

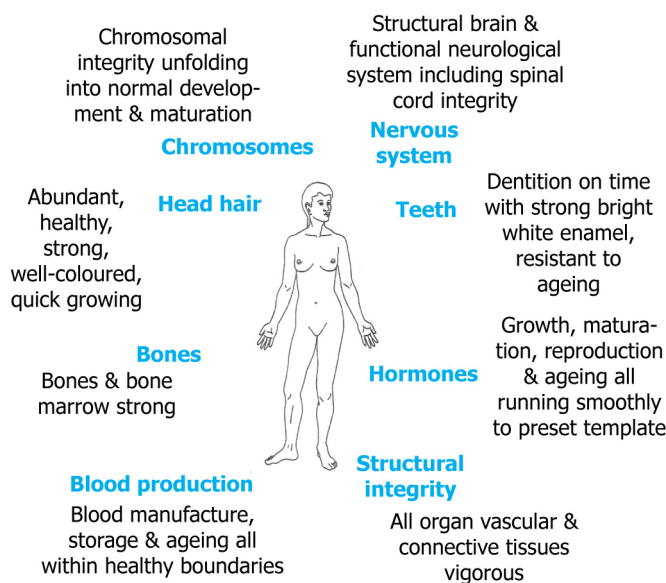
3 - HOW WE ARE MADE - JING

Jing is another Chinese concept that has no easy translation into the English language or concepts. Jing could be considered as life capital. It allows us to be here in a body, enjoying our senses. Jing is an energy concept incorporating the DNA coding, so the egg and sperm are Jing’s physical presence.

Jing is the essential energy building block. It forms the foundation of the Kidney energy, which is itself the root of Yin and Yang Qi (energy) above. Like any another form of inheritance, Jing can easily be spent unwisely, when not adhering to sensible guidelines.

HOW DOES JING MANIFEST?

Jing shows as normal and healthy growth and development. The rate and quality of maturation and development through one life phase to another shows as the unfolding of our Jing. Strong healthy hair, bones and teeth, complete and normal brain and nervous system development and a strong constitution that is able to sustain the being through the various life challenges are all indications of healthy Jing. **How the Jing expresses itself**



Conscious parenting: allowing baby development to unfold according to the inner template,

with a carefree early existence, ensures that the infant will have the **best possible foundation for**

Spend a moment to think of how it was for baby you starting out – how were your parents and their lives? For successful baby making, there are substantial reasons for waiting until BOTH prospective parents are in spectacular states of health and at the peak of potential they can be - as the lifelong health and wellbeing of the one they seek to make is in their hands. The baby’s emotional signature is totally at the will of the conditions present at birthing – the state of peace and Nature expressing itself.

HOW TO ENSURE A CALM PERSON EMERGES FROM MUM?

The current epidemic of distressed, difficult babies becoming very tricky toddlers and growing into very disordered children and teenagers has its roots where no one was really conscious – overseeing the safety of the soul as it anchors into the physical at the crossover fetal – adult circulation. You can see as you go on, just how crucial to the Shen this is. For a life easily lived.

The inherent mammalian programmes guarantee maternal bonding and baby safety on all levels. Gross physical safety in birthing is likely as we all live in an awareness of basic sanitation practices and are all basically well nourished.

Listening to mum's body and providing her with the sense of inner knowing to do what comes naturally – what the body has been started alone and has been doing perfectly throughout the pregnancy is the key. Leaving a baby within mum until they are both ready for meeting at birthing is the key. Mammalian maternity – pre-programmed and [Leaving Well Alone](#) works.

In all things, the physical body's instructions are governed by what happens with the energy fields. These are interwoven with the perceptions the individual makes. Survival on all levels beginning with the mammalian fight or flight – form the foundation. These begin at the instant the fetal circulation shifts. Emotional health depends upon the strength of the Shen and how safe it feels. The Shen resides in the heart . . . the heart is where the birth trauma is held.

Consciously using non-violent birthing practices is an intentionally responsible beginning for the easiest life a baby can have. (As outlined by some as [Dr Frederik le Boyer](#) and Dr Michel Odent - www.WombEcology.com) A calm and natural beginning as a mammal and a very bonded primate through mum and baby's hormonal highs – the safest start Nature provides.

Jing encompasses all that allows us to unfold our template as humans. The quality and quantity of our Jing carries us through our lives. It is not just genes . .

What else is influencing this life expression?

'Karma' (Personal & family energy patterns) DNA (**genes**)

(More 'Yang') RESONANCE

(More 'Yin') STRUCTURE

Our culture, considering the mechanical aspect as being the only tangible consideration sees the genetic inheritance only through the physical manifestation of the 'Jing'.

