



# Wu Hsing Tao Newsletter

Winter/Spring 2010

## ACUPUNCTURE, NATURE, MERIDIANS AND THE TAOIST COSMOLOGY OF HEAVEN AND EARTH

By Dirk P. Hein

When we first discover that we can help someone ill to feel better and to recover, we experience the gratitude and the joy of someone benefiting from our knowledge and our skill. We feel empowered, privileged, and blessed with a special gift. This encourages us to help more people, and sometimes we discover that we will not always be successful. We then realize that in order to help consistently, we have to study more. Even then we experience our limitations and often feel frustrated. Hopefully, we discover that we can only do so much, and the rest is up to some other force. We may call it God, Nature or the self-restoring mechanism of the body's own physiology. However, it remains a mystery. We then realize that we can only assist in Nature's own healing process, versus us accomplishing the healing ourselves. This is very humbling and can lead to disillusionment. On the other hand, it can be a great relief and a spiritual realization: as a medical provider I am not solely responsible for the outcome but am merely serving and assisting another power to do the final work. I am an instrument in the hands of a higher force.

A big step to developing the awareness of being an "instrument" is gaining the understanding of the concept of energy and how it manifests in the Universe. Let us examine the Taoist Universe and the image of Heaven and Earth. The Chinese observed the existence of the polarity of Heaven, i.e., the force of the Sun and space, and Earth, i.e., all things around us. This polarity creates a magnetic field in which all life forms develop. Raw, un-manifested energy descends from above to below or from Heaven down to Earth, Yang energy. Creative or manifested energy rises up from Earth to Heaven to form plants and other life-forms, Yin energy. This polarity creates a force field, a magnetic field whose lines transverse everything that lies between its two poles.

This image suggests the existence of energetic lines permeating all matter in this field, including the landscape. The Chinese observed these energy lines as the "lay-lines" that they studied in the science of Feng Shui, which translates as

"Wind and Water." Wind and water are the two elements in Nature that are always moving. The science of Feng Shui analyzes the flow of energy in the landscape and where power spots can be found. The Chinese used this science to find the locations in the landscape best suited for certain purposes. There were locations best suited for farming, others for fishing, and again others for building houses or temples. There were the best routes for travel and the perfect places for shelter and protection. In other words, each place in the landscape had a certain energetic characteristic and was in relation to the lay-lines, or energy lines, in the landscape.

The energetic field between Heaven and Earth also traverse all matter and living beings, including the human body. In the body, these energy lines manifest as meridians. It is not difficult to see the body as a microcosmic landscape, with mountains and valleys. One can also understand then that the acupuncture points are those special places in the landscape of the body that are understood to contain certain powers and attributes.

The principles of Chinese Medicine are derived from the study of how Nature functions, i.e., what the "natural laws" are. Seeing the correspondence between macrocosm and microcosm suggests that these natural laws can be applied to the functioning of the body. Chinese Medicine evolved as the science of how to return to this harmony when there is disharmony and disease or how to stay in harmony with these laws in order to remain healthy. Doctors studied where the "internal environment" had become imbalanced, where the self-sustaining ecosystem had been disrupted, and what needed to be done to restore it. They had to be much like gardeners, farmers or environmentalists of the body. A gardener or farmer has to read the signs of the weather and has to understand the plants and the livestock and their stage of development in order to know what is needed and when. Getting into the consciousness of the plants or the creatures is not unlike getting into the consciousness of the patient who wants to get better. Much like a gardener, the doctor has to perceive what went wrong and know the sequence of steps to bring back balance and health.

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### Wednesdays 12:30-1:30pm- 5E Kundalini Yoga

Join the Wu Hsing community every Wednesday for Kundalini yoga! We go through a series of yoga exercises and meditation that will re-vitalize you for the rest of the day! Basic/Beginner level. Open and free to the community.

### New Wellness Classes!

Kick off the year of the Tiger by increasing your level of wellness! Wu Hsing is sponsoring a new series of wellness classes! Come join Kate Broderick, ND, once each month over the next year to learn about ways to increase your energy and vitality by giving your body all that it needs to be it's most healthy.

