

INTRODUCTION

You will find within an inclusive life model borne of other's thousands of years of acupuncture traditions, in tandem with my own many decades of natural health care in the modern context of sufferers who have not found help, or answers easily within the orthodox medical world.

To use this life manual it may be necessary for you to broaden your world view. This may involve changing your perspective. Perhaps even ask yourself what is running your body and your life. Why is there only the physical focus?

We all know that our emotional state affects whether we can even function. Being open to change, and to be free enough to allow possibilities of our life force to freely flow is a part of journeying through the stages of any woman's life.

As we age, we may realise that our heart connection and the soul force working through us seems to have at least as much influence on the 'actual' physical outcome, as any expectation of physical functioning.

To stand apart from the physical focus orthodox medicine has, and to look differently, (in energy terms), you may see that there are many ways we unintentionally damage ourselves. This may be your missing link – you have done 'everything right' – yet nothing feels that way.

Here you will see two basic themes.

1 – Loss of [Blood](#)

(or not making enough good quality Blood to run the body well).

2 - Loss of [Yang](#) (often by getting cold)

What this does to a weakened, vulnerable (bleeding or birthing) woman. This then is the background to low thyroid/adrenal function. This affects almost all women who come into my clinic. Most issues can be traced back to metabolism upsets - regardless of what medical blood tests may indicate.

*To see things as a mammal, and as nature intended,
these additional two aspects also are crucial.*

3 – [Shock to new being](#) as it starts its own breathing mechanism (the change from fetal to adult circulation that happens with the first independent breath).

4 – Anything that [breaks the primal/mammalian bonding](#) between a mum and baby (whether we birth or have been delivered). Especially relevant now in a culture that has medicalised birthing so women and babies meet each other without the hormonal safeguards Nature intended. Medically 'safe' yet unbonded for life.

A note to you, the reader

This may be totally new information to you. You may feel, and just know, that it resonates with your life – it is real. Maybe it is time to listen again to the elder’s wisdoms of the past. Here we have the foundation of one of these systems.

Introducing the concepts as the **Three Treasures** begins the process. Whilst you can skip to what you think is more apparently relevant, your understanding of what we are all made of, and what rules all our behaviour may be a wiser beginning to this work. Please read as is written. Sequentially.

There are no equivalent terms in usual English for many of the central concepts. Introducing these, we then move on to a definition of health. This initiates your understanding how a woman is made, how she differs from men, and what to do to make your path through life as easy and graceful as possible.



The **Shen** – allows us to have personal expression as a sentient being. **Qi** gives us the ‘oomph’ to move about and **Blood** is what nourishes every aspect to keep all of us sane, sleeping and hydrated/youthful. Once understanding this – the process of being a woman is easier to work through.

TO HELP YOU NEGOTIATE HOW I HAVE WRITTEN THIS . . .

Throughout all work you will see I have produced diagrams based on a line drawn on the page or along a whiteboard. This is to represent the duality that we all work within – called Chinese medical thought – what we are used to - the physicality – or ‘real’ part of anything. Classified as being more **Yin** (seen always on the right). That which is more vibrational and spiritual – the more **Yang** is found on the left. These terms explain that we live in a polarised world.

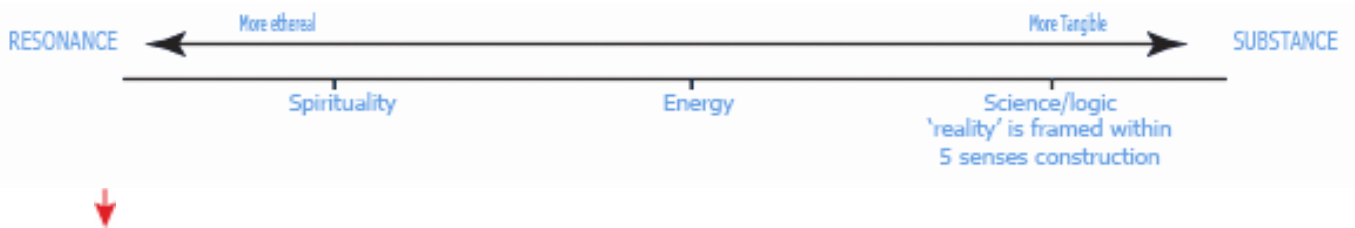
Everything we can conceive of can be placed on a continuum – with the extremes of each at each end.

