How this approach to Chinese Medicine works

You will find these topics discussed on the following pages:

- **Subtle Approach to Chinese Medicine**
  - Unique & subtle form of Chinese Medicine. Based upon Daoist Philosophy, Classical understanding and Chinese Astrology

- **Style of Acupuncture**
  - Gentle, subtle, comprehensive and complex; Energy channels and acupuncture points

- **Usage of Other Modalities**
  - Herbal Medicine; Gemstone Elixirs; Essential Oils; Congee or Medicinal Porridge; Qi Gong & Meditation; Cha Dao or Tea Culture

- **Diagnosis**
  - General Pulses, Constitutional Pulses, Highest of Arts, Pulses in Serious Disease, Body Pulses

- **Energetic Sensitivity**
  - General Scanning; Reading Details; Skills of a Traditional Chinese Doctor; Usage in Clinic; Direct Healing; Support of your Life Process; Hand Reading

- **Treatment**
  - Action of the Needle; Heaven, Earth & Human Levels; Skill in Needling; Directing the Qi

- **Treating at the ´Level of Cure`**
  - Structured Patterns of Pathology

- **Seamless Treatment**
  - Becoming well again, without noticing you are changing

- **´Who Does not Get Better`**

- **Type of patients who seek my help**
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**Subtle Approach to Chinese Medicine**

The treatment I offer is rather unique and is a subtle form of Chinese Medicine (CM). It is based on Daoist Philosophy, a Classical understanding of Chinese Medicine and Chinese Astrology.

**Daoism** is the original or innate spiritual understanding of Chinese Culture dating back to times of mythology circa 3000 BCE. It presents insights about the cosmos – life in the universe & humankind's place within it; as well as views about the nature of human life - consciousness, the soul & mind, the functions of the human body and so forth.

When **Chinese Astrology** is applied to medicine, the term used is **Wu Yun Liu Qi**: ´5 Movements of Heaven and 6 Energies of Earth`. It is actually more Astronomy than Astrology, so besides relating the theory to the sphere of human health, one can even predict annual and seasonal weather patterns; which I have been calculating for 25 years now, nearly always correct.

It is most commonly known as the ´Stems & Branches` or the 10 Heavenly Stems and the 12 Earthly Branches in context of usage in Astrology; and when applied in its fullest form to human destiny and life readings it is known as the ´Ba Zi´ or the ´8 Characters of your Life Pathway & your Destiny`.

All these different philosophies and theories are used in different aspects of my treatment when you come to me for support for your well-being or direction in your life.

**Example:** A simple map based on the month & year of birth outlines the patient’s ´Basic Constitutional Energies`. These describe the strengths & weakness of different organ systems, the inner ´terrain` or ´climate` of the body (e.g. phlegmatic, hot, cold etc.) and so the tendencies of how the bodily energies (or its homeostasis) will gradually become out of balance and so cause sickness.
This allows for more immediate and accurate understanding of both the pathogenesis (the beginning cause or causes) of a patient’s disease, as well as the pathway through which sickness will develop and then possibly transmute into different disease forms.

Following this ‘Constitutional Map’ as a guide also enables the insightful practitioner to be able to make treatments specific to the individual and to understand during which seasonal or annual periods the patient’s health might be worsened. This implies ‘treating the individual rather than the disease’, as it is often phrased.

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**Style of Acupuncture**

My curative skill is with Acupuncture or to give its correct name in Chinese: ‘Needling & Moxibustion’. Moxibustion, or moxa, is the burning of herbs, usually mugwort, and is a technique to support the body’s Qi or Vital Energy when it is too exhausted or there is the pathogen of Cold within the body.

So actually, this modality of CM comprises two different skills – that of inserting needles and that of burning small amount of herbs on the end of the needles or directly on the skin.

The style of CM I practice is gentle and subtle, but at the same time comprehensive with complexity.

*It is gentle* because it uses techniques from Japanese acupuncture which means: very few needles; thinner needles; little movement of the needles; short treatment time; & small amounts of fine quality moxa.

*It is a subtle form of CM* for a number of reasons:

- it approaches the body as a system of energy or energy fields (about 72 in total !!)
- diagnosis is based upon reading or ‘listening’ to the (basic 36) pulses (with 28 different qualities), together with feeling or ‘sensing’ the bodily energy fields
- it is based upon philosophy for its understanding; which implies that insightful contemplation is asked from the practitioner to understand the cause of the patient’s disease and in a bigger context the causes of human suffering
- it uses astronomy and astrology as its basis. So not only takes into consideration the influence of more subtle Cosmic and Earthly energies (in simple terms, different seasonal weather patterns).

*But, even more important it is able to discriminate between the different levels or aspects within the physiological and pathological patterns: external to internal causes; constitutional to pathological patterns; inherited to acquired diseases ; and ancestral to learnt behaviours.*

*It is comprehensive* together with complexity because it is a whole and integrated medical system whose philosophies fully encompass the discussion on universal and human life and existence; and whose concepts and theories of (healthy) physiological function, pathogenesis and pathology are thorough in explanation and complete in understanding.

The basic view of human life within Chinese Medicine includes all aspects of ‘body, mind and spirit’, describing in detail the activities of mind, psyche and identity as much it does the anatomy, physiology and pathology of the physical body.

*There are accurate theories* describing activity of the Brain, Central and Peripheral Nervous systems; functions of Endocrine (Hormonal), Blood and Immune Systems; Viscera (internal organs), Bowels (digestive organs) and Reproductive Systems; Awareness, Cognition, Senses and Sensory Functions.
There is a clear and comprehensive system of pathology describing external and internal causes, as well as the processes through which different sicknesses arise; signs, symptoms and syndromes of disease; and the different stages and developmental phases of disease and of healing, or towards death.