Aging can be considered a gradual transformation of Jing into wisdom. The resonance/ energy component is that which could also be called the spiritual/ karmic aspects of self. This also includes the encoded patterns carried down through the ages via our 'family' line and our own personal soul history.

JING – OUR INNER BANK ACCOUNT

If you are concerned about making a better baby naturally – please pay very close attention. This is totally real, understood by those whose livelihoods are dependent upon making the best – in the garden, on the farm, or in any breeding pursuit. Those with vested interests, and/or who have money to be made by not following nature have come up with all sorts of excuses – none of them very valid – to have you believe that you HAVE to ignore quality as time is against you.

The quality of the time in a body (a 'life') is determined by the strength of the individual's Jing. Life capital, deposited at conception, is our Jing. It is inherited as a potential source of great riches, from the combined parental lineage. Jing may have been allowed to unfold calmly within our early formative years. If it is nurtured well, the parental great start as responsible care and attention (especially before conception) pays dividends later.

How well we have looked after ourselves, and our Jing shows in the variable rates of aging. This is due in part to the amount and quality of reserve essence (Jing) that can be called upon in crisis. We all start from different beginnings. We could see this as different starting lines in the race of life. This is another reason to totally ignore the idea that we all age at the same rate.

Aging is partly dependent upon the quality of our lived life experience, and partly on the rate at which we drive ourselves. This is not a pre-set metabolic and regenerative process, ('genetic'). 'Genetic' is itself tied into the EXPRESSION of the genetic potential. What lies on top of this is even more important – and this is where the toxins and the stressors of life show up.

We see that the time inside mum being grown in the pregnancy as being crucial to that being's rest of life. Mum determines the quality of life possible in her pregnancy, of her child forever. Once born and independent of her actual direct influences, what happened to us is still being felt.

How sensibly we wisely store our Jing (inheritance), or how fast and furious we run our capital into the ground is up to us. Aging then happens slower or faster depending on our life choices and responses.

If as adults we choose to live moderately, it is likely that we have been able to live easily, healthily and well, able to adapt to all life's challenges, slowly wearing down the store of Jing, eventually wearing out and dying. If however we choose to live in the 'fast lane': choosing an 'exciting' life by burning the proverbial candle at both ends, we will wear our Jing and ourselves out in a quicker pace.

When trying to become parents - we may find ourselves NOT conceiving a well pregnancy leading to a healthy baby – as we may find that we have ‘spent’ what was to be handed down . . . Whilst the medical profession talks about ‘age’ and medical conditions the real problem – what is left over to GIVE to the prospective baby – is ignored.

OUR EARLY LIFE EXPERIENCES CREATING REALITY

The closer we are to the point of conception – the setting of our Jing standard – the more life experiences impact upon us. Western medicine is beginning to see the new science of epigenetics as having immense importance to whether the genes even express – and how well. Perhaps look at [this lovely presentation](#).

We can see that the earlier that a toxic substance is introduced to a fetus, the more disastrous is its impact. During our in utero lives, we are subject to all maternal mood swings, as we live in a sea within her. All biochemical and hormonal surges and tidal flows, affect us as they do her. Her Shen is carried within her Blood, and we, whilst containing the genes from both parents, are very finely tuned into her essence. This means that her responses are our beginnings, and as a default setting, shape us in our formative times.

The time in utero and immediately after birth have crucial affects upon a vulnerable soul. In the cross over time between being nourished and supported by mother’s blood stream, and becoming a separate unit, the home of the Shen – the heart - undergoes a colossal shift. Fetal circulation allowing life changes to independence. Nature sets up the mum and bub for a lifetime of bonded peaceful loving. Leaving well alone to find its own timing is best. Any distress felt at this time will be embedded in the new being – for its whole life.

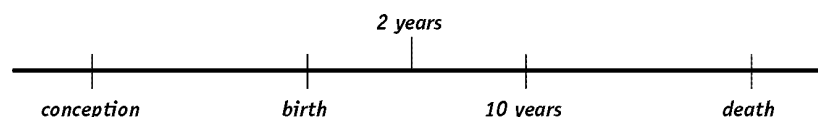
The first moment where the person starts breathing is a major time in a person’s life. Anything that upsets this process can be seen to irreparably harm the forming personality. The shock of HAVING to be forced to take a breath – when the [umbilical cord is clamped](#) too soon as an example – creates undue catastrophic patterns to be set in motion.

Whilst not obvious in gross pathology – of course the baby is alive - changes happen. Maybe also see [Birth Psychology](#) for more.

