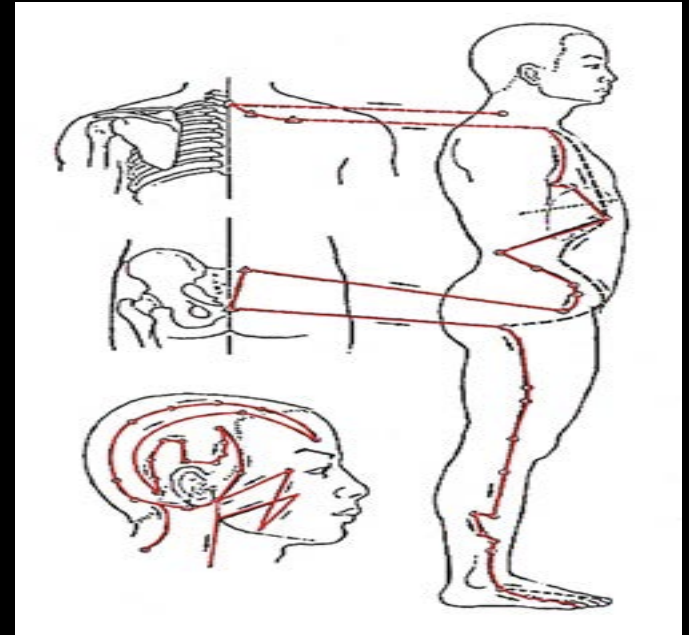
# Interaction Circuitry

- Kidneys/Bladder
- Heart/Small Intestine



# *Differentiation (Individuation) Circuitry*

- Wood/Gall Bladder
- Pericardium/Triple Heater
- Heart/Small Intestine



Individuation is to divest the self of  
false wrappings.

— *Carl Jung* —

“In that space  
between the  
subject and  
the object lies  
the entire  
history of  
human  
suffering”  
Krishnamurti



