

T.KOEI KUWAHARA Lic.Ac.

# STRESS MANAGIMENT

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# YIN-YANG, FIVE ELEMENT AND MIND-HEART



**Yang**, Fire, Heaven, Sun, Sunny weather, Man, Spring & Summer  
**Yin**, Water, Moon, Rainy weather, Woman, Fall & Winter, Night



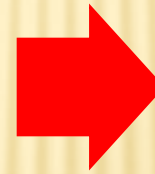
Five Elements



# SPIRIT, MIND-HEART AND LIFE

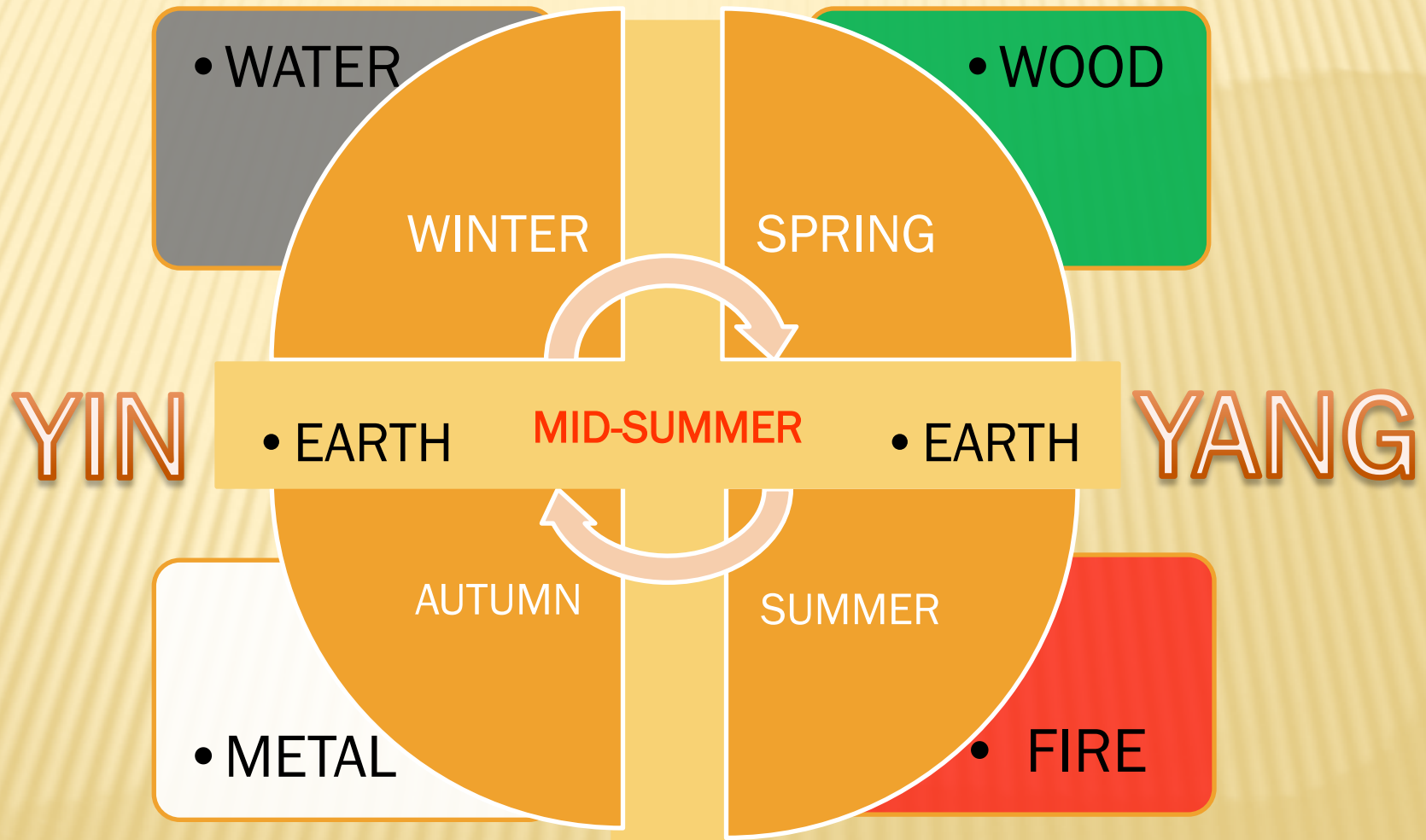


Decision  
KAMI  
SHEN  
GOD



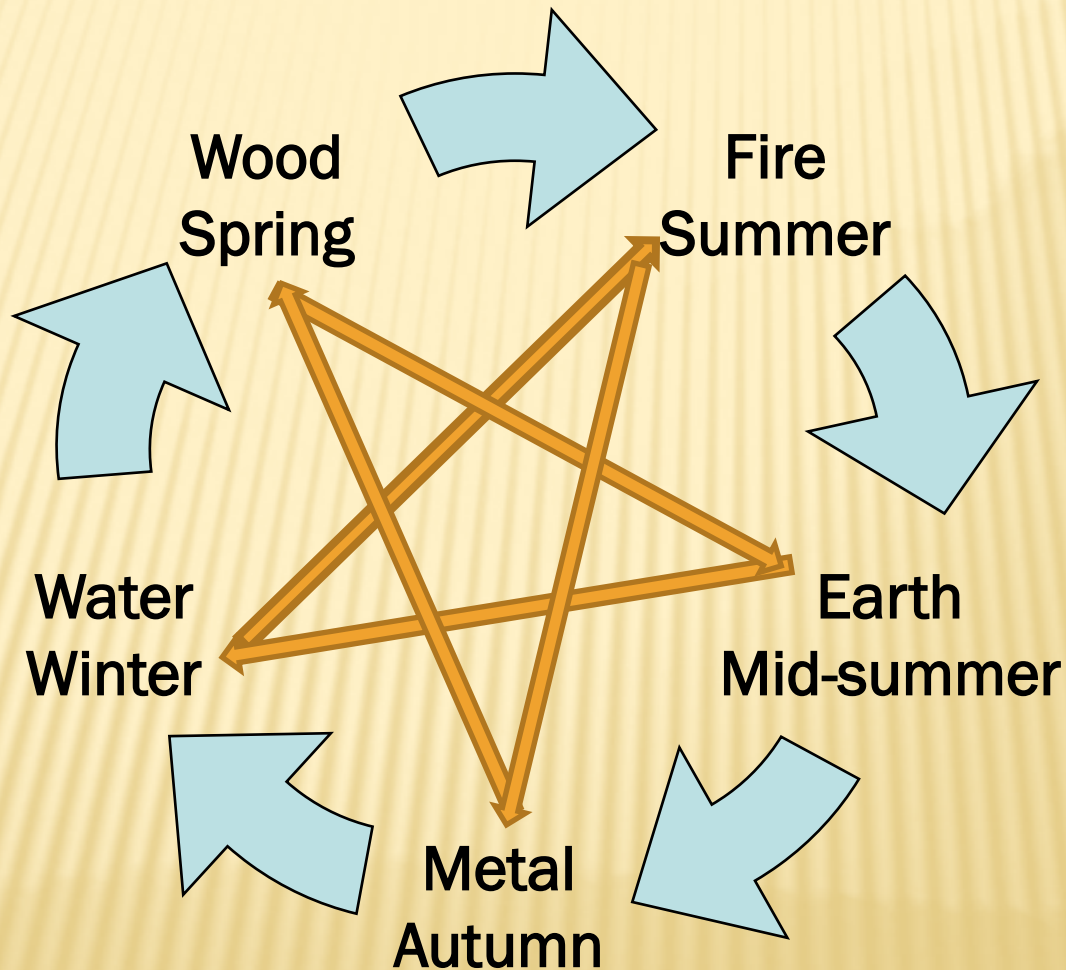
BLOOD  
LIFE

# FIVE ELEMENT AND SEASON





# GENERATIVE AND CONTROLLING CYCLES



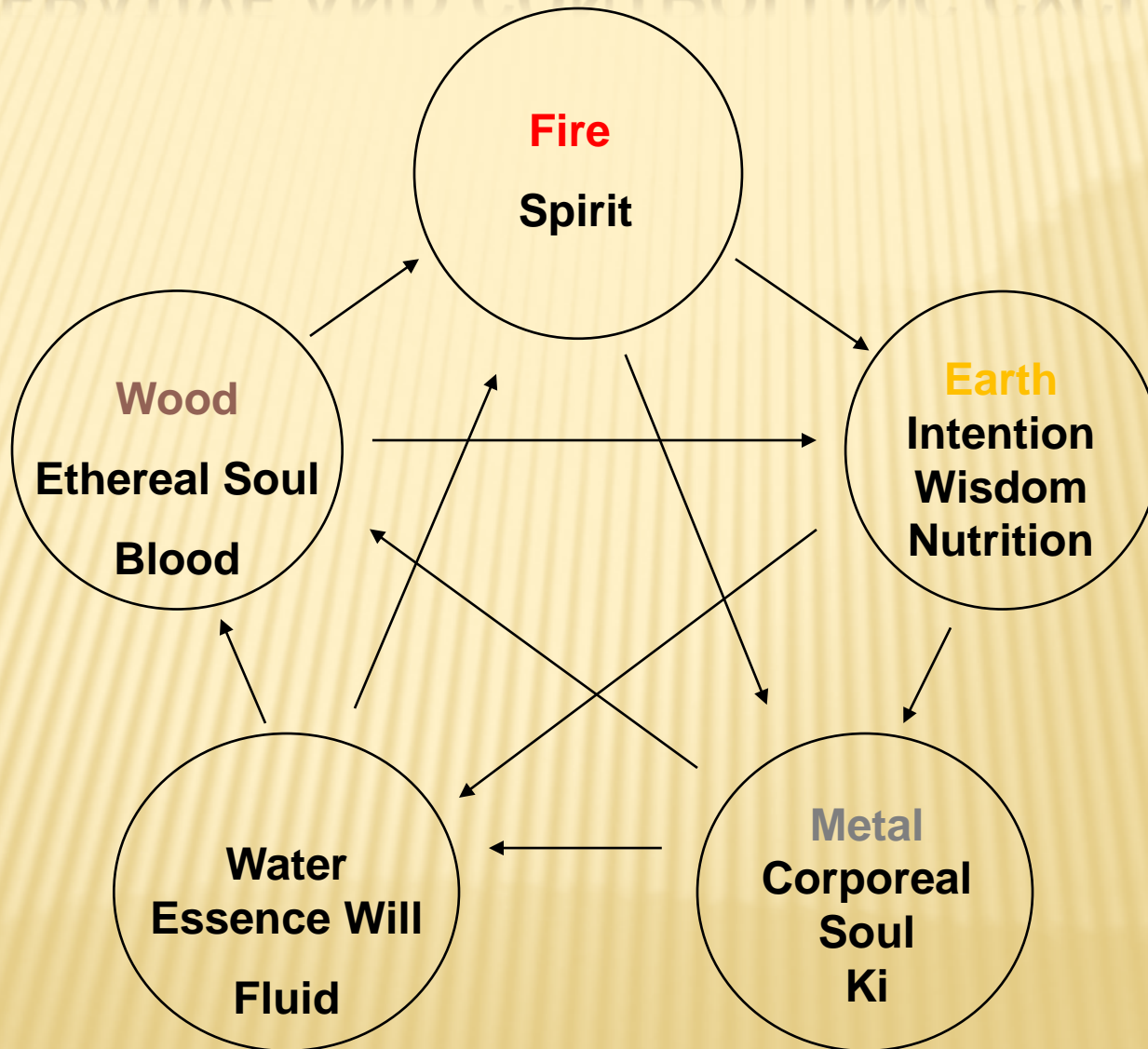