This has been noted by those who follow [Lotus Birth](#) principles and in work from both [Dr Michel Odent](#) and also [Dr Sarah J Buckley](#). Shivam Rachana has an entire book (Lotus Birth) on this – [see here](#).

One of my teachers, an elderly Chinese herbal doctor, Dr John Shen, formulated a framework that may assist in the understanding of the importance of our early experiences of life.

He was a magnificent healer who developed his own system of pulse diagnosis based on his life observations. His entire framework is easy to follow in daily life as it follows what really happens. He maintained that the impact of influences was inversely proportional to our chronological age at the time they happened.



The **first third** along this line covers the period from conception to birth. As we are developing our blue print at this time, anything that affects us, or our mother impacts upon us tremendously. Awash in her hormonal sea in utero we are at the mercy of all physiological or emotional responses. How she perceives the world is our unconscious template for normal - one which we may find ourselves recreating 'to come home to' for the rest of our lives.

The **second third** covers the time from birth to 10 years, with the midway mark of experiences that impact upon us for our entire life being at the age of 2 years. This shows how our early lives, and our relationship with our mother affects us.

All of a baby and young child's reality is framed through the lens of mother's perception. If she is of calm demeanour, able to rise to the challenge of distressed babies and difficult life circumstances and if she is able to adapt to her new life as a parent, our early lives may be safe and stable.

The **last third** of the influence of situations on our lives covers the period onwards from 10 years of age. Hence when a person seeks assistance for a 'problem' in adult years, knowing what happened in their early lives may be of great use. If coming from a regular, safe happy and orderly background, the individual will probably strive to return to this in their adult life.

OUR CULTURAL INHERITANCE IMPACTING UPON THE JING EXPRESSION

The time in utero begins the template, the childhood years will enforce this and supposedly we recreate this in our adult years. Our blueprint – not genetically as this happened at conception – but how we respond in the world is now being laid down. (Epigenetics).

If mother is calm and peaceful; if she listens to her body and rests/eats/exercises when she needs to, we are likely to be allowed our graceful growth towards independence and birth. If she rests enough, if she takes time out to explore what the changes will mean to her and if she is nesting and ensuring the partnership she has with our father to be founded on strength and respect, we are likely to be well looked after.

If she is a 'nervy'/excitable or otherwise 'yin deficient' sort of woman, she will no doubt impart this quality within baby. We are at the mercy of all her reactions – on the biochemical and all other levels; she is actually making who we will become from the potential that the genes initially gifted us. Her choices of nutrition /hydration/inner pollution and state of mind/being/happiness all change the genetic inheritance.

If she becomes upset or is very stressed regardless of her usual disposition, we will be affected. If she is shocked, so will we be, as we are totally at the mercy of her reactions on all levels. If she is in any way in danger, or perceives herself or the pregnancy in danger - especially leading up to birth, (particularly being exposed to all the awful possibilities everyone regales her with) she is likely to be less able to nourish baby through the placental flow as she is so stressed.

'Do no harm' here – means allow nature to unfold in peace.

I write this as a healer of nearly 40 year's experience – and a mother of 4 aged in their own twenties, thirties and forties, with over 35 year's experience teaching healers. Watching what is happening to the young mothers, I wonder how on earth I am to help them and their babies as they have 'bought a lemon' – the apparent safety of having a surgeon on standby to save them from birth pain – it means baby is NOT offered what Nature would have guaranteed for her/him – a bonded mammalian maternal love attachment.

We have all been through the birthing process, and many of us have then gone on to birth our own children. During this current time in our culture, we seem to be fixated on pain avoidance and in 'safety' – especially for the hospital staff, rather than the intactness of the maternal - baby bond.

What is written here to my knowledge has not been published

Below are notes from the late Dr John Shen's 60 years of observations – taken from personal notes in seminars attended in the very early 1980's in Sydney, Australia. It is here to show you how you can alter the template that was supposed to be for your precious baby. Play 'safe' according to the medical fads of the day at your, and your baby's peril.

My suggestion is to always follow Nature

Seeing this laid out, and undoing what has led you to here - how life unfolded/happened for you as the vulnerable being you were/are shows what you may do to rescue yourself/undo your own blockages towards wellness and a more lightness of being.

As a fetus we are compromised when/if our mother is upset or bothered. We may go through our lives branded through the birth we had to have – whether due to the insistence of the dominant birthing culture in most western countries or something really untoward that occurred as we were birthing, the result tends to be the same – we are alive. And indelibly branded.

Possibly we need the experience to live out our soul script – whatever it is . . . but – can we not at least choose consciously to birth and rear children more gently?

We would all gain from this.

