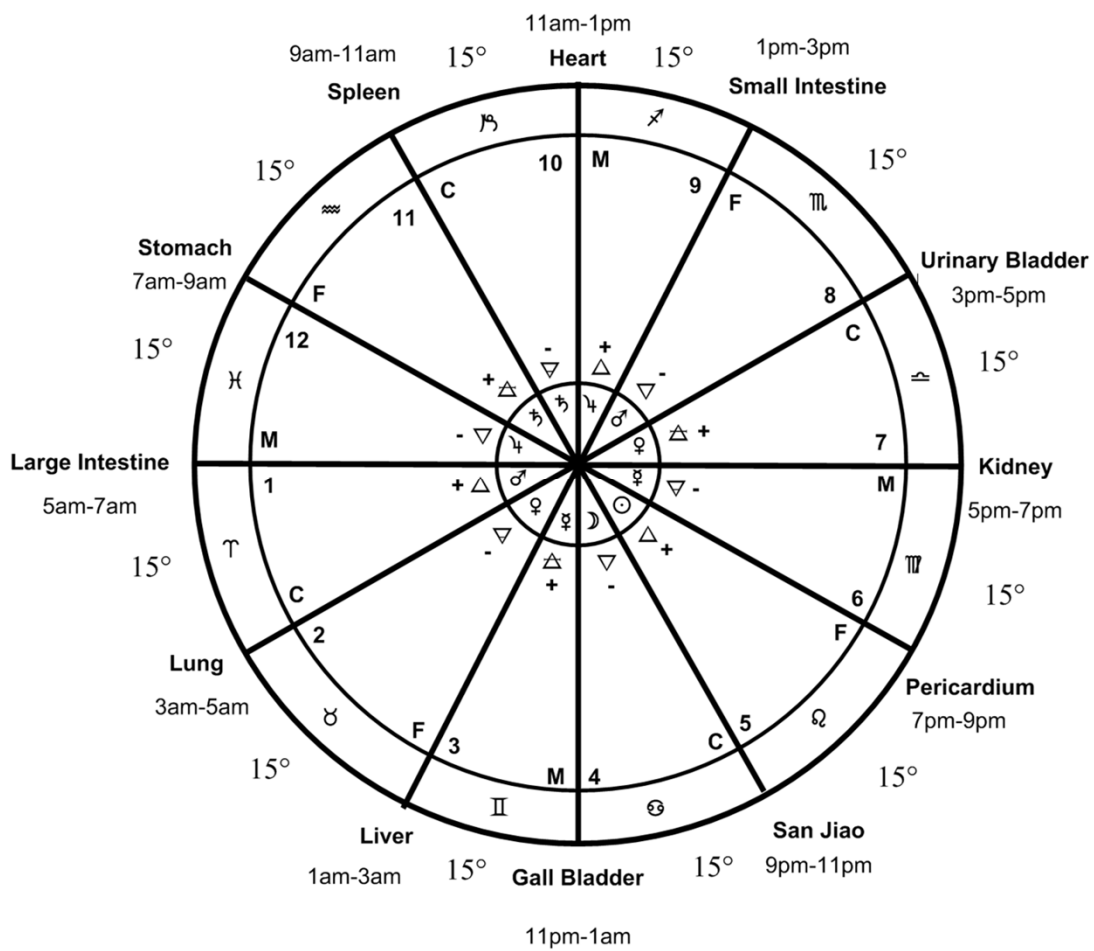
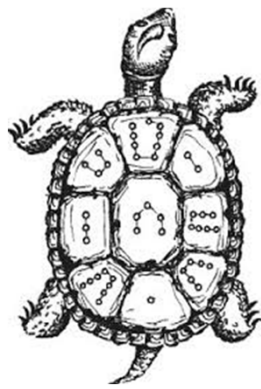