The system of energy channels, the `meridians` or `Jing Luo Mai` is a comprehensive inter-connective network of about 70 pathways arranged at three distinctive functional levels:

- **8 Ba Mai**  Deeper, Structural Vessels controlling Systemic Functions; Psycho-spiritual, ancestral & inherited traits, Hormonal Tissues & their functions etc.

- **12 Meridian systems** each comprising of 5 distinct meridian activities & pathways:
  - Superficial Cutaneous Region  Skin, Body Hair, Outer Immunity
  - Muscular Meridian  as Functional Bands of Movement
  - Main Meridian Pathway  as Bodily Function, Awareness & Presence
  - Connective Meridian  as Movements of Blood & Emotional Expression
  - Divergent Meridian  as Movement between levels & Mental Activity
  plus inter-connective channels for connecting related functions, nerve activities, movements of fluids, immune reactions and so forth.

- **3 Special Meridians** as special systemic functions

The `Acupuncture Points` are seen as portals & gates, storages of vitality or receptors of stress & pathogens dependent upon their bodily location, their energetic nature or their interconnections with other meridian pathways or other points.

There are a **basic 365 points**, on each side of the body, each with its own particular energetic quality, action, specific function – which might be physiological, energetic, emotional, mental or alchemical – and associated symptomology when out of balance.

These points change quality, move position and alter their internal trajectory, according to the general health, age, condition, activity (bodily & psychological), state of sickness and type of sickness of the patient.

Some meridians and points might even not be open, so are inaccessible or unmalleable to treatment. The practitioner must obviously recognise these, otherwise treatment will not be effective even with repeated attempts at needling.

It is one of the energetic skills of the practitioner to be able to observe or `sense` these differences and changes; to open blockages as necessary; to locate the new position of the points and then to treat accordingly with the correct angle of needling.

The body is understood as a vital, living organism which changes according to the daily activities of the individual’s life: body, mind, spirit : Jing, Qi, Shen in CM terms

and behind which this complexity of integrated pathways create structure, form & activity

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**Usage of Other Modalities**

Although *Acupuncture & Moxibustion* is my curative skill, other modalities are used to support this.

Each modality or treatment approach tends to work more effectively on certain types of disorders and frequently a combination of modalities is the most efficient and most effective. They are all found within the Classical texts and the more Ancient or Daoist approaches to CM:

- **Patent Herbal Medicine** as nutritional supplements & constitutional remedies, individually chosen
- **Essential Oils** to address emotional aspects of pathologies; the treatment of children
- **Gemstone Elixirs** for deeper psychological problems; and for ‘longevity’ = healthy ageing
- **Herbal Medicine Decoctions** to treat the root of pathology through the psyche and spirit
- **Congee or Rice Porridge as Jook, with Herbs** a support for healing digestive problems; & other fluid related pathologies as a form of gentle medicine
- **Qi Gong Healing** working directly with the bodily energy system
- **Cha Dao or Tea Culture** used to change Character and so Destiny

As many patients travel for treatment from further distances and choose to visit with longer periods between visits. It is ideal to use these methods either as a support or a main form of the treatment between acupuncture treatments. The Acupuncture needling will then have a more dynamic effect and become a greater catalyst to change.

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**Diagnosis**

In CM, diagnosis is centred upon feeling or rather ‘*listening to the pulse*’. The pulse or pulses are located at the radial artery, adjacent to the areas of the radial styloid process. Investigation is through examination of the movements, qualities and characteristics of the ‘Qi’ or *Vital Energy*; rather than being the local blood flow, as read by a Western doctor.

The *Qi* is the Vital flow and charge which represents the inner functions of the body, mind and spirit.

**The General Pulses**

Palpation is made at two levels at each of the 6 positions (3 on each wrist). These 12 pulses represent the activity of the 12 Organs or *Organ functions* of CM. Each of these is further divided into 3 Levels, representing Outer, Inner and Deeper functional levels within the body.

Anatomically these represent, from outer – middle – deeper, the activities of:

- **Muscles & Movement**
- **Viscera & Bowels** the physiology of the organs themselves
- **Constitutional Tissues** Hormonal Functions, Bones, Nervous System, Brain etc.

So, as a skilled practitioner one is feeling:

- **a basic 36 pulses**
- **which can be read through 6 different matrix or patterns**
- **according to the type of disease presented by the patient.**

*Speed, depth, size and rhythm* are the first qualities read from the pulse as a one whole – expressing the health of the whole body; and then of each of the (36) individual pulses. These indicate the location and general nature of the disease, as well as the strength of the patient at the three levels.
Specific characteristics, different qualities and special signs are the next level of investigation and direct one to a more detailed understanding of both the patient’s health as well as the disease.

Example: If there is a pathology of the ovary, such as a cyst. This can be palpated, including which ovary – left or right. As can an serious infection or pathology in the Lung, such as pneumonia or cancer. One is able to diagnose exactly in which lobe the disease is located

Constitutional Pulses
Further to this, as treatment in this style of acupuncture is based upon the three levels of the ’Patient’s Constitutional Energies’. There are other readings which are made to assess the relative strengths of the patient’s vitality and immune system according to gender, age and bodily constitution.

These Constitutional Pulse Matrixes also allow a means through which to understand more exactly the pathogenesis according to the inner climatic physiological terrain and the habituated patterns of emotionality; the severity and progression of disease; its expected development and prognosis.

There are also special pulses on the Ulnar Artery through which one can assess for both longevity and death or the strength of the constitutional energies with ageing.