DR JOHN SHEN'S 'HEART' (HOUSE OF THE SHEN) PROBLEMS:

The termination of fetal life – and the instant of separation/independent life can be seen to have far-reaching consequences – as it shapes the personality's development. Left alone, as all mammals are, the cord would give the life giving blood back to baby – and with it – the Shen that is stored within, the life giving heat, and the stem cells (instead of handing them over to vested interests).

Baby is safer, and would not be in a dazed state having lost possibly 1/3 of his/her breathing resources in the hasty and ill advised manner. Mum is not likely to get a leakage of bub's blood back to her bloodstream, which may kill her. Her body is sensibly trying to pump it away – through the cord knot. But this prevents bub's blood return to where it is needed for his/her breathing.

Below you see how it happened (etiology) followed by how we feel/see it (the manifestations). If you do not understand all the terminology - it will come up later in the text.

1 - HEART QI XU (DEFICIENT)

From constitution or life experience

Signs and symptoms

Tends to be anxious with stress in both types
(whether from constitution or from life experience).

Anxious even without stress and pulse rate changes easily
(Pulse shows lots of change with movement)

These are primarily seen as [Heart Blood Xu](#) in TCM although this is secondary

2 - 'HEART TIGHT'

Either from [excess heat](#) from Liver/Stomach- Pericardium (often shock related), or from deficient (static) heat from 'heart overwork' (i.e. attempting to overcome the small stagnation from the emotional shock).

Signs and symptoms

Constant worrying and tension

Racing mind

Inability to get to sleep

Occasional left hand side chest discomfort

3 – ‘HEART NERVOUS’

Yin and heart deficient - causing Qi and heat to be unstable, and to be a bit small.

Often constitutional dispositional from worry and ‘heart tight’ over a long time.

Physical trauma (more often at birth) - sometimes in utero.

May not have physical signs and symptoms as the body (i.e. the circulatory system) has absorbed it.

Signs and symptoms

Easily fatigued especially in the morning on waking

Sleep restless marked by frequent waking

Occasional palpitations

Often and frequent disturbing mood swings (roller coaster mildly out of control)

Relatively mild nature, with increased irritability - look at them- they are usually thin and nervous.

Two types of ‘heart nervous’

Prolonged worry and ‘heart tight’ feel nervous - most of the time.

Pulse slightly rapid 80-84 due to shock – more serious rate change at rest with no missed beats.

4 – ‘HEART WEAK’

Blood of the ‘heart weak’ with some subsequent ‘Heart Qi Xu’.

Prolonged heart weakness can go on to become PHYSICAL heart disease.

From Heart Blood Xu (deficiency), Kidney Jing Xu, Spleen Qi Xu, and/or excessive Blood loss over time. Also from constitutional heart deficiency.

Signs and symptoms

General feeling of weakness and numbness

Blood Xu and diminished circulation

Depression

Poor concentration and forgetfulness

Sleep pattern is OK for a few hours, then awake and can’t go back to sleep

Usually tired in the morning

5 – 'HEART CLOSED'

Qi can't get in, trapped in the muscle. Shock has blocked it up.

From emotional causes usually in childhood

Sudden loss of a parent, or of a heartfelt connection.

Heart that is nervous over a long time.

Physical shock to the chest.

Signs and symptoms

Vengeful and spiteful

Chest pain. Needle like and fixed is more serious than sensations of oppression.

6 – 'HEART SMALL'

From the umbilical cord around the neck, head outside and not breathing.

Shock - arteries constrict and deprive the heart itself of Qi and Blood = Blood stagnation to the arteries.

Heart is suffocating – due to stored shock.

This is true heart disease (coronary heart disease in western medicine).

Signs and symptoms

Unexplained and unexpressed fear

Night terrors

Easily startled

Shortness of breath

Hard to inhale Palpitations and cold extremities

Chest pain usually needle like stabbing also radiating to the left shoulder & arm.

7 – 'HEART FULL'

Qi unable to get into the heart.

Prolonged from birth - head inside, more serious than very profound repression of emotions when very physically active. (Hence this is super serious)

Will result in an enlarged actual heart organ and hypertension much later in life.

Signs and symptoms

Always tired, regardless of rest

Little energy

Rather depressed

Emotionally labile and unstable

Hot tempered & easily angered (without provocation),

This is more severe than heart weak /nervous.

Entire body is uncomfortable.

Difficulty breathing out, less problems breathing in.

Discomfort lying on the left hand side will eventually go to 'Heart Large'.

