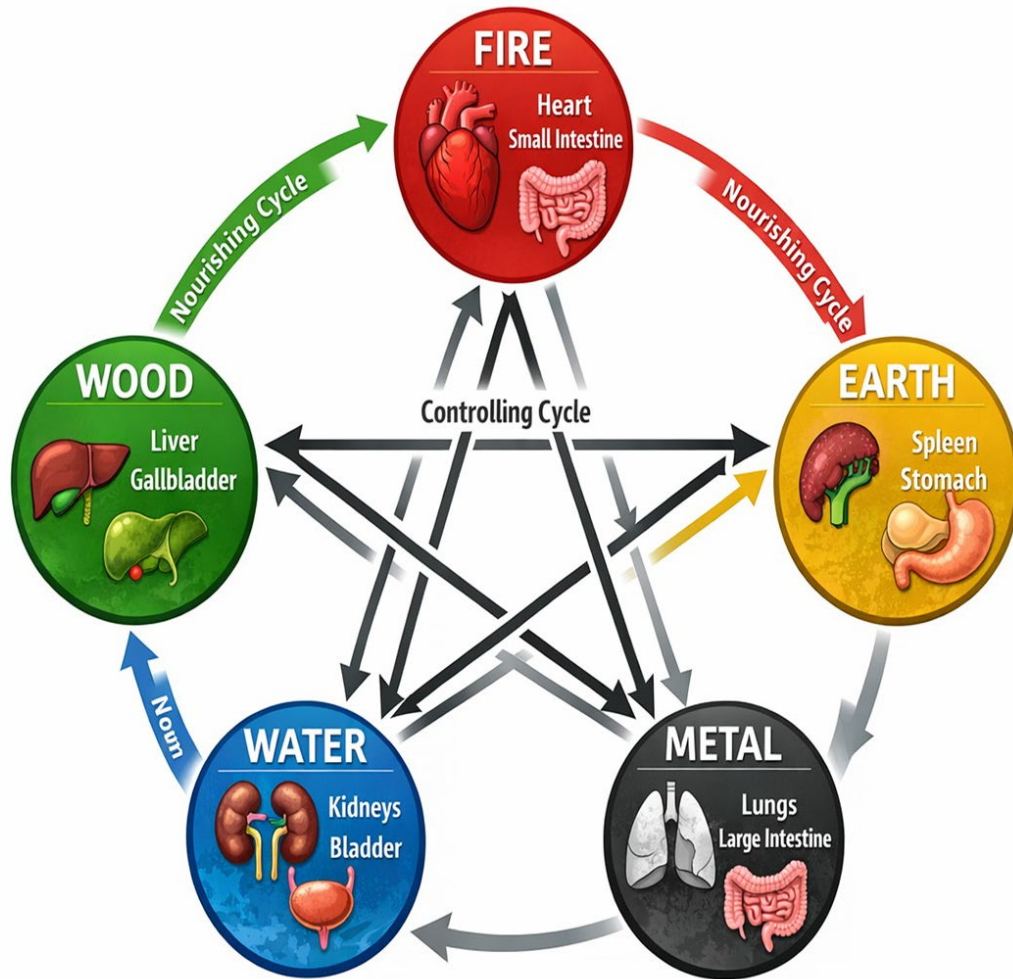


Spring Liver Detox Master Class

Healing through the Five Element Therapy Protocol



Class 1

3/7/26

Qi

In English there is no word that would describe Qi. The Chinese refer to Qi (pronounced Chi or Chee) as the vital essence energy of everything in the universe. It is the motion of movement, but it is not the movement. In the book, "A Web That Has No Weaver," it states that "Qi is not primordial, immutable material, nor is it merely vital energy. Qi provides energy for all things and allows growth to occur, but Qi is not the growth. Qi has three sources original Qi referred to as prenatal Qi and grain Qi and natural Qi."

The Yin and Yang Theory

In Oriental medicine the Yin and Yang Theory penetrate every aspect of life. It represents the balance of all things. For instance, what would it be like with day and no night, or water without a vessel to drink it from? Yin and Yang are the universe, and the universe is Yin and Yang. They are the two opposite qualities of one single entity. Yin and Yang are only opposites that are sometimes antagonistic and sometimes they complement each other. These elements are always changing from one into the other to achieve wholeness.

Yin and Yang Representation

Yin represents female, night, darkness, heavens, inward, contraction, descending, the moon, coldness, dampness, the back of the body, lower extremities, softness, holding in, inhaling, slow movement. Yin symbolizes the water element (Kidney/Bladder), which stores fluids.

Yin Organs - Centripetal

There is six Yin or Zang organs That are responsible for producing, transforming, regulating, and storing Qi, Blood, Jing (essence of life), Shen (Spirit) and all Fluids.

