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

- CONFUCIUS
“TCM” is NOT TCM
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

<table>
<thead>
<tr>
<th>ALLOPATHY (&quot;MODERN&quot;)</th>
<th>CLASSICAL CHINESE MEDICINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Materialistic</td>
<td>Energetic</td>
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<tr>
<td>Newtonian</td>
<td>Quantum</td>
</tr>
<tr>
<td>Reductionistic</td>
<td>Complex (Ecological)</td>
</tr>
<tr>
<td>Scarcity-focused</td>
<td>Abundance-based</td>
</tr>
<tr>
<td>Temporal and Local</td>
<td>Non-temporal and Unbound</td>
</tr>
<tr>
<td>Objective</td>
<td>Subjective</td>
</tr>
</tbody>
</table>
“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
Fall: Points to west
Winter: Points to north
Polaris (North Star)
Heart Mind
The Spark of Life
"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."
Tao Cosmology  道

混沌  
Hun Dun  
Chaos-Unity  
Primordial Heaven

太一  
Tai Yi  
Great Oneness

皇極  
Huang Ji  
Supreme Tipping Point

太陰  
Tai Yin  
Great Yin  
Nurturing Embracing

天  
Tian  
Early Heaven

地  
Di  
Later Heaven

人類  
Ren Lei  
Humanity

无極  
Wu Ji  
Unknowable

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).

www.healingtaousa.com  
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Chinese Medicine Holomap

Map describing the resonance of macrocosm and microcosm

© 2012 Heiner Fruehauf, Ph.D., L.Ac.
“The cosmos lies in your hands, the ten thousand transformations are born from yourself”
Yinfu Jing

“We are stardust”
EGYPTIAN TREE OF LIFE
The Tree of Alchemy
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
Rice growing in the alchemist’s pot with cinnabar added
Qi

Rice (Yin) cooking to become steam (Yang)
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)
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)
Gathers into the Heavenly Pool

Imperial Fire (Heart Fire Collection Point)

Red Heart Fire Descends

Dragon Well (Kidney Water Collection Point)

Rain and Mist on Kunlun Mountain

Shen Dao Back Gate of the Heart

Mingmen Gate of Life/Destiny

Dark Blue Kidney Water Ascends
“I am the alpha and the omega”
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
“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
FIVE SPIRITS

FIVE ELEMENTS
2nd century CE talisman of the cross
<table>
<thead>
<tr>
<th>Five Elements</th>
<th>Wood</th>
<th>Fire</th>
<th>Earth</th>
<th>Metal</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zang (脏)</td>
<td>Liver</td>
<td>Heart</td>
<td>Spleen</td>
<td>Lung</td>
<td>Kidney</td>
</tr>
<tr>
<td>Fu (腹)</td>
<td>Gallbladder</td>
<td>Small Intestine</td>
<td>Stomach</td>
<td>Large Intestine</td>
<td>Bladder</td>
</tr>
<tr>
<td>Tastes</td>
<td>Sour</td>
<td>Bitter</td>
<td>Sweet</td>
<td>Pungent</td>
<td>Salty</td>
</tr>
<tr>
<td>Sense Organs</td>
<td>Eye</td>
<td>Tongue</td>
<td>Mouth</td>
<td>Nose</td>
<td>Ear</td>
</tr>
<tr>
<td>Tissues</td>
<td>Tendon</td>
<td>Vessel</td>
<td>Muscle</td>
<td>Skin and Hair</td>
<td>Bone</td>
</tr>
<tr>
<td>Emotions</td>
<td>Anger</td>
<td>Joy</td>
<td>Worry *</td>
<td>Grief</td>
<td>Fear</td>
</tr>
<tr>
<td>Seasons</td>
<td>Spring</td>
<td>Summer</td>
<td>Late Summer</td>
<td>Autumn</td>
<td>Winter</td>
</tr>
<tr>
<td>Environment</td>
<td>Wind</td>
<td>Heat</td>
<td>Damp</td>
<td>Dry</td>
<td>Cold</td>
</tr>
<tr>
<td>Directions</td>
<td>East</td>
<td>South</td>
<td>Middle</td>
<td>West</td>
<td>North</td>
</tr>
</tbody>
</table>
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)
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