# “SPIRITUAL” AXIS



SHEN



HUN



YI



PO

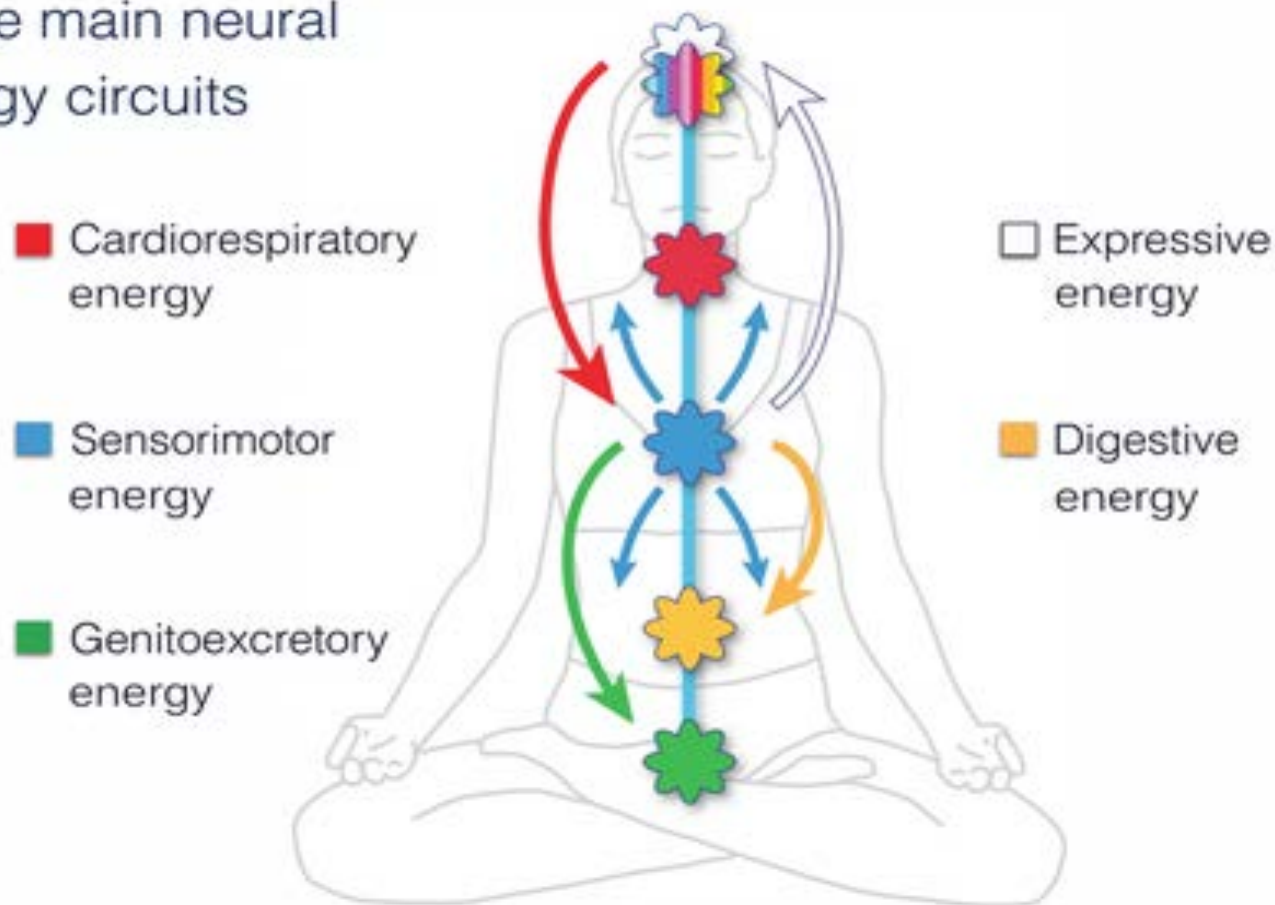


ZHI

THE LADDER OF THE SOUL



## Subtle body map of five main neural energy circuits





神

SHEN

# ASSOCIATIONS AND CORRELATIONS OF SHEN

ELEMENT: FIRE

ORGAN: HEART

EMOTION: JOY

PSYCHOLOGICAL FUNCTION: AWARENESS, INSPIRATION,  
INSIGHT

PSYCHOSPIRITUAL FUNCTION: KNOWING TRUE SELF

COSMOLOGICAL ASSOCIATION: STARLIGHT, LIGHTNING

VIRTUES: COMPASSION AND LOVE



# SIGNS SYMPTOMS OF SHEN DISTURBANCE

## SYMPTOMS

Insomnia

Anxiety

Depression

Palpitations

Hyperactivity

Mania

## SIGNS

Lack of inspiration

Chaotic behavior

No sense of self

No Self-Reflection

Indiscriminate



魂

HUN

# ASSOCIATIONS AND CORRELATIONS OF HUN

ELEMENT: WOOD

ORGAN: LIVER/GALL BLADDER

EMOTION: ANGER

PSYCHOLOGICAL FUNCTION: VISION, IMAGINATION,  
DECISION

PSYCHOPIRITUAL FUNCTION: KNOWING TRUE SELF

COSMOLOGICAL ASSOCIATION: CLOUDS, TREES

VIRTUES: JUSTICE



# SIGNS and SYMPTOMS OF HUN DISTURBANCE

Depression

Insomnia

Anger

Erratic

Vagueness

Self-doubt

Lack of Purpose

Obsession with Injustice



意

YI

# ASSOCIATIONS AND CORRELATIONS OF YI

ELEMENT: EARTH