# FIVE PHASES CHART

Five Phases	Wood	Fire	Earth	Metal	Water
Zang Organ	Liver	Heart	Spleen	Lung	Kidney
Fu Organ	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Essences	Ethereal Soul	Spirit	Intention and Wisdom	Corporeal Soul	Will
Principle Parts	Sinews and Fascia	Blood Vessels	Flesh	Skin and (body) Hair	Bone Marrow
Orifices	Eyes	Tongue	Mouth	Nose	Ears
Minds	Anger	Joy	Pensiveness /Thought	Sorrow/ Anxiety	Fear
Flavors	Sour	Bitter	Sweet	Pungent/ Spicy	Salty
Voices	Shouting	Laughing	Singing	Wailing	Groaning

## ***Seiki* (精氣) Essential Ki and effects**

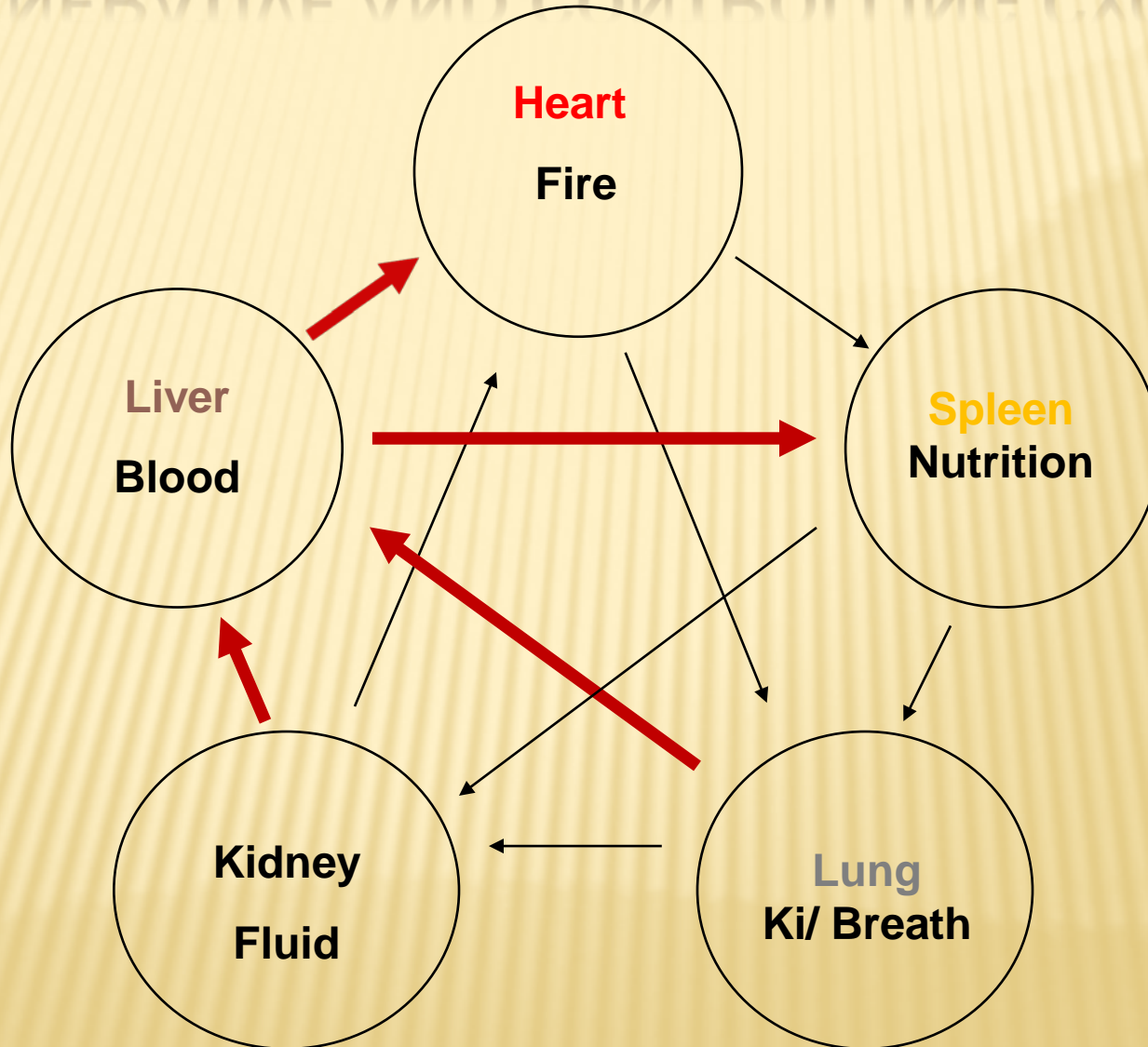
- |                                       |   |
|---------------------------------------|---|
| ① Wood (魂) Ethereal Soul              | ① Anger = Liver Deficiency                                |
| ② Fire (神) Spirit                     | ② Joy = Heart Heat  |
| ③ Earth (意と智)<br>Intention and Wisdom | ③ Pensiveness = Spleen Deficiency                         |
| ④ Metal (魄) Corporeal Soul            | ④ Grief and Sorrow = Lung Deficiency                      |
| ⑤ Water (精と志)<br>Essence and Will     | ⑤ Fear · Fright = Kidney Deficiency Heart Heat <u>(1)</u> |