Highest of Arts
Pulse diagnosis is respected as the highest of arts within Oriental Medicine and is an essential skill for accurately understanding all aspects of health and pathology as it reveals the inner secrets and history of the body, mind and spirit.

One cannot make a proper diagnosis without using a comprehensive approach to pulse reading. It is this facet of CM which very particularly distinguishes it from other types of medicines which base diagnosis purely upon symptoms or bio-medical tests (for example blood or hair analysis)

A skilful doctor can diagnose and treat the patient merely through ‘listening to the pulses’, without discussion on the symptoms with the patient. As many of my patients know, I can have ‘uncanny’ accuracy in knowing not only the specific cause of disease, but also specific details of daily behaviour. As some examples:

- In the case of ‘catching a cold’. Being able to explain exactly what happened and how one became sick. E.g. wind entered the body at the neck or patient got caught in rain coming onto the shoulders

- Type of foods one eats. One can readily note excess spicy foods, fried foods, vegetarian or meat eater, type of oils, type of alcohol etc. Even if you ate a spicy meal the previous night – it shows in the pulses

- 30 year old woman, exhaustion and laziness. Latent pathogen still sitting in the immune system from Mononucleosis (Glandular Fever ) as a teenager.

- 50 year old woman, never able to have children. Excess chemical Oestrogen is still present in the ovaries from using the Contraceptive Pill aged 15 – 25.

Shock from an accident; emotional stresses as a child; difficulties from the womb; inherited genetic conditions; deeper mental problems can all be identified as specific qualities in the pulse, as well as causative factors of disease many years previously.

Pulses in Serious Diseases
The beginnings of serious diseases are also readily evident within the pulses some years before they arise. The forming stages of Cancer, Multiple Sclerosis, Alzheimer’s, Dementia, Ulcerative Colitis & so forth can often be seen 1, 3, 5, 10 years before they will manifest into the body.

And before Western Medical diagnosis is able to observe them or the tendencies which form them.

Remember that the pulse diagnosis is listening to the activity of the Qi – the subtle movements of the formative energies of the physical body, before they will register into the physical body or show in blood tests, X-rays or other scanning processes.
2 or 3 treatments at this stage will usually be enough to redirect the patients Qi and so stop the disease process from continuing or beginning at physical level, returning the body to a state of healthy function.

Example:

- 55 year old woman. 15 years ago she presented with a diagnosis of Multiple Sclerosis. I did not agree with this diagnosis, as the pulse did not show a clear or classical presentation of this disease although she had recognisable symptoms. The doctor insisted she take medicine, suggesting she would end up sitting in a wheel chair.

  *I treat her at present for some other digestive problems. Even when she is over tired and recently had a more major investigative operation, she has had no signs indicating problems of Nerves or Muscles.*

- 50 year old man. I met him also around the same time, 15 years ago. My diagnosis agreed that he had the disease. He now needs daily care for all his basic needs. *(I have not treated him during this time)*

**Body Pulses**

There are also a series of other bodily based pulses:

- **9 Special Pulses** from which one reads the function of the NS. Based upon the arterial flow from the central blood channel (aorta) into the head an limbs, classically they were used to assess the severity of chronic disease.

In current practice, they are also used to diagnose more extreme emotional & psychological disorders; an application specific to the founder of my college. I have personally worked with them for 25 years, gaining a deeper understanding whilst developing my own theories on psychopathology.

I am one of the few, maybe now singular, practitioners who can work with this. I teach a special class on their usage and theories.

- **Lower Abdominal Pulses** from which one reads the Original Vitality of the body. From these one can read the Constitutional Strength, general Vitality to age; assess the nearness to death, or if death has occurred if there is still ongoing vitality or warmth.

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**Energetic Sensitivity**

To be a skilful acupuncturists implies that one can sense, feel and direct Qi or the Vital Energy of the body. Acupuncture is essentially the manipulation or the working with Qi at different levels of the body’s energy systems.

**General Scanning**

Through the practice of meditation and special Qi Gong exercises, one often develops extra sensitivity in the senses. This means one can `read` the body’s energies, enabling one to be able to work at a variety of different subtle levels. This is not uncommon within the worlds of Daoist cultivation; though I am naturally gifted with developed sensibilities from a younger age.

As a basis, one can observe the flow of energy in the meridians, both external and internal, just by looking at the body and with some training, can learn to sense into the body with the hands. This helps with palpating meridian flows, finding points as well as needling techniques.

Gradually, one can also learn to read the emotional and mental energies of the body. In a gross way this is the observation of the emotional movements and intentionality of the mind (rather than actual thoughts).

This means that diagnosis begins when the patient enters the clinic and comes into the waiting room. One will scan the patient’s general energetic condition and assess the emotional and mental states as an initial preparation for treatment. Or, if it is the first meeting as a beginning to the diagnosis.
**Reading details**

More specific reading of details and actual treatment can be done when the patient is lying down. The 'aura' or emotional and mental memories can be read up to about 3 metres from the body; that is to the point of birth. The further away from the body, the older the memories.

One can then 'go into' these energetic bodies and dissipate stuck energies of old emotional patterns or mental images. This can either be done directly in the aura, through the needles with mind intention or when reading or 'listening' to the pulses.

By shifting frequency, one can also read into the time period during the womb, as well as the different activities and locations of the soul during this lifetime, or (if you believe in it) the previous lifetimes.

One can also foresee the coming of death, the obstacles which might arrive during the days leading up to the death process and the movement of the soul into other realms. This is obviously particularly useful in deciding one's treatment strategy with fatally ill patients.