ORGAN: BLADDER/KIDNEY

EMOTION: SYMPATHY and WORRY

PSYCHOLOGICAL FUNCTION: SETTING  
INTENTION, GESTATION OF IDEAS

PSYCHOPIRITUAL FUNCTION: INTEGRITY

COSMOLOGICAL ASSOCIATION: SOIL

VIRTUE: DEVOTION



# **SIGNS and SYMPTOMS OF YI DISTURBANCE**

Obsessive worry

Ruminations

Muddled thoughts

Co-dependency

Inertia

Eating disorder



破

Po

# ASSOCIATIONS AND CORRELATIONS OF PO

ELEMENT: METAL

ORGAN: LUNG/LI

EMOTION: GRIEF

PSYCHOLOGICAL FUNCTION: EMBODIED

KNOWING, WIT

PSYCHOSPIRITUAL FUNCTION: BEING PRESENT

COSMOLOGICAL ASSOCIATION: GEMS

VIRTUE: HONOR

# **SIGNS and SYMPTOMS OF PO DISTURBANCE**

**UNRESOLVED GRIEF**

**LONGING**

**RIGIDITY**

**SHAME/SHAMELESS**

**SHARPNESS**





ZHI

# ASSOCIATIONS AND CORRELATIONS OF ZHI

ELEMENT: WATER

ORGAN: KIDNEY/BLADDER

EMOTION: FEAR

PSYCHOLOGICAL FUNCTION: COURAGE,  
LEADERSHIP

PSYCHOSPIRITUAL FUNCTION: RETURN TO  
ORIGIN

COSMOLOGICAL ASSOCIATION: DARK MATTER

VIRTUE: WISDOM



# **SIGNS and SYMPTOMS OF ZHI DISTURBANCE**

LACK OF MOTIVATION

ANXIETY

SEXUAL DISTURBANCE

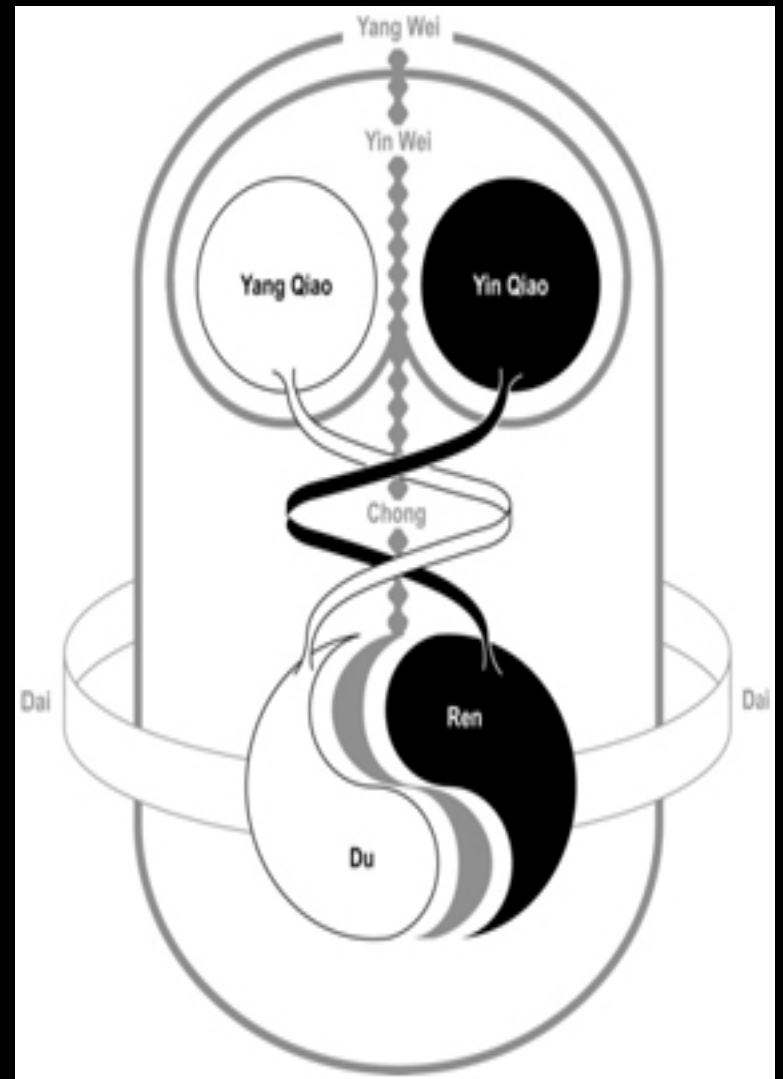
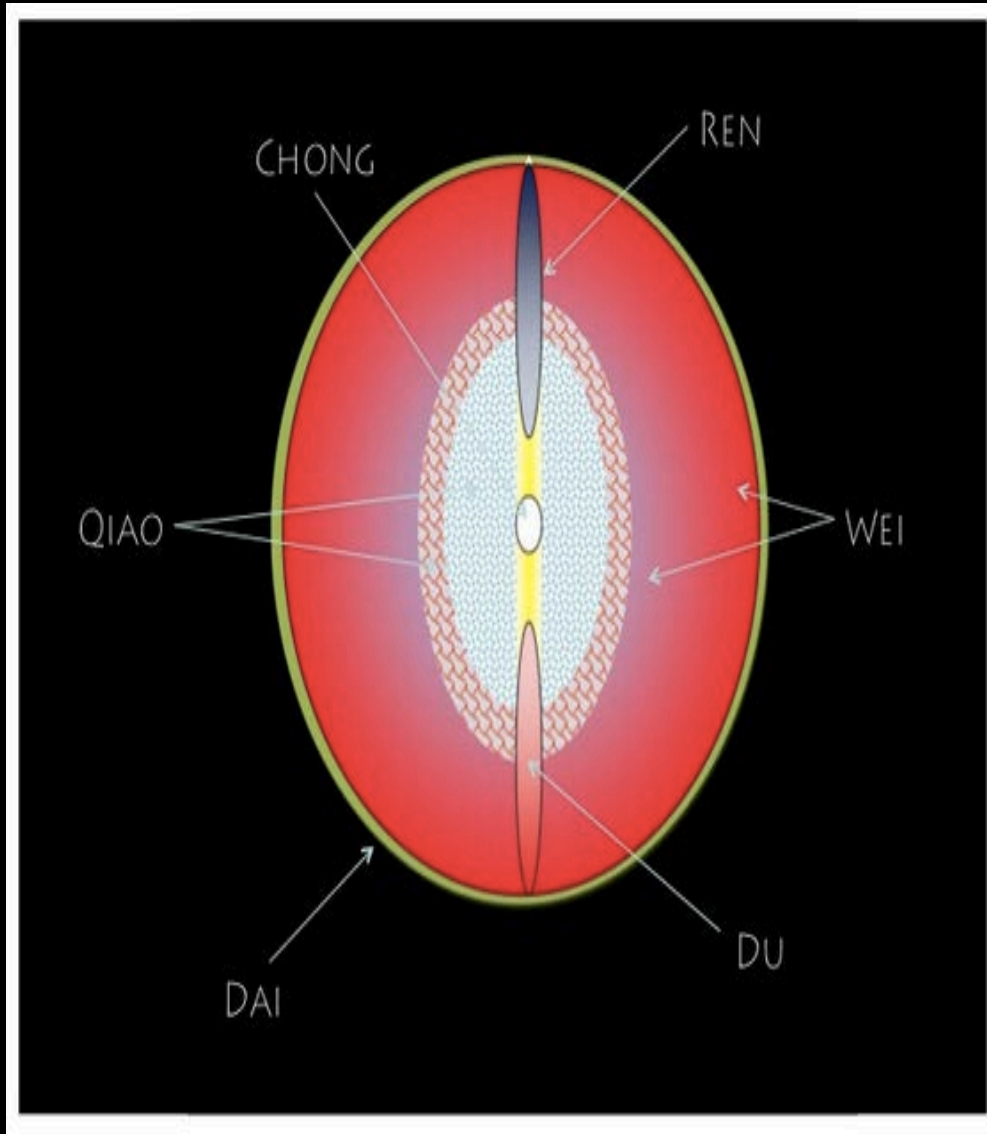
COWARDICE

