

Holding new life

I chose to not use the word 'pregnancy'. Pregnancy is what is happening to the mother. The maternal focus blocks what is happening. Gestating new life is the process she feels as pregnancy. New life is completely shaped by/through her. The template/blueprint can express - or not. Her past experiences and consequent decisions: within boundaries.

I have always seen the one coming though - whether conceived or not – as my patient. They have called me in to pave a simpler way for themselves. I am brought in to aid their path out to here. This may mean one or sometimes both of the parents-to-be may need to radically alter their ways and always their thinking. Healing happens in change. Through change. Not by following dogma.

This work is shaped through my life exposure to what has answered my questions of life. From acupuncture we know that the Spleen Qi holds things (organs/tissues/blood) in place. Spleen Qi needs [Yang Qi](#) working well. [See more here](#)

Spleen Yang Qi Integrity

Transformation/digestion

Moving all from one state to another within your body.
Governs all digestive processing from production of saliva, moving food finally into Blood, Qi and body fluids, and out into urine and food residue eventually into feces



Healthy State

Transportation/circulation

Moving all from one place to another
Controls all fluids or lymphatic movement
Circulates blood throughout the body

Governs ascension of Qi

The pure aspect of every stage is moved upwards via Spleen Qi

Controls Qi in the muscles and limbs

Allows for a sense of "being able to" (opposite of fatigue)

Holding all in the right place

Blood in vessels, fluids in cells, babies to full term and organs and tissues where they should be.

Governs optimal production & circulation of Qi.
Holding all in place with righteous Qi

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Yang and Spleen Qi are damaged by the invasion of cold into the tissues. Maybe a one off memorable incident/event, or possibly in little increments as a life passes. Cold can pass in to a body unconsciously tby aking in more cold with smoothies, or/and by ice used on injuries, and/or as an unavoidable lifestyle complication will eventually lead to a crisis as the body gently 'drops one of its balls'. There may be too much to do. Then you may see a swift change – or a gradual loosening of function. So many systems this may influence – life itself – and it could be known to some as 'aging'.

All elder's medicine and oral traditions – otherwise known as 'old wives' tales' are strongly against the use of cold, being in the way of chills. Prior to antibiotics, cold was seen as an enemy. Not necessarily knowing why - or how.

When Spleen Qi and Spleen Yang fails – we have a loosening and a loss of tone – seen in diastasis, prolapses, and into incontinence and hemorrhoids, varicosities and many bleeding incidents including miscarriages and prematurity.

In pregnancy we may see usually a loss of digestive vigour leading to at least nausea and sometimes hyperemesis. This is not a state of health. Baby can only be made once. To pretend that 'this too shall pass' negates the beginning the new life could have started from. A solid footing is what we all need in order to live well in a body.

Nourishing new life is the next subject. We can see that regardless of the portion of the body and condition named, the process is the same. Tissue and organs and blood (and babies) are designed to be in a certain place. The Spleen Qi is to hold. If not, we need to undo why it cannot – as to continue in an easy life – and an easy pregnancy, it must. Cervical weakness and prematurity fall within this category.

Body Disintegration

Immune System Breakdown

Constant infections, slow to heal.
Immune system corruption
Temperature control breakdown
Auto-immune activity
Allergies, anaphylaxis

Loss of body integrity

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

Circulatory distress

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

Tissue and organ collapse

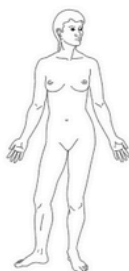
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

Bottom Dropping out of your world

Mental & physical collapse, feelings of emptiness, sensations of losing control, incontinence, leakage of life force, life dripping away, actual incontinence.

Sexuality

Loss of feeling and functionality
Inability to feel or desire sexual intimacy and union



Bodily Decline

Reproductive failures

Loss of adequate circulation and production in all aspects of sperm and ovarian function.

Pregnancy

Constant heartache.
Threatened/actual miscarriages/fetal & placental insufficiencies/IUGR retardation, premature delivery, insufficient energy to activate or complete birthing.

Digestive capacity diminished

(Thus immune system disruptions)
Leaky gut, dysbiosis, belly noises.
Poor pH, excess mucous issues
Allergies, food intolerances, Candida, undigested food in stool parasites, slow exit time

Lymphatic system

Sluggish, cellulite, fluid, swellings creating accumulations of toxic wastes, clogging defensive systems - eventually causing cancer.

Musculo-Skeletal

Pain & dysfunction as Qi & Blood usually nourishing all tissues becomes congested, weakened, dammed up & shuts down

Menstruation

Blood may leak or gush: menstrually or during pregnancy, sustained flooding at any time, especially pre-menopausal.

Mothering

Incomplete healing on all levels leading to bonding and/or lactation challenges.
Not enough of self to go around.

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It is unlikely that all happens concurrently. Though in severe cases - where the barriers to the outside (and inside - emotions as climates getting out of order) they may. Hence the 'causes of disease being seen as

External - invasion of cold, wind, damp, dryness, heat and fire - and accidents.

Internal – the unexpressed emotions being suppressed/overly expressed, stuck and/or out of balance.

Miscellaneous – all others. Essentially not living well resulting in dietary and fluid transgressions, plus parasites, overwork, excessive exercise, ingestion of poisons, exposure to evil forces from other layers of life and of course – pestilence: epidemics.

In supporting the Spleen Qi – which is not only the essential holding force in the body, but also responsible for the processes of ‘ripening and rotting’ the food brought into fuel and repair the body - digestion. To then transport it. Lymphatics – fluid metabolism and waste disposal.

What wastes the [Yang Qi](#)?

[Cold](#). First take the cold out.

That will restore the Yang.

Look to the chart above. Almost no problem does not have an aspect of lurking cold wasting the Yang Qi that could well be involved in more life full expressions.

Holding New Life in

Whether deemed to be ‘slippery fetus’, an incompetent cervix, a miscarriage, or prematurity in some form: also ‘failure to thrive’/intra uterine growth retardation – the question must be – why is normal not happening?

Unlocking this allows the process of new life being laid down to continue. The same mechanisms will show up in almost all challenges in life. We must sustain the Blood energy. See the eBook [Life Support](#). Spleen Qi working well is the key. Reminder - when stressed’ the Liver Qi is attacking going across to mess with the digestion and creating most belly disturbances.

Looking at any acupuncture work - Qi/Spleen Yang/ Blood depletion leads into ‘miscarriage’ along with the presence of possibly heat - [Hot Blood](#). Heat causes the Blood to go reckless. ‘Hot Blood’ is the result of a combination of insufficient hydration, exposure to an excess of sugar/sweet taste/chemicals /electronic and all other forms of contamination – and usually feeling stuck and not expressing this - emotional – [Stuck Liver Qi](#) (hence we gently perform [Stuck Liver Qi Release](#). The diaphragm may them let go).

When Liver Qi moves freely – digestion thus life is easy.

When pregnant – as with one woman felt something give way’ as she lifted the elderly sick dog (in the cold and the rain in country Victoria) out of the car at 17 weeks of pregnancy. She then started to lose baby. Thankfully she had my WDCD book and contacted me as to what else to do. An over use injury – tissue integrity ? Spleen Qi. Holding in place - no longer assured. Also a cold, wet and overly stressful day – worrying about the dog, now the baby she may lose.

What stops perfect circulation?

In combination – and we are all starting from a different place of life impacts.

Structural

Adhesions

Scars on all levels.

AND cold wasting Yang Qi, Spleen Qi thus being weakened - concurrently usually by ‘being good’, compliant and not expressing self.