# GENERATIVE AND CONTROLLING CYCLES

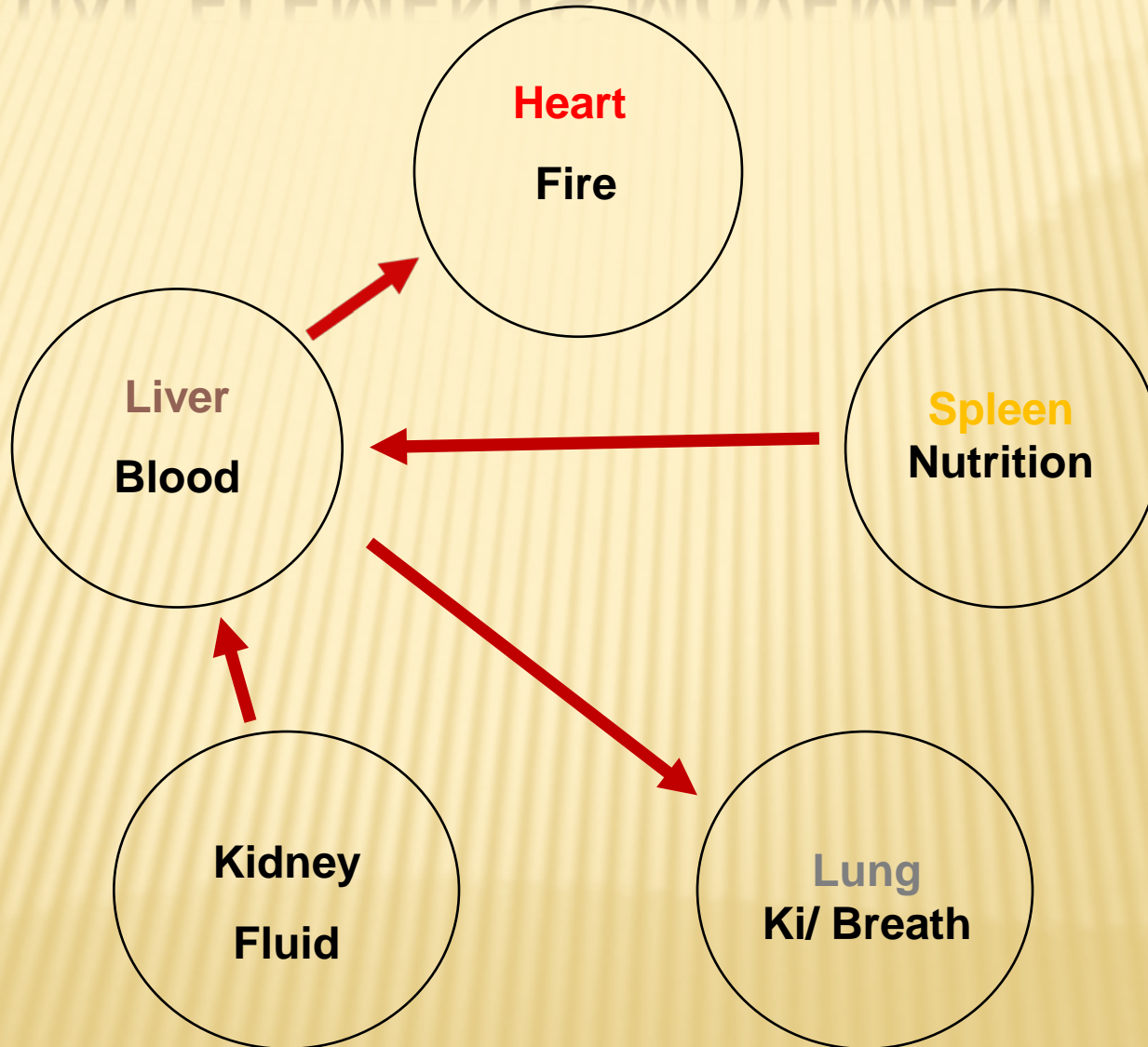




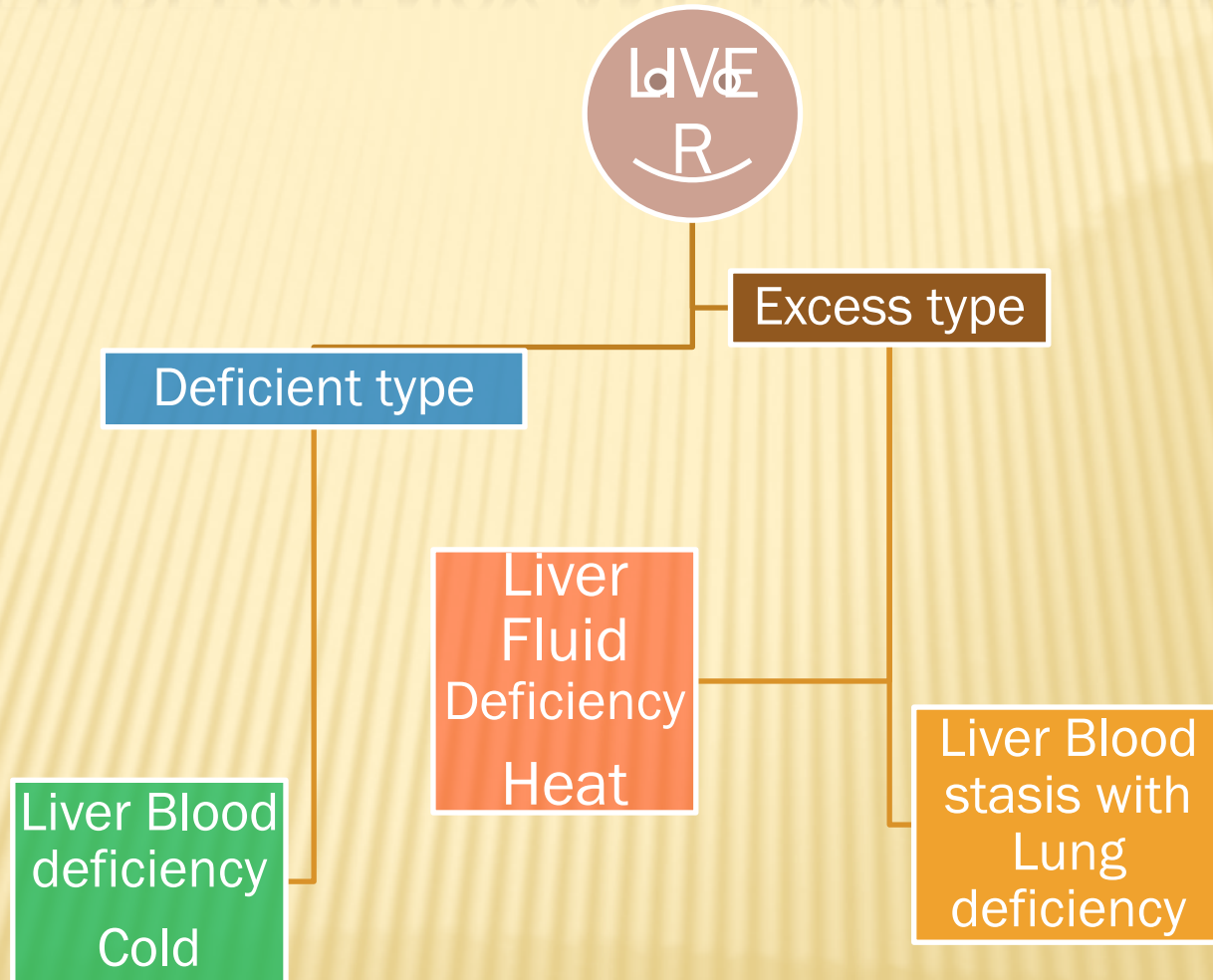
# GENERATIVE AND CONTROLLING CYCLES



# ACTUAL ELEMENTS MOVEMENT



# LIVER DEFICIENCY AND EXCESS PATTERN



# THE NATURE OF THE LIVER

- ☀ “The Liver is a general and considers tactics. Describes the power to actively and completely achieve things according to plan.
- ☀ These qualities of the Liver can be made manifest if there is sufficient blood stored in the Liver.
- ☀ “The emotion of the Liver is anger.” This does not mean that the Liver always has anger; again, it indicates the capability of the Liver to actively handle things.