- | | | |
|----------|-----------|----------------|
| 1. Heart | 2. Lungs | 3. Spleen |
| 4. Liver | 5. Kidney | 6. Pericardium |

Yang represents male, day, earth, outward, expansion, ascending, heat, hot, dryness, the front of the body, upper body, hardness, exhaling, fast movement, letting go. Yang symbolizes the Fire element (Heart/Small Intestines, Triple Heater/Pericardium), which does not store.

Yang Organs - Centrifugal

The responsibility of the Yang or Fu organs are expansive, extractive, breakdown, transports, and absorbs essence from foods we eat. They also excrete waste by products and unused portion of food from the body.

- | | | |
|--------------------|--------------------|------------------|
| 1. Small Intestine | 2. Large Intestine | 3. Stomach |
| 4. Gallbladder | 5. Bladder | 6. Triple Heater |

Notes:

FIVE ELEMENT PRINCIPLES

The Five Element Theory (Wu Xing – Five movements) is a must when studying oriental medicine. The Five Element Theory is as important as the yin/yang concept in order to understand how life and health are balanced on a daily basis. The Five Element Theory translates into the transformations of the five-energy, which indicates how one changes from one state to another.

This transformation governs the earth's changes, seasons, the body, organs, and all living creations. They have a lot to do with our relationship with the universe. The five transformations demonstrate how life is conceived, born, mature, and dies. These transformations are neither good nor bad, they just happen. Depending on how we relate to this transformation depends on how we relate to our body, mind, spirit, (inner and outer body).

In oriental medicine these five transformations are in the form of elements, which are within this planet's hemisphere. We look at them every day. These elements are Earth, Metal, Water, Wood, and Fire. Each one governs part of the body, environment, and seasons.

Through understanding the five transformation phases, we are able to come closer to our true self (spirit). When we ignore these phrases, we grow away from our self and create disharmonies (dis-ease). As you shall see these phases are important and will assist in maintaining optimum health.

By understanding this information, you will be on the path (TAO). The oriental concept of TAO (pronounced Dao) is the way of life.

“A guide to Chinese Medicine, A the true physician teaches The Tao-how to live. The traditional Chinese doctor is trained to cultivate wellness as well as to correct ill health. Planning ahead, Chinese medicine knows that the storms interrupt clear weather, that illness stalks and gains a foothold when we are vulnerable. Its strategies is to enable us to withstand the storm without becoming disable by it and accumulate resources in time of good weather, peace, and plenty.”

Book: Between Heaven and Earth

During the Warring State period of Chinese culture, the Five Elements was infused into medical practices astrology, and natural sciences. This phenomenon was characterized as being to ridge by Wnag Chong (AD 27-97), however, during the Han Dynasty, Five Element theory became popular during the Song Dynasty and used as a diagnostic tool for Chinese medicine. There was some opposition during the Ming dynasty with the rise of with the identification of the patterns including the use of the Four Levels and the three Burners diagnose.

The Zhou dynasty (1000-770) recognized both the Yin/Yang and Five Element theories.

The elements were also classified as the six elements at one time, which included water, fire, metal wood, earth and grain.

The five elements and Yin/Yang were applied to medical science and were not looked at as shamanistic healing. That is how the number changed from six to five. The last of the five elements was earth and the sixth was centered heaven.

In the Zhou dynasty (1000-771 BC), the Five Elements were identified as Water, Fire, Wood, Metal, and Earth. With this identification, they were also classified as Water moistens downwards, Fire flames upwards, Wood can be bent and straightened, Metal can be molded and can harden, Earth permits, growing and reaping. The Five element theory grows out of the natural school as well.

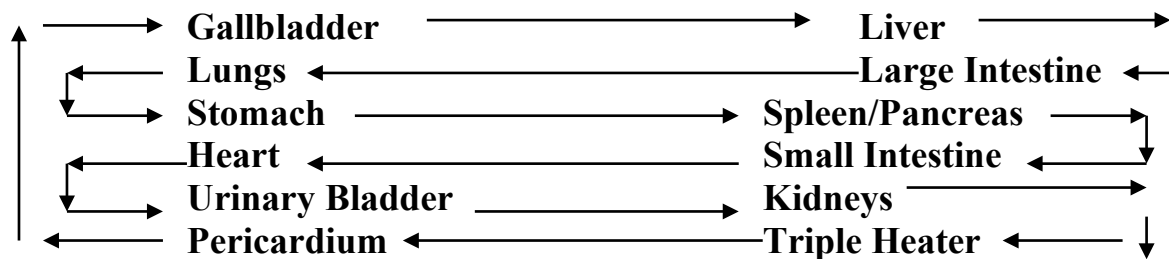
THE FIVE ELEMENT THEORY DEMONSTRATED:

- Five different qualities of natural phenomena
- Five movements
- Five phases in the cycle of seasons.
- Interrelationship among the Five Elements. Five Element correspondences.

