

How the Spleen Qi Lets Go

To be used in conjunction with other labour sheets in this series

Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.

Lymphatic system becomes sluggish, creating accumulations of toxic wastes, clogging defensive systems.

Weakened walls of blood vessels create varicosities, leakage and bleeding.

Blood may leak or gush, especially menstrually or during pregnancy.

Prolapses, incontinence, pelvic floor collapse, haemorrhoids.

Threatened and actual miscarriages, premature delivery.

When general yang qi is compromised, the digestive and other Spleen Qi functions are affected. This concept is very important to grasp, as it underpins notions of avoiding cold that are throughout all Asian cultures, old wives tales, and this manual. All assimilation/circulation/fluid metabolism/congestive/mucous/allergy problems, immune deficiencies, bleeding and prolapse, varicosities/piles/miscarriage/early labour/incontinence/ and floppy/flabby tissues lead on from here. So too can mental foggy/lethargy/exhaustions of any kind and in extreme cases, epilepsy/manias & schizophrenias.

HOW TO STRENGTHEN YOUR YANG

By paying attention to the type of advice all great grandmothers probably dispensed, is to live the ways that showed results down through the ages.

TO ENHANCE YOUR YANG QI

- Regular, warm, nourishing moderate-sized meals eaten in harmonious, calm and unhurried environment.
- Absence of extremes in any sphere of life.
- Freedom from cold penetration, which directly wastes Yang Qi (Yang Qi's function to keep body warmed).
- Adequate movement to ensure freely flowing circulation.
- Sleeping early in the night, awakening with the sun.

TO WASTE YOUR YANG QI

- Immoderate/irregularity in any form, especially exposure to cold (external or internal) through consumed fluids and foods, especially when very hungry or exhausted.
- Consuming damp-producing foods, which slow the Spleen Yang Qi's ability to transform and distil the raw materials eaten into pure essence - anything sweet, greasy, cold and/or raw foods and/or fluids, including alcohol & cola drinks.
- Allowing damp energy to form, either through living and being in damp conditions, or by immoderate eating choices, which in turn obstruct the clear digestive process.
- Becoming slothful and lethargic (consequence of damp setting in), creating sluggishness.
- Allowing any blockage to lodge on any level, distorting the orderly essence transformation and circulation processes.