# ANGER : IN THE CASE OF LIVER DEFICIENCY

- ☀ Even if one tries to do something according to plan, there is no progression, and in trying to be positive and active, people with Liver deficiency are halfhearted and impatient, and make no actual progress.
- ☀ That makes the person irritated and angry. On the other hand, muscular pain, such as low back pain, tends to be brought on by completely overdoing something.
- ☀ Additionally, if the blood becomes any more insufficient, there will be a loss of the enthusiasm to do anything, leading to the tendency to fear.



# ANGER

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- ☀ Anger is the natural emotion of the Liver. It is displayed in emotional states such as activeness, deliberateness, thoroughness, and being fanatical about cleanliness. However, these can turn into the cause of illness and lead to Liver deficiency.
- ☀ There are people who cannot feel at ease unless they deliberately engage in, and thoroughly carry out all that they do. Such people are constitutionally Liver deficient and tend to develop abnormal Liver deficiency patterns. Regardless of physical constitution, people tend to develop Liver deficiency patterns when they find themselves in positions where they need to think carefully or do very detailed work. Likewise, people tend to become Liver deficient when they get angry at home or at work.
- ☀ Blood is essential for minute planning and carrying things out in a thorough manner. Thus, anger consumes blood. "Violent anger injures yin." If blood is consumed, people with constitutional Liver deficiency easily develop an abnormal Liver deficiency, and even those with other constitutional types develop a Liver deficiency pattern when blood is consumed. Naturally, even if blood becomes insufficient due to other means the same kind of emotional states will appear.

# LIVER EXCESS PATTERN

- ☀ This physical constitution also tends to cause blood stasis, and so these people will have relatively dark, rough skin with patches of discoloration. They tend to have sturdy, muscular physiques.
- ☀ Personality: These people tend to be broad-minded, and like to look out for the welfare of others. They do not get shaken up over trifles, quickly finish their work, and have loud, deep voices. In the case of women they tend to be simple and innocent, and also tend to be athletic.

# LIVER EXCESS-2

- ☀ Liver excess pattern is one that is common in people who have a lot of old blood stasis.
- ☀ This pattern is one in which there is a deterioration in the circulation of Lung ki and a loss of moisture from the Liver blood due to a deficiency of fluids of the Kidney, which causes a stagnation of blood and then blood stasis.
- ☀ Characteristic symptoms include such things as stiffness from the area medial to the scapula up to the neck, melancholy, constipation, cold lower limbs and hot flashes in the upper body, unstable neurosis, and palpitations. Additionally, this pattern could be apparent in people with hypertension, diabetes, heart disease, chronic hepatitis, trigeminal neuralgia, various tumors, various eye problems, atopic dermatitis, various women's diseases, and obesity.



# LIVER DEFICIENCY COLD PATTERN

- ☀ This pattern of imbalance is one in which cold is produced by deficiency of fluids of the Kidney and yang ki of the life gate along with an actual depletion of the blood of the Liver. The overall pulse is weak. This pattern can alternatively be referred to as a deficiency of both yin and yang, yang deficiency, or as blood collapse [i.e. severe blood loss].
- ☀ The cold that is produced will predominately affect the areas controlled by the Kidney and Liver channels, but symptoms will also appear with the spread of cold to the other meridians and organs.
- ☀ Supposing a full-body chilling, that is, should the yang ki of the body entirely vanish, death will follow. Therefore, in actuality some heat will be retained in the upper warmer (i.e. the Pericardium and Lung). This heat will bring about symptoms, but it should not be removed by dispersion since it was pushed up to the upper warmer by the cold.
- ☀ The condition given above is one in which the body is cold from the middle warmer down and heat in the upper warmer, and so could alternatively be described as an absence of exchange between the yin and yang of the upper and lower portions of the body. An abrupt cessation of exchange between the yin and yang of the upper and lower portions of the body may result in fever and an aversion to cold with vomiting and diarrhea.

# LIVER DEFICIENCY COLD-2

- ☀ If the Kidney becomes chilled the Bladder will also become chilled. This may cause low back pain and copious urination, and possibly a loss of the ability to forcefully expel urine.
- ☀ The menstrual period will be accompanied by diarrhea if the Liver becomes chilled. At this time the yang ki of the Gallbladder will also be depleted, resulting in poor decision making ability, jumpiness, and a tendency to frequently sigh.
- ☀ If cold spreads to the Stomach and Intestines the patient will be able to eat despite having a poor appetite. There is also the possibility of developing such disorders as chronic diarrhea, ulcerative colitis, or Crohn's disease.
- ☀ If a lot of heat is forced up by cold to the Heart and Pericardium it may cause chest pain, palpitations, arrhythmia or similar problems.
- ☀ It is also possible for heat to build up in the Lung, which may cause a sore throat, hot flashes, and coughing.