LACK OF COMMITMENT

OVER\_CONTROLLING



# The 8 Extraordinary Meridians





Staff of Aesculapius



Caduceus

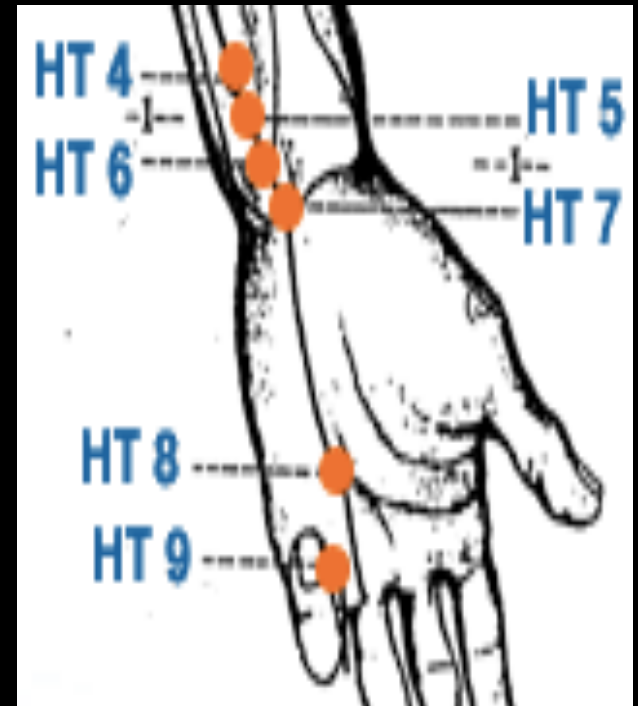
# Heart 4 – SPIRIT PATH

This point refers to the path or way of the spirit. It is the job of the emperor to lead the people in the way of the Tao.

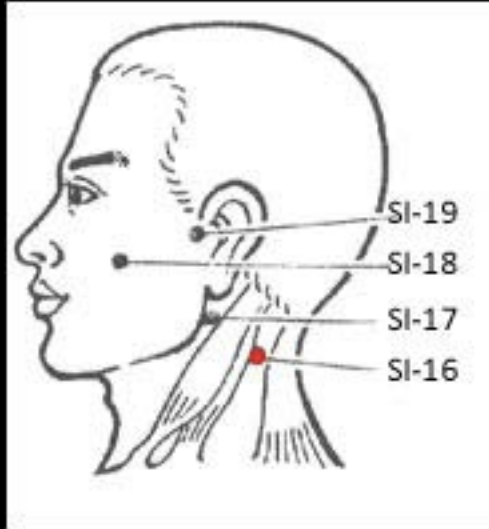
To do so, he needs to know what the way is. So often, we (and our patients) become overly wrapped up in the allure of mundane things - the temporary gratifications of the ego (i.e. money, sex, power) - that we lose our way.

We become anxious, worried, and preoccupied about things that are, at best, transient and impermanent.

This point illuminates the way back to the one path that satisfies our real needs and guides us to our next step.



# Celestial Countenance SI-17



Allows the person to see the pure from the impure in the mind and spirit. Enhances and clears out the mind and spirit. Makes the “decree of heaven” manifest and opens the person to a new vision and empowers them to move on.



Anybody who looks and knows  
it, is to be called a spirit;  
Anybody who listens and knows  
it, is is to be called a sage;  
Anybody who asks and knows it,  
is to be called an artisan  
Anybody who feels the vessels  
and knows it, is to be called a  
skilled workman  
NanJing







Le Malin et le Moine

Le Malin et le Moine  
 Peint par Jean-Léon Gérôme



Neuro-Psychological  
Mitral Valve  
**Distal Position**  
(Pericardium w/ Distal)  
Heart Enlarged  
Liver Distal Engorged  
Liver Radial Engorged  
**Middle Position**  
Gallbladder  
Large Intestine  
**Proximal Position**  
Pelvis Lower Body

