



ACUPUNCTURE AND PSYCHOLOGY

Body and Mind

Acupuncture is a means for healing not only physical disorders, but resolving underlying mental and emotional problems as well. Acupuncture works at the level of *ch'i* 氣 which in Chinese is closely related to the idea of "life force." The Chinese character depicts vapor 气 rising over rice 米. This could be taken to represent steam rising over cooked rice, or the invisible energy field surrounding it called the aura. In either case, *ch'i* symbolizes the "energetic" continuum between matter and spirit. On the psycho-emotional level this means that positive emotions, attitudes and beliefs can be accessed by means of the *ch'i* to heal the body physically, and release the grip of negative emotions on the physical body on the other. *Ch'i* thus anticipates Einstein's famous equation $E=MC^2$ where matter and spirit are only distinguishable by the difference in their vibratory frequency.

Ch'i: 氣

The Body-Mind Bridge

Ch'i travels through the body in pathways called meridians which connect with one another to form a continuous circuit. The meridians connect internal organs with the periphery of the body and, in doing so, encompass various tissues and sensory organs, as well as their corresponding emotions and mental states. In this way acupuncture uses *ch'i* to create a bridge between the body and mind.

The connection made between the body-mind by *ch'i* is what allows the body and mind to affect each other, and the organs, tissues and cells of the body to become the locus of the subconscious. Buried emotions and their corresponding thought forms are the "psychic" counterpart of DNA, dictating cellular replacement in response to psycho-emotional patterns in the subconscious.

Western medicine is based on physical anatomy and is only beginning to explore the body-mind connection. Because *ch'i* restores the original unity of matter and spirit, acupuncture easily facilitates this connection. In fact, in my practice, energy healing with acupuncture routinely affects the body-mind connection. The body is freed of the stress and dysfunction of chronically held emotions whose release allows the tissues and organs to function normally again.

Acupuncture is the Key

In my practice I specialize in psycho-emotionally related physical disorders, and take full advantage of acupuncture's capacity of relating the body and mind. My approach is different than many other forms of acupuncture which

tend to focus exclusively on either physical or psycho-emotional aspects. There is more healing power available when all of a person's physical and mental energy is used together, and more

meaning to a healing system that leaves a person fully integrated in this respect.

An example could be a person who developed low self-esteem due to being overly protected in childhood. As a consequence of being forced to conform to family expectations and not being allowed to assert themselves growing up, this person might feel chronic frustration and repressed anger. The resulting *ch'i* and emotional stagnation builds up in the Liver and Gall Bladder meridians (see the accompanying chart) and can easily create other physical and emotional symptoms due to the related function and pathways of the meridians involved.

This could cause migraines because the Gall Bladder meridian travels over and affects the side of the head. Later, when the unused *ch'i* in these meridians becomes weak and the Liver and Gall Bladder functions start to collapse, depression, which is a lack of anger in this case, could easily set in.

When all unbalanced aspects of the body-mind are not taken into consideration, it is only a matter of time before they manifest as problems. If both mental and physical aspects of a problem are taken into consideration from the beginning of treatment, not only will the results be faster, deeper, and more comprehensive, they will also fulfill their "preventive" obligation (see *AES #1*).

Properly performed, acupuncture treatment will adjust the *ch'i* so that these patterns can be released. The migraine disappears because the body no longer has to hold on to the stress of the repressed anger and the accompanying fear of releasing it improperly. Instead, the energy becomes more effectively channeled through appropriate self-assertion.



*The Heart Meridian:
Regulates the Appropriateness of Emotion*

Emotional Correspondences to the Physical Body

Organs	Tissue	Sense	Emotion
Heart & Small Intestine	Blood Vessels	Speech	Joy
Liver & Gall Bladder	Tendons & Ligaments	Sight	Anger
Stomach & Spleen	Flesh	Taste	Worry
Lung & Large Intestine	Skin	Smell	Grief
Kidney & Bladder	Bones	Hearing	Fear

A Personal Approach

The psychological component of my approach to resolving psycho-emotional problems is based on the reciprocal action of *yin* and *yang* used in acupuncture. The *yin-yang* paradigm holds together not only the connection of *ch'i* to the body and mind, but also other important polar aspects such as conscious/subconscious, light/dark, good/bad, active/inactive, inner/outer, etc. When appropriate, this form of "*yin/yang*" counseling becomes an important part of my practice, and is often thought of as an acupuncture treatment without needles.

I have found that by utilizing acupuncture and "*yin/yang*" counseling to assist in resolving psycho-emotional conditions, the amount of time required to restore a person's balanced and healthy functioning can be reduced significantly. By quickly moving through the phase of intellectual understanding to the physical and emotional energetics involved, a person can resolve their problems more naturally and easily.

Although the intellectual level of understanding is important in any approach to psycho-emotional disorders, it is essential that these insights are appropriately integrated with other levels, if the course of therapy is to be effective (see *AES #5*).

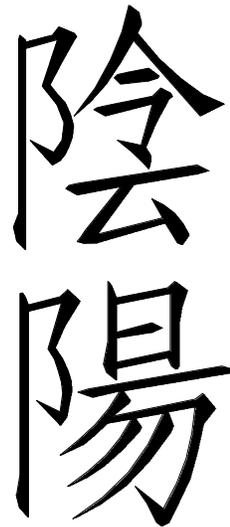
Freedom

No healing is complete without body-mind integration. The absence of any form of mental or physical discomfort is important in defining the states of well-being we call health, happiness, as well as true infinite freedom.

In our culture, freedom is often thought of as the ability to think, speak, or act with no resulting consequences. However, this is an illusion because we are all under the influence of universal and natural laws. These laws, operating according to the principles of *yin* and *yang* and the Five Seasons (see *AES #4*), serve to protect and guide us. The only apparent escape from their effects is unconsciousness, and this escape, too, is an illusion.

If true freedom is the ability to be unaffected by extremes, the only real way to accomplish this is to steer a

Yin-Yang:



balanced course through them. One of the universal laws of *yin* and *yang* states: "*Yin* and *yang* are like two sides of the same coin. The bigger the front, the bigger the back" (see *The Order of the Universe* by Michio Kushi). This means that when any *yin* or *yang* focus is taken to extreme, we naturally become unconscious of its opposite, as the internal flow of unity is broken. As this separation continues, awareness of the whole decreases, and the external environment demands more and more of an effect. Thus, the external world, as well as the unconscious, grows stronger and stronger until it can no longer be ignored. This is usually when "disease" rears its unwelcome head. However, as you now know, this is merely universal law reminding you that health, happiness and freedom require your conscious attention and choice.

Acupuncture is one of the very best ways to regain this freedom. This system of healing helps make you aware of where your balance is and how you can best attain and sustain it in the midst of constant change. This, or any other explanation, can only take you so far. You have to experience acupuncture to find this meaning within.

One treatment is worth a thousand explanations.