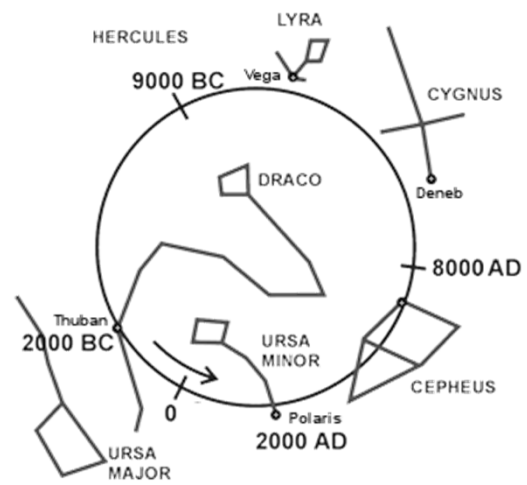
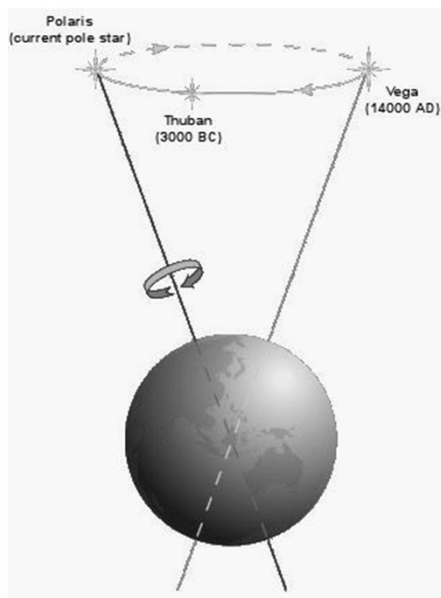
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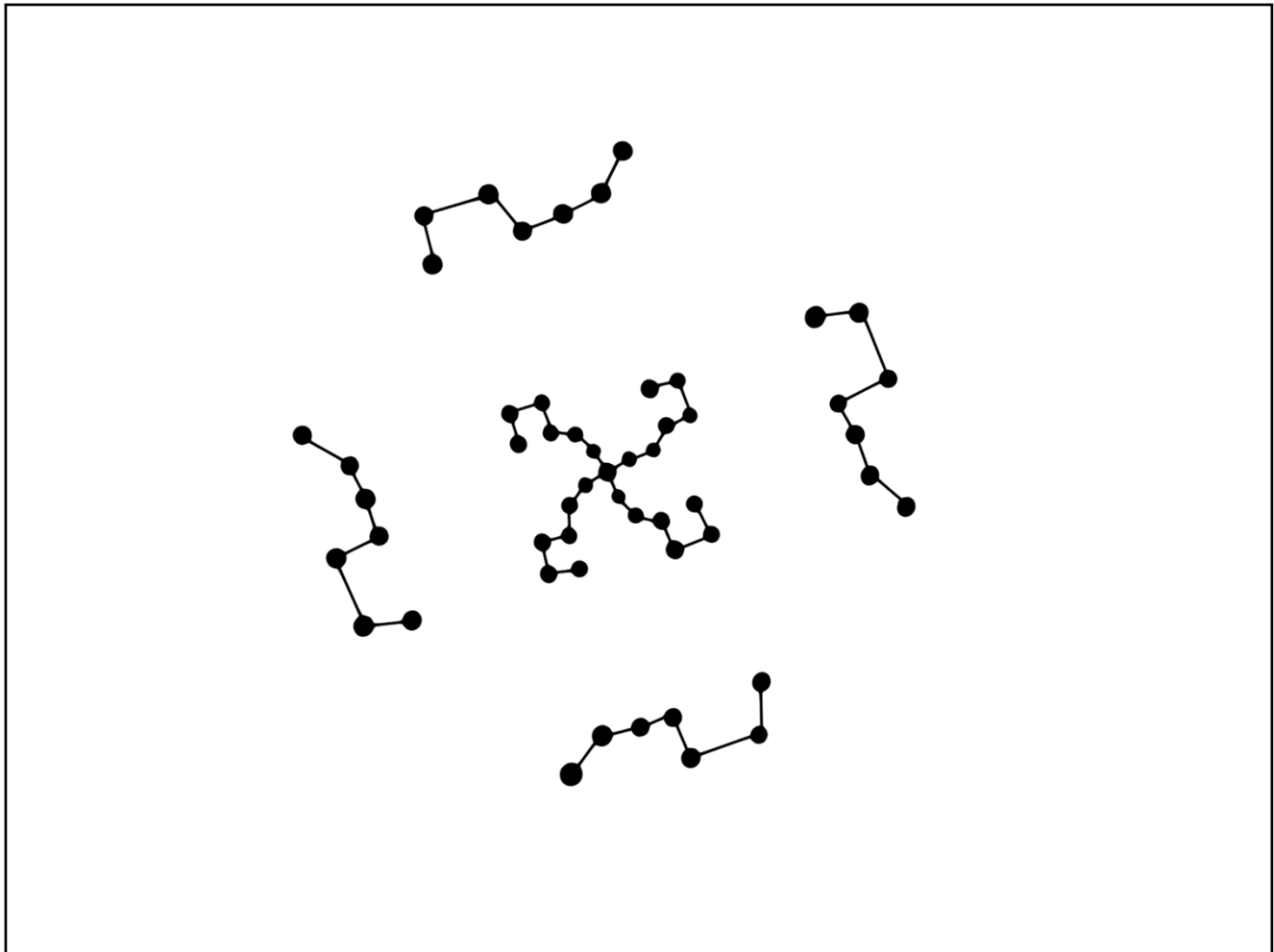
—PULSE DIAGNOSIS—