FIVE ELEMENT BASIC QUALITIES:

- Water is salty -liquid -fluid – solution -descending – winter
- Fire is bitter -heat – combustion – ascending - summer
- Wood is sour – solid – workability – expandable -spring -
- Metal is pungent – solid – firm – foldable – contractible - autumn
- Earth is sweet – nourishing – nutrition – stable foundation – no season – end of everything - center

The Day and Night Flow of Qi through the Meridians and Organs

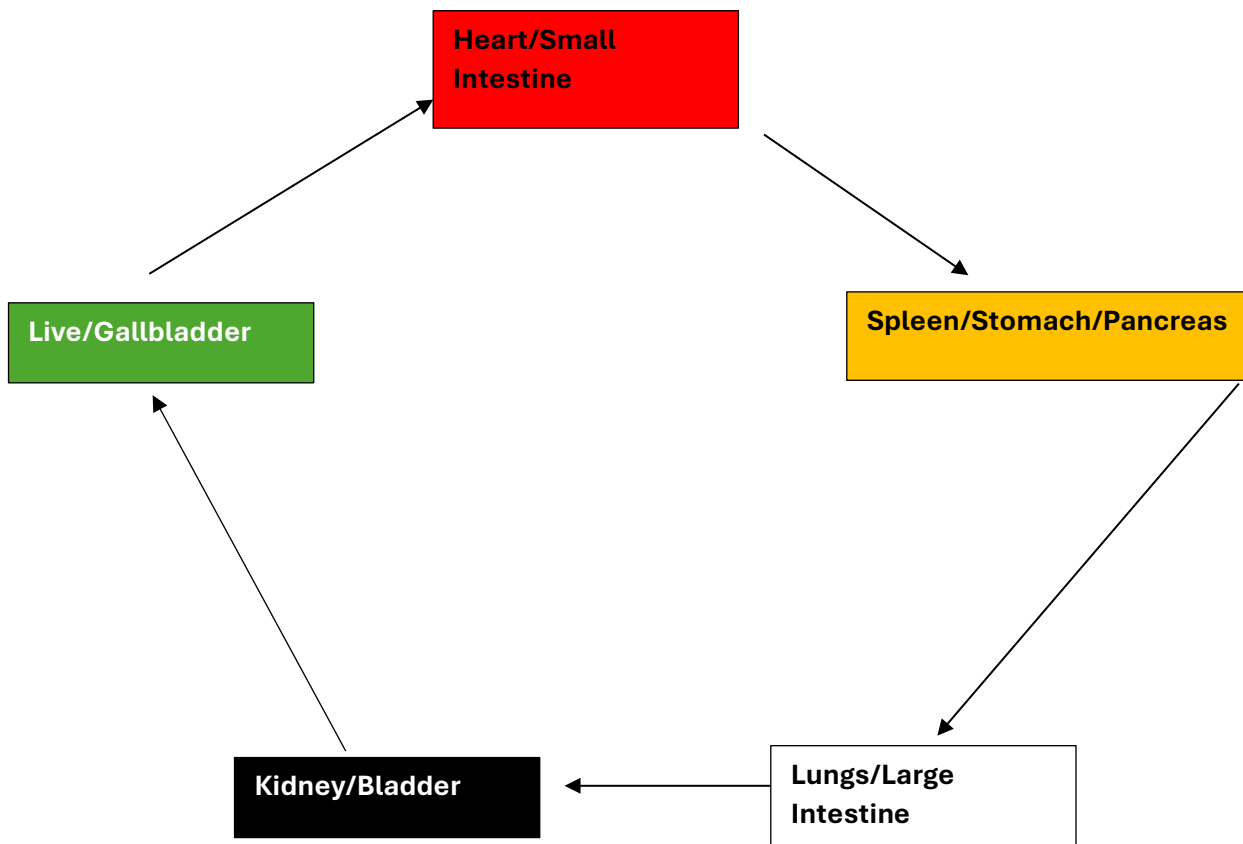


Note:

The Nourishing Cycle

Within the five elements there are two phases which govern how each element maintains its energy balance with another element. These two phases are referred to as the Nourishing or Shen phase and the Controlling or Destructive phase.

Nourishing Phase: gives birth to an element and nourishes it through its course of functions. One element provides and aids the other element in its function as long as the parenting element is strong enough to provide the energy needed. Wood nourishes Fire, Fire nourishes Earth, Earth nourishes Metal, Metal nourishes Water, and Water nourishes Wood. This phase is work like a parent and child, where the parent provides nutrients for the child. When the parent is unable to provide nutrients for the child it takes nutrients from the child. Each one of these elements corresponds to a season, and a time of day.



The Controlling Cycle

Controlling Cycle: consist of nature's checks and balance system. The controlling factor means that one set of organs controls the activities of another set, assisting the other set of organs to perform their function. If for some reason this does not happen, then the controlling set of organs will attack the set they are controlling and make them weak. Wood controls Earth; Earth controls Water, Water controls Fire, Fire controls Metal, and Metal controls Wood.