**Skills of a Traditional Chinese Doctor**

Now, this might sound a little strange or even unreal to some readers. However they are the natural skills that most experienced and skilled Chinese doctors would have possessed – in more ancient times.

One must remember that the traditional doctors of the Daoist lineages, which I follow, studied Esoteric knowledge & practised Alchemy. Their understanding was that the deeper causes of sickness were arising from the mind & one's emotional well-being and sought ways to be able to understand and diagnose them.

Furthermore, it is essential for correct diagnosis and, even more so, correct prognosis for the doctor to be able to accurately foretell on matters of life, origins of life and death. For whatever reasons, I have these abilities and skills as a natural part of my psyche, senses and diagnostic skills.

**Usage in clinic**

I use these skills within my clinical practice to benefit patients as much as possible. On a simple level, this is through accuracy in diagnosing the meridian system and the energetic state of the body, together with effectiveness and skill in needling and manipulating the Qi.

On a more subtle level, it helps to give insight into the nature and cause of the patient's disease processes. Emotional tensions are often trapped in different areas of the body as part of the general symptomology and mental issues or agendas hidden within the subconscious as habits of behaviour.

By knowing these, I can help the patient become aware of their own inner world. In the discussion with the patient on my observations, they of course usually know and recognise themselves. Then, through their own introspection many of the patterns will resolve through personal acknowledgement.

Essentially, I am skilled at putting words on the patient's own feelings and thoughts. A task always more difficult for oneself. *For it is only the sage who can really heal themselves;* and few of us have reached this level of insight and enlightenment yet.

**Direct Healing**

In those cases in which a patient is not able to heal themselves from the catalyst of the treatment, I am able to do this for them. As some patients know, by using mind intention or by 'blowing' into the energy fields, I can often clear the emotional or mental structures which hold the disease.

This is a form of specialised and refined 'Qi Gong Healing'. It is not the form of healing that I actively practice, as I regard self-knowledge and personal transformation as a higher and more permanent form of healing for the patient.

However, it can be done as necessary to support a patient – it also means that I can more easily guarantee that I can heal the patient. For the patient it is a disease or sickness, in one's mind's eye it is just energies stuck in certain levels of the soul's experience of being in bodily existence.
Essentially healing arises when you change your mind – your ideas about yourself and your ideas about life. You become a different person and so the disease is not able to present in your body longer. Remember it is just an unwelcome visitor sitting around in your hallway; waiting to be lead to its next destination.

Support to your life purpose
These abilities can also be used to support patients to resolve difficulties within their life. One can often read the energies of different situations or events (both from the past and in the future, ahead of time); complications within personal relationships, in business situations and so forth; as well as past life situations, if that is the resonance with which you relate.

Patient’s just need to request this. If I think it can help your well-being, give insight or emotional support I will check what is happening, discuss it and create influence as is necessary.

Examples:

- **55 year old woman. Chronic pain in the neck.** Diagnosis shows this came from difficulties at the point of birth with origin in the upper back. Patient confirms this after questioning with her mother. This means treatment is to be directed to this age and event; and its origin found in the vertebrae between T4 – T6. Notably previous visits to Physiotherapist, Naturopath and Chiropractor had only given temporary relief.

- **30 year old man. Chronic back and shoulder problem; he believes it began after a bicycle accident 3 years ago in winter.** Diagnosis of the energy bodies shows that the shock of the accident still remains in the body and the meridians of the shoulder are still in the position of trauma at the time of the accident.

- **Patient has continued anxiety, which she remembers her ´whole life´; though she grew up in a functional family environment with parents who were kind and supportive and had no specific emotional extremes.** Diagnosis into the time of the womb shows a trauma during the 5th month, with continued unrest through the 6 - 9 months. Consultation with her mother confirms that she was in an accident at that time, for which she had to be hospitalised with fears of losing the baby. For the remainder of the pregnancy, the mother had to remain at home, resting and lying down. She had not told her daughter this previously. Treatment was directed to into the ´Pre Heavenly Realm´, in order to resolve the problems. This is special alchemical type treatments in order to access back into this time within the womb.

- **Patient presents with severe headaches which came after an acrimonious separation with a boyfriend 3 years previously.** She believes the boyfriend still hates her and feels influenced by this, though they do not have contact. Diagnosis shows a stream of dark and negative energy coming into her mental body around her head. Treatment is directed to prevent this and help her to resolve her own inner emotional issues, which are the magnet and anchor for his negativity. One must first forgive oneself; and then the other person.

Hand Reading
Traditionally in Chinese culture, *Hand Reading* is used in two disciplines. One is for *Life Reading* and the other within *Medical Practice*. Both are used within my treatments, as is needed for helping the patient.

The usage for *Life Reading* enables one to read the pathway of the soul through Life. This is shown by the ´Life Line´ which indicates the different stages of childhood, maturing, adulthood, ageing, time of death and so forth. One can also read the major events, times of difficulty and ill-health, causes of those problems and so forth.

Details of the mental activity and the emotional well-being can also be seen through the ´Head´ and ´Heart´ lines. One reads how these will influence the development through life, as well as any specific issues or health problems which might arise.
The usage in Medical Practice enables one to note specific patterns of disease and their underlying causes; these can be both physical and psychological. Different lines, the trajectory and meetings of those lines, ‘islands’, ‘loops’ etc. each have a significance.

Examples:

- 7 year old boy. Hand Reading shows he will work hard until he is about 40, at which time he will become wealthy through the usage or selling of land.

  The parents confirm that the father is the sole inheritor of large amounts of forest land in the north of Sweden. The parents are advised not to sell the land, but rather to keep ownership and maintain it or use it for forestry purposes. It will become wealth for the whole family later, including the parents in older age; they are now in their 30’s.