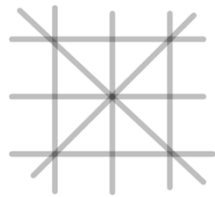


"Heaven" (*tian* 天)

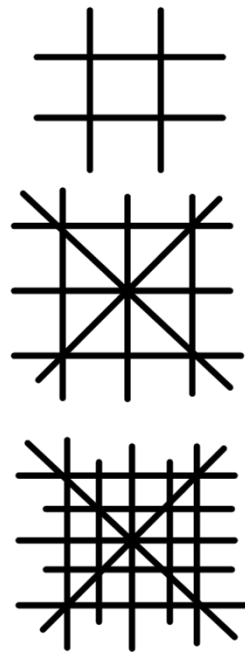
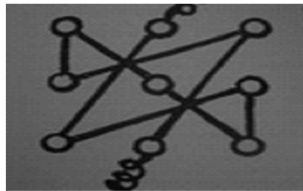


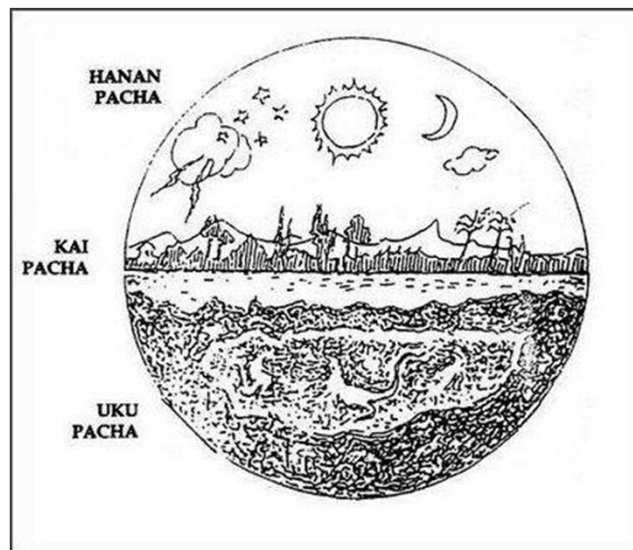


Nine Palaces



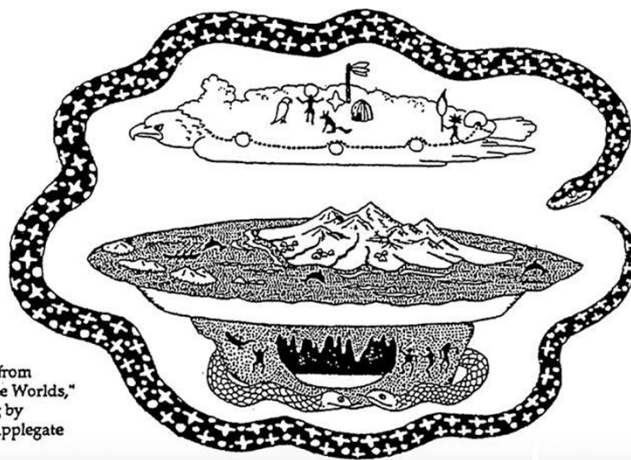
4	9	2
3	5	7
8	1	6



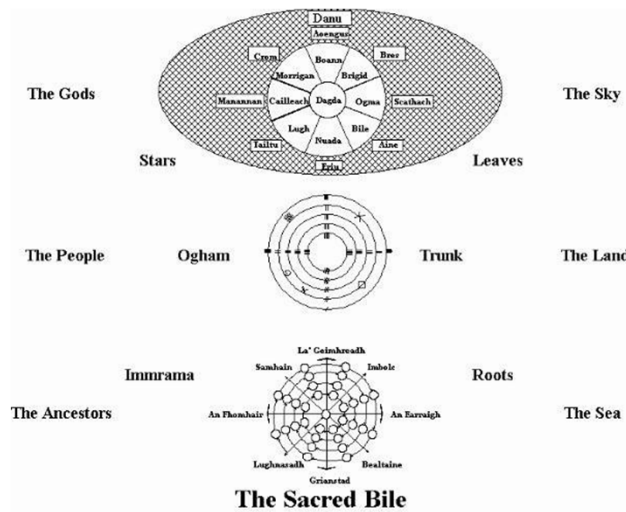


CHUMASH RELIGION

The Chumash believed the universe was made of Three Worlds like round flat trays stacked one above the other. The earth they lived on was an island surrounded by ocean and made up the Middle World. It was supported by two giant serpents, and when they tired they moved causing earthquakes. Powerful beings like Sun, Moon, Morning Star and Thunder were above in the Upper World which was held up by a great eagle. When the eagle stretched his wings he caused the phases of the moon. In the Lower World lived dangerous creatures who came up at night to frighten people.