February 24 6:30-8:30pm: Sleep and hydration  
 March 24 6:30-8pm: Movement and sweating  
 April 21 6:30-8pm: Power of the breath/fresh air  
 Class dates for May – December TBA

\$20 per class for the public, \$15 for Wu Hsing students/faculty/staff  
 Please RSVP to [drkate@evolutionnaturalmedicine.com](mailto:drkate@evolutionnaturalmedicine.com) or 206.419.8516.

### 4th Annual Chinese New Year Celebration: Year of the Tiger!

Saturday, February 13, 2010, 1:00-5:00pm

Bring the family and join us for a celebration to bring peace and prosperity into the New Year! There will be something for everyone!

**FREE and Open to the Community.**  
 Please RSVP by calling (206) 324-7188 or email [school@wuhsing.org](mailto:school@wuhsing.org).

### Mark your calendar: 2<sup>nd</sup> Annual Wine Tasting Fundraiser, June 19, 2010

Join us for our 2<sup>nd</sup> Annual Five Element Wine Tasting, hosted by our dear friend and faculty member, Bill Mueller. This will be an evening for wine enthusiasts of all levels, in a fun and relaxed atmosphere.

# 5RHYTHMS© MOVEMENT

by Emma Rose Short-Lee, Class XVIII

5Rhythms© Movement is a dynamic healing practice that uses movement as its medium. After years of observation in many fields, Gabrielle Roth, the founder of this work, noticed that the movement of energy could be distilled into five distinct patterns. No surprise for those of us in the Five Element world! The 5Rhythms© themselves, Flow, Staccato, Chaos, Lyrical, Stillness, are a map, a guide by which to track energy in every context. In 5Rhythms© Movement, we practice taking on the shape of each of these patterns, feeling their centers, their edges and the places where they overlap. The dance floor becomes our laboratory, the place where we practice dancing life. The Rhythms are energetic structures that inspire our physical movement. There are no steps, for each body interprets each Rhythm uniquely, moment to moment.

Five Element medicine and 5Rhythms© Movement support each other beautifully, both being energy medicines steeped in the wisdom of five. It is tempting to draw direct parallels between certain Rhythms and certain Elements, but ultimately important to remember that each system has its own language, stemming from the place and time it was conceived. Though the Rhythms and the Elements cannot be directly linked beyond the surface level, when taken as a whole, both systems speak to similar truths, as both, at their core, are maps for tracking the movement of the life force and guides for living in harmony with the Tao.

*Emma Rose Short-Lee has been rocked by the 5Rhythms© for a decade, on the dance floor & off. Her teaching is infused with infectious joy, impractical practicality & deep reverence for the mysterious unfolding of everyday life. Emma holds teacher credentials in 5Rhythms© (Gabrielle Roth, The Moving Center School) & Yoga (Ananda Yoga), a BA in Body Wisdom (Antioch University Seattle), & has taught nationally & internationally to people of all ages & walks of life. She is currently a graduate student at Wu Hsing Tao School, studying to become a Five Element Acupuncturist. Emma Rose really likes mapping energy in fives.*

Editor's Note: Last spring, during the student fundraiser initiative, class XVIII's offer of an evening of 5Rhythms© Movement was received heartily by the community and brought in considerable funds for the school.

# FROM WINTER TO SPRING . . . .

*The thing that makes the flowers open  
and the snowflakes fall must contain a  
wisdom and final secret as intricate and  
beautiful as the blooming camellia or the  
clouds gathering above, so white and  
pure in the blackness.*

*-Anne Rice (submitted by Amy Budke)*



*Be like a tree in pursuit of your cause.  
Stand firm, grip hard, thrust upward,  
bend to the winds of heaven,  
and learn tranquility."*

*-St. Barbe Baker, Father of the Trees,  
from Wood becomes Water  
(submitted by Amber Schey)*



## CAFFEINE-FREE, DAIRY-FREE CHAI!

- 2 tsp. rooibos (red bush) tea (or 1-2 tea bags)
- 2 cardamom pods
- ½ tsp. coriander seed
- ½ tsp. fennel seed
- 8 oz. almond milk

Place all ingredients in small saucepan, bring to gentle boil, remove from heat and steep for 5 minutes, strain and drink. Great for the digestion!

