



Wu Hsing Tao Newsletter

SPRING/SUMMER 2008

IN THE FOOTSTEPS OF THE FOOTSTEPS

by Taunya Mattson

I often find myself in an awkward position when people ask me about the culture of my acupuncture teachers, assuming they are Chinese. I tell them, "Oh no- my teacher is German." German? "Oh yes- and he was taught by an Englishman. And no- it is not the kind of acupuncture that is practiced in China."

While I fully believe in both the beauty and efficacy of Five Element Acupuncture, I continue to feel discomfort because I cannot fully explain the lineage of this curious system to my own satisfaction. I believe part of this discomfort is insecurity resulting from my academic training which required that all sources of knowledge fit a particular model of credibility. This model of credibility is based on the institutional knowledge base of the West. However, for thousands of years in Asia, credibility was

*I sense a deep love coming through
the words, and a sense that this
love allows him to channel
appropriate metaphors to heal.*

determined by an entirely different system of lineage holders of oral traditions, and it is within this system that Worsley studied acupuncture.

When Worsley was systematizing his philosophy of acupuncture, it was virtually an unknown method of healing in the West. Nixon had not yet been to China, and the West had yet to be exposed to Traditional Chinese Medicine as systematized by the Peoples Republic of China. So where did he learn a style of acupuncture so vastly different from that practiced in China today? Fortunately, Peter Eckman was relentless in his pursuit of this knowledge, to which we have access in [In the Footsteps of the Yellow Emperor](#). Had he not sought this knowledge when he did,

most of the generation of Worsley's teachers would now be gone, and the information with them.

What is particularly unusual about this book, however, is that it was researched, written, and published while Worsley was still alive, yet Worsley himself did not contribute a single piece of information other than that he had a Japanese teacher, and a Chinese teacher. Instead, Eckman is forced to interview Worsley's colleagues behind his back, and study old photographs in order to determine with whom Worsley might have studied. While Eckman provides believable evidence to support his theories of who these teachers may have been, Worsley neither affirms nor denies Eckman's conclusions.

After reading [In the Footsteps](#), the feeling I am left with is that Worsley studied with a great many people from whom he cherry picked techniques he felt were both effective, and in keeping with the classical sources such as the Nei Jing. He then systematized these bits and pieces, filling in the missing spaces with his ability to channel universal knowledge. What becomes awkward, however, is his claim that he practices "classical acupuncture" now that TCM claims to practice the "traditional acupuncture" of China.

My conclusion that a good deal of Worsley's philosophy was a result of his unusual ability to channel the healing forces of the universe stems from his writing. When I read [Talking About Acupuncture in New York](#), which is an unedited record of Worsley's lecture, a kind of manic quality of his personality shines through the words. I feel like I am dealing with the kind of person who is either classified as a genius, or as mentally ill because his mind does not operate on the same level as most of humanity. When I read his edited writing, on the other hand, I sense a deep love coming through the words, and a sense that this love allows him to channel appropriate metaphors to heal. These are my own subjective sensations, but I believe that a large part of this medicine consists of paying attention to one's own subjective sensations in order to develop intuition as Worsley was able to do naturally.

Continued on page 2

HIGHLIGHTS

EVENTS

Wednesdays- 5E Hatha Yoga

Join yoga instructor, Louise O'Sullivan and the Wu Hsing community every Wednesday from 12:30-1:30pm. This class embodies Hatha Yoga with Five Element themes. Basic/Beginner level. Open to the community. \$8 for public, \$4 for Wu Hsing students.

Friday, August 8, 2008- Open House- 9:30am

Join us and experience this interactive Open House. Potential students will have the opportunity to visit a class and interact with current students, as well as meet with the Admissions Counselor and Faculty members for personal questions and answers about the program. Space is limited. Please RSVP. Call 206-324-7188 or email admissions@wuhsing.org

SCHOOL NEWS

We have completed our Self Study phase of the accreditation process, and will be having our final site visit on Sept. 26-28, which is our last step towards final accreditation.

Congratulations to Class VIII and IX for graduating this spring! Best wishes on your new journey into the world as a Five Element Acupuncturist.

Welcome our new Clinic Coordinator, Melissa Manzanares, Librarian, Carla Ginnis, Bookkeeper, Ed Vernon, and Treasurer of the Board of Trustees, Renate Putrich.

We kicked off our Master's Degree Fundraising campaign earlier this year. The goal is to raise \$250,000. If you would like to

contribute or get involved, please call the school at 206-324-7188 or email school@wuhsing.org. Also, visit our website for more information.

Welcome Class XVIII! We are now enrolling for Fall 2008. The first Seminar begins on November 7.