Adapted from
"The Three Worlds,"
a painting by
Richard Applegate





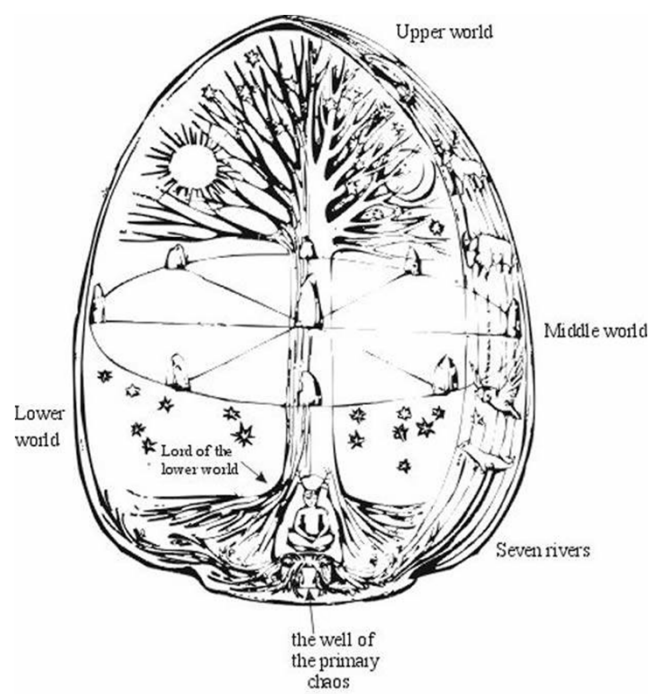
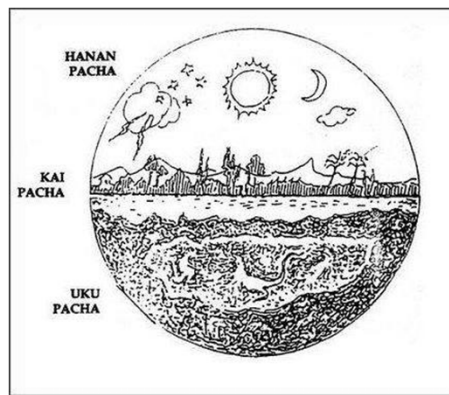


Figure 23. Celtic map of the upper, middle and lower worlds.



Objectives

- Explore the nature of the three treasures
- Identify signs and symptoms that suggest a particular treasure
- Practice assessment
- Explore the relevant forks

Why Three Treasures?

- Prevention of Disease
- Fulfillment of Destiny
- Seasonal Adjustment
- Cut Through

Roots

☯ *“Dao gives birth to one,
One gives birth to two,
Two gives birth to three,
Three gives birth to the ten thousand
things”*

Dao De Jing

Liu I Ming

- The Sun Moon and Stars are the three treasures of heaven
- Jing Qi and Shen are the three treasures of humans
 - The Moon rules Yin fluids as a watery planet.
 - The Sun rules Qi, particularly it's Yang fiery aspect.
 - The Stars (Zodiac) rule the Shen as the consciousness of heaven.

Shen-Qi-Jing

- Shen – the flame
- Qi – the wick
- Jing – the candle



The Three Treasures

- Jing/Essence is related to the Kidneys
- Qi is related to the Lungs
- Shen/Mind is related to the Heart

*Forks that enter these organs affect
the treasure*

Jing

- Coarsest & densest substance
- Foundation for the other two treasures
- Generates bones for strong development
- Nourishes brain for unclouded mental capacity



Jing, Essences

Jing Pathologies

- Childhood: growth of bones, teeth, hair, brain, sexual maturation. If weak Jing = poor bone/teeth development, stunted growth, mental retardation.
- Puberty: development into adulthood; reproduction/fertility. If weak Jing = infertility, chronic miscarriage, amenorrhea, premature hair/tooth loss.