Water is a great example - it exists in many forms. The more YIN (solid) manifestation – solid and tangible – is on the right. The more YANG expression – no form, ethereal and gaseous/ resonant/more a vibration – is represented on the left.



If we imagine our universe to be represented by a line on this page, we can see that everything that is very tangible, previously considered to be “real”, is that which is condensed in form, and able to be ‘proven’ through investigation with our five senses on the extreme RIGHT hand.

Everything that is considered ‘out there’ by Western ‘scientific’ thinking is of more a vibrational, resonance or feeling /intuitive nature, possibly having no physical substance. Anything that is NOT to be discerned through our five physical senses is found on this diagram the extreme LEFT hand side of the line.



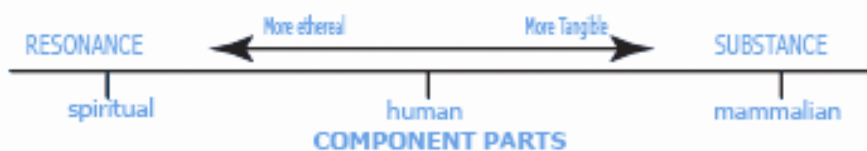
In life currently we may tend to see everything as though there was just one position – the logical/ ‘scientific’ one. However at other times in human existence, or in this time in other cultures, the more spiritual or intuitive is seen to be more relevant.

We categorize everything in our lives. We may wonder why we would want to – forgetting that everything always goes at least through a subconscious ‘good/ bad’ filter. Here I am offering a visual teaching tool to assist a more inclusive understanding of some very central, though very different, concepts found in this book.

To help you grasp more of this please open your mind to possibilities, and hold off the natural tendency to prior judgment. Yes, this is very different from how everything in our culture is normally presented. As we go on you will then see why this is, and how everything CAN fit in together.

What we ‘know’ to be true - the more OBVIOUS substantial/dense and tangible is always going to be at the right hand side of the page. The less so: the more ethereal/energy /vibrational and subtle/spiritual is on the left.

As an example - when considering what we as people are:



We may seem comfortable with our culture’s medical knowledge being very focussed on only the mechanics of being a human. Reporting on what is happening as seen by ‘experts’ from the outside when things feel uncomfortable, or start working differently/break down – is not always the best way to find a solution.

Seen only in terms of the structure; what seems to run it; what can be discovered when working back from the reactions that are often internal and not easily spotted. Hence hidden unless we look with different a lens (seeing the more emotional and perceptive).

Paying attention only when the physical body starts hurting or causing trouble is often too late. We may have not been happy, or have been distressed and just kept going in the absence of knowing what else to do. Often not realising that the physical body is governed entirely by energy fields relying in the flows and grids being intact. Further, that both the physical and the energy are altered by emotions and the interconnections between them - dictating whether we can function at all.

Often we have felt many changes and may have been lulled into the idea that if the medical (mechanical body only) tests say things are 'fine' or that the readings are within the accepted normal limits, then we are 'OK'. Often little realising that what we have been doing is not supporting ourselves. We may just wait for things to get better, or we may eventually realise that they are as good as they appear to be going to get and if we do not accept this, we start looking for answers. Part of this search may have led you to this body of work. It will require you to ponder, and maybe change perspectives.

Sometimes a better way may be to dive into what is really happening in our **lives**, not to our bodies. Focussing on what happened before our current (actual physical) upset appeared – lends better results. Less being a matter of someone 'fix it': than to ask yourself "what is this real life issue/'problem'?"

As a gift – what is it telling us? A quick fix may work. Choosing a painkiller or a pill/ therapy that alleviates the unwanted sensations may lull you into believing it is gone. Much like taping over the red light on the car's dashboard. Often pain is little more than the body warning us that we are not happy/living truthfully with ourselves.

We could look to what else besides the physical mechanics has a part to play in making us who we are rather than just the body's physical responses.