Special Lung  
Position

Large Vessel

Diaphragm

Liver Ulnar  
Engorged

Spleen

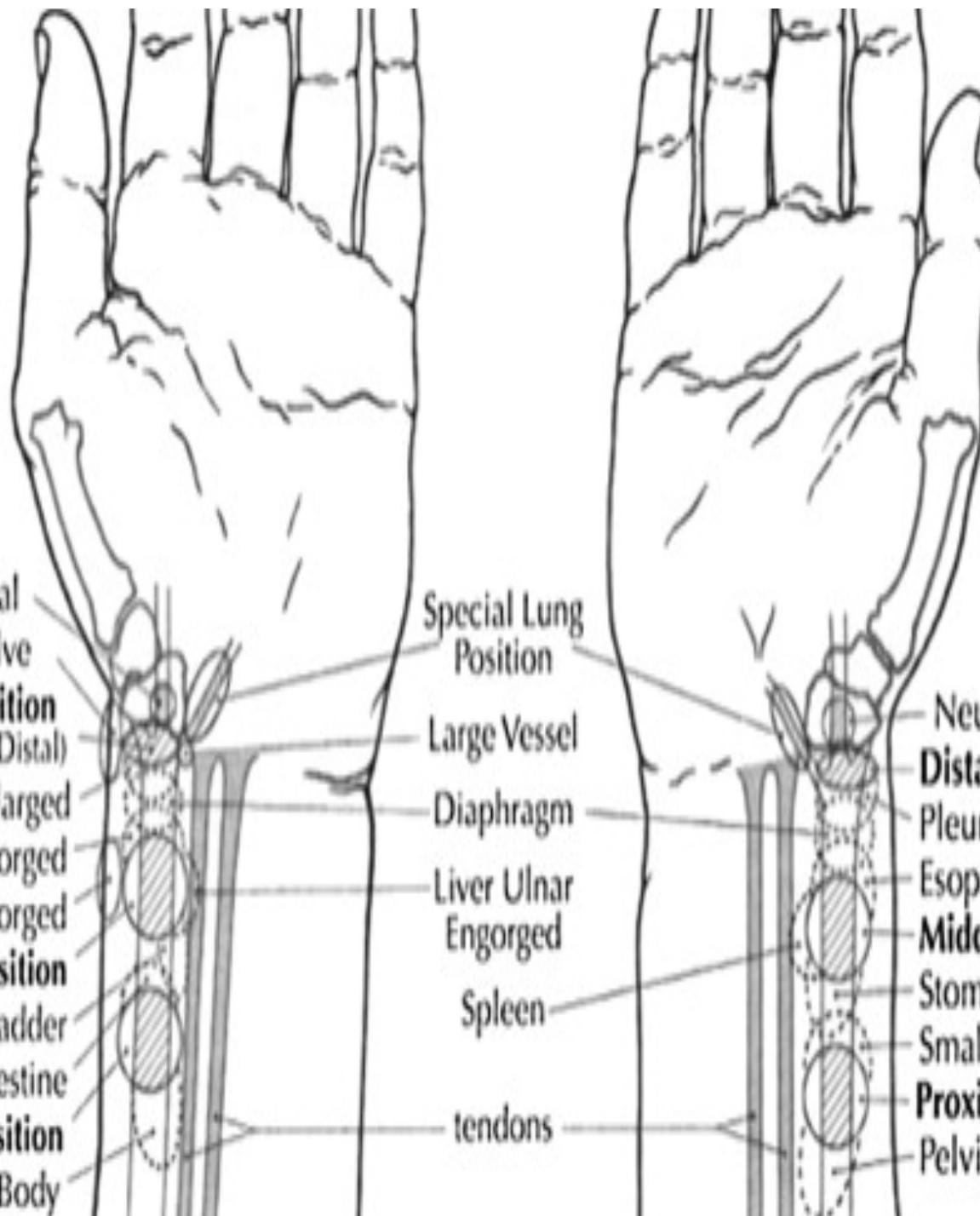
tendons

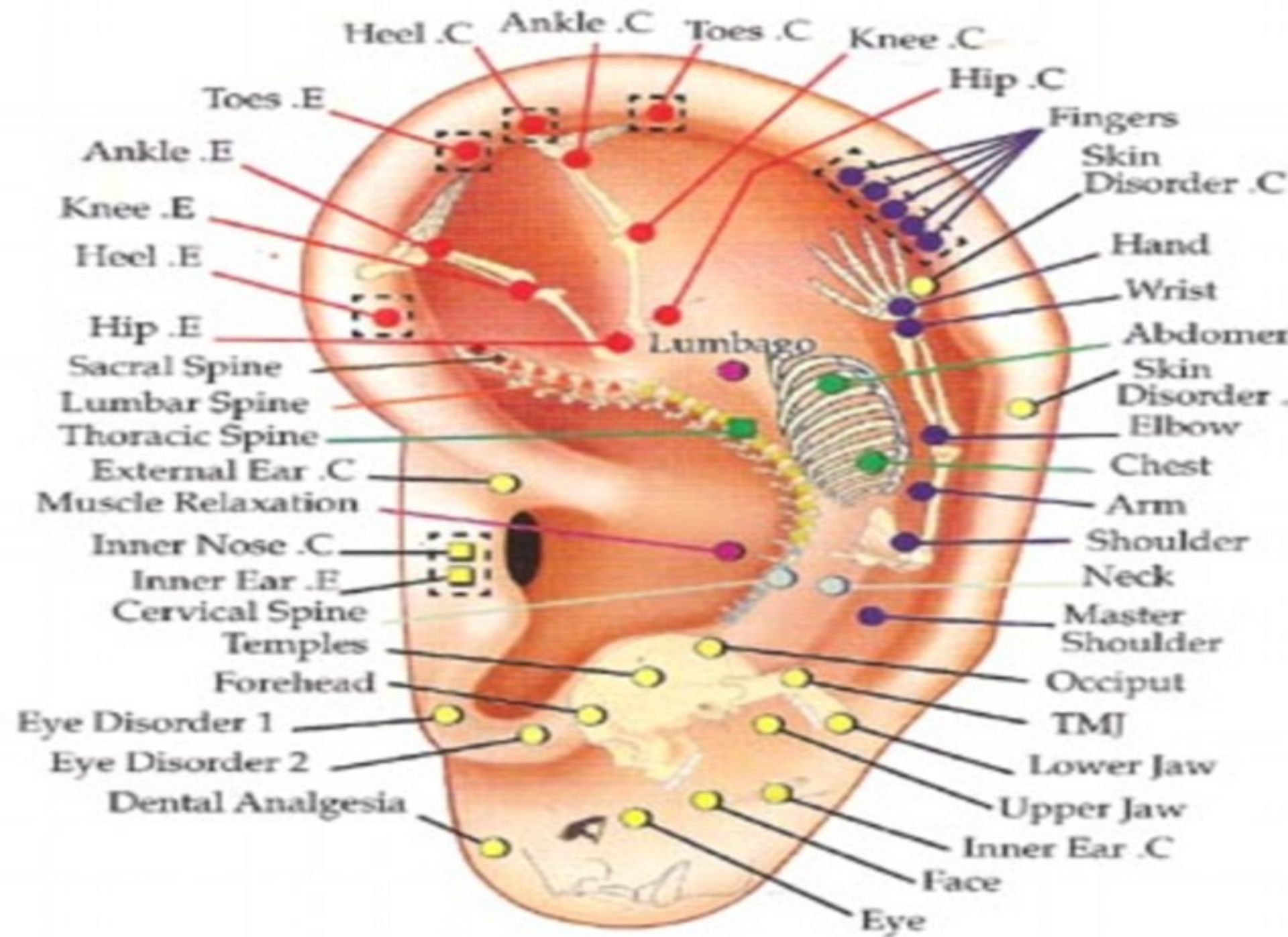
Neuro-Psychological  
**Distal Position**  
Pleura