Jing is Viewed in the Ears



Jing Remedies

- Rest, sleep, meditation (delays the depletion of Jing)
- Kid 1 & 3
- Drink plenty of water to flush out toxins & help support the Kidneys
- Forks: Moon, Pluto, Neptune

Qi

- Left – rice/grain
- Right – steam
- Steam from cooking grains; energy obtained by eating grains



Qi, Breaths

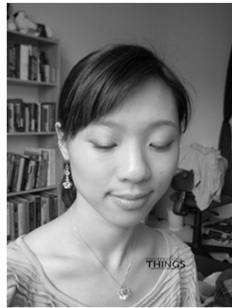
Qi

- Refined substance/vital energy produced by the internal organs to nourish the body and the mind.
- Each internal organ has its own respective Qi, each with its own function (i.e. LU Wei Qi – Defense).

Qi Pathologies

- Relative to the function of each internal organ qi (i.e. SP Qi xu, Liv Qi stagnation, etc.).
- Aggravated by stress, emotions, food, alcohol, toxins, smoking.
- Poor circulation of Qi can lead to pain and/or the formation of lumps, tumors, or masses.

View Qi in the Cheeks



Qi Remedies

- Improve diet, quit smoking, quit/reduce alcohol consumption, remove/alleviate stress.
- Deep, slow, abdominal breathing, lying on back, knees bent, feet flat on floor.
- Forks: Sun, Earth Day

Shen



- Left – sacrificial altar
- Right – vertical & horizontal movement
- Movement of the Virtue of Heaven

Shen, Spirits

Shen

- Immaterial of the Three Treasures; most subtle; the power of life without form.
- The Virtue of Heaven (De) received by the Emperor (HT) in the Central Temple (Tan Zhong).
- Light of Heaven/God/Spirit shining forth – inner brilliance manifesting in eyes, speech, and actions.

Shen

- Healthy Shen depends on the strength of the Jing and Qi
- Stored in & nourished by the blood
- Resides in the heart/blood vessels & retires there at night
- Animates the Jing (the body)
- Affects the emotional & spiritual capacity of the internal organs

Shen Pathologies

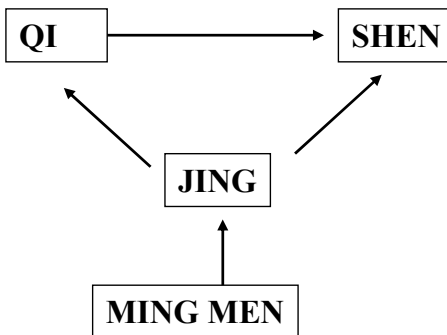
- Depleted Jing & Qi will cause the Shen to suffer.
- Healthy Shen –sensitive, open, clear mind & eyes. If damaged = dull eyes (like curtain over them), agitated, nervous/anxious, panic attacks, depression, inability to concentrate.
- Difficulty falling asleep, and/or dream-disturbed sleep.

View the *Shen* in the Eyes



Interdependence of The Three Treasures.

- ☯ *Jing*, *Qi* and *Shen* are three fundamental physical and psychic substance of human being.
- ☯ *Shen* depends on the strength of the essence which is stored in the kidneys and *Qi* which is produced by SP/ST
- ☯ If the *Jing* and *Qi* are healthy, *Shen* will be nourished



Three Treasures Assessment

⊗ Shen - Look in the eyes - what arises in you?
How is the focus and light refraction?

⊗ Qi - Look at the cheeks how is the Qi?

⊗ Jing - Look at the ears and under the eyes,
what is the Jing status?

Interpretation

- If the Shen and Jing are good and the Qi is diminished
- then it is the result of lifestyle, and you must supplement Qi.

Interpretation

- If the Qi and Jing are Good but Shen is diminished, then there is some spiritual problem, or some wrong actions weighing on the Shen
- Supplement, and clarify Shen

Interpretation

- If the Shen and Jing are good but the Jing is diminished
- the problems this individual deals with are likely familial

Interpretation

- If Shen is bright and Qi or Qi and Jing are diminished
 - Shen is usurping the other treasures

Interpretation

- If Qi is good but Shen and Jing are diminished, the person leads a good lifestyle taking care of self, but there is insufficient Jing to support Shen.

Interpretation

- If the Jing is good but the Qi and Shen are diminished, then lifestyle or postnatal events are affecting Shen.

The Subtle Ling is the Truth of the
Earlier Heaven. Then, what
transforms the Grand Immaculate by
attaining silence transmutes into the
Subtlety.

The Three Treasures

Jing – Qi – Shen

精 氣 神

CONCLUSION

- ☯ *When Jing, Shen and Qi are interacting harmoniously, Individuals live life at peak capacity. Everything seems to “click”. Our body, Mind and Soul are fully engaged.*