## FROM WINTER TO SPRING . . . .

### WARMING LAMB CHILI

2½ lbs ground lamb  
1½ cups red beans (or mix of red and black beans),  
soaked overnight  
2 large onions, chopped  
1 bell pepper, chopped  
28 oz. can tomatoes  
6 oz. can tomato paste  
10 cloves garlic, minced  
3 Tbsp. chili powder  
1 Tbsp. ground cumin  
½ tsp. basil  
1 Tbsp. oregano  
Salt and pepper to taste

Place soaked beans and enough of their soaking water to bring water to about 2" over beans in a large soup pot and bring to boil. Lower heat and simmer for about an hour, stirring occasionally. While the beans are cooking, brown the lamb in a skillet and drain off excess fat. Saute onions and bell pepper until soft. After beans have cooked for an hour, add browned meat, sauted onions and bell pepper, and all other ingredients into the soup pot. Bring to a boil, adding more water if necessary to get a chili consistency. Lower heat and simmer for 1½ to 2 hours, stirring occasionally, adjusting spices to your taste (I like tons of cumin!) and adding water as needed. Great for warming you up on those cold, wet winter days!

### THAI VEGGIE CURRY NOODLES

This recipe takes advantage of two of our earliest Spring veggies, asparagus and spinach!

Brown rice spaghetti pasta, rice noodles, or udon noodles  
½ bunch of raw spinach, washed well and cut to bite-size  
½ bunch of asparagus, cut to bite-size  
4 cloves garlic, chopped  
½ onion chopped  
½ cup light coconut milk  
1 Tbsp. tamari  
1 tsp. tai green curry paste (or less if you don't like it spicy)  
1 Tbsp. olive oil

Cook noodles until al dente, strain and quickly rinse with cold water, set aside. Steam asparagus until just tender and set aside. Sauté the onions and garlic in olive oil until onions are translucent. Add the curry paste and coconut milk and stir. Turn your flame to low, add the asparagus and lay the spinach on top of it all without stirring. Cover and let it all cook for about 5 minutes until the spinach is well steamed. Add the noodles and stir. If you like it saltier, add more tamari or some salt. If you'd like it creamier, add a bit more coconut milk.

*Recipes by Kate Broderick*

## STEPPING INTO PHILOSOPHY

*By Amber Schey, Class XVIII*

As I enter into my second year of acupuncture school, one thing has become clear for me: the true essence of Chinese medicine is not something that our mind can really comprehend and come to know, at least not like we come to know that  $2 + 2 = 4$  or that my favorite color is green and yours is blue. It seems as though what the heart of the medicine is pointing to is another dimension entirely, one outside the realm of our current relationship to life.

This leaves us navigating through tricky terrain. On one hand we need to strive to understand the in's and out's of how acupuncture works, because it will undoubtedly enrich the medicine and our practice of it. Yet we also need to take care to balance this inquiry with a philosophical perspective. Why? Because ultimately as acupuncturists we're manipulating the fabric of life, toying with the vast and ever unfolding expression, the great mystery of consciousness itself.

*"Philosophical" and "spiritual" are intimately linked, and if we endeavor to do so we can embrace these seemingly abstract concepts and actually ignite them into being through our own expression, making spirit and philosophy a living, breathing, reality.*

I use the term "philosophical" with caution here, because often it becomes associated with unrealistic ideas or ideals, and we fail to see the actual weight of the concepts being transmitted. This is similar to our coming to the mistaken conclusion that if something is confusing, then it must be "spiritual". Both of these are misunderstandings left to us pioneers to iron out. "Philosophical" and "spiritual" are intimately linked, and if we endeavor to do so we can embrace these seemingly abstract concepts and actually ignite them into being through our own expression, making spirit and philosophy a living, breathing, reality. Consider this: what if instead of having your favorite inspirational quote displayed on your fridge or tacked under your email signature (you know what I'm talking about, we all have one somewhere!), we transformed ourselves and became the essence of those sayings? Life would look a whole lot different, don't you think?

So what does this have to do with acupuncture? I think one of the greatest gifts that acupuncture offers is the opportunity to explore the depths of humanity and consciousness. We get to observe how individuals develop over time and how their development is intimately linked to culture. We become scientists of life and pioneers of the unknown. We are seekers of excellence, striving to bring the best qualities forth in people so that they and the world can not only be a better place, but a more conscious home for all of us.

**IT'S TIME TO GET READY TO PLANT YOUR SPRING GARDEN!**

**"To forget how to dig the earth and to tend the soil is to forget ourselves." -Mahatma Gandhi**

## FROM THE EDITOR

By Kate Broderick

Many thanks to all who have contributed to this newsletter, and to those who might think of contributing in the future. The success of the newsletter depends on your contributions, so know that they are much appreciated! I'm excited to have the honor of catalyzing the newsletter process and am looking forward to many more after this first effort. Please let me know if you have suggestions or feedback about how we can make the newsletter even more of an inspirational and educational read for all who see it, as well as how we can get it out to a wider audience.

As we head into 2010, we experience the graduation of 12 clinical interns and the early days of the intern experience for my class (Class XV/XVI) of 13. We are excited to be in the clinic now receiving the hands-on guidance and experience we've been yearning for and seeing and hearing first-hand how we can help patients. It's humbling and exhilarating and awe-inspiring all rolled into one! And as the Spring approaches, I can feel all of us starting to come out of our hibernation and each to grow into our vision of who we will be at the end of this phase of our journey in 2011. It puts me in mind of a quote that a good friend of mine used to have under her email signature:

*"It may be hard for an egg to turn into a bird: it would be a jolly sight harder for it to learn to fly while remaining an egg. We are like eggs at present. And you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad." - C.S. Lewis*

And so, as we approach Spring, I think this way of our class, hatching and learning to fly. But try as I might, I can't make the connection between that thought and the Year of the Tiger. Oh well, maybe the unfolding of the year will bring the two together, and we will all hope that the Tiger overcomes its nature and doesn't eat all of us little birds!

Kate Broderick, Wu Hsing Tao Clinical Intern

## 2010: THE YEAR OF THE METAL TIGER!

Random tidbits about the coming year:

- Tiger is the third sign in the Chinese zodiac of 12 animals, and 2010 is the 27th year in the 60 year cycle of the Chinese astrology's heavenly stems and earth branches.
- Tiger is the proverbial King of the Jungle, admired for its vivid stripes that symbolize the balanced forces of 'yin' and 'yang'.
- Tiger is a symbol of bravery, strength and dignity, and hence 2010, the Year of the Tiger, according to Chinese astrology, will be fervently hailed as a year of good fortune and vigor.
- Those born in a Tiger year, and those born under compatible signs (Sheep, Horse [especially Fire Horse], Dog, Tiger, Ox or Dragon) will likely benefit from luck or good fortune during 2010.
- 2010 is the year of the White Metal Tiger. White tiger is one of the four guardian gods — the three others are the blue dragon, the red bird and the black tortoise. They protect the four major directions with the Tiger taking care of the west.
- The best metal in a White Metal Tiger year is considered to be silver. Present your friends with silver items - they will surely bring luck in 2010.
- At times the financial situation of the year of the Tiger will be tough, but spiritually 2010 will be so fruitful and positive that money troubles will seem just trifles.
- 2010's White Metal Tiger symbolizes toughness, generosity and wealth earned with hard work. 2010 is a dutiful, family-oriented and dependable year. We may show our love in terms of how hard we work for our loved ones. Feelings may not be expressed in words but through our deeds.

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