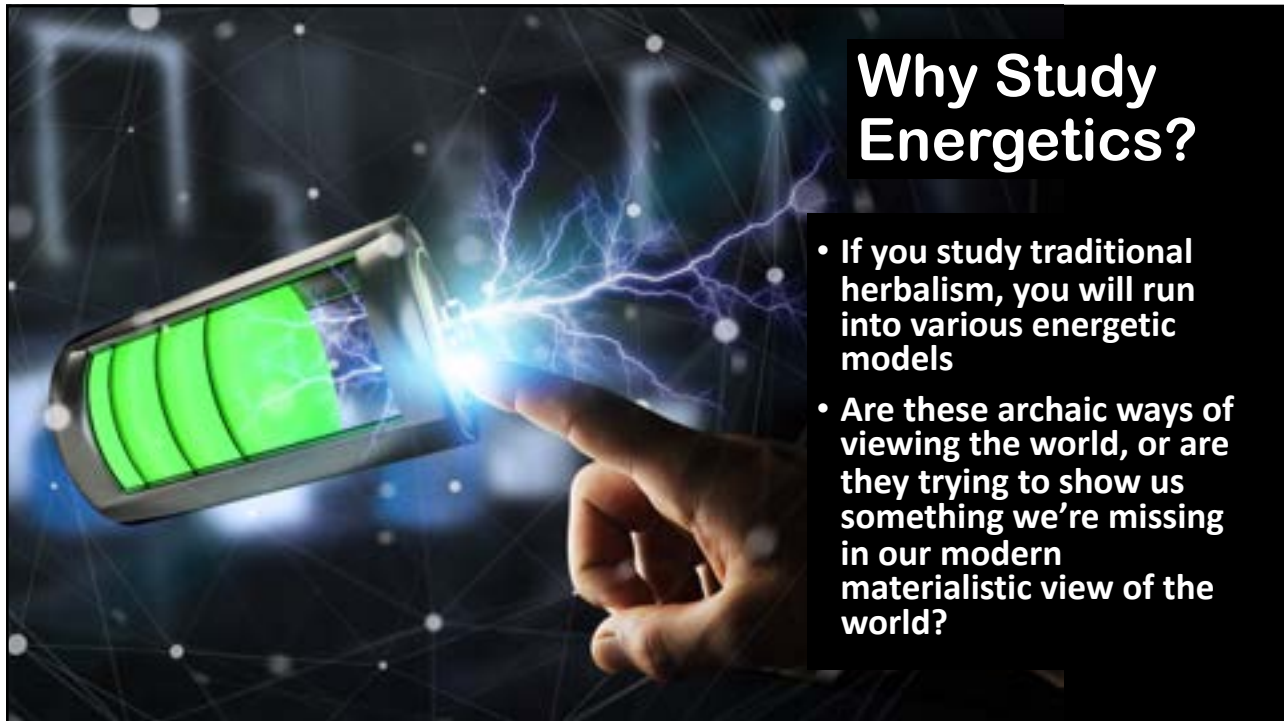




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Why Study Energetics?

- If you study traditional herbalism, you will run into various energetic models
- Are these archaic ways of viewing the world, or are they trying to show us something we're missing in our modern materialistic view of the world?

3

Western Tradition

- Life force energy: Vital force or Spirit
- Four Elements: Air, water, fire, earth
- Constitutional types: Sanguine, phlegmatic, choleric, melancholic



4

Chinese Tradition

- Life force energy: Qi
- Yin and Yang
- Five elements: Wood, fire, earth, metal, water
- Twelve meridians



5

Ayurvedic

- Life force energy: Prana
- Five elements: air, water, fire, earth, ether
- Constitutional Types: Tridoshas—vatta, pitta, kapha



