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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?

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Western Tradition

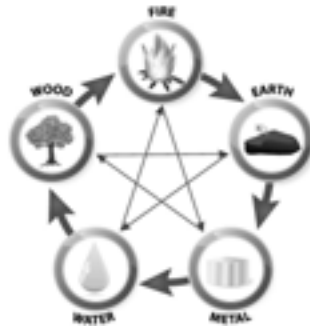
- Life force energy: Vital force or Spirit
- Four Elements: Air, water, fire, earth
- Constitutional types: Sanguine, phlegmatic, choleric, melancholic



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Chinese Tradition

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



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Ayurvedic

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



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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.



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Left Hemisphere

- Analytic
- Abstract
- Reductionistic
- Part
- Logical
- Reason
- Lyrics
- Differences
- Thought
- Language



Right Hemisphere

- Artistic
- Concrete
- Holistic
- Whole
- Creative
- Intuition
- Music
- Similarities
- Movement
- Images

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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



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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



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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

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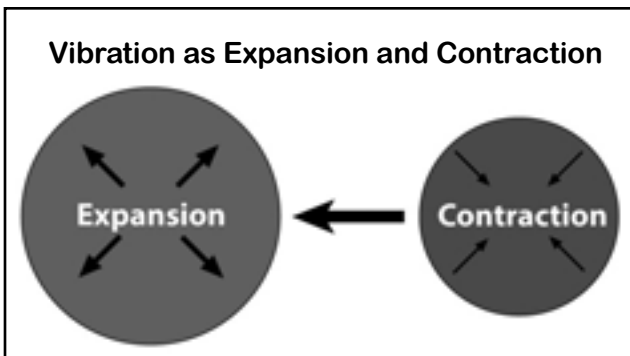
**Energetics
Quantum P**

- Subatomic particles are not solid "things"
- They are vibrational energy patterns

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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



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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.

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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)



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Yin and Yang are Relative

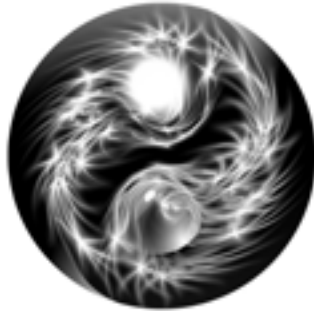
- Something is yin or yang only in relationship to something else
- To understand this, take the concept of right and left as an example
- If we are facing each other, my right is on your left and my left is on your right
- Thus, there is no absolute right or left
- Something is right or left depending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



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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



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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

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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.

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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



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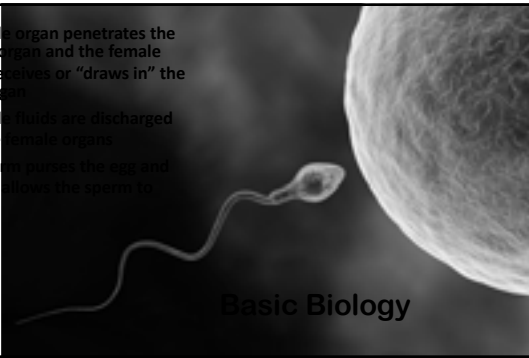
Masculine and Feminine

- 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



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- 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 passes the egg and the egg allows the sperm to enter it




Basic Biology

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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 |

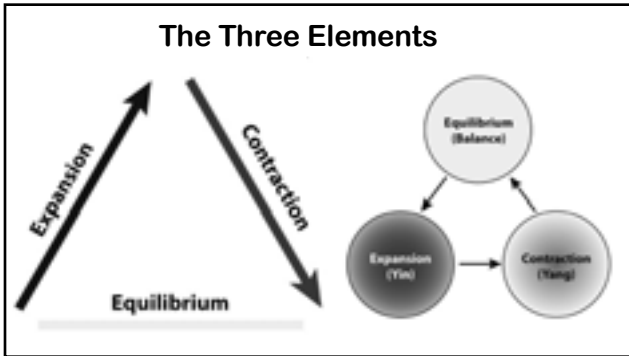


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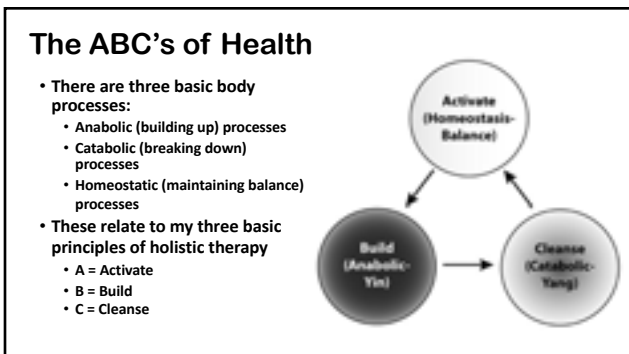