Congratulations to Stacey Goodbuffalo of Class XIII for the birth of her new baby boy Elias and Moon Yun Chang of Class XIV who is expecting a new baby girl Sagean in August.

If you are interested in being part of a 5E drumming circle or 5E poetry readings, please contact the School.

TIM BATISTE'S BIRTH STORY

I have a great story to tell about the birth of our daughter Yarrow Emilia Batiste on July 31st at 9:14 am. Laura was not due until August 31st so we were taken completely by surprise when her water broke almost 5 weeks early. We had chosen to work with a nurse midwife in Seattle, Sally Avenson. After seeing her that day she told us that the baby needed to be born within 24 hours. We had some fears from our premature birth with Eden. Sally warned us that a 35 week baby can have many difficulties and may need to be in the hospital for 5-10 days. There could be breathing trouble, nursing trouble, loss of body temperature, and other difficulties.

So we checked into the Capitol Hill Group Health hospital, and then took care of getting our 3 children in their places: Ardea stayed with us in the hospital, Eden went to a hotel with a friend, and Silas went back to the Island to spend the night with a friend.



Yarrow Emilia Batiste

By the time we had it all taken care of it was 11pm Monday night (which was technically 24 hours from the first sign of amniotic fluid leakage). Hospital protocol is to induce the mother with pitocin at 24 hours due to the risk of infection to mother and baby. Laura was put on IV antibiotics, so the fear of infection began to diminish. The

midwife agreed not to induce until 5am if labor had not started yet.

At midnight I did acupuncture with Laura. She had an H/W imbalance. I wanted to touch her CF (which is Earth) first so I sedated the H/W with XII-3 and IX-5 for about 20 minutes. Then I did the full H/W treatment including III-67. (I spoke to Dirk early in the day to confirm that the only reason not to do an H/W with a pregnant woman is because it can induce labor, which of course was exactly what we wanted). I could feel Laura upset about the preterm labor, she wasn't really happy in the hospital and she was not done being pregnant. In other words, her heart was not really into it. After the H/W treatment she instantly felt better, more relaxed, ready. There was a noticeable shift. She slept for 2 1/2 hours and was awoken with a strong contraction. And by 3am she was in full blown labor. No pitocin needed.

Then she progressed strongly until about 7am. She was dilated to 8cm but then labor sort of petered. The baby was presented ear first (a challenging way to be born). The contractions just got irregular and then stopped altogether for about half an hour. She was in the tub at this point, and the midwife agreed that more acupuncture would be beneficial.

At 8:15 I tonified XII-6 and XI-42 to support her CF and then threw in III-67 again for good measure. Contractions started again within 5 minutes. The baby was born at 9:14 am on Tuesday morning.

She was born at 7lbs, 5oz (which is huge for a premature baby), she nursed within 5 minutes and it was clear there were going to be no troubles. They sent us home in 24 hours and she is at home and well.

Life is full and glorious.

IN THE FOOTSTEPS OF THE FOOTSTEPS

Continued from page 1

If you really listen to what Worsley is saying, he is affirming both that the universe was his teacher, and that we should allow it to be ours. In Talking About Acupuncture in New York, he states:

"I firmly believe that no man nor woman can be your teacher. I do not believe in gurus, at least not in the form of human beings. I feel that our teacher is nature itself. Everything we want to know is out there in nature . . . If you can see the God, the spirit, in some other individual then you will never have seen a more beautiful creature on the face of this earth than your own brother or sister . . . You see a reflection of God, and your own image and their image within you, when you really look at a human being." P.12

When Worsley was first teaching and practicing, this information was irrelevant. People in the West knew so little about acupuncture that individual lineages were the last thing people would understand. They needed to know how acupuncture worked, and so that is what Worsley focused on. However, as people begin to understand more about acupuncture, they will look for the "best" form of acupuncture, and in the West, the "best" is usually defined by institutional credibility. Right now, the type of acupuncture that is closest to having that kind of credibility is TCM.

Now that Worsley and his teachers are gone, and TCM has become the dominant system of acupuncture in this country, Five Element and all other forms of acupuncture are at risk of becoming extinct unless we can explain their value, and justify their existence. If we are to preserve this medicine, we will each have to find our own way to do this. A lack of systemization carved in stone is what allows this medicine to grow, and for each of us to reinterpret it based on our own abilities. We have each experienced the healing effects of Five Element acupuncture through both treatment and observation so we know it works. Ultimately, without the credibility TCM gained through becoming the official medicine of China, Five Element acupuncture can only speak for itself as it manifests in us through continued treatment and self cultivation. We must become living evidence of the efficacy of this medicine if it is to survive.