6



A Key to Understanding Energetics

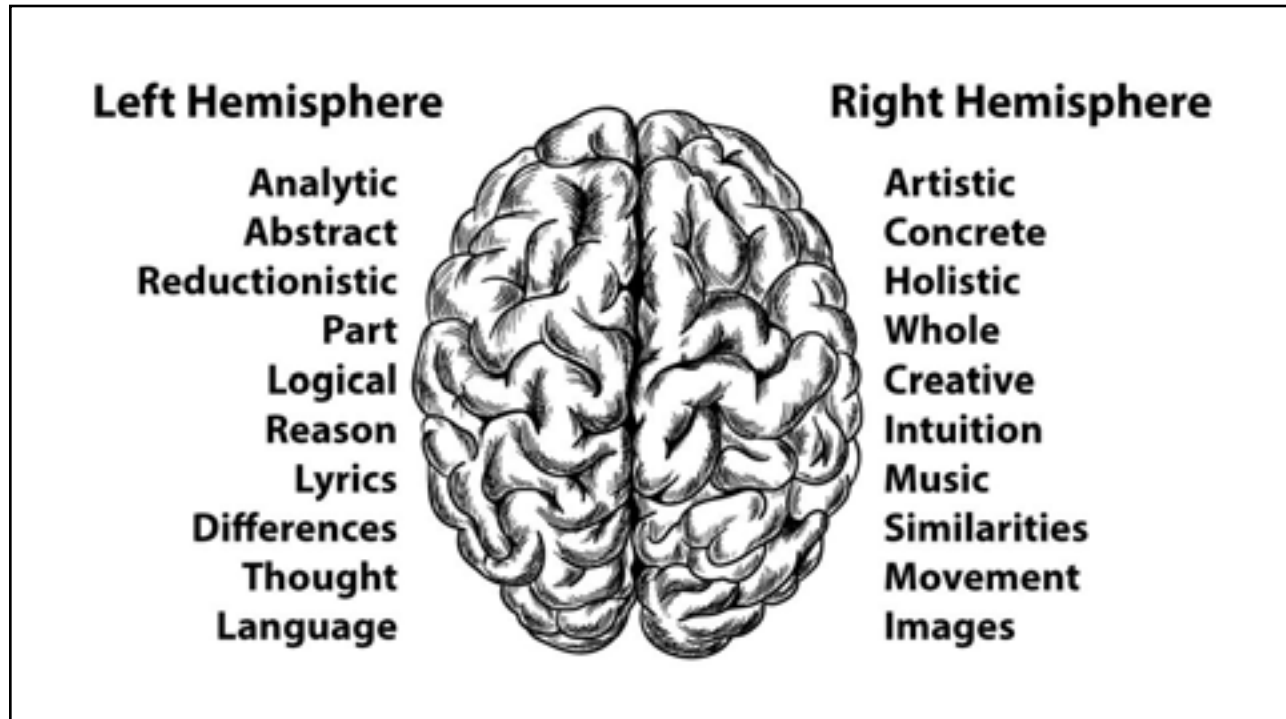
7

Two Ways of Seeing the World

- **First:** My girlfriend is five foot six inches tall. She weighs 130 pounds. She has a light complexion, long blond hair, and blue eyes. We are considering getting married.
- **Second:** My love is fair as the summer breeze. Her hair spills to her shoulders like golden sheaves of grain. Her eyes are like the ocean, deep and blue. Her gentle presence illuminates my days; her kiss, the sweetest food I've known.



8



9

Energetics is Artistic Way of Seeing the World

- You won't understand energetics if you just use your analytical "left brain" way of thinking
- The "elements" being described aren't categories or parts
- Energetics is a "right brain," creative way of thinking
- Energetic elements are **qualities** found in *everything*
- Energetics is also about observing **patterns** and **relationships**



10

Science versus Energetics

- Reductionist (scientific) thinking helps us take the world apart and examine its pieces
- Energetic models help us put the world back together and see the complex patterns and relationships that repeat themselves in everything within the universe
- This is a holistic way of thinking



11

Contrasting Approaches

Modern Scientific Medicine

- Reductionistic, focused on parts and specialties
- Oriented towards symptomatic treatment
- Mechanistic, the body is viewed as a machine with no "ghost" inside
- Disease is separate from the person and must be "fought"

Traditional Energetic Medicine

- Holistic, focused on overall picture and patterns
- Oriented towards removing causal factors to cure and prevent disease
- Vitalistic, there is a lifeforce or energy component to health
- Disease is a part of the person and is solved by nurturing health

12

Energetics and Quantum Physics

- Subatomic particles aren't solid "things"
- They are vibrational, meaning they are energy patterns

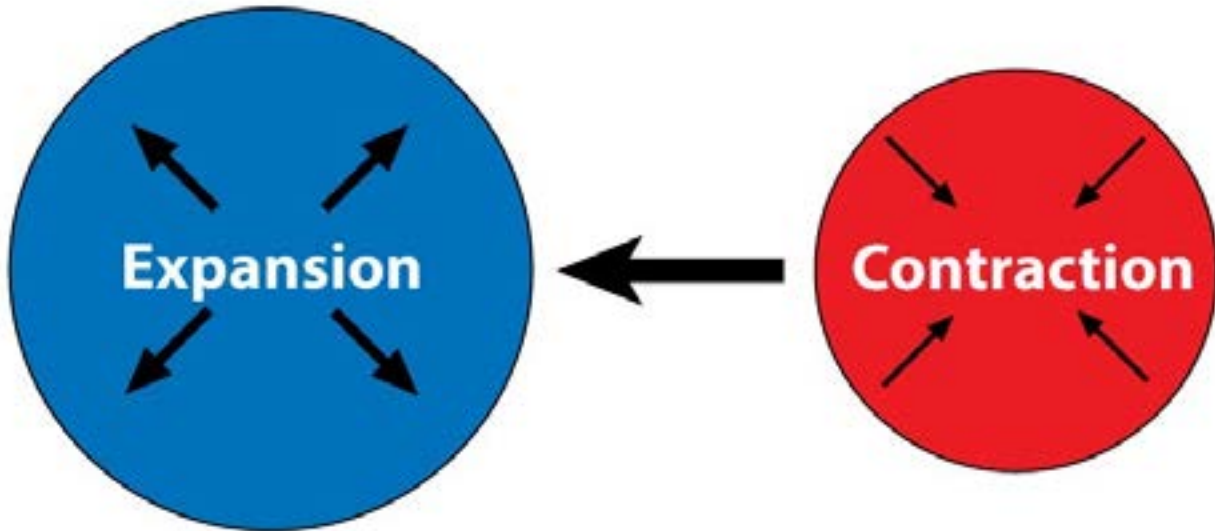


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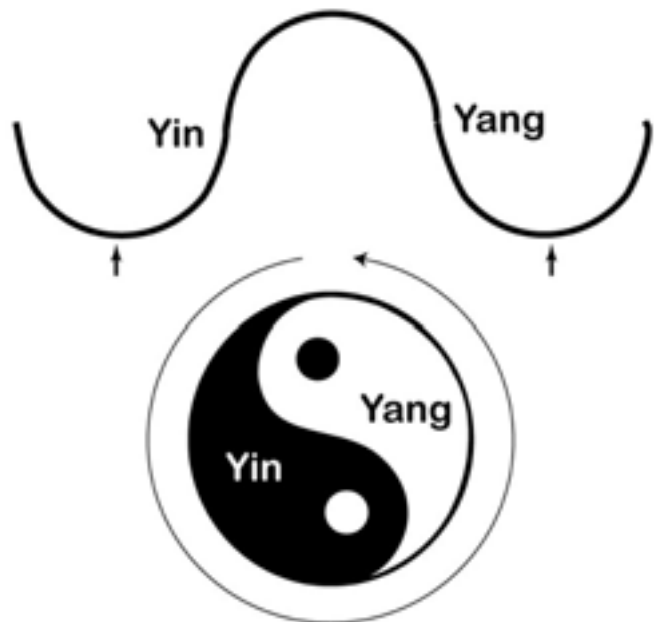
Vibration as Expansion and Contraction



15

Vibrations

- Vibrations are expressed both in waves and in cycles
- Each waveform has an expanding phase and a contracting phase
- It can also be expressed as a circle
- One round of vibration is also called a cycle



16

Duality and Polarity

POLARITY, or **action and reaction**, we meet in every part of nature; in darkness and light; in heat and cold; in the ebb and flow of waters; in male and female; in the **inspiration and expiration** of plants and animals; in the equation of quantity and quality in the fluids of the animal body; in the systole and diastole of the heart; in the **undulations** of fluids, and of sound; in the centrifugal and centripetal gravity; in electricity, galvanism, and chemical affinity. Superinduce magnetism at one end of a needle; the opposite magnetism takes place at the other end. If the south attracts, the north repels. To empty here, you must condense there. **An inevitable dualism bisects nature, so that each thing is a half, and suggests another thing to make it whole**; as, spirit, matter; man, woman; odd, even; subjective, objective; in, out; upper, under; motion, rest; yea, nay.