- Woman aged 55. At present good health, with some minor problems; a history of emotional problems in childhood. Her lifeline shows a significant weakening around age 70, with fast deterioration thereafter.

  Treatment and advise is directed to resolve deeper tiredness and to begin strengthening the deeper Constitutional Energies in order to maintain good health to an older age.

- Patient aged 45; congenital eye disorder. Gradually the patient loses her eyesight due to this disease. Pulse diagnosis shows that at present she will become blind by age 60.

  Treatment is directed to bringing the disease process into latency, so it does not worsen; together with a discussion on how to prepare for the future life if this is not successful. The patient can already begin different types of training and studies which can give skills and habits for the future.

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Treatment

The actual treatment process from the patient’s perspective is very simple. Usually just 3 thin needles are placed in the body for a period of about 25 minutes. Sometimes if a particular formula is being applied more or less needles are used.

Energetically, a lot more is happening. There has been a conscious choice to pick out just 2 or 3 meridians (of the 72 !!). This is directed by the reading from the pulse diagnosis; but also a whole range of other factors have been taken into consideration:

- Constitutional energies, gender, age + stage within life;
- General health condition, medical history, specific health condition;
- General psychological well-being and present emotional state;
- Type of work, hobbies, sports and general activities;
- General and specific diet, liquid and alcohol intake;
- Astrological and subtle energies; astronomical & annual energies;
- Seasonal forces - both ‘expected’ and ‘disharmonious’;
- Climatic forces – ‘expected’ & ‘disharmonious’;
- Energetic configurations for the month and the day.

Once the meridians have been chosen, points upon these meridians will be picked according to the patients symptomology. So in this form of CM, the symptoms are the last consideration and dictate only the specific or final direction of the treatment – that is which points to be chosen on those meridians.

2 Meridians are chosen to balance the basic forces of Yin & Yang, or Hot & Cold in the body

3 Meridians are chosen to balance the 3 Realms of Heaven, Earth & Human or Spirit, Mind and Body
One can begin to get a small insight that this style of CM is based upon Philosophy and Astrology rather than upon symptoms. *It is a comprehensive and encompassing approach, which considers all aspects of human life and their balance with the outer environment.*

**Action of the Needle**

The action of the needle itself is twofold. Firstly, it acts as an external antennae which encourages interchange with outside forces. Cosmic & climatic forces together with environmental & terrestrial influences are balanced as new and fresh energies are encouraged into the body as a *portal* to the outer energetic world is opened.

The second action will be the stimulation, movement and balancing of the Qi within the body’s energy system. Remembering that this a complex interwoven network of about 72 *meridians at three different levels*, which interconnect the anatomy and function of all aspects of the body: skin & muscle; fluids, blood and lymph; viscera, bowels and reproductive organs; senses, nervous system & brain; bones + marrow, immunity & endocrine; consciousness, cognition and identity.

**Levels of Heaven, Earth & Human**

Influence, both external and internal, will also be dictated by the location on the body. Psycho-spiritual energies, Ancestral and Social influences are more readily refreshed through needles ’at the level of Heaven’; that is by needling acu-points on the head and back.

All aspects of the Emotional and Nervous Systems, together with Personal and Social Relationships relate to the ’level of Earth’; which are most directly influenced through needling on the torso, front of the body & the thighs.

Whereas in the case of treating acute pathogens or symptoms directly and to initiate more immediate and direct change, needling will be at the ’level of Human’; that is on the limbs and extremities of lower arm + hand, lower leg + foot.

**Skill in Needling**

Finally, we arrive at the actual needling. Influence is made by depth, angle of insertion & movement, together with the mind intention of the practitioner to direct the Qi.

As written, firstly *the meridian and the point must be ´open´*, otherwise the Qi will act only locally and make no real charge into the body. Next the practitioner must find the point – remembering that *in pathology the points move their location*. Often one is differentiating an area of about 1 mm to find the exact place for needling; obviously this is not found anatomically, but through the sensing of the Qi of the body.

Then the *correct trajectory into the body* must be sought, in order to ´connect´ with the energetics of the point. For the patient this is when a ´charge´ is often felt. ´Experienced´ patients will tell me if I have ´hit´ the correct place or not – so no room for error or cheating on my part 😁.

As the needle is inserted, *the correct depth must be found*, or rather that depth at which the ´Yuan Qi´ or the deepest aspect of the body’s natural immunity is stimulated in order to ´catalyse´ the action of the treatment and the healing process.

There are three basic depths of immunity within the body, related to the 3 Levels previously described. *Depth of the needling* must be done according to the desired effect and often follows the protocol of: 1) beginning at the deepest level; 2) withdrawing to the intermediary level during the treatment;
then finally in the ‘last 3 – 5 minutes’ 3) withdrawing to the most superficial level. In this way, one stimulates the immunity at the three different levels and gradually draws out any pathogens to the surface.

The three levels also relate to the different levels of the psyche, respectively from deeper to surface: 1) the deeper subconscious workings 2) cognition and emotionality 3) daily presence and awareness.

So just the depth of needling in itself will stimulate functionality of the body, catalyse immunity and initiate personal psychological change in a very particular way.

*The last technique* is based upon *the movement of the needle*. One could write a whole chapter just on this subject! But in very simple terms: one will either turn the needle *clockwise* to draw new energy into the body or turn the needle *anti-clockwise* to release extra energy or to take pathogens or negative energies out.