The Trinity of Universal Forces

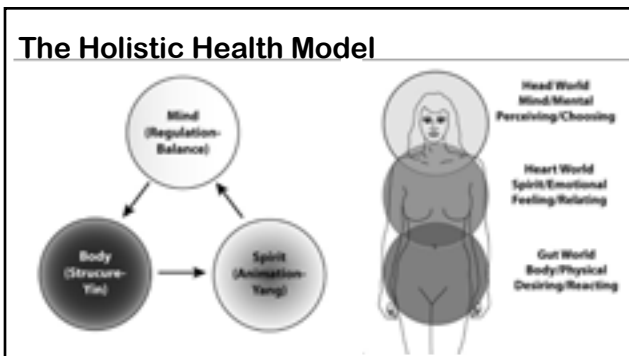
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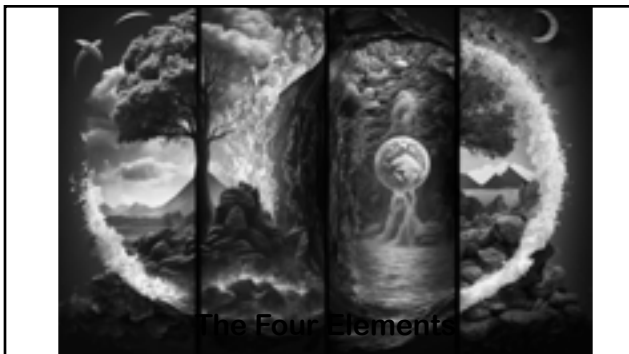


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Applications of the Three-Fold Model

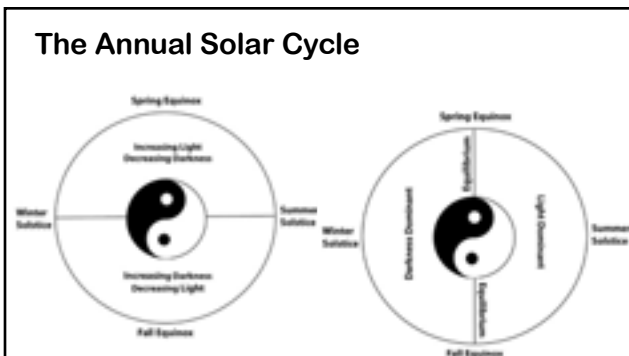
| Expansion (Yin) | Contraction (Yang) | Equilibrium (Balance) |
|----------------------|--------------------|-----------------------|
| Feeling | Doing | Thinking |
| Heart World | Gut World | Head World |
| Anabolic | Catabolic | Metabolic |
| Build | Cleanse | Activate |
| Assimilation | Elimination | 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 |

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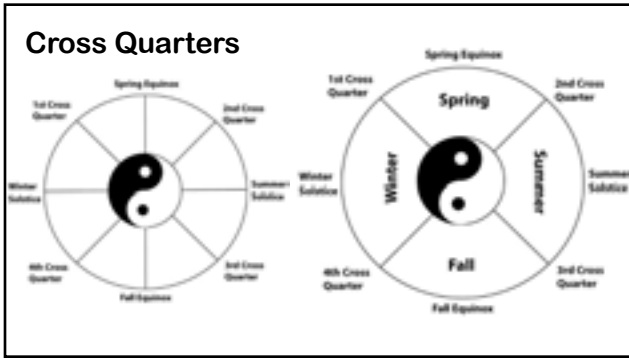


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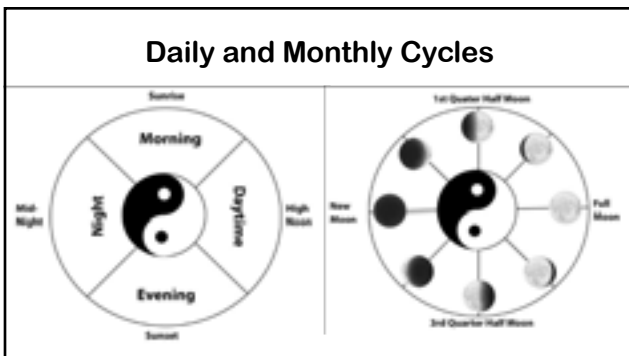
The Annual Solar Cycle



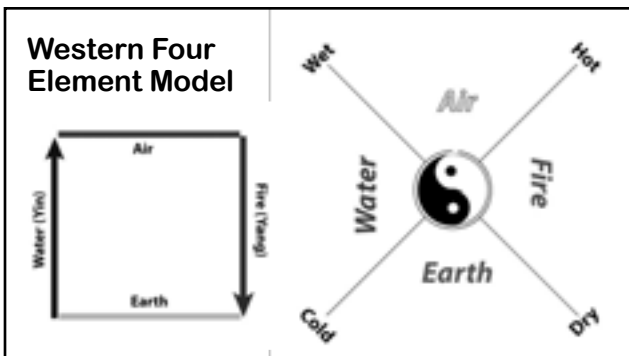
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The 4 Elements

- 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



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The 4-Element Wheel of Life



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Systems of Energetic Assessment



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Six Directions of Orientation

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

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Six Tissue States

- Irritation (Hot)
- Depression (Cold)
- Stagnation (Damp)
- Atrophy (Dry)
- Relaxed (Loose)
- Constricted (Tight)

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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 | | |

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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)

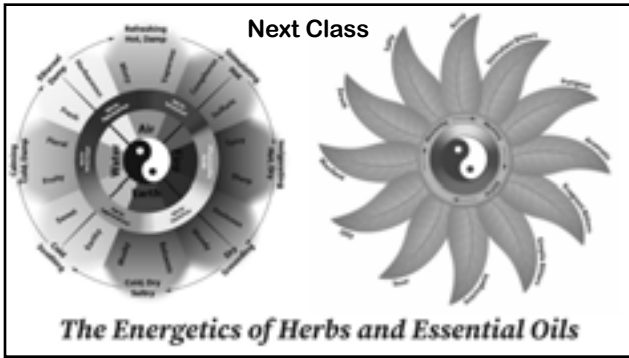


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Six Emotional State Overview

| Assertiveness | | Flexibility | | Changeability | |
|---------------|-------------|-----------------|---------------|-----------------|----------------|
| Aggressive | 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 |

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