8 - 'HEART LARGE'

From high forceps

Excessive sedation (All have a profound effect on the nervous system)

Caesarean section

Premature induction

Also constitutional Heart Qi Xu

Heart full prolonged

Rheumatic heart disease

Child labour, pre-adolescence with malnutrition

All worse with chronic repressed anger

Signs and symptoms

Extreme shortness of breath especially on exertion

Difficulty breathing flat or on the left hand side

Chronic chest discomfort

Easy and extensive fatigue

Maybe hypertension

9 - HEART DISEASE

Approximates heart failure - from constitutional predisposition

And/or work beyond energy in pre-adolescence

And/or extreme abuse of drugs including alcohol and cigarettes

And/or severe emotional shock to the heart in early life

And/or repressed anger

Signs and symptoms

Same as 'heart large' and 'heart full', but more pain and fatigue

Coldness of limbs and body

Shortness of breath and spontaneous cold sweats

Pitting oedema

Poor concentration, forgetfulness and palpitations

Numb upper limbs

Suffocating heaviness in the upper chest

WHAT DOES THIS MEAN?

We are not paying attention to what directly influences life. By not using time-honoured practices and by having a very low 'goal post' and by not honouring the mother – baby dyad, we are seeing difficulties where they were not when mums were mums.. We have created a disempowered disconnected generation. Labelling eventual physical conditions and looking for syndromes, rather than undoing what created the disorder leads to a sense of helpless hopelessness that often also pervades medical knowledge and services.

Being conscious of the need for primal bonding would be most helpful. Have a *baby centred birth*. Various writers have pointed this out over the recent decades. Most mothers would have witnessed that a natural easy vaginal birth usually gives a happier baby. She may see the correlation between a traumatic birth and a disturbed baby. Being born safely could be measured by being a connected mammal. Gentle bonding, exultant mother. Arriving alive in this day and space should be assumed.

Mammals just birth in the dark by themselves

Safely as a private and intimate adventure

An intact mother – baby bond from being as primally birthed as possible as this is the key to the person the child becomes (the first two thirds of impacts that ever happen to that person do so on mum's direct watch). Dr Frederick le Boyer started a process with 'Birth Without Violence' in the early 1970's.

This was followed by the water birth phenomenon and then the Lotus Births, and the general (especially homebirth midwifery) attempts to keep mum and baby in as near to natural /mammalian conditions as possible. Dr Michel Odent the French obstetrician, and Dr Sarah J Buckley the Australian doctor and homebirth mother have also extensively written and travelled espousing these views.

Looking to any birthing statistics, home birth and women centred care provides babies with the calmer outcomes.

Mum being cared for as a birthing woman undergoing initiation into the deeper women's mysteries and completing her own inner work to lose her previous precious princess self. The maternal selfless sacrifice is very necessary for the good of the newborn. Both of them can't be competing for the same resources.

Whilst subjective maternal enjoyment and ecstatic birth seem far removed from our current decade's birthing focus of 'risk management' and 'best policy', when enjoyed, they lead towards much safer baby beginnings. As we can see from looking through Dr Shen's information, most of us are branded/already 'damaged' when we are born.

This is at the time when the physical is focussed upon – but the emotional and the energy importance are being medically overlooked. No-one seems to be baby centred enough to spot this. Mum and dad are usually focussed on new being – whose nose etc they sport, and that the hospital has done a 'safe' delivery.

BUT - does baby have a blue mark/line on or above the bridge of the nose?

But what about how baby really feels – granted when little we cannot say – but it is obvious through watching many young beings that they are NOT happy. Gentle cranial work done by qualified osteopaths and chiropractors can make an astounding difference to babies who lives appear to be sheer misery.

What to do we do once trauma has happened?

Maybe you are reading this for yourself as an adult. Or with a baby - home with mum; being difficult – screaming/ not settling/having colic /reflux/being generally shocked and not happy.

Try to assist the being as much as possible. An inconsolable screaming baby HAS a problem – it is not itself THE problem If mum is saying that there is a problem, there more than likely is one. Western medicine has no tools for this, as there is no disease state YET – the disorder is still in the energy levels.

The new being needs un-shocking – **vibrational essences** designed specifically for this (see www.roseofraphael.com.au), which even placed on the heart chakra, rather than taken by mouth, may have instant calming results. Other vibrational remedies may be used - I have found Kaliana's to be exceptional as she has targeted to date 10 different states around conception/birthing and sexuality/ reproduction generally. I have found other systems, like the Bach Flower Rescue or the Australian Bush flowers, whilst great in general – to not target where it is needed here.

On the physical level, having **gentle osteopathic/chiropractic work** done also helps relieve the baby of its trauma. Colic, night terror and unhappiness in general may all be assisted here.