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**Directing the Qi**

The final consideration of the practitioner will be *how to direct the Qi*. This is achieved through strong and developed personal *Qi*, clarity of mind, together with mind intention. This is a very important stage within treatment and essential skill for the practitioner to develop or to which to aspire.

*Once the practitioner can direct the Qi of the body,*

*the Qi essentially obeys the direction and the will of the practitioner.*

*This implies that the patient will become better as the therapist can change the internal functions of the body at will....*

In the practice of *Energetic Acupuncture* one does this internally within the body through stimulating, moving and balancing the *Qi* within the network of meridians.

In the practice of *Alchemical Acupuncture*, the practitioner works with more subtle energies in the body, with different internal energetic structures and directly with a range of different cosmic energies.

At this level of practice, one is directly working with all aspects of body, mind and spirit at will; changing psycho-spiritual energies of the patient, past & present; as well as using cosmic energies to influence the physical functioning of the body. This is also the stepping stone into the understanding of how to creating constant good health, as well as Longevity practices.

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**Treating at the Level of Cure**

I treat at the level of cure. So my aim in treatment is to find the root cause of the problem and then ensure that through treatment the disease process will neither return nor reappear in another form.

It implies that the root cause will be either healed by the patient’s own immunity or own psychological resolution – dependent upon being physical or psychic in origin; or rendered latent and so dissociated from the present state of being.

*An example of the former: an auto-immune disease in adulthood caused by early age infection which has damaged the immune system by its presence in the body. Treatment would achieve release of this original pathogen plus healing of the immune system and so the eradication of both disease & origin.*

*Whereas for the latter: in the case of anxiety due to painful childhood traumas. The memory is at first ameliorated within the present identity; then submerged into the unconscious by cutting the threads of association to the present cognition. The pathology is healed; but cause remains though effectively neutralised.*
The skill for the practitioner is to be able to diagnose the original root of the pathology. One must be accurate and insightful in the anamnesis (taking the case history) and have broad knowledge of all the different areas and aspects of human life. Original cause will be found:

- from the genetic information (Yuan Qi & Jing in CM): either inherited, congenital or in utero. As example: very common in Sweden is the effects of alcoholism, often found 2 generations later.
- in the psycho-spiritual ancestry: the inheritance of extreme character traits and mental instability. The former tends to lead to Personality Disorders and the latter to Mental Sickness in later generations. One never finds real mental disease arising within one generation.
- in the medical history: from early childhood, an event during birth, an occurrence as a foetus in utero or even as the consequence of artificially or chemically induced conception.
- in the incidents, traumas & accidents of the patient’s life, physical and psychic.
- in the memories and energies, manifest or unmanifest, from previous lives.

The practitioner must then be able to relate to the Qi at the correct frequency to be able to make a significant change. It is only when one can sense, or experience, a quality or happening in the pulses or energy system that one can have effect upon it. This is dependent upon the practitioners own level of development or inner cultivation of mental Qi, or psycho-spiritual insight.

**Structural Patterns of Pathology**
One also uses the patients ‘Constitutional Map’ to understand how the Constitutional or Structural Energy Patterns of the pathology are formed. In diagnosis, one must differentiate these from the manifest or visible patterns of the symptoms which are formed, fixed and held in place by these deeper structures.

To ensure that the disease does not return, one must understand these deeper patterns – shown by the map, but hidden in the pulses; and then ‘unravel’ and redirect them. This breaks the underlying matrix of the pathology so that it cannot reform and so that the disease process will not reoccur.

This can only be done with this subtle type of acupuncture treatment and is again unique to the system of Wu Yun Lu Qi Medicine that I practice. This understanding is also unique to myself and the students I have taught.

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´Seamless Treatment` 
Seamless in English means to be unnoticeable, like a dress which is sewn without a seam being visible; so that one cannot see where the different pieces of the material are joined.

It is an expression, actually from a story from the greatest of Chinese Philosophers Zhuang Zi, which I use to describe the type of Chinese Medicine and in particular Acupuncture that I practice.

I have explained above that it is a subtle and gentle approach to medicine; but even more so that there is a level of skill in which the patient does not notice that they are getting better. They do not notice the ‘re-joining’ of the different parts of their being – body, emotions, mind and spirit – into a greater whole. The treatment is ‘seamless’ or not seen.

As a patient, it means that you do not notice that you have become better. It is very common that after some treatments a patient will ask me if the treatment is going forward, as they do not notice anything changing and wonder if it is being effective.

But on investigation, one discovers that some symptoms have resolved, others have reduced in severity or frequency, whilst others might have changed location or nature; emotions are less extreme or stressful and the mind is more calm. The symptoms have just disappeared or dropped away.

For the patient, the treatment is very gentle. One lies down for 30 minutes, receiving 2 or 3 thin needles. There is no specific reactions or stronger reactions during or after the treatment; and
you continue on your day to day life as usual. Maybe you are asked to eat a few herbal pills each day or to drink less coffee.

For myself, my vision is that the body is essentially healthy, at all levels of being, and sickness is something which is passing through it, like an unruly guest, probably uninvited who visits for dinner.

This is one of the most primary principles of Chinese or Daoist Philosophy, lifestyle and cultivation and one of the basic theories from which I practice medicine. Rather than treat disease, I ask the body to awaken to health – so that sickness and disease just drop away.

As many patients and students have often heard me say: the body knows how to reform a broken bone; a woman’s body knows when to initiate birth, make breast milk and then return to normalised function.

Sometimes the body forgets how to do these, so the job of the doctor of natural medicine is to re-awaken and support the body’s natural healing capability.

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`Who does not get better`

Generally, all my patients become better. Those with more serious diseases might not be cured, but I would expect that I would bring the disease into a state of latency as a first step and then directing towards remission as the second.