17

Yin and Yang

- Yin is associated with
 - Water
 - Coldness and dampness
 - Winter and night
 - Power of attraction (gravity, magnetism)
- Yang is associated with
 - Fire
 - Heat and dryness
 - Summer and daytime
 - Power of action (electricity, motion)



18

Yin and Yang are Relative

- Something is yin or yang only in relationship to something else
- To understand this, take the concept of right and left as an example
- If we are facing each other, my right is on your left and my left is on your right
- Thus, there is no absolute right or left
- Something is right or left depending solely on one's orientation



19

Duality is an Illusion

- Yin and yang are not opposite things, they are two halves of the same whole
- You cannot cut something so thin that it will have a top but no bottom
- You cannot accumulate in one place without discharging in another
- You cannot separate cause from effect, cause is the seed, effect the plant that grows from it



20

Nesting and Stacking



- Any pair of yin-yang energies can be broken down into smaller pairs of yin-yang energies
- Any pair of yin-yang energies is also part of a larger pair of yin-yang energies
- Breaking the pairs into smaller parts is reductionist or analytic
- Seeing the pairs as part of larger systems is synthetic or creative

21

The Universe is Holographic



These appearances indicate the fact that the universe is represented in every one of its particles. Every thing in nature contains all the powers of nature... Each new form repeats not only the main character of the type, but part for part all the details, all the aims, furtherances, hindrances, energies, and whole system of every other...

The world globes itself in a drop of dew...The true doctrine of omnipresence is, that God reappears with all his parts in every moss and cobweb.

22

Wheels within Wheels

- We also see this in the concept of cycles within cycles or wheels within wheels
- Nesting
 - A day is broken into smaller cycles called hours
 - Hours are broken into cycles called minutes
 - Minutes are broken into seconds
- Stacking
 - A day is also part of the larger cycle of the month (lunar)
 - The month is part of the cycle of the year
 - A year is part of a cycle called a century



23

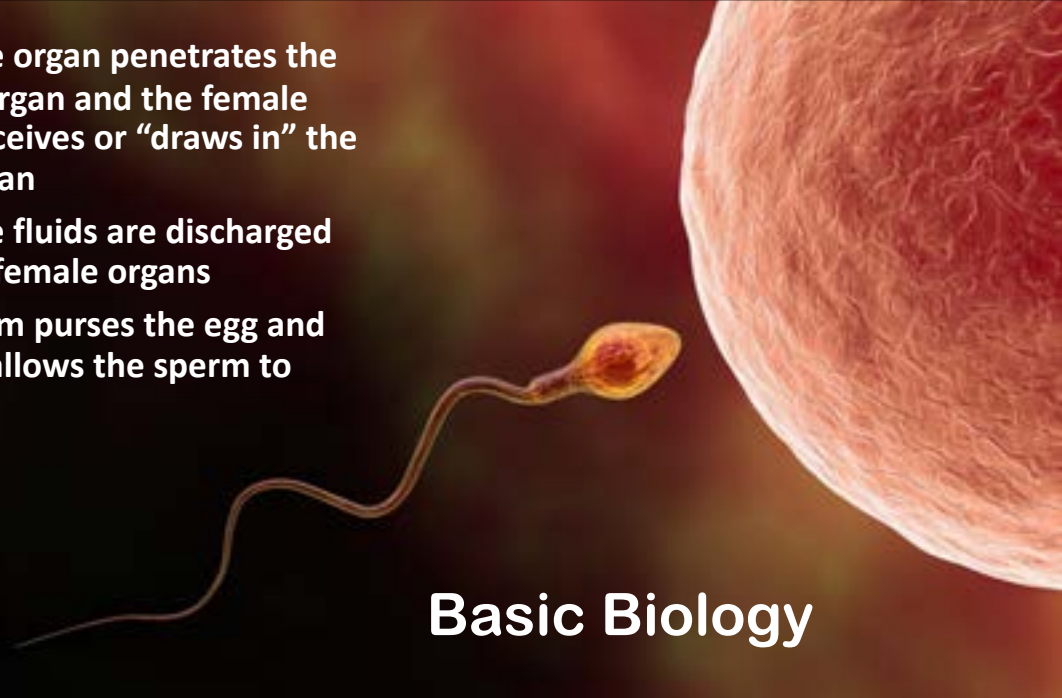
Masculine and Feminine

- In today's society this can be a "touchy" subject, but let me explain why yin is traditionally associated with the feminine and yang with the masculine
- "Male" and "female" wiring connections
- Yin "draws in" and expands
- Yang "discharges" and contracts



24

- The male organ penetrates the female organ and the female organ receives or “draws in” the male organ
- The male fluids are discharged into the female organs
- The sperm purses the egg and the egg allows the sperm to enter it