# THE NATURE OF HEART

- ☀️ “The Heart houses the spirit,” and “The Heart is like a monarch; it emanates the spirit light.” Spirit is the essential ki stored by the Heart. Therefore, the founders of the Meridian Therapy said that there is no Heart deficiency pattern. The spirit is the most important thing, since if it is lost death will ensue.
- ☀️ The Heart is the "yang within yang" organ, and “the emotion of the Heart is joy.” The Heart is rich in yang ki because it is the yang within yang organ, and being rich in yang ki gives it all the more reason to manifest the emotion of joy.
- ☀️ But, what exactly is this yang ki of the Heart? Judging from the physiology of the other organs, it is considered to be a mixture of defensive ki and blood. This is called spirit. Thus, if there is no ki and no blood, death will follow. In the case that either the ki or blood of the Heart becomes deficient due to a deficiency in the other organs, symptomology related to the Heart may appear, but it will not lead to death.
- ☀️ On the other hand, if the yang ki of the Heart (i.e. the mixture of the blood and ki = spirit) becomes overbearing, heat increases and leads to excessive joy and laughter.

# THE NATURE OF THE PERICARDIUM

- ☀ As mentioned in the section on the Heart, yang ki of the Heart is called spirit, and is a mixture of the yang ki of ki [i.e. defensive ki] and the yang ki of blood [i.e. power of genesis or creation]. It is the most important component in the body, and is therefore called the sovereign fire. The human body cannot function without yang ki, and so the yang ki of the Heart moves to the outside to perform its function. That yang ki is called the ministerial fire. The ministerial fire functions through the Pericardium. Therefore, the Pericardium channel is used as the treatment area.
- ☀ The nature of the ministerial fire is joy because it is yang ki of the Heart. “the Pericardium is the ambassador and from it joy and happiness emanate.” If the ministerial fire is vigorous, a person's character will be cheerful and relaxed. CV-17 is the diagnostic and treatment point that has a lot of yang ki of the Pericardium. The term ambassador means a subject who serves the sovereign fire.

# THE NATURE OF THE SPLEEN

- ☀ “The Spleen stores the nutritive [ki] and the nutritive [ki] stores the intention.” Intention is the essential ki stored by the Spleen. But, what is the nutritive ki that stores the intention? It is thought of as the Spleen’s function in producing ki, blood, and fluids that nourish each part of the body, organs, and meridians. The Spleen uses intention to make the Stomach and Intestines produce ki, blood, and fluids.
- ☀ The Spleen is called the most extreme yin within yin. Its nature is not forceful like the Liver and it does not circulate ki like the Lung. It is not always active like the Heart. It does not crave the ministerial fire like the Kidney. The Spleen produces ki, blood, and fluids by intention, like a philosopher absorbed in quiet thought. In terms of human emotion, it could be expressed as “thought.”
- ☀ The Spleen does not have yang ki. Therefore, death will ensue if heat invades the Spleen due to some kind of illness. It is said that the essential ki of the Spleen usually works hard to send heat back to the Stomach. This is easy to understand if you think about what happens when there is no heat in the Stomach. For example, the appetite improves if the Pericardium channel is tonified when the Stomach is cold due to Spleen deficiency. This happens because the ministerial fire of the Pericardium does not go to the Spleen rather but to the Stomach.



# THE NATURE OF THE LUNG

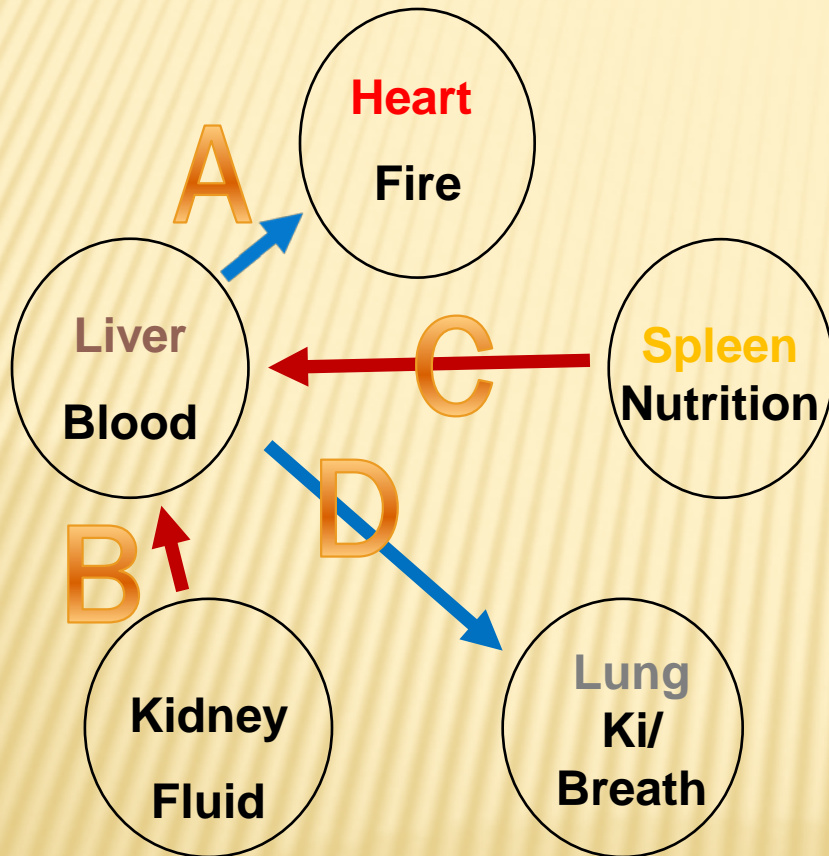
- ☀️ “The Lung stores ki and ki houses the corporeal soul.” This passage indicates that the Lung is related to ki. Further, “The Lung circulates the nutritive ki, defensive ki, and yin and yang.” Thus, the Lung governs the circulation of ki throughout the whole body. The corporeal soul is the essential ki stored by the Lung, and it is the driving force for the Lung to circulate ki.
- ☀️ The skin and hair have pores that protect the body from the changes in the exterior temperature, humidity and pressure. When it is cold the pores close, and when it is hot the pores open to release sweat. It is Lung ki and yang ki that activate the opening and closing of the pores.
- ☀️ “The Lung is like a minister from whom policies are issued.” This means that the Lung aids something. The Heart contains the sovereign fire, which goes to the Pericardium and becomes the ministerial fire. However, the ministerial fire cannot circulate around the body by itself, and so the Lung ki distributes it throughout the body. Therefore, it is the Heart that the Lung aids. In the five elements theory, the Heart controls the Lung since the Heart always requires the Lung ki.
- ☀️ “Grief is the emotion that injures the Lung.” It is said that grief is the emotion of the Lung. When the Lung is diseased this emotion manifests as a condition of grief and sadness or idle complaints. However, when the Lung is normal the emotion will appear as a quiet and lonely condition.
- ☀️ The Lung desires the functional property of gathering, which is opposite to the functional property of releasing. Therefore, the Lung craves the condition that is opposite to releasing. That is the concept described by the word “grief.”

