

# “The Doctor is the Medicine”

The heart & the five shen in the life of the TCM practitioner

- with Gaby Hock

## Synopsis

### Theoretical presentation

- Introduction - the Doctor is the Medicine.
- Illustration through a clinical example.
- The doctor's inner qualities through the eyes of Chinese medicine and philosophy.
- The significance of the heart - contemporary science and ancient wisdom.
- Anatomy of the human spirit - exploring the nature and the cultivation of the five spirits: □ shen/spirit, □ zhi/will, □ p'o/corporeal soul, □ hun /ethereal soul, and □ yi/ intention

### Experiential part

Invocation of the five shen through guided meditation and imaging exercises and discussion, enabling participants to connect with their own subtle forces, get a direct measure of their power and discover ways to cultivate them.

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**“By far the most frequently used drug in general practice was the doctor himself, i.e. that it was not only the bottle of medicine or the box of pills that mattered, but the way the doctor gave them to his patient – in fact, the whole atmosphere in which the drug was given and taken.”** ( Balint 1957, p.1)

A similar idea is found in the ancient Daoist text ‘The Fasting of the Heart ‘ which gives emphasis to the light of the shen/spirit as *the* healing agency that resides in the human heart. The shen is said to emanate, not through an accumulation of energy, but from a mysterious void. The void is not an absence but a potential space for communication, creativity and healing interaction.

**“ Look at this window, it is nothing but a hole in the wall, but because of it, the whole room is full of light. So, when the faculties are empty, the heart is full of light, being full of light it becomes an influence by which others are secretly transformed”** (The Way of Zhuang Zhi, Merton, 2004, p.56)

Both references, one from modern and one from ancient texts refer to the medicinal power that lies within the doctor, which Zhuang Zhi locates in the heart. The implication is that the doctor's intrinsic human qualities are instrumental in the patient's healing journey, placing *the way* of healing before any *specific method*.

To find out what this might mean for practitioners, we will take a deeper look into this ‘*fullness of light*’, the source of healing transformation □ ling. Looking more closely at the anatomy of the human spirit through the eyes of Chinese Medicine, we will examine the nature of the five shen: □ shen/spirit, □ zhi/will, □ p'o/corporeal soul, □ hun /ethereal soul and □ yi/intention. We will explore their texture and fine mechanics, their interdependence and their resonance with the five elements (fire, earth, metal, water & wood) and consider ways in which these qualities can be cultivated within ourselves. In addition, we will examine the significance of the heart, drawing parallels between neuro science and ancient wisdom, and highlighting the intelligence of the heart as the emotional, moral and spiritual centre of our lives.

Finally we will gather together all five spirits into the centre of the earth element and look at their significance in the doctor's every day clinical reality. In service to the patient, the will, spirit, ethereal soul and corporeal soul become medically efficacious via the doctor's yi (power of intention). The workshop will end with a close look at Sun Simiao's famous quotes: *“Medicine is intention - Those who are proficient at using intention are good doctors”* .

## Recommended readings:

- Balint M (2000), The Doctor, His Patient And The Illness, Churchill Livingstone,
- Merton T. (2004): The Way of Chuang Tzu, Shambala Library
- The I Ching, Wilhelm R. 1951, Routledge & Kegan Paul Ltd.
- McCraty R, (2004-2005) At the Frontiers of Consciousness (Director Institute of HeartMath Research)
- Larre C. & Rochat De La Vallee E. (2004): The Heart, Monkey Press Publ.
- Larre C., Rochat de la Vallee E.1995): Rooted in Spirit, The Heart of Chinese Medicine, Station Hill Press
- Scheid V, Bensky D. (1998). Medicine as Signification - Moving Towards Healing Power in the Chinese Medical Tradition, •European Journal of Oriental Medicine, Vol 2 No 6.
- Lorenzen U., Noll A. Die Wandlungsphasen der traditionellen chinesischen Medizin, Band 3, Mueller & Steinicke
- L.Freeman, De Numine, Newsletter 2002 of The Religious Experience Research Centre Wales

## Location:

Copenhagen. Further information will be given prior to the lecture.

## Time and date:

Friday the 5<sup>th</sup> of March from 10 am to 6 pm.

## Price:

1500,- DKK

To be paid at the Danish bank-account: 5072 1123177.

IBAN: DK 3850720001123177

SWIFT: JY BADKKK

Please be sure to register your name and email-adress or send a message with your informations to:

[post@akupunkturakademiet.dk](mailto:post@akupunkturakademiet.dk) /+45 6067 4526

## Other activities at The AcupunctureAcademy 2010:

26 – 27 March: Chinese Patent Medicine with Nigel Ching, Joachim Hauser, Kenn Lunn and more starts. (1 weekend, 10 fridays)

19 April: Cosmetic Acupuncture with DingXiaoHong from the Nanjing Uniververstity of TCM.

3 – 5 September: Zheng Gu Tui Na with Tom Bisio and Frank Butler starts. (4 weekends)

For further information, please contact:

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## **Cultivating the Heart with Gaby Hock**

An exploration of the heart coupled with  
qi gong exercises, guided meditation  
and a *world cafe* discussion on  
wu wei

*This workshop explores the emotional, spiritual, and relational aspects of the heart from a cross cultural perspective, with an emphasis on Traditional Chinese and Taoist thinking.*

*The academic part of this seminar will be followed by a simple set of qi gong exercises to help integrate what has been said experientially. Then comes a story of personal experience, as a natural progression of the unfolding theme of the heart. It describes the importance of deep stillness, emptiness and presence.*

*A guided meditation will then set the ground for a one and a half hour interactive discussion on **wu wei**. **Wu wei** as 'action without action' or 'action that is in accordance with nature' is deemed in the Taoist tradition as the ultimate human goal. We will explore this idea within the context of the cultivated heart and our work with patients.*

### **Location:**

Copenhagen. Further information will be given prior to the lecture.

### **Time and date:**

Saturday the 6<sup>th</sup> of March from 10.30 am to 2.30 pm. There will be a 30 min. lunch-break at 12.30. Lunch is included.

### **Price:**

500,- DKK (Free for members of the AcupunctureAcademy association)  
To be paid at the Danish bank-account: 5072 1123177.  
IBAN: DK 3850720001123177  
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