Become active in your own sphere – with relations and friends – and politically in **trying to halt the damage** (Dr Michel Odent has covered this well through looking at the statistics – see www.WombEcology.com)

If you see yourself in these pages, if you are concerned about it as an adult – take heart – it all probably has made you a person who eventually will be less judgemental and more compassionate - at least for yourself, as there is no such thing as 'perfect' – except as the best you can be.

Maybe start your inner healing journey today, rather than spending any more time trying to find a label for the un-wellness you may have felt all your life . . .

Look to the [courses here](#) to help yourself.

Impact of life influences

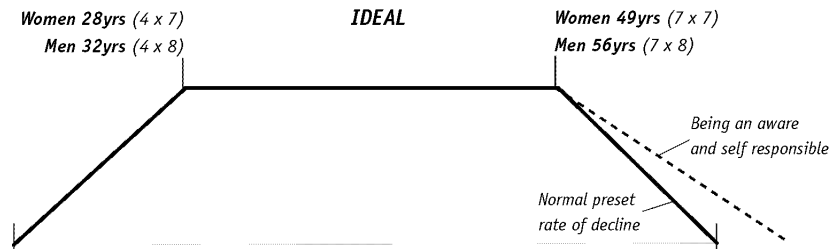
Beginning life with relatively poor quality Jing through having elderly or ill or traumatised parents, or by enduring a difficult gestation may be a gift as we HAVE to know how to look after ourselves very well – little margin for error.

Those with what could be considered top shelf genetic inheritance may waste this opportunity as they have a larger margin of error to play with and in, before the signs and symptoms of ill-health let us know we are being self indulgent and self destructive. Those whose hold on life was more tenuous learned young that following regular life habits netted easier living and so may actually be more wise with their 'life capital'.

When we leave home and start doing the usual things, we can either follow the blueprint that they provided, or start a new set of /normal ' – binge drinking, not bothering to eat/sleep etc - all have their consequences. Squandering a great constitution is often the only way we learn to look after ourselves - although it may be heart breaking to witness from the side-lines as the observer parent. From birth we with our parent's guidance live within the parameters that see us growing well and to our potential.

Ideal Situation:

28 for women (4 x 7) 49 (7 x 7)
 32 for men (4 x 8) 56 (7 x 8)

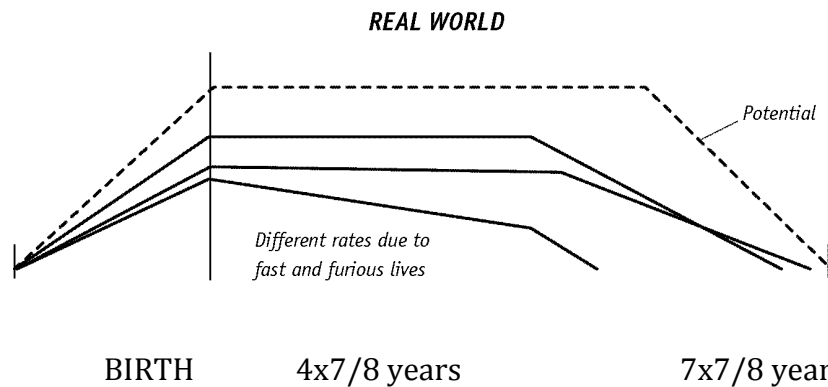


We grow well and in a stable home.
 We make our own way in the world
 We start replicating ourselves around the time we have reached our biological peaks.
 We start slowly dwindling around age 49/56 years.
 The rate and speed is determined by how well we lived before.

This plateau is based upon the 7 and 8 year cycles that govern the Jing expression as women and men. It is in part dependent upon our life experiences, and whether we live off our interest or squander our capital before we reach our potential life span.

To live well, maintaining our plateaued constituency, thus allowing maximum health and vitality – we must live stable lives.