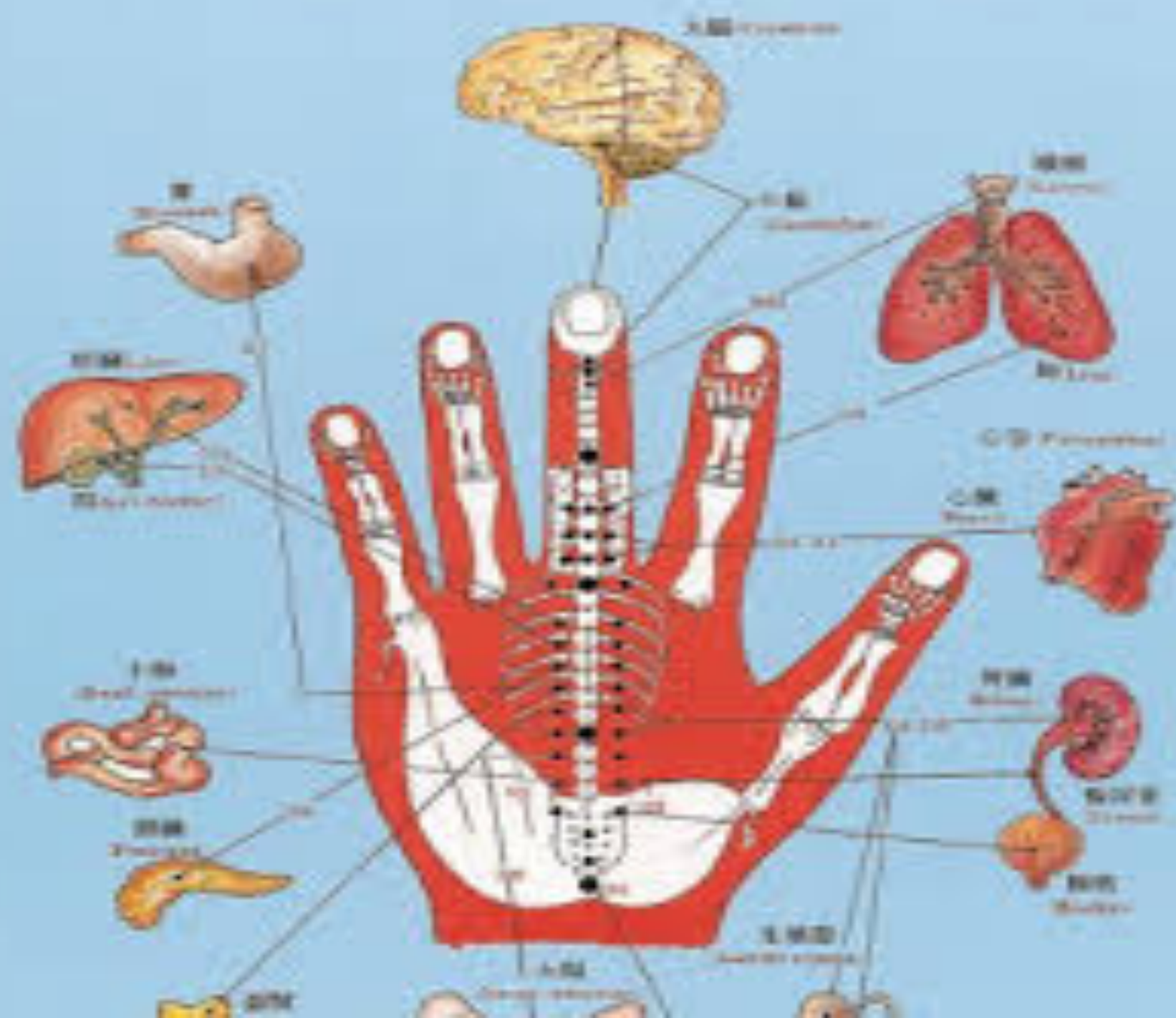
Esophagus  
**Middle Position**

Stomach-Pyl. Extension  
Small Intestine

**Proximal Position**  
Pelvis Lower Body







Blood Deficiency

Heat

Normal

Little or No Coating

Pale Tongue

Thin Yellow Coating

Red Tongue

Damp Retention

White Greasy Coating

Swollen Tongue

Qi Stagnation

Red Tip

# Which Tongue Do You Have?

Blood Stasis

Black Spots

Purple Tongue

Damp Heat

Greasy Yellow Coating

Red Tongue

Yin Deficiency

Little or No Coating

Cracks

Red Tongue

Qi Deficiency

Thin White Coating

Pale Tongue  
Red Spots

Yang Deficiency

Thin White Coating

Pale Swollen Tongue

Teeth Marks

## Example Symptoms

Qi Stagnation:

Blood Deficiency:

Heat:

Damp Retention:

Blood Stasis:

Yang Deficiency:

Qi Deficiency:

Yin Deficiency:

Damp Heat:

mild achy pain, irritability, restlessness

fatigue, muddled thinking, jittery or nervous, insomnia

strong emotions, red face/eyes/skin, burning pain, insomnia

fatigue, dull pain, swellings, obsessions & ruminating

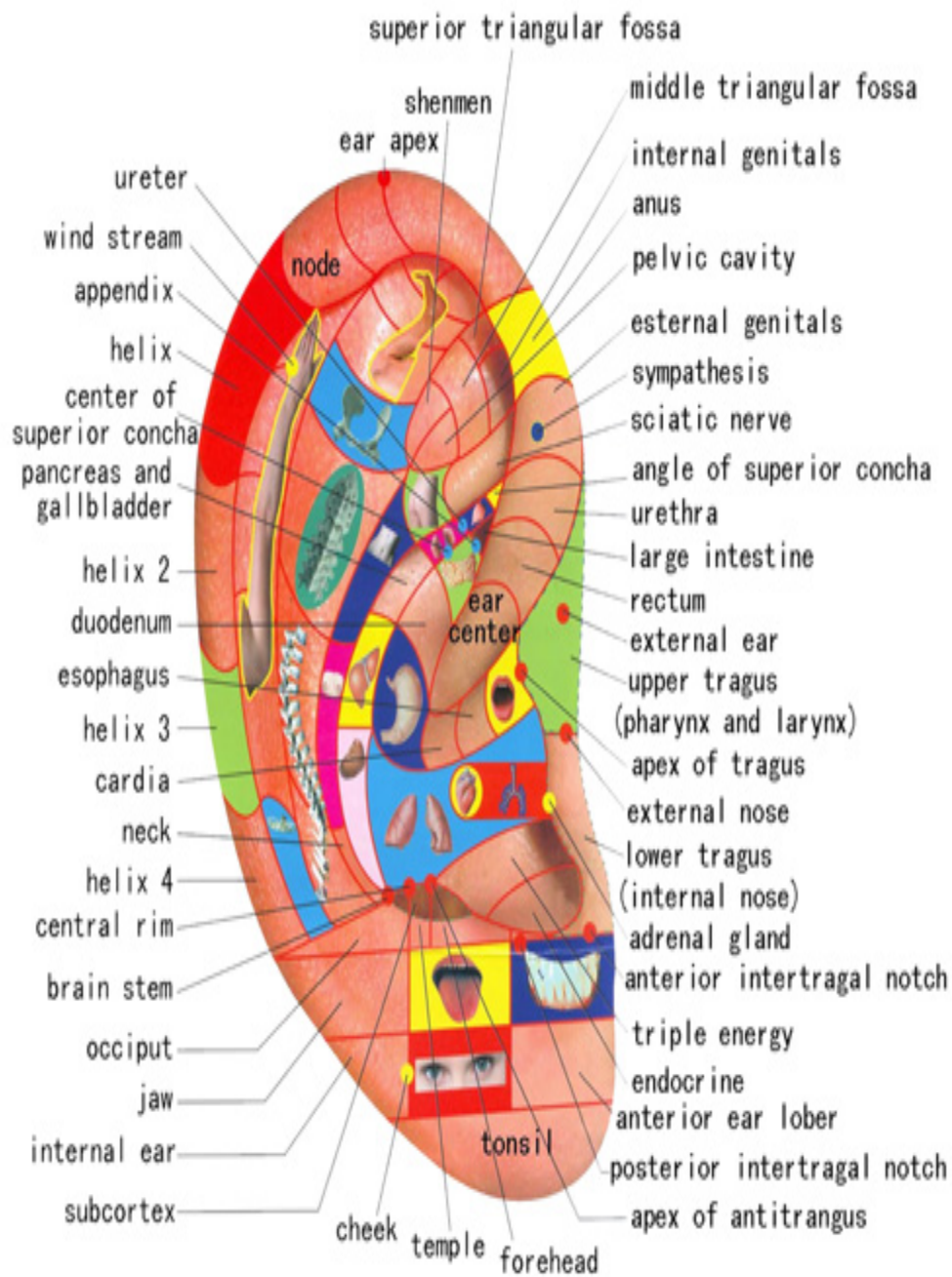
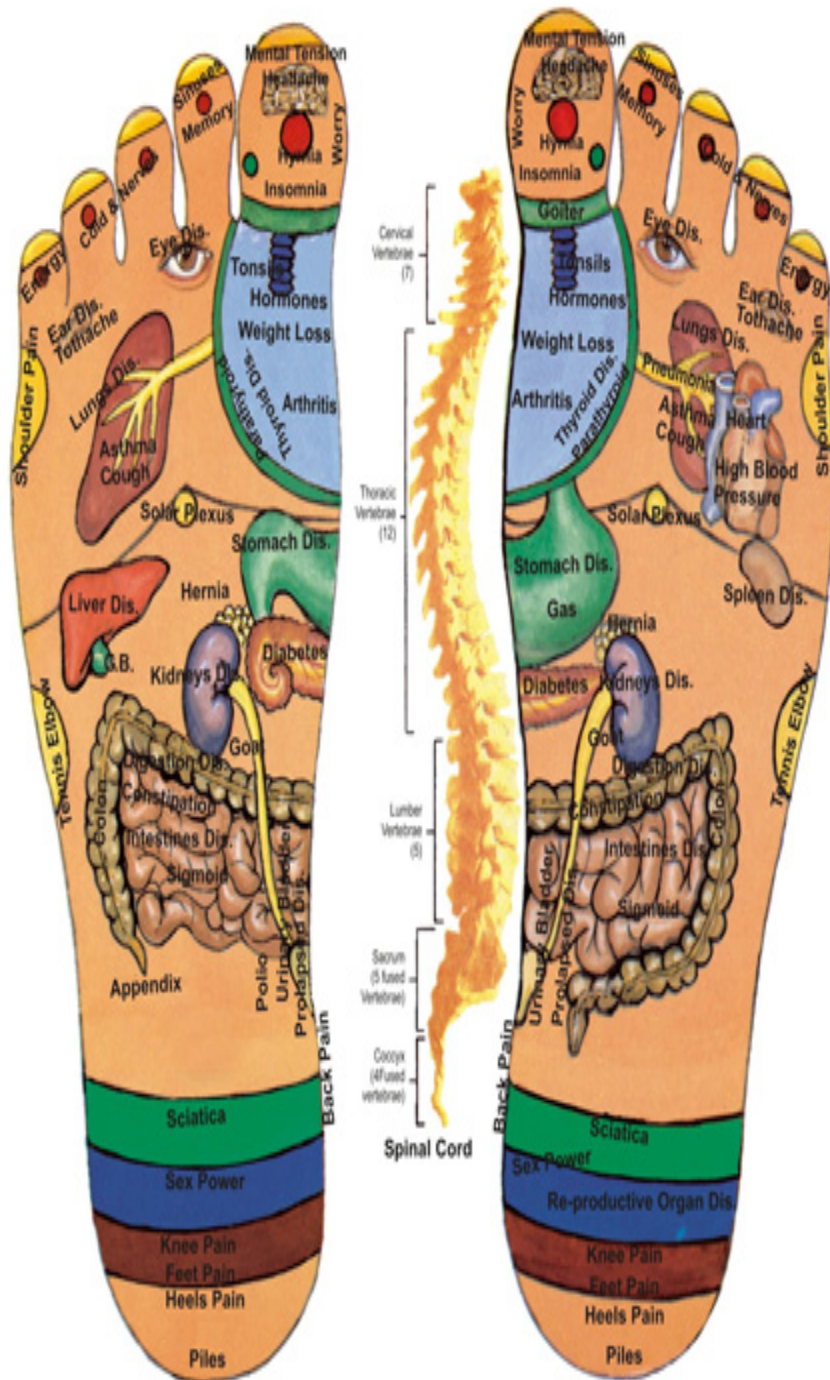
sharp & chronic pain, moles, dull & lusterless skin

easily cold, mild swellings, lots of urine, easily fatigued

low energy, bruises or sweats easily

emotional, emaciated figure, insomnia, scanty urine

swellings, irritability, restlessness, obsessions



*At fifteen I had my will (zhi)  
bent on learning.*

*At thirty I stood firm.*

*At forty I had no doubts.*

*At fifty I knew the decree of  
heaven (ming).*

*At sixty my ear was an  
obedient organ for the  
reception of truth*

*At seventy I could follow what  
my heart desired, without  
transgressing what was right*

**Confucius**





Calligraphy by SUZUKI Mouri Less

*“We live by the sun, We feel by  
the moon, We move by the  
stars,  
We live in all things, All things  
live in us, We eat from the  
earth,  
We drink from the rain, We  
breathe of the air,  
We live in all things, All things  
live in us”.*

“EAT THE SUN, BREATHE THE MOON”