As our culture encourages us to validate only the extreme right hand path, and as orthodox medicine follows as though we are all mechanical robots made of body parts we may miss discord in our Soul, our Heart and our very Essence. Being 'scientific' and rational, we may see the extreme right hand side as all that really matters. Yet living in our lives, we know it is not. We could see all on this line.

BUT - we automatically start at the right, assuming that this is all that there is. ↓



We all know that 'stress' or a state of glorious wellbeing all alter how the body feels and thus behaves. We all know, having experienced it, how a mood change

alters how we perceive pain and happiness. Yet, the orthodox medical framework may only allow us to explore the physical bits that appear to run us, not our Spirit and its wellbeing and its connection to how the physical body lives and interacts with it affects all of life.

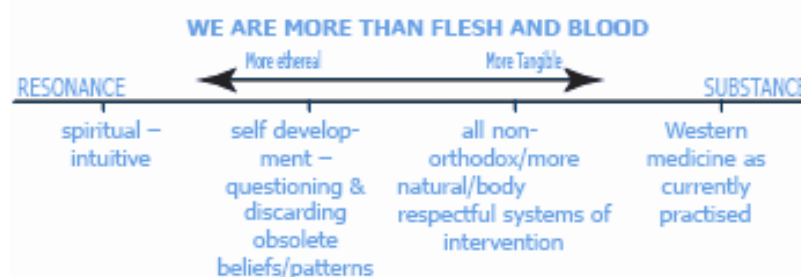
The energy model presented here is inclusive. It adds more to just being conscious of the physical bits that go to make up a person. Acknowledging that we live in the body, but are far more than only this. The Asian medical model this work is based upon springs from a culture that has been in use continually for thousands of years. It has had myriad lifetimes of study devoted to it. Trial and error has honed it into a remarkable tool for explaining most of what happens to all of us.

Here the content I am presenting is very DIFFERENT – and I am doing so in a way that you will not have been exposed to before - the use of diagrams to show the duality of life, as we perceive it to be. I have found this the best way after decades of teaching all levels of acupuncture training and presenting what is happening to patients, so they know their contribution to their own health options.

Generally, we automatically start categorising when confronted with anything new – and usually do it quite unconsciously – this is ‘good’ and this is ‘bad’ – what is pleasurable and what is not – what gels with our beliefs and what does not, what we want to hear and what we do not – thus what seems ‘real’ or ‘unreal’ and then we start judging the something new to be ‘right’ or ‘wrong’.

It may appear to be/feels too ‘way out’ and odd.

This body of work is stretching the boundaries to include more on the left hand side of the line we tend to clump on the right of – the scientific/real. ↓



This model has been the foundation for a system of traditional medicine that predates anything from our own culture, with its own written tradition going back thousands of years. Whilst it may appear to be a bit simplistic at times, following the logic and watching how it actually explains what is happening around you will help you to solidify the concepts, and use them in your own life.

Central to this book and your enjoyment of it, there are some terms that need explaining. They are not part of the English language and sometimes a word will need to be inserted into your vocabulary. Sometimes words you use will get a different meaning. To start with – the three new words explain what we are made from – our Three Treasures . . .

Shen - determines who we are.

Qi - determines how we move through the life – what we have to fuel us.

Jing – gives us the structure and the ‘life capital’ to be here and live in a ‘life’.

How our own Three Treasures interrelate determines what sort of life we may even be able to experience. Given that most women have been made to believe all is about their ‘hormones’, it may surprise all to find that those hormones are nothing more than the chemical messengers that allow the Three Treasures to go about the business of life.

The concept of the Three Treasures is the most important thing to take away from the discussion on how you feel and who you are. I hope you enjoy discovering all about what went to make you and what you can do to change the bits that are bothering you.



In Asian medical thought, the major causes of disease are the internal energies out of control in some way. Emotional forces repressed, denied, or overly expressed, and the external climates - the outside cold, wind, heat and dryness – all weakening our inherent inner balance system. From here – the barriers are breached and all ‘nasties’ can then find their way in.

It is vitally important for us to be balanced and able to respond to all things – and to do so we need to be in harmony within. What keeps us on an even keel?



LOVE YOURSELF BETTER