Basic Biology

25

Yin Yang Summary

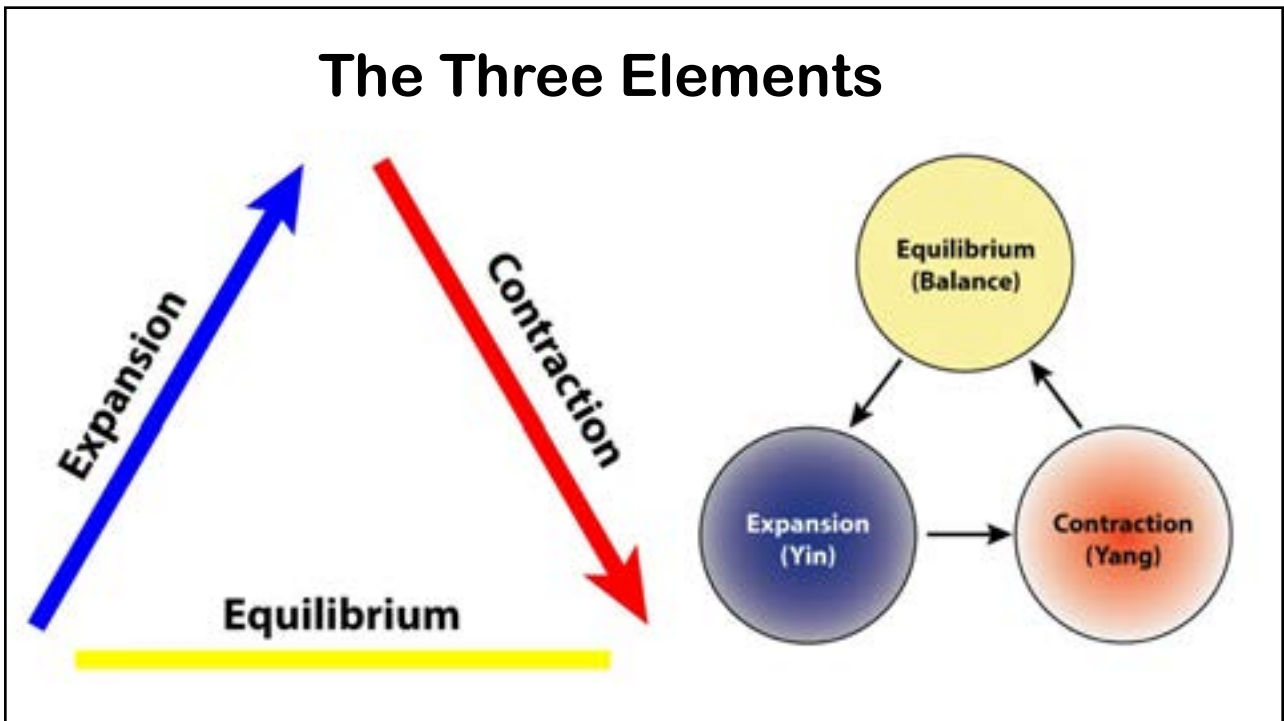
Yin	Yang
Expansion	Contraction
Attraction	Repulsion
Building Up	Breaking Down
Moves Down	Moves Up
Draws In	Pushes Away
Magnetism	Electricity
Gravity	Velocity
Mother Earth	Father Sky
Night	Day
Winter	Summer
New Moon	Full Moon



26



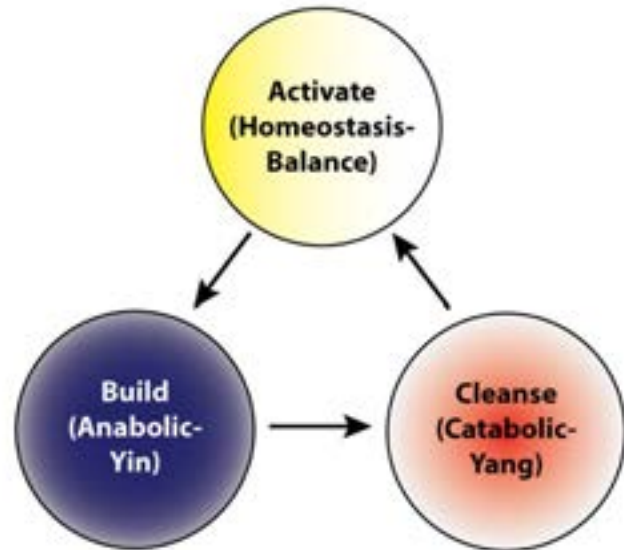
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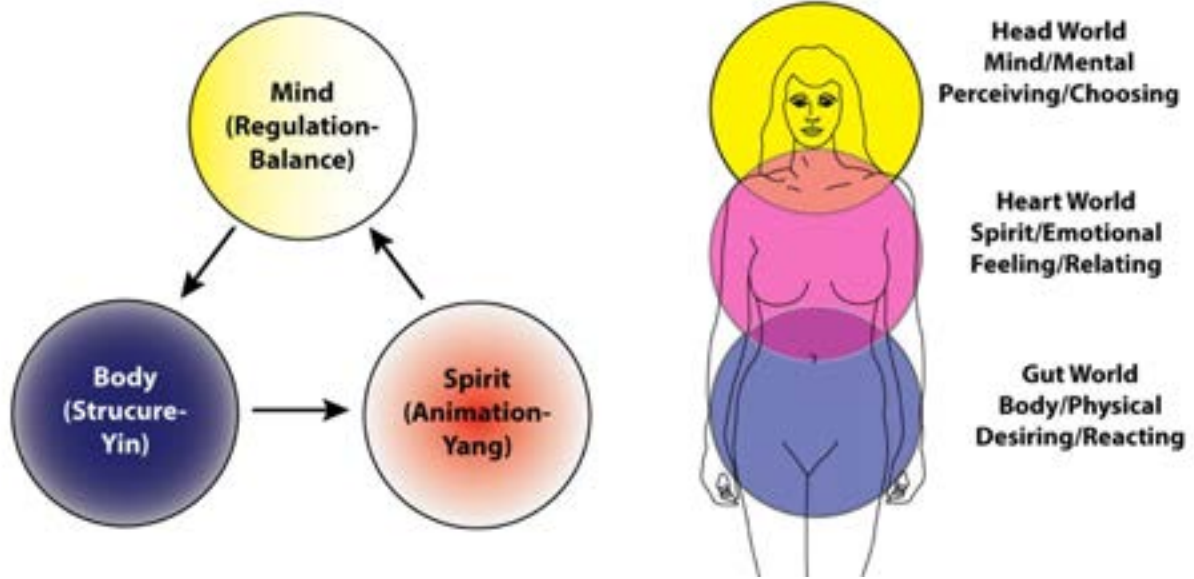
The ABC's of Health