BOOK FAVORITES FROM THE WU HSING LIBRARY AND STUDENT READING LIST

Jon Pontrello Class XII
**Creativity and Taoism: a Study of Chinese Philosophy,
Art, and Poetry**
by Chang Chung-yuan

Louise O'Sullivan Class X
The First Three Years
by Burton L. White

Drew Class XI
**Classical Five-Element Acupuncture: Volume III
The Five Elements and the Officials**
by Professor Worsley

Meg Mathis Class VIII
Hymn of the Universe
by Pierre Teilhard de Chardin

REGARDING INTERNSHIP

by Meg Mathis

This medicine takes on a whole new light as one steps into the role of intern. All of the theory, diagnostic skills and point protocol that we learn in the first few years come alive in clinic, and each patient presents an opportunity to deepen and learn something new about those skills. The intern/supervisor relationship is so exciting. It is dynamic, creative and provides an ongoing opportunity to develop in this medicine while producing treatments that are truly beautiful.

WHEN EARTH'S LAST PICTURE IS PAINTED

by Rudyard Kipling

When Earth's last picture is painted

And the tubes are twisted and dried

When the oldest colors have faded

And the youngest critic has died

We shall rest, and faith, we shall need it

Lie down for an aeon or two

'Till the Master of all good workmen

Shall put us to work anew

And those that were good shall be happy

They'll sit in a golden chair

They'll splash at a ten league canvas

With brushes of comet's hair

They'll find real saints to draw from

Magdalene, Peter, and Paul

They'll work for an age at a sitting

And never be tired at all.

And only the Master shall praise us.

And only the Master shall blame.

And no one will work for the money.

No one will work for the fame.

But each for the joy of the working,

And each, in his seperate star,

Will draw the things as he sees it.

For the God of things as they are!

A MARCH IN SPAIN

By Jon Pontrello

In the early morning I was walking the Camino de Santiago in the Castilla region of Spain. An energetic man in a blue jumpsuit called for me and 2 of my friends to come to the front of his home. He had a 10 foot pole that he was poking like a giant acupuncture needle underneath the house. When I came near I was warmed by the humble fire of last year's harvest. It was hay burning in a hearth that stretched the base of the house. The work the farmer was putting into it is what makes the frame of a house into a home. Sun turned hay warmed the otherwise stoncold floors from the ground up. This was the common method of heating in this town whose investment was deep in time. In this experience I saw the fire warming the earth and I was reminded how essential the balance of the five elements is at all times of year and day. Even in the lightest time of year, when the plants are barely sprouting and the grass is fresh, people still have to eat breakfast and its hard to make breakfast when your feet are cold.



Photo by Lynn Myers



Photo of borage by Alison Haataja

SUMMER RECEIPE

Borage Ice Cubes and Sparkling Lemonade with Agave

Recipe by Alison Haataja

Gather the fresh flowers and drop them into an ice cube tray half filled with water. Once the flowers are added, fill the rest of the way with water, and freeze.

2 lemons
4-5 Tablespoons Agave Nectar
Sparkling water
Borage Ice cubes

Juice lemon into bowl, straining out seeds. Add agave to taste, and blend. Pour into glass over Borage Ice Cubes and top with sparkling water.

As a restorative to the adrenal glands, Borage can be used to relieve anxiety and stress. It can be especially helpful when the spirits need lifting.

FROM THE EDITOR

Thanks to all of the Wu Hsing clan who made submissions for this issue of the newsletter. Thanks also to Moon and Kristin for their vision and labor, and to Laurie MacMillan for her guidance. As we would like to make the newsletter ongoing and regular, we encourage all of you to make submissions as often as you would like, as well as share any ideas you may have in regards to the newsletter. Anyone who is interested in becoming a newsletter volunteer is also invited to do so. Your skills and input will help make our school newsletter a wonderful success!

Tonight the moon is waxing gibbous and I am reminded of the school's progress and the process we go through of becoming an instrument of medicine, each of us reflecting the light that is not of us but shines through us, and reminded also of my own maturation process, having passed through dark phases as well as bright.

We all have much to look forward to, relearning how to use our senses in

Traditional Diagnosis. No matter who we are or what phase of training we are in, whether freshmen/women, graduating diplomates of acupuncture, patients, or family members, our textbook surrounds us: the soil we stand in, the sand your nephews and nieces bury you in at the beach, the air we breathe and through which the birdsong massages your ears, the salty taste of tears, the devotion of the fields of daisies towards their beloved sunrise and its promises, the types of laughter at different times of day, the scent of this morning's dew, the chill of goose bumps, the music of your heartbeat. In everything we can find a lesson.

We are each of us an ecosphere, with a particular climate or temperament, characterized by our own weather patterns of emotions. How beautiful is that? Thanks for being here.

-Adam Baker



Wu Hsing Tao School
Talaris World Campus
Building D, Suite One
4000 NE 41st Street
Seattle WA 98105