THE LADDER OF THE SOUL

SHEN

HUN

YI

PO

ZHI
Subtle body map of five main neural energy circuits:

- **Cardiorespiratory energy**
- **Sensorimotor energy**
- **Genitoexcretory energy**
- **Expressive energy**
- **Digestive energy**
神

SHEN
ASSOCIATIONS AND CORRELATIONS OF SHEN

ELEMENT: FIRE
ORGAN: HEART
EMOTION: JOY

PSYCHOLOGICAL FUNCTION: AWARENESS, INSPIRATION, INSIGHT

PSYCHOPRIRITUAL FUNCTION: KNOWING TRUE SELF

COSMOLOGICAL ASSOCIATION: STARLIGHT, LIGHTNING

VIRTUES: COMPASSION AND LOVE
<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>SIGNS</th>
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</thead>
<tbody>
<tr>
<td>Insomnia</td>
<td>Lack of inspiration</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Chaotic behavior</td>
</tr>
<tr>
<td>Depression</td>
<td>No sense of self</td>
</tr>
<tr>
<td>Palpitations</td>
<td>No Self-Reflection</td>
</tr>
<tr>
<td>Hyperactivity</td>
<td>Indiscriminate</td>
</tr>
<tr>
<td>Mania</td>
<td></td>
</tr>
</tbody>
</table>
ASSOCIATIONS AND CORRELATIONS OF HUN

ELEMENT: WOOD
ORGAN: LIVER/GALL BLADDER
EMOTION: ANGER
PSYCHOLOGICAL FUNCTION: VISION, IMAGINATION, DECISION
PSYCHOPRIRITUAL 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
ASSOCIATIONS AND CORRELATIONS OF YI

ELEMENT: EARTH
ORGAN: BLADDER/KIDNEY
EMOTION: SYMPATHY and WORRY
PSYCHOLOGICAL FUNCTION: SETTING INTENTION, GESTATION OF IDEAS
PSYCHOPRIRITUAL FUNCTION: INTEGRITY
COSMOLOGICAL ASSOCIATION: SOIL
VIRTUE: DEVOTION
SIGNS and SYMPTOMS OF YI DISTURBANCE

Obsessive worry
Ruminations
Muddled thoughts
Co-dependency
Inertia
Eating disorder
破
ASSOCIATIONS AND CORRELATIONS OF PO

ELEMENT: METAL
ORGAN: LUNG/LI
EMOTION: GRIEF
PSYCHOLOGICAL FUNCTION: EMBODIED KNOWING, WIT
PSYCHOPRIRITUAL FUNCTION: BEING PRESENT
COSMOLOGICAL ASSOCIATION: GEMS
VIRTUE: HONOR
SIGNS and SYMPTOMS OF PO DISTURBANCE

UNRESOLVED GRIEF
LONGING
RIGIDITY
SHAME/SHAMELESS
SHARPNESS
志
ASSOCIATIONS AND CORRELATIONS OF ZHI

ELEMENT: WATER
ORGAN: KIDNEY/BLADDER
EMOTION: FEAR
PSYCHOLOGICAL FUNCTION: COURAGE, LEADERSHIP
PSYCHOPRINTUAL 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
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 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
Which Tongue Do You Have?

Qi Stagnation:
- Red Tip
- Greasy Yellow Coating

Damp Heat:
- Pale Tongue
- Cracks
- Red Tongue

Yin Deficiency:
- Little or No Coating
- Thin White Coating
- Red Tongue

Qi Deficiency:
- Pale Tongue
- Red Spots

Yin Deficiency:
- Thin White Coating

Example Symptoms:
- Qi Stagnation: mild aching pain, irritability, restlessness
- Blood Deficiency: fatigue, muddled thinking, jittery or nervous, insomnia
- Heat: strong emotions, red face/eyes/skin, burning pain, insomnia
- Damp Retention: sharp & chronic pain, moles, dull & lusterless skin
- Yang Deficiency: easily cold, mild swellings, lots of urine, easily fatigued
- Qi Deficiency: low energy, bruises or sweats easily
- Yin Deficiency: emotional, emaciated figure, insomnia, scanty urine swellings, irritability, restlessness, obsessions

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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
“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”.

Calligraphy by SUZUKI Mouri Less
“EAT THE SUN, BREATHE THE MOON”