- There are three basic body processes:
 - Anabolic (building up) processes
 - Catabolic (breaking down) processes
 - Homeostatic (maintaining balance) processes
- These relate to my three basic principles of holistic therapy
 - A = Activate
 - B = Build
 - C = Cleanse



29

The Holistic Health Model



30

Applications of the Three-Fold Model

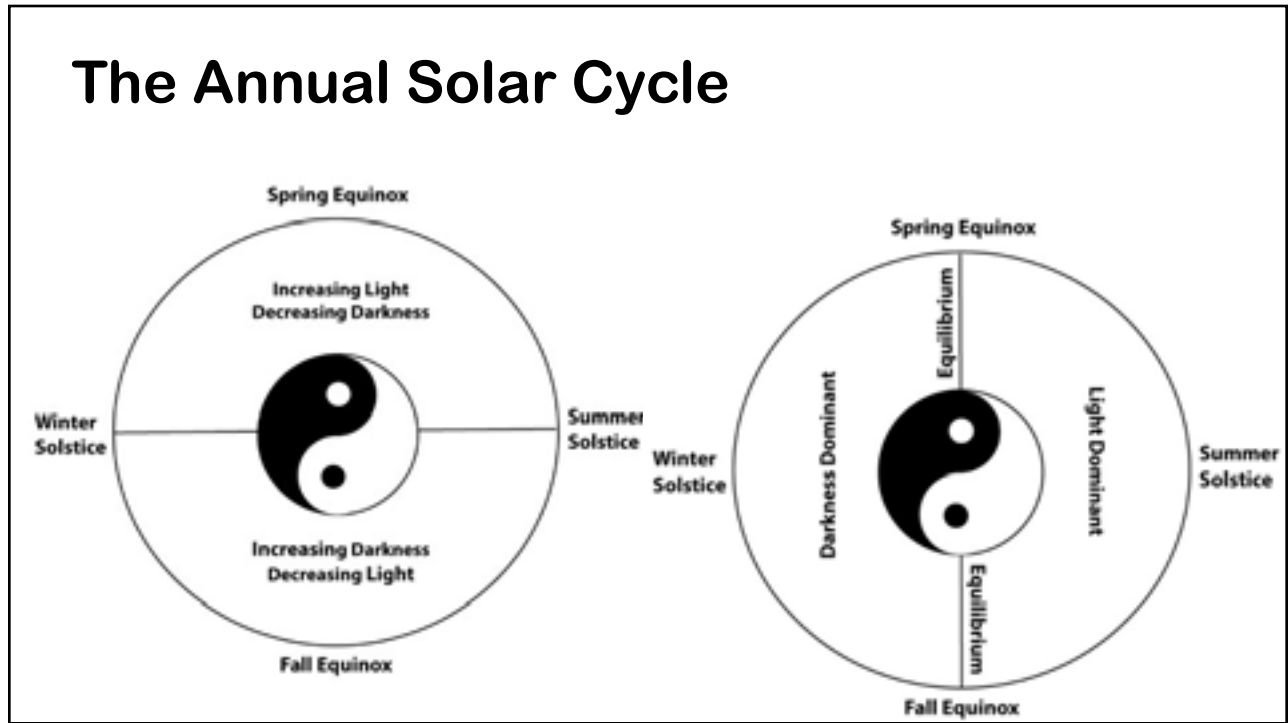
Expansion (Yin)	Contraction (Yang)	Equilibrium (Balance)
Feeling	Doing	Thinking
Heart World	Gut World	Head World
Anabolic	Catabolic	Metabolic
Build	Cleanse	Activate
Assimilation	Elimination	Utilization
Circulation	Lymphatic	Nervous
Medulla & Brain Stem	Cerebellum	Cerebrum
Parasympathetic	Sympathetic	Central
Veins	Arteries	Heart
Circulation	Immunity	Respiration
Veins	Arteries	Heart
Stomach	Colon	Small Intestines
Digestion	Elimination	Metabolism

31



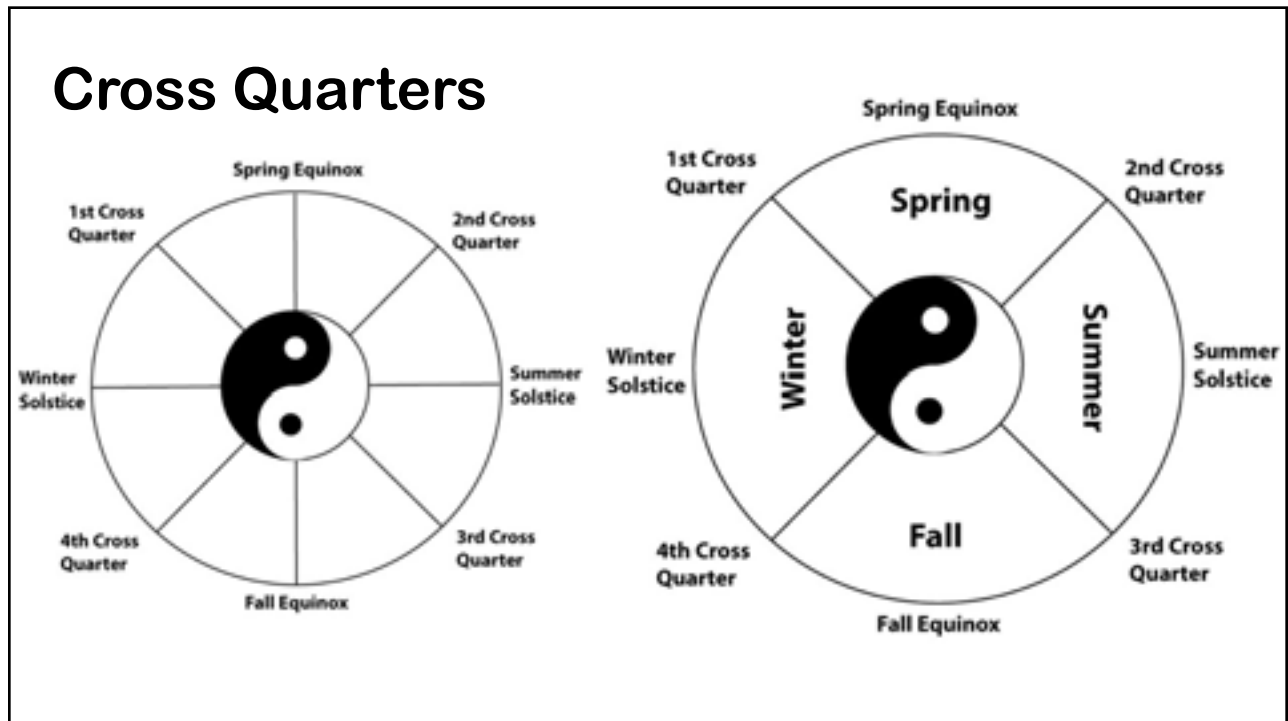
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The Annual Solar Cycle