Those who do not become well nearly always fall into one of these categories:

- who do not wish to follow my recommendations
- who take other treatments, medicine or supplements which interfere with treatment
- do not follow through with the whole treatment protocol
- are too stubborn, too large ego or mentally unwell and enable to follow guidance

In Chinese Medicine, one says that the patient’s spirit must be led by the spirit of the doctor. As written above, once the patient’s Qi will obey the practitioner – one can tell it what to do, and then it is almost impossible for health not to be returned to the body.

In modern society, many are confused in their ego, the sense of self-identity and their relationship to the world. So they are not able to place correct weighting within their own mind and opinions to different social situations. This can be as simple as understanding correct politeness to a waitress in a restaurant or the more complex situation of respect to a person in a position of authority and learning.

I used to be surprised, but am now just amused, at the amount of energy (the ego of) some patients invest in arguing, disagreeing, finding reasons to not stop certain habits or foods or are not able to follow simple guidelines. Even when they have serious sicknesses.

In the practice of medicine, one understands that these actions and states of mind are part of the patients’ syndrome, the emotional or mental aspects which form or maintain the disease. So as a doctor one has empathy, patience and tries to help a patient through these.

But one is sometimes not successful. Often these patients do not continue treatment.

Examples:

- 45 year old patient. Chronic, burning shoulder and arm pain. Diagnosis states that cause is from arguments with husband during divorce 5 years ago. Patient does not wish to deal with these emotional issues; returns to medications from western doctor.

- 40 year old woman. Presentation with pains throughout body + onset of symptoms related to Ulcerative Colitis. Patient must already use steroid suppository on occasions. Pulse diagnosis shows this is from extreme heat from excess spicy and wok-cooked food.
Patient changes diet during week days; but feels uncomfortable to do this with company during holidays and weekends. My treatment has worked and cures her; but symptoms return when she disregards the simple request concerning her diet.

Type of patients who seek my help

The patients who seek my help will tend to have more chronic type of problems. This means that they have experienced these symptoms during a longer period of time, either consistently or coming and going repeatedly through some years. They might also have more severe debilitating pathologies, a fatal diagnosis or severe emotional or mental problems.

Very often, they will arrive for a consultation after having tried most other avenues of treatment. If I am one of the last possibilities to regain their health, I see that it is up to me to find an answer to their problems and find a pathway forward in their life.

Hopefully, this will be a cure of the disease or sickness. If I think this is not possible, but I accept the person as my patient, then I expect to be able to halt the disease process in the body, so it does not become worse.

Prognosis

I can usually make my diagnosis and prognosis of the patient’s condition during the first treatment. Though sometimes it might take a further 1 or very occasionally 2 more visits. During this first consultation, after my diagnosis, I will discuss the possible pathways forward with the patient:

- what I expect to happen if no type of treatment is given
- what will be the progression if treatment from another type of medicine is taken. This could be homeopathy, osteopathy, allopathic (Western) medicine and so forth
- what my treatment can offer: the different stages and how long one will expect these to take.

Most important for myself is to discuss the findings from my diagnosis together with the patient. This diagnosis is usually comprehensive and accurate, so my idea is that we then uncover together the pathway to their healing through which they feel comfortable and which I feel is accommodating to their health situation.

The patient might arrive expecting the pathway of a natural healing cure; but I suggest that they seek help from another type of practitioner, take an operation, the chemotherapy treatment or recommended medicines.

Other types of patients

I do, of course, also treat patients with less serious pathologies and specialise in some areas:

- As a ´Family Doctor´

  There are patients whom I have treated through many years of their life, supporting them through different stages and difficulties; families in which I have treated 3 and even 4 generations!; female patients, first treated as teenagers & the beginnings of their menstruation, through their own pregnancies as young adults and now their own children as they grow.

  This is the cycle of life. Birth, growth, maturity, death
  The field in which the doctor works

To live a full life, is to be in life and one will incur the vicissitudes of the ´world of dust and illusion`: relationship and family difficulties, pregnancies, separations, worries over monies, stress and overwork, injuries & accidents, ageing, deaths, and so forth.
Prevention is always the primary and best form of care and the treatment of any pathology in its genesis or even before its genesis, implies that sickness can be curtailed before it has time to influence one's health or to develop into a pattern of disease.

Pulse diagnosis enables accurate diagnosis of the Qi body, or the immaterial energies behind the physical body. Remember there are 72 Meridians at 3 Levels of function, so it is a comprehensive and thorough examination. This is the place and origin of imbalance and unease, before it will manifest in the physical or material body as sickness or symptom.

Regular treatment ensures that these are removed or returned to normal flow and function whilst still at this subtle sensory or energetic level. This is preventative medicine at its highest level.

**Seasonal Treatment as Preventative Medicine**
Traditionally patients would visit the doctor regularly when still in good health and in order to prevent becoming unwell. This would usually be every 3 months, at the change of the season.

This is the time when outer climatic forces change, as well as when `inner` habits and behaviour need to be adjusted to the new seasonal atmosphere in order to `harmonise` one’s Qi and renew Vital energies.

The doctor would give advice during this time according to both yearly and seasonal energies in relationship to their effect on the patient’s individual constitutional Qi at that time. As well as to make treatment which would balance the disharmonies from the previous season, harmonise the Qi present at this time and prepare for the upcoming season.

As patients are aware, if we are meeting regularly harmonising of your Qi or Energies according to seasonal and annual climates and forces is included in your normal treatment. Those patients whom I do not meet regularly, it is advised that you attend every quarter, at the change of the season.

