

## Development of my Work in Chinese Medicine

In the Daoist understanding there are 4 phases of a human life, which correspond to the 4 seasons: Spring, Summer, Autumn and Winter.

Each being of 25 or 30 years long – dependent upon your optimism !  
– a *normal* human life would reach through a span of either 100 or 120 years long.

As I reach towards the Autumn phase, I experience two different movements or pullings within myself.

**The first is the sense of withdrawal**, a coming back to myself to enter more deeply, to know myself more profoundly and searching to see if there is some essence of human life as a core or integrated whole.

At the same time, there is so much knowledge still to be known, so many books to read; one feels the best usage of time with ageing is that of contemplation. Contemplation, for musing, leading possibly towards writing – as a small offering to others, with my lesser insights about the world.

During this Autumnal stage, there must also be the preparation for the winter, the final stage of deepening into oneself and into meditation. This, in itself, a preparation for withdrawal into the cosmos and direction to the next life.

**The second is more of a realisation or observation.** It is only now, or it is now, that I have the knowledge, insight and experience **to be ready to teach** a subject such as Chinese Medicine. So now *would* be the time to initiate an opening into teaching or the beginning of a college or institute for the (wider) teaching of Oriental Medicine and such subjects.

As Confucius wrote 'only at age 60, does one have life experience enough to begin *the study* of the I Ching` (The Book of Changes, an 'oracle` book, as a comprehensive summary and precise overview of all aspects of human life).

At the same time, it is an enormous commitment and responsibility to take upon oneself, with whatever support which might come forward: the education of others in healing arts and especially of that of a medical discipline with the purpose for them to treat others. This is not a decision to be taken lightly.

### Renewal after the ending of studies

I will come to the end of my main studies in US this year, after almost 5 ? years on the road. Through regular trips to NY, SF or Asheville, almost 10 months out of 12, this has covered subjects from usage of Gemstones to Essential Oils to Herbal Medicine; paediatrics to psychopathology to Alchemy .....

These are all areas of study which are really at the front of what is happening and being 'developed` - (or rather presented once again, after many years in dormancy in Chinese culture) – within Chinese & Daoist Medicine through the extensive, comprehensive and extra-ordinary teachings of Dr Jeffrey Yuen. An 'enlightened` ? or definitely enlightening sage in a diminutive human form ?

I think this has been more intensive than I realised. So my plan is to gradually 'land` during this Winter in order to get a broader perspective of that input : how it fits together; what parts I do or do not wish for myself; which parts shall I take into clinical practice – as a development of my own practice and as needs for patients; which aspects do I need to study more thoroughly ?

Or, one could say, what begins now is the most important part: the years of application into clinical practice leading to a grounded understanding. As in all practice of Oriental Medicine, theories are relatively easy to know – the understanding, the comprehension of the knowledge is found within its daily usage as a response to the meeting with others, in this case the ailments and sufferings of patients.

This is why one says one 'practices medicine`. It is a daily practice of *growing into* the knowledge, of *knowing oneself* through its application and usage in relationship and engagement with others.

As I have said to many of you as patients: *'Of course I am well ! You would not buy a clothes – a suit or a dress - from a tailor whose family & himself is badly dressed. So do not go to a doctor who is not well and healthy !'*

The nature of that doctor's 'practice', his growing into the knowledge, might academically be clever – but if he cannot make health for himself, how can he make health for others? Or, the question might be: 'does he have another agenda – ego, money, power, authority, to be renowned – which takes priority?'

This establishment of health, continued well-being and strength of being is most obvious and prevalent in the wisdom of Daoist Medicine, in which all the practitioners – those with whom I study – will be living fulfilling lives and maintaining strength with age; that is as they progress into 100 or more years of age. This is 'medicine' and alchemy well applied!!

Remembering, when in his 80's, Dr Yuen's teacher of Herbal Medicine moved to USA to pass on his teachings specifically to him. Being a eunuch from the last Imperial College in China, at the turn of the 19 - 20 C!, he carried and embodied knowledge long lost forgotten in the dust of history and hidden in the clouds of Chinese Mountains during the purges of the Cultural Revolution. At age 100, still in good health, he returned to China, his mission completed.

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### **Time to Reflect**

Due to this need to take time in reflection, to take a view upon where I am with studies, with clinical practice and the pathway of my life in general. *I have decided not to begin any teaching projects during Autumn.* Rather to spend these months to consider what I might wish to offer. This is especially at what level of teaching I wish to engage, what would be the needs and to the greatest of benefit of my patients and those in the local environment and whether I would wish to take on the task.

As example, the setting up of a college could seem very admirable and needed – as such an organisation for teaching CM at a suitable standard does not exist in Sweden. But I am very unsure if the effort would be warranted and whether the general level of understanding of life, human existence, health & sickness in Sweden is **one which is actually ready** for this teachings. Or whether it would be received well or supported.

What might be more needed at this time is simple teachings of what it is to be in a human life, to be in a human body, how to live a natural, healthy and fulfilling life. Finding those who could actually learn those skills to treat and help others is much more rare than one could imagine.

Maybe I just need to begin with simple exercises about how to make Qi in the body? Because, once you have Qi, you do not become sick.

### **Spring 2018**

During the coming winter holiday, I expect again to make a retreat and will feel more deeply into which pathway I wish to take. If I do decide to offer some teachings in Sweden, this would begin in Spring 2018 – posted on my website, which I hope will wake up around that time and maybe, maybe on an up-and-coming Facebook page .....

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**May you know of your own Qi**

**May you know of yourself**

**May you know of your path & purpose in life**

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*Xuan Miao Ren 玄妙人*

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Please honour the integrity of this work