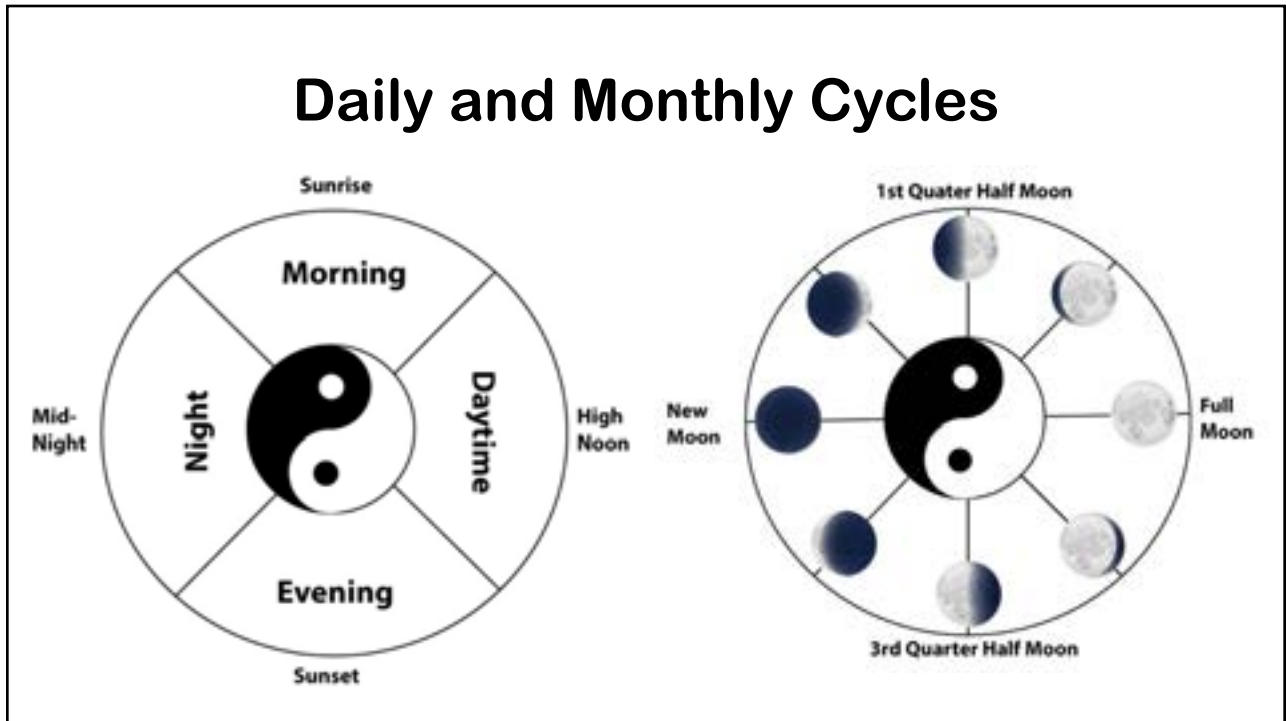


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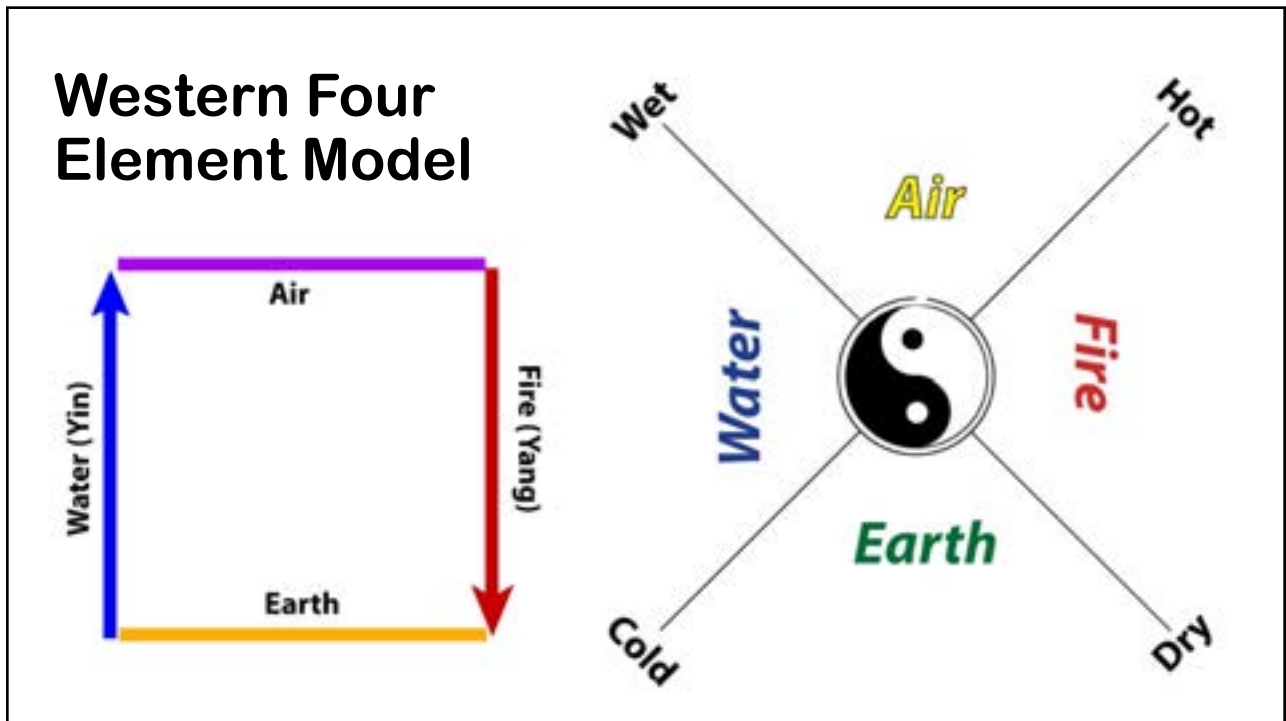
Cross Quarters