According to the Chinese Solar Calendar this is about 4 weeks prior to the season; so patients are advised to contact me during the middle of the previous season.

**Emotionally based problems and pathologies**
The models of CM that I use are well suited to understanding and treating the psychological aspects of a disease.

Within our modern societies, a large majority of the psychological problems presented are from unresolved or accumulated emotional issues. Rather than being psychological pathologies in themselves, they are formed by unresolved stresses and tensions from situations and problems within life.

In Chinese Medicine, these are called the ‘9 Heart Pains’ or ‘9 Strivings or Yearnings of Life’. A description of how one’s wishes and desires in life, together with the usage of extreme effort often pulls one away from common sense behaviour and a balanced life style.

**Psycho-pathology**
More serious types of psychological un-wellness, mental problems, mental sickness and disease can be approached successfully through the different modalities available in Chinese Medicine.

Often, a prior diagnosis from the perspective of a more classical Western psychopathological classification, e.g. DSM VI, is used as a base reference point to understand the framework of symptoms and severity of affliction. A separate diagnosis is then made within the terms and disease categorisations of Classical and Daoist Medicines.

For these dis-ease patterns or states, rather than a dialogue about cure, the discussion is based around the support the treatment can give the patient on the pathway to greater personal cognition. That is, a conscious awareness of their own emotional and mental states, how they are influenced by them and how they influence their relationships and their life.

Treatment will often be in conjunction with psychotherapy or psychoanalysis, dependent upon the seriousness of the afflictions. The type of therapy directed by the patterns of disharmony.
**Pregnancy**

All aspects and stages of Fertility and Pregnancy are treated:

- preparation for conception beginning 18 months beforehand
- during the pregnancy to support the strengthen of the mother, and to nourish the foetus and create optimal health for both;
- treatment of habitual sicknesses and more difficult pathologies
- after birth, to balance hormones and support breastfeeding

This is an area in which I have specialised and to which I give an unique approach to treatments as well as teach internationally. One treats according to the ‘Three Stages of the Pregnancy’ representing the three Trimesters and to the ‘Ten Heavenly or Lunar Months of Pregnancy’ representing 40 weeks = 10 Months, during which each of the 10 Organ systems are formed.

In this manner, optimal health is endowed to the child, as well as balanced energies engendered for birth and the child’s well-being and behaviour post-partum.

Please see my website for more details: Treatment → Educations → Treatment during Pregnancy

**Children**

All ages of babies and children, from birth onwards, are welcomed to my clinic; and all pathologies, acute and chronic, are possible to treat. As always, our first meeting is based around diagnosis and discussion, leading to suggestions of which type of care and involvement is most suitable.

Treatment is especially suited to problems related to physical or mental development and issues of behaviour, learning & identity. For babies and youngsters such problems as sleeping disorders, colic, feeding & eating, constipation and so forth are very amenable to accurate diagnosis and treatment.

Essential Oils or Patent Herbal Remedies are used as a the main modalities for children: rather than needling. Discussions and advice on daily habits and diet often suffice as a remedy.

**Treatment for optimal health**

The reference models for health and well-being used in Chinese Medicine are qualitative (rather than quantitative) ones. This gives the possibility of a much more subtle assessment of different aspects of individual function as well as encouraging forward more refined states of health.

Once a stable level of well-being has been achieved by the patient, the first ideal is obviously to maintain this. This is achieved by making a balance between the personal *Yearly Constitutional Energies* and the outer *Seasonal* and *Yearly Cycles* through regular treatment and represents a general or inclusive perspective of the health.

However more optimal states of health are also possible to nurture. This might be for the purpose of maintaining a high capacity and capability of work, for sporting prestige or achievement or for the nurture of inner personal development.

This is again achieved by making a balance between the personal *Constitutional Energies* and the outer *Cosmic forces*. But this time according to the cycles, the waxing and waning, of the moon. The Lunar Cycle corresponds in general to the Emotionality of Human Life - consider the effects upon the fluid, the seas, of the planet, and so also the fluids within the Nervous System of the human body – and the corresponding emotional and mental functions.

In particular, it relates to the *Monthly Cycle* of the personal *Constitutional Energies*, which direct more directly daily well-being and function as well as personal relationships. Through treatments on a monthly basis, usually the week before the new moon, a pathway of optimised function and directed personal development can be engendered.
**Life Consultations**

A broader approach to diagnosis of an individual’s state of well-being is to consider the position in which they find themselves within their life. Or within the terms and framework of Chinese Culture, how they are dealing with the challenges presented to their soul during this lifetime.

The consultation is based upon the *Ba Zi*, or Chinese Astrology, as representative of the template of possibilities during this life; supported by *Hand Reading*, which shows the details of the pathways to be trodden – past, present and future; and by *Pulse Diagnosis*, which confirms the details of the health and influences of the life and lifestyle.

The purpose of the meeting will be to help the patient get a perspective on their present life situation, appreciate the origin or manner in which problems have arisen and seek suitable a pathway or pathways forward.

A *Gemstone Formula, Essential Oil Blending or Herbal Medicine Formula* is often recommended as the modality to catalyse and support the sought after changes in behaviour or personality; remembering the Daoist adage that to change one’s life, one changes one’s character.

Please also see this paper: Usage of Gems and Stones in CM

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Those patients with *more simple or acute problems* will probably seek help from a different type or less experienced practitioner at first; seeking help from me if this does not work

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The body is organic, disease seen as
clouds passing across the sky

Your inner demons form the shadows
real healing comes from a change within the mind

Please honour the integrity of this work

*Chang Xuan Ren*  潤玄人
One who is free and profound
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