

# TCM Congress - Workshops

## 4th Scandinavian TCM Congress

### „Chinese Medicine and Spirituality: Cultivation of the Practitioner, the Healer and the Alchemist“



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### Deathly Evil and Rebirth through Fire and Water

In the Medicine of the Soul we talk about well known medical phenomena from the viewpoint of the soul.

The Medicine of the Soul tries to integrate ancient shamanic notions of disease and healing with the practical techniques Chinese medicine has to offer.

In this workshop we will take a look at the stuff healings are made of.

We are used to look at disease as "the Enemy". We think, in the course of our lives the body gets weaker and disease gets stronger so that in the end we give in and die. This is a very silly mental construction that does not take into account that we are embodied souls, always learning and therefore always getting stronger. A healthy soul creates all kinds of symptoms and diseases as tools to become even stronger.

There is, however, the problem, that parts of our soul can sneak away and leave the body like an empty nutshell- open for foreign qi that may enter. And these too can be used as catalysts for healing.

In older times Chinese doctors talked about Great Evil. Back then people were afraid of all kinds of demons. But for the last two thousand years in Chinese medicine "evil" has been better known as cold or otherwise "xie qi" and Chinese medicine has developed some very effective ways to deal with these intruders.

It is prove of the great wisdom of Chinese medicine not to call the intruding qi "evil" because if we go with them instead of against them, "evil" intruders can be our best friends.

The intense cold and deathlike quality of intruding qi can activate our fire which will then push out not only the cold but also everything else we do not need. Symptoms of healing can be varying and quite dramatic. The process can be disagreeable and prolonged. So it is good to know about all this in order not to panic and in order to coach our clients well.

In this workshop we will try to transform our points of view and learn to work with instead of against intruding qi.

We will learn about deep rooted sadness, trauma, a feeling of not belonging, a feeling of not quite being oneself and the most terrible sensation of all: the incapacity to feel anything.

All these feelings can be understood as soul- loss and they are usually not the reason clients come to see us. More likely they come because of strange symptoms they cannot make sense of.

But whatever their ailment is: If we sing the soul back home and transform "evil" qi, the clients will not only let go of their symptoms but also feel better and stronger than ever before.

This course focuses on the healing and not the diseases.  
It will be a very simple course.

We will work with simple acupuncture points and simple (pulse) diagnosis and other ready to use methods.

There will be some theory: Soul-loss, extraction, the Chinese anatomy of the souls, the ways of fire and water, diagnostics and mechanisms of "weird" diseases.

There will hopefully be enough time to share clinical experiences or do some hands on healing.

This course is ok for relative beginners. If you are not a beginner you will probably know all the points and diagnoses, which is great. You will not learn a lot of new stuff but hopefully you will gain a new and brighter perspective and feel more secure and confident in your work and never again be scared by strange symptoms.

In short: acupuncture, shamanic work, spiritual medicine, anatomy of the souls, soul-retrieval, extraction, trauma therapy