

# Crystal clear acupuncture methods incorporating the unique classic approach of Huang-Lao Daoism with Roisin Golding.

2023-24

## Introduction

This advanced acupuncture course leads you through the maze of Daoist medicine, bringing clarity to previously challenging concepts. Daoist acupuncture requires attending to the energies flowing between Heaven and Earth. There is no pattern writ so large and with such a dramatic influence on our day to day lives as that seen when the heavens move around the earth, bringing the sun, the moon and the stars with it, and with it the yang light of day followed by yin darkness. In other words, we need to account for the impact of time on our daily and seasonal rhythms as yang follows yin follows yang.

Huang-Lao Daoism, the dominant philosophy during the Han Dynasty, provides the basic tenants of acupuncture as described in the Nei Jing. Understanding this will bring immense clarity to your practice, whether five elements, TCM, Tung methods and Stems and Branches. What previously appeared to be contradictions will become reconciled once we understand the philosophical foundations of the theory. And many simple questions, the 'why is that so', in acupuncture will be answered. This is the way to provide simple, powerful, precision treatments that are in tune with the patient between Heaven and Earth.

This is a 12-day course over 6 weekends.

## Course content

Each day will include the theoretical basis and the practical application of Daoist acupuncture. Each subject can be taken individually or as part of the full course. However, the course is structured to lead you through complex concepts step by step.

NB All course content will give references to source material.

All classes will start at 10:00 AM and finish at 5:00 PM.

### weekend one. Time

#### Day one. Acupuncture time.

You will learn how time is integrated into the core concepts of acupuncture. You will learn how to use the rise and fall of yin and Yang in a day and in the year to best effect and about seasonal effects on the level of qi, meridians and the pulse. You will learn how to apply these important considerations by choosing the right needle techniques, element points and meridians. You will also learn how the waxing and waning of the moon has specific effects on blood and Qi in both men and women, and how to use this clinically.

#### Day 2 - Five elements.

Today we will learn about five elements in relation to Daoist concepts of Heaven, Earth and Man, including the relationship between the Plough and the five element directions, the numbers of the

He Tu (Yellow River) map and the relationship of planets to elements and the alchemical sequence of elements.

We will also learn about the Farmer's calendar, the Xia calendar and the lunar-solar (Yin Yang) Calendar which provides the basis for knowledge of stems and branches theory, and these will be explained in detail. These are also essential for a full understanding of the flow of Qi through the six divisions of yin and Yang and the amount of blood and Qi in each division.

## Weekend 2.

Day 1 - Heaven, Earth, Man - part one.

Heaven, Earth, and humanity incorporate the cosmological ideas that go to the core of acupuncture theory. A thorough grounding in this is an essential prerequisite for understanding acupuncture theory, and especially the six divisions, Heavenly stems, and earthly branches.

In this first part of HEM. Heaven, earth, humanity, you will learn about: -

- The source/ origin of life.
- We will examine the Tai Chi symbol.
- You will understand the similarities as well as the differences between heaven and earth on the one hand, and yin and Yang on the other.
- How HEM explains the association between the organs and elements.
- The four seas and their treatments.
- They eight extra meridians in relation to the origin of life.

Day 2. Heaven, Earth and Humanity, Part 2.

- We will examine HEM in relation to the creative energies. (Man is born from heaven and earth)
- you will learn precisely where in the body Heaven, Earth and Humanity are reflected.
- You will learn about reproduction and also the production of energy within the context of heaven, Earth, humanity, and how to use this knowledge in treatment.
- You will learn the pulses of the three regions of HEM and treatment principles
- learn how to incorporate HEM into point choice.

## Weekend 3

Day 1

Six Divisions part 1

The six divisions provide spatial divisions of the body, divisions of time and divisions of blood and chi. You will learn how all of these relate to the Farmer's Calendar. You will learn their five elements' associations, their climates and attributes, and the disharmonies that can arise when there is conflict between the divisions. You will learn the host division sequence and the typical symptoms. You will also learn the guest divisions of heaven and Earth and how these are reflected in the body. This also covers the rationale behind the progression of fevers as described in the Nei Jing and expanded in Shang Han Lun.

Day 2

Six Divisions part 2

We will go on to learn how guest Heaven and guest Earth energies interact with each other and with the host energies and the typical symptoms that are produced. You will learn how to treat, using the divisions, the concentration points, internal external balance, Heaven Earth balancing, left and right

energies, as well as the compatibility between divisions. You'll discover the relationship between guest Earth energies and reproduction. You will also learn how to create the first level of your own energy calculator disc.

## Weekend 4

### Day 1

#### Ten Great Movements (of Five Elements)

You will learn the 10 great movements of the five elements, their arrival times and their changes. You will also learn the qualities of the pure energy of the five elements at the level of Heaven. You will learn about their balanced energy and the imbalances caused by an excessive (yang) or deficient (yin) yearly element. You will also learn about important interactions between the six divisions and the 10 great movements and how these can be harmonised.

### Day 2

#### Ten Heavenly Stems

The 10 stem organs interact with the 10 Great Movements. The important Sheng and Ke cycles embedded in the stem and great movement interactions will be fully explored. I will layout the key symptoms associated with the stem organs, and you will learn specific STEM treatments including individual STEM treatments using unlike CHI and (if time permits) divergent Meridian treatments associated with stem organs and Great Movements.

## Weekend 5

### Day 1

#### Twelve Earthly Branches

I will thoroughly explain the terrestrial branch sequence and the timing of the 12 branches. You will learn about their inner energy and how this interacts with the element of the organ to give a more comprehensive understanding of organ function. In exploring the branch Sheng cycle, you will more thoroughly understand the interdependence between the five elements and the rise and fall of yin and yang. You will discover how the meridians have been placed on the body according to calendrical considerations, and how to use this information in treatment. You will learn specific branch treatments.

### Day 2

#### Putting it all together

You will learn how to record and use the personal stems and branches chart in order to put all of the above information together to inform diagnosis and treatment. We will examine each aspect, the stem organ, the great movement, the guest heaven and guest Earth, as well as the side energies, in relation to each element.

Learn how to put together a four pillars chart and how to use this in treatment.

## Weekend 6

### Day 1

#### Special combinations of elements

We will examine special combinations of stems and branches, and I will explain the general rules which apply. If we haven't done so already, we will complete the energy calculator disk. We will re-examine what you've learned so far, with particular emphasis on application.

### Day 2

#### Case Study Day

This day will be spent looking at case histories as examples of how to use Han dynasty stems and branches. Please do bring in any case history that you want analysed in this way. I will try to answer any remaining questions.