34



35



36

The 4 Elements

- **Water (Yin)**
 - Cold and Wet, Passive and Flexible
 - Expanding, drawing in energy
- **Air (Yin to Yang transition)**
 - Wet and Hot, Flexible and Active
 - Full, changing, imbalanced
- **Fire (Yang)**
 - Hot and Dry, Active and Rigid
 - Contracting, discharging energy
- **Earth (Yang to Yin transition)**
 - Dry and Cold, Rigid and Passive
 - Empty, resting, balanced



37

The 4-Element Wheel of Life



38

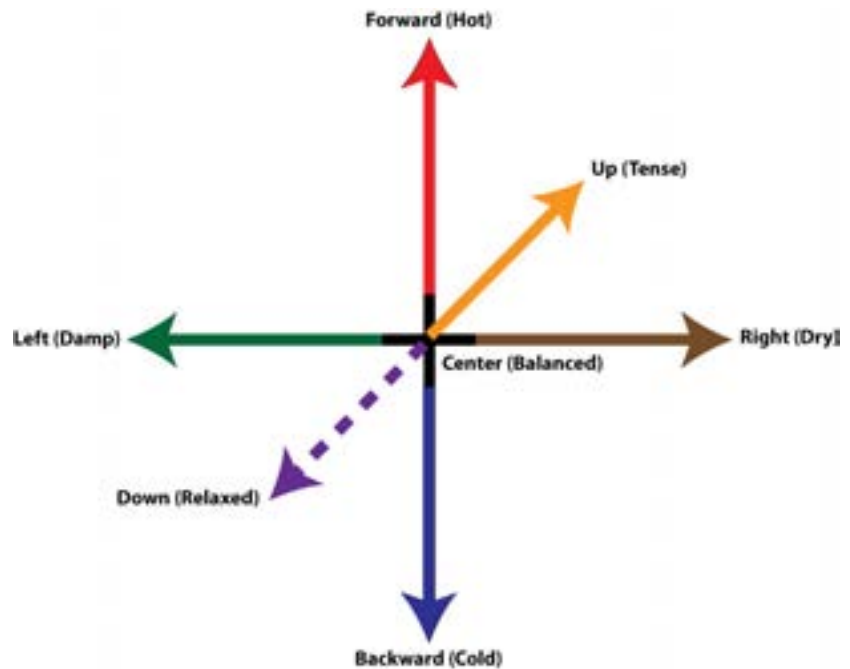
Systems of Energetic Assessment



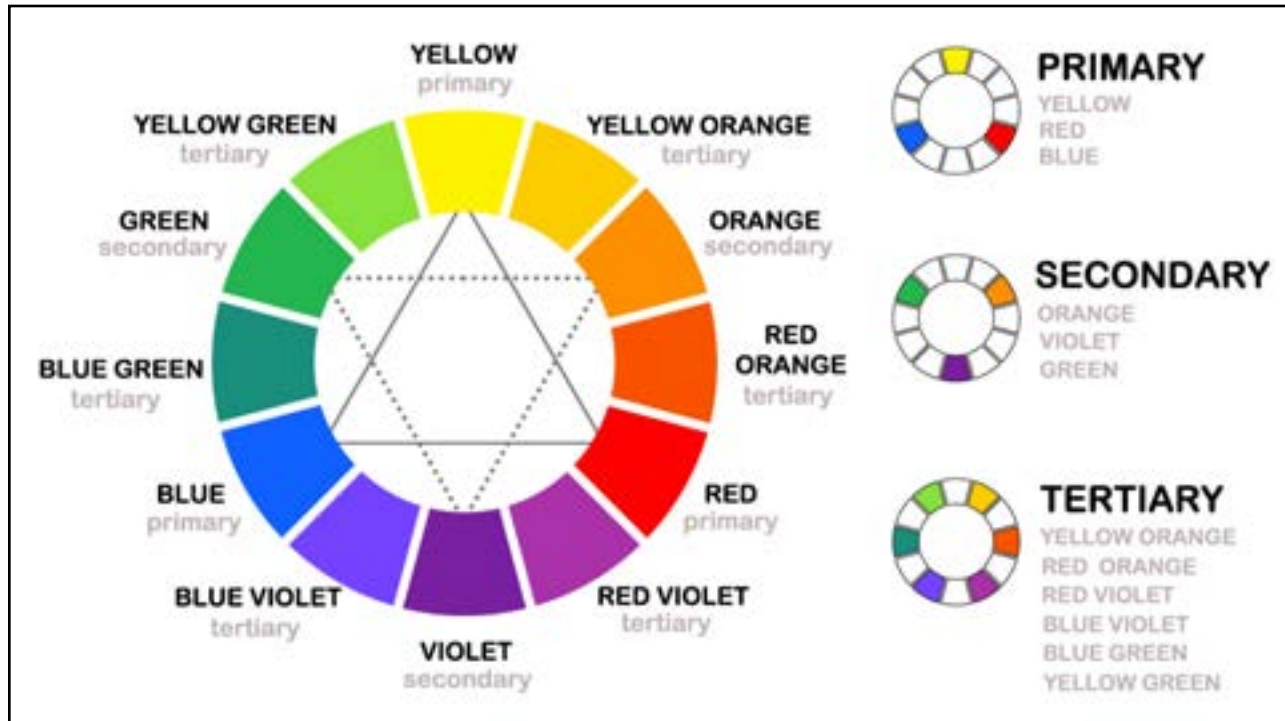
39

Six Directions of Orientation

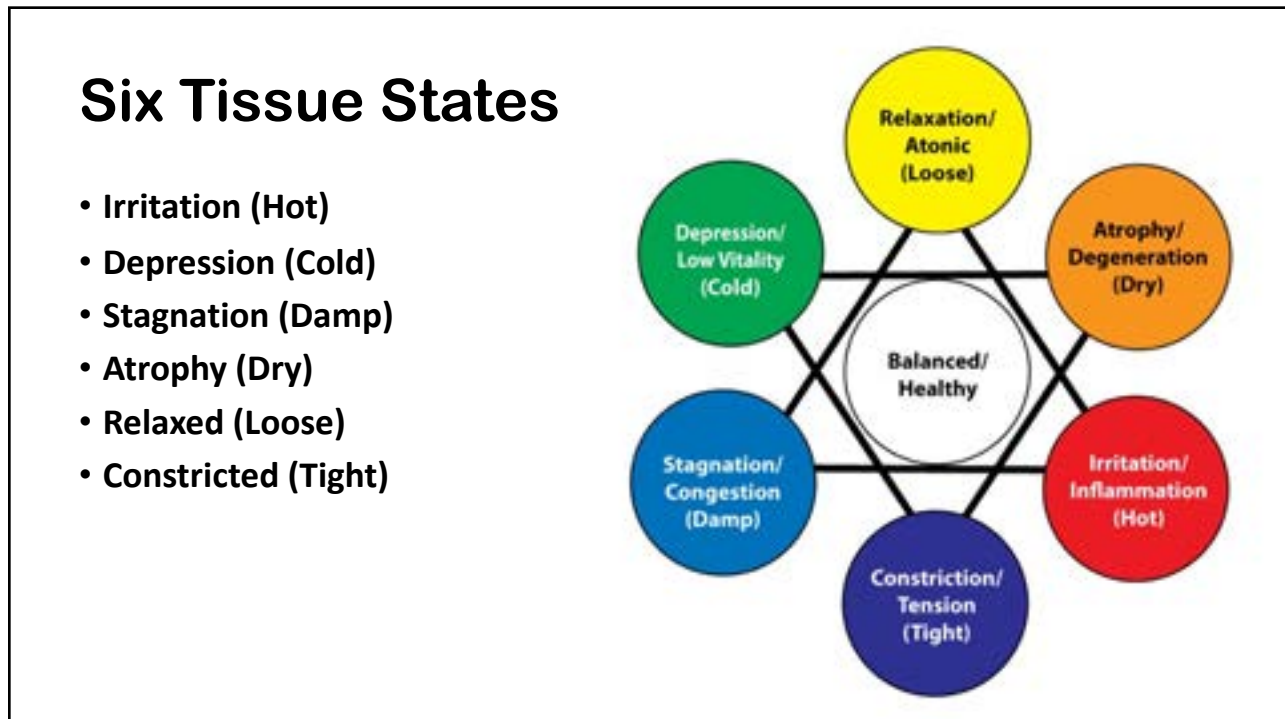
- Front (Forward)
- Behind (Back)
- Right
- Left
- Up
- Down
- The Seventh Position is the Center Point



40



41



42

Six Tissue State Overview

Tissue Function		Tissue Density		Tissue Tone	
Irritation	Depression	Stagnation	Atrophy	Constriction	Relaxation