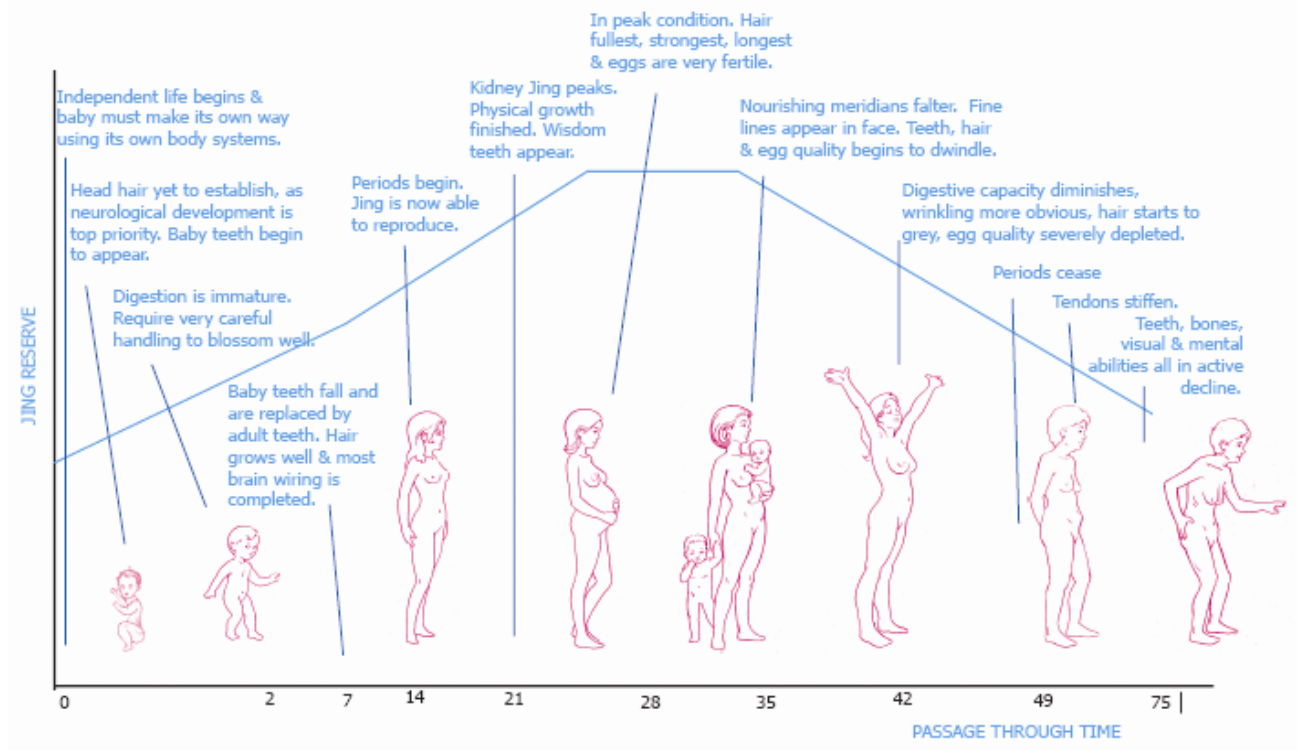
BUT - what tends to happen - *ideal* is the dotted line.



Should we follow fairly sober life habits, we can greatly enhance not just our present quality of life and that which we bequeath to our children, but also greatly improve our life quality into our 'golden' years. Ideally we would be regular in all habits, allowing the Jing to express itself through all developmental stages in an orderly fashion.

The different solid lines show how we could in 'going off the rails' as a teenager or young adult, really alter the time and the quality we have here in a physical form.

As women, there is a progression with optimal ages, where unfolding of the Jing occurs. Women have a seven year cycle – men an eight. This helps explain why girls seem to develop and mature faster than boys – and why men seem to go gray and age a bit behind them. Although there may be a little variation due to quality and quality of food/physical safety etc, we all carry this encoded within.



By the age of **7 years**, relative stability of being here has been established and the physiological maturity of the digestive/circulation/and nervous systems have developed to where they can sustain us. Once the physical body has grown sufficiently to almost adult size, the Chong and Ren meridians (see appendix) have become filled up and eventually overflow. The Ren (conception vessel/sea of Yin) and the Chong (sea of Blood) meridians spill over creating the menstrual cycle. (See appendix).

This occurs at **around 14 years** (slightly younger in our culture due to excess nutrition) depending on the body's previous genetic and lifestyle history, the regular storage and shedding of Blood can be regular, painless and automated or chaotic and disruptive on the girl's life. In a sense each monthly period is a report card of how her body, and she, is coping with living.

By 21 the body is in full operation capable of birthing & rearing many children.

At 28, supposedly with sensible living one has laid the foundation for a healthy long life. Perhaps life situations have intervened and the person has fallen short of their genetic potential wherever they fall on this line they can maintain, by sensible living, until the gradual dwindling that begins after 7 x 7 for women (49) or 7 x 8 (56) for men.

If we persist in running a superwoman version, proving that we are 'better' than the boys (by not honouring our bleeding times), we will not only fail to reach our intended potential, but we will sell ourselves remarkably 'short' for our later years. If we chose to give out all of ourselves to others, an accelerated rate of decline will reflect in premature ageing, and difficult menopause.

At 35, hopefully we have worked out that we are the most important people in our own lives. Depending on our genetic inheritance and how we have lived ourselves to date we will be feeling lustrous and zestful or world-weary.

At 42 - body is starting to return to self, from producing & mothering new lives.

At 49 - there is now a relative shortage of Blood and Yin in Ren and Chong meridians (see end of this book), hence menstrual bleeding dwindles and ceases. This should be completed with a minimum of fuss and bother.

HEALTHY AGING

This is dependent upon our ability to transform aspects of the air, water and solid materials, incorporating their structure and their energy into that which we can use for our continued existence. How well we achieve this, the quality of the results, and our personal expression of who we are, are all direct results of our Kidney energy, and beyond this, our Jing's ability to support us here in a body.

As we age, life experiences affect us less, as we have developed tools to shield ourselves, making new sense of life. *As we grow into maturity*, the foundation of a strong constitution; a steady, nurturing environment, and an orderly, safe passage learning how to be a productive member of the society; uncovering enjoyable purpose for our lives, all allow for maximum blossoming of Jing.

The Kidney Qi (energy) in our body supplies and moderates all aspects of everything that keeps us intact as a physical form. It is the source of our Yang (metabolic) and Yin (regenerative) energies. The strength of these is a measure of the quality and quantity of our Jing.

How we appear to others is a projection of the health and strength of our Jing. The strength and healthy life of our hair, bones, teeth, our mental stability and intellectual capacity, our easy reproductive histories and our own rude good health are all indicators of the strength of our Jing.

Our rates of aging – along with rates of metabolism and of reproduction are all held in the 'hormonal' areas within the brain and spinal cord. (These being governed by the Kidney Qi). They can be totally influenced through life choices, not preset by 'genetics' (the absolute possibilities) -- but what we do with ourselves – how we let the genes express if you like.

The strength of our own reproductive vigour and the rate of our gradual decline (aging) are measures of our genetic inheritance, influenced by our life choices.

Disease and wearing out then become totally in our own hands - not a matter of luck at all. One's store of Kidney Jing and Blood should be sufficient to nourish one without drama until the eventual decline of the physical structure. In other cultures and at different times, where physical survival was a constant battle against the elements and warring tribes, this ageing process was completed more rapidly.

In such cultures, in order to maintain the population, child bearing would have begun at puberty, mothering well established in the 20's, menopause in the 30's and possible death in the early 40's. In our times, we are generally well nourished, in safety and comfort, thus our life span is lengthened. It is the quality of our lives that is the issue for us, as living in civilisation gives us the choice to totally go against the natural laws, supposedly with impunity.

Evidence of physical ageing that is depletion of Kidney Jing shows in the deterioration and eventual loss of teeth, hair, bone structure, mental acuity and youthful complexion.

Paying scant attention to our state of Jing and Blood, especially allowing the over-bleeding and constant non stop activity, without thought of self care, wears women out. This gives a difficult ending, often degenerating slowly and medically apparently unluckily, over decades.

HOW WE CAN CHANGE THIS - PIVOTAL TIMES IN A WOMAN'S LIFE

Dr John F Shen - the same Chinese herbalist mentioned above saw that a woman's life can be marked by four life changing events.

- Puberty
- Onset of sexuality/social and sexual independence
- (Originally marriage – move away from family of origin)
- Pregnancy
- Menopause

At these times, our [Kidney energy](#)/hormonal repercussions create a window of instability. We have, at these stages the capacity to undergo immense healing.

We can reset our inner calibrations to more harmonious levels. We can undergo massive upheavals and emerge relatively chaotic. Then riding through the remainder of our lives in turmoil. To honour self attending to our inner work at these times of initiation of life force changes would give life long benefits.

Life changes occurring within the internal Kidney energy structures at these times create far more disruption than at times outside these events. As an example, a parental death or marriage break-up at puberty: a shock, betrayal or accident around the time of establishing self within a couple, immense external stresses around child bearing and lactation and at menopause will all unfortunately disproportionately disorder the woman for the rest of her life.

Conversely, each life shift is time where incredible inner healing could occur if attention were paid to the inner transitions.

An inner opportunity for re-working self.

We get to potentially remake ourselves!!!!

CONSEQUENCES OF LIFE CHOICES

These may last forever - although they are not even noticed within the dominant medical model our culture runs on. Looking to the impacts and the pivotal times in a person's life, along with the presence of the repeated and even just one, shock that is generated before and during when we are the most vulnerable birth -- we can start to understand why life is just not that easy for some of us.

Also that taking a pill to mask a symptom of that discomfort doesn't really work as we would like it to. Having some of the framework Chinese medicine works within, we now turn to look at health and what upsets this.

To move out of where you are (heal) means a change in what you are doing and possibly what you believe to be 'real' must happen.

You will see that it is not about disease entities.

Why your body did not rise to the occasion?



LOVE YOURSELF BETTER