# THE NATURE OF THE KIDNEY

- ☀️ “The Kidney stores the essence, and the essence houses the will.” Will is the power to continuously do something. Young babies cannot concentrate on a single matter even when playing since their Kidneys are not yet physiologically firm. Adults who are constitutionally Kidney deficient seldom complete goals even though they may dabble in various activities. It is said that this power to persist and persevere is found in the Kidney essence. In terms of yin and yang, this functioning belongs to yin. Yin ki has the nature to firm things.
- ☀️ “The Kidney is the water organ,” and “the Kidney is the water organ and governs the fluids.” The Kidney has an abundance of fluids. Since the Kidney desires firmness, essential ki and fluids firm it. Essential ki and fluids have a yin function.
- ☀️ It is said that the emotion possessed by the Kidney is fear. People who are easily scared and frightened tend to be Kidney deficient. Fear is a passive feeling, connotes non-activity and stillness. The Kidney is yin within yin. Thus, not being active is good for the Kidney, which should be thought of as an organ that tries to prevent the depletion of the body fluids.
- ☀️ However, if a person is always passive and quiet, nothing can get done. Therefore, as mentioned in the section on the Triple Warmer, the ministerial fire of the Pericardium descends and becomes the yang ki of the life gate, thereby allowing the body to become active. However, the Kidney essence and fluids are essential in order for the ministerial fire of the Pericardium to descend to the lower warmer.
- ☀️ In terms of yin and yang theory, the Kidney essence and the fluids are yin, and the ministerial fire of the Pericardium is yang. Thus, health is maintained when these yin and yang aspects intermingle in the upper and lower warmers. That is also why the Kidney controls the Heart.



# HOW ARE THEY SUPPORTING



**A**

Transport excess liver heat to Fire

**B**

Tonify the fluid to moisture the dry blood

**C**

Help the creation of the blood with Nutrition

**D**

Help the movement of the blood by Ki/Breath

# REGIMEN

Liver	Muscle-building, Strength training,	Sour food, Meat,	Passion, instinct,
A	Join in Festival, Laughing, Sweating EX., Sexual activity.	Bitter food, Fatty food, Beer	Happiness, Love of God
B	Meditation, Sleep, Keep quiet, Abdominal Ex.,	Salty food, Nut, Sea weed,	Believing, Faith, Intuition
C	Enjoy the meal, Sing a song, Do nothing	Sweet food, Carbohydrate	Sympathy, Caring
D	Aerobic Ex., Breathing Ex., Chatting,	Pungent/Spicy food	Communication, Understanding

# FATTY FOOD EFFECTS

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Fatty foods

Secrete the  
Endorphin

Dopamine  
effect

# SUGAR EFFECT

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Sweet foods

Release the  
tension and warm  
up and help the  
malnutrition in the  
brain temporary

Endorphin  
Dopamine effect

# OKI-DO BREATHING EXERCISE

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OKI-DO BREATHING EXERCISE



# SHINKIKO AND MEDITATION

## BEING STRESS-FREE/BE HAPPY!

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- ☀ To ensure overall health and well being it is important to settle the mind and focus the mind intend.
- ☀ The techniques to do this are the essential elements of Shinkiko, visualization, meditation, breathing and acupuncture points.
- ☀ Positive thinking increases one's immunity. Negative thinking decreases one's immunity.
- ☀ Be good to yourself. Saying "No" to release your stress.

# **ALWAYS PRACTICE SHINKIKO FIVE ESSENCES :**

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- 1) Always Smile**
- 2) Always Find the Good in Everything**
- 3) Always Be Grateful**
- 4) Always Act from a Feeling of Love**
- 5) Always Act Promptly and Follow Through**