Hot	Cold	Wet	Dry	Tense	Atonic
Over active	Under active	Spongy	Hard	Cramping	Leaking
Hyper	Hypo	Swollen	Shriveled	Blocked Flow	Excessive Flow
Sharp Pain	Dull Pain	Congested	Stiff or Rigid		

43

Emotional Model

- Anger-Aggression (Red, Hot)
- Depression-Jealousy (Green, Cold)
- Grief-Sadness (Blue, Damp)
- Hardened-Insensitive (Orange, Dry)
- Fear-Anxiety (Yellow, Loose)
- Compulsion-Addiction (Purple, Constricted)



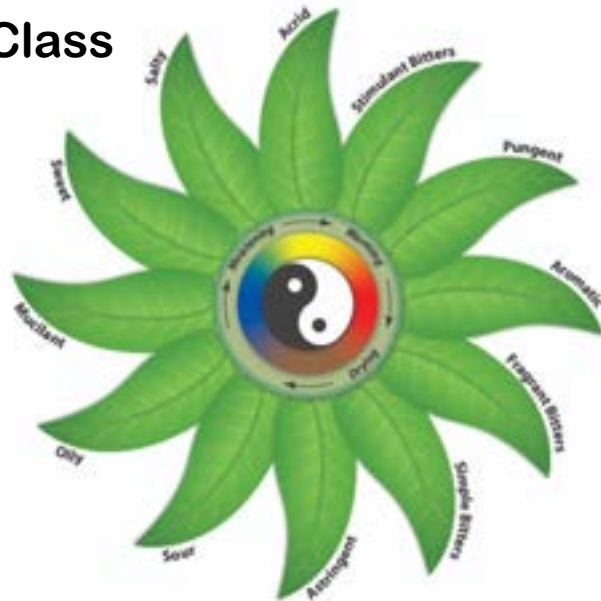
44

Six Emotional State Overview

Assertiveness		Flexibility		Changeability	
Agressive	Passive	Flexible	Rigid	Reckless	Fearful
Hot	Cold	Wet	Dry	Risk Taking	Anxious
Controlling	Submissive	People-Oriented	Task-Oriented	Careless	Worrying
Angry	Depressed	Compliant	Directing	Reckless	Cautious
Extroverted	Introverted	Compassionate	Insensitive	Quick to change	Slow to change

45

Next Class



The Energetics of Herbs and